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CREATIONS

MAGAZINE

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December / January 2020

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Time to Ring in the Truth

*Do not limit life to your beliefs
... expand your beliefs to embrace all that life has to offer.*

- UNKNOWN

Autoimmune Diseases Triggered by Our Mouth?

Did you know that oral infections up-regulate several systemic inflammatory reactions that, in turn, play a role in the development of systemic diseases? Multiple studies around the world have investigated the association between oral health and autoimmune diseases. Experts have concluded that poor oral health significantly exacerbates the incidence of autoimmune diseases. How can modern, minimally invasive, biomimetic dentistry identify and resolve oral infections that may be adding to the cause of many chronic conditions?

Oral infection predisposes patients to systemic disease. Patients with periodontal disease create immune cells that are inflammation biased. This leads to chronic inflammation beyond the oral cavity. As this cycle continues, there is progressive tissue breakdown and diminished tissue repair capacity. Gum tissues are frequently challenged by bacterial biofilms and are subjected to this phenomenon. As periodontitis progresses, these elevated pro inflammatory mediators and cytokines contribute to systemic disease. They produce an insulin

resistance. This is how periodontitis can trigger and exacerbate diabetes.

Periodontal disease affects 1 out of 4 diabetic patients. Poor blood glucose control increases the risk of gum disease and vice versa. Serious gum disease can cause blood glucose to rise. Diabetics who are not well controlled are more prone to poor wound healing, higher risk of infection, problems tasting food and less salivary flow. This makes them more susceptible to cavities, and inflamed and bleeding gums. It's a vicious cycle and patients end up with loose teeth, mouth sores, bad breath, white patches in the mouth and a sticky, dry feeling in the mouth.

We have more bacteria in our mouth than people on the planet. These bacteria can be an environmental cause of autoimmune diseases including lupus, Sjogren's syndrome, arthritis, diabetes and pemphigus. Autoimmune disorders are diseases where the immune system turns against itself. It becomes confused or unbalanced. There is a genetic component where there are mutations of the DNA and this phenomenon can predispose one to the disease. However, they do require an

environmental trigger. Without the trigger, the disease can stay dormant.

Therefore genetic testing and microbiology can be used to diagnose and treat patients early so that we can avoid triggering these diseases in the first place. *Who knew that brushing, flossing and seeing the dentist regularly could prevent autoimmune diseases from occurring?*

Crohn's disease, Irritable Bowel Syndrome and Ulcerative Colitis are examples of autoimmune diseases. There is a strong link between periodontal disease and Crohn's disease. When people have uncontrolled periodontitis they have inflammation that travels all over the body. This exacerbates the GI issues in a patient with Crohn's and they have flare ups. Inversely, the Crohn's disease interferes with normal absorption of nutrients and patients don't get calcium and vitamin D to maintain normal bone health. This translates into continued bone loss and gum tissue degeneration in the mouth. Nutrient deficiency makes periodontal disease worse because of collagen breakdown and biome imbalance.

White spots on teeth, geographic tongue and periodontitis can be indicators of underlying Crohn's disease.

When providing oral health care it is important to take all of these issues into consideration. Optimal nutrition is paramount not only for the GI system but for good oral health. I cannot stress enough how vital it is to have a customized prevention plan for your oral optimization. Keep smiling, stay healthy, and be happy!!!



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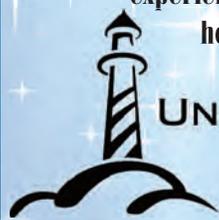
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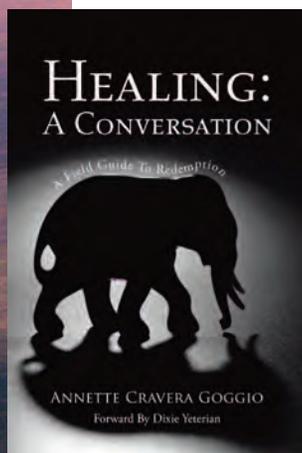
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Heal Your Soul's Journey

Life presents us with many challenges, including illness, and opportunities to heal – by design. Learn the purpose and meaning of your life story and begin the healing process with *Healing: A Conversation; A Field Guide to Redemption* by Annette Cravera Goggio.

Part personal story, part self-help book, *Healing: A Conversation* shines a bright light on the “mystery” of illness and healing. Annette’s honest revelations and heartfelt

insights into her personal illness, gives readers hope and permission to examine their own life story. This remarkable book breaks new ground in its account of healing as a platform for understanding the greatest aspects of life such as *relationships, life purpose and the intentional education of the soul.*



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TALKING OUR WALK

For every bit of chaos that lands in our local or global world, we can still choose to focus our attention on the goodness that exists.

~ Selina Maitreya

How many times have we heard this? So much of our inner peace and happiness comes down to our choice. In our lead article, *My Response to Difficulties*, Selina Maitreya furthers this saying, "... what we choose to put our attention on in response to what we see, is the key to having a peaceful life instead of one of misery."

This piece, like a wonderful poem, says so much in so few words. I'm not breaking any new ground here when I say we all desire more peace in our lives. Read this article and pass it around the holiday table, focusing on the good in our lives and in the world.

Owen Waters reveals, *The Secret of Personal Magnetism* (page 6). Can't give everything away here, but the answer may have something to do with the heart.

Our buddy, Alan Cohen teaches, *You Can Prosper Wildly—Without Selling Your Soul* (page 12). Crossing the bridge from soul-expression to success confirms they are one in the same.

A crucially important message from John Gilmore on page 16: *You Can't Fight For Your Rights and Hide at the Same Time*. We're talking beyond health-freedom rights here — we're talking about our basic human rights! John says the days of keeping our mouths shut and flying under the radar are over. Either we stand up and protect ourselves and our families against forced medical interventions "or get ready to roll up your children's sleeves." This is a blatant violation of the *Nuremberg Code*, an ethical doctrine (established after the WWII Nazi Germany atrocities) whereby a patient is enabled to make an informed and voluntary decision about accepting or declining medical care.

Another vitally important offering: Marla Peck delivers an *Open Letter* (page 26) imploring us to protect ourselves from a massive unleashing of a technology that will blanket our entire planet. This latest "wonder" promises to make our lives



better, yet has NOT been proven safe. Conversely, it has been characterized by Gabriel Cousens, MD, as "an assault on the planetary web of life."

If you've visited our October / November online edition (www.creationsmagazine.com) you may have read *When You're Sick, Be a Sick Person*. If you haven't visited yet, stop by and join our 50,000 plus monthly online visitors. This article painfully "hits" home as I type minus one working finger. My ill-advised baseball decision, lead me to get hit with the pitch, smashing the tip of my right index finger. In ways I don't remember experiencing, this injury has deeply affected me; well-beyond the ever-present nagging discomfort and inconvenience. From a Zen perspective, Brenda Shoshanna says, "Without complaining, simply accept the condition as it is. Stop hating and judging the moment and yourself. The more you can do this, the sooner things will evolve and the more joyful your life will become." Yes, that ... and remembering to hit the ball with my bat and not with my hand :)

The Real Truth About Health FREE 10-Day Conference returns January 24 – February 2 to the Hilton Long Island in Melville, NY. 35 speakers: world-renowned authors, doctors, and scientists. FREE vegan breakfast, lunch and dinner. NOBODY else does this! Full details on page 34 and the back cover.

Peace All-ways,

Neil & Andrea

Up Next: The February / March "Winter" Issue

Relationships, Sex, Introspection and Meditation

ADS DUE January 5th

Articles & Poetry Due December 12th

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My Positive Response to Difficulties

by Selina Maitreya
Arlington, MA

Many of my Facebook friends comment on my continued positive response to the difficulties that I encounter in my life.

The people that have known me a long time and know me well, remark on how I've changed over the years and continue to stay in a peaceful state regardless of the challenges I face. People ask me all the time how can you continue to see the best in others when the world is falling apart?

The reason I continue to see the positive aspects in life is because I choose to. We live in a world of polarity and for every piece of goodness we experience, there is a bit of difficulty that we could have focused on.

For every bit of chaos that lands in our local or global world, we can still choose to focus our attention on the goodness that exists. We are our attention and what we put our attention on grows.



It's important to see what is around us, it's critical for us to see the full picture of our life but what we choose to put our attention on in response to what we see, is the key to having a peaceful life instead of one of misery.

Read that again please. Read it over and over if you need to. **For our next moment comes from our response to chaos, not from the chaos that landed.** That's why I make a point of responding from a high frequency.

That my friends is the secret to a peaceful life.

How do I know that? I know this from experience. This is how I live. This is what I teach. I have had the opportunity to witness the amazing changes my students have accomplished as we've worked together and they have learned how to create a new lifestyle, one where love, kindness and appreciation are full frontal.

I choose to put my attention on gratitude. I choose to appreciate the good that surrounds me. Everybody has goodness in their life. The wonderful aspects of your life never leave when irritation arises, you simply choose to allow them to recede into the background when trouble shows up.

I challenge you the next time you're irritated, a piece of difficulty lands or you're handling a great tragedy, find the areas of your life that you are still grateful for and focus on them with deep intention.

This is how we heal, this is how we grow, this is how we move more quickly and easily and peacefully through our difficult times. Bring more light into your world when darkness prevails by making the choice to do so. Choice, it's yours, choose well! ✨

Selina Maitreya is a transformational agent. An internationally celebrated lecturer, author and teacher of Practical Spirituality, Selina empowers her students by showing them how to reactivate and actualize their energy fields so they can respond to any chaos that lands in

their daily life from one of their highest frequencies: peace, kindness, compassion, tolerance, understanding, wisdom, gratitude and grace. Consciously choosing an energetic response to one's life enables students to be able to turn any difficulty into an opportunity to be in high frequency energy, enabling them to manifest their wishes and move through their life with peace and certainty, grace and ease. Selina's latest offering is a free 60minute Master Class: Become The Abundance You Seek!

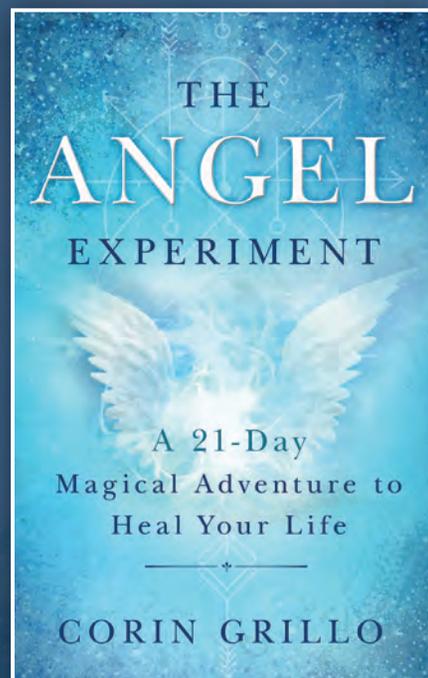
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The Secret of Personal Magnetism

by Owen Waters
Texas

When people open their hearts to unselfish, unconditional love, a whole new world of possibilities opens. Rather than spending effort avoiding the selfishness of others, they spend time making sure that the way they choose to serve society is done in the best way possible. When people can trust others to treat each other with love and respect rather than as competitors, then everyone gains.

As heart-centered awareness grows and blooms within society, people's primary focus will shift away from service to self

and towards service to others. When it does, the world will transform out of all recognition.

But you don't have to wait for all of society to catch up. In both your personal and professional dealings with people, you have a reputation, and it is fed by word-of-mouth recommendation. Build your reputation as someone who tends to give more than is expected of them, and you will find yourself becoming increasingly popular in both your business and personal lives. People respond to heartfelt action and, as they say, what goes around comes around.

Action and reaction are opposite and equal in all types of thought and action. Your heartfelt action, by automatic reaction, will create a heartfelt reality among you and the people who are attracted to your energy. When you operate mainly out of a heart-centered frequency, you will notice that people are attracted to you in all aspects of your life. Friends, lovers, professional associates; everyone will be attracted to your magnetic personality.

Personal magnetism has been one of the great mysteries of life simply because, in the past, so few people have operated from that heart-centered frequency of awareness on a routine basis. However, it's really no secret. It's just one of those common-sense facts of life.

The secret of personal magnetism is that the more you unconditionally love people, the more they love you.

You don't have to make a big deal out of it. You don't have to stand there like some transmitter beacon, radiating huge amounts of heart energy. Top stage performers do, but you don't. You can be very quiet about it and everyone will be quietly drawn to you. Everyone of a similar nature, that is. Everyone who appreciates kindness and a truly warm, genuine smile. In other words, you'll attract the very best of friends.



There's nothing more attractive than a warm smile from a person who quietly radiates a sense of unconditional love for themselves and all others.

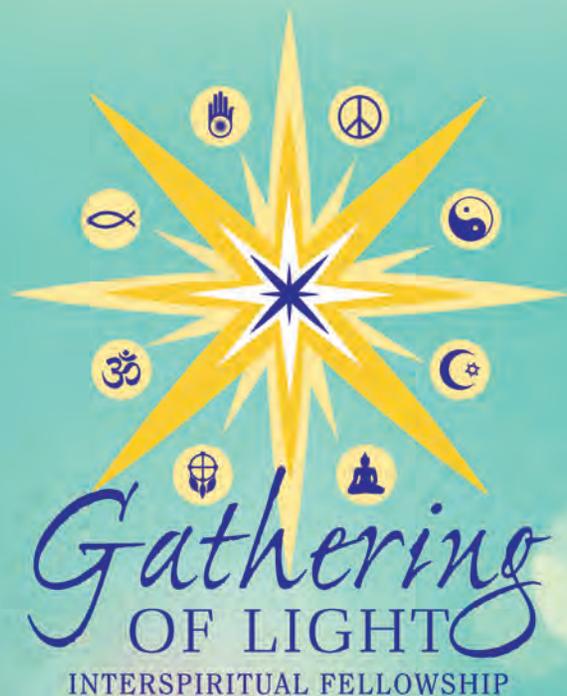


*Excerpted from the e-book, **Love, Light, Laughter: The New Spirituality,***

now available as an Amazon Kindle e-book as well as a regular PDF e-book

*Discover more about **Love, Light, Laughter: The New Spirituality** by Owen Waters at: <https://www.spiritualdynamics.net/ebooks/love.htm>.*

*Owen Waters is the author of **The Shift: The Revolution in Human Consciousness.** It is available for immediate download at: <https://www.spiritualdynamics.net/ebooks/theshift.htm>*



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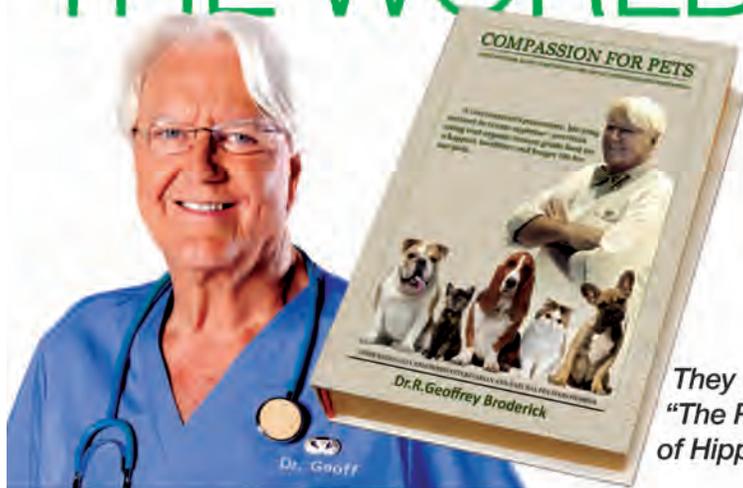
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A World Full of Paradoxes

by Sarah Samuel
Brighton, UK

Our planet can be a joyful and heartbreaking place all at once.

We live in a world of paradoxes, of darkness and light, of pain and joy and of love and hate. Embracing the paradoxes in the world, and in ourselves, is integral to mindfulness. You may not experience any of this first-hand, even if you travel widely, but if you are interested in the world around you, you will be aware of the seemingly insurmountable suffering that goes on.

The question of how to reconcile ourselves with these paradoxes is a complex one. In mindfulness we hold the intention to embrace all that is. But how can we embrace the suffering of the whole world? *The answer lies in our ability to accept and embrace our own suffering, and the light and shadow that is within each one of us, and in doing so be able to act from compassion rather than pity or guilt.*

We grow up in a world where we believe that in order to be happy we must not be sad. If you have ever felt angry and someone tries to make you laugh you may have felt resistance because you want to hold on to being angry, when actually we can feel angry and laugh at the same time. It is this simple belief that we cannot be both happy and sad at the same time that limits us from feeling fully alive. In travelling to places where there is poverty, I have felt both sadness and despair and happiness and connection, sometimes simultaneously.

The truth is, we can't have light without dark or joy without pain. We may never know why the world is as it is, but in embracing the energy within us that seeks something deeper and more real, we begin to open our hearts to the paradoxes of life. Travel isn't always about having nice experiences; it can be about having real experiences that have a lasting impact on us when we come home – on our priorities, perspective and place in the world. Sometimes we need to be shaken up in order to begin to make a difference.

Encountering Poverty

I've quite commonly heard people say to me that they wouldn't want to travel to many countries in Asia or Africa because they couldn't bear to see such poverty. Whilst it can be quite distressing to witness gaping differences in wealth, what we are trying to avoid is feeling guilty, sad or overwhelmed with upsetting emotions and not knowing what to do about it. Most of us, quite naturally and often unconsciously, try to avoid these "bad" feelings. By practicing mindfulness we consciously choose to embrace them, because ultimately they are within us wherever we choose to go, and it is only by accepting them that we can find peace in ourselves. We can choose to be shielded from seeing the poverty in many countries by travelling on escorted trips that minimize exposure to the normal world, focusing on luxury hotels, cultural shows, museums and expensive resorts. However, by hiding from our pain we also block our joy.

It can be disturbing to travel to places that have much greater levels of poverty than we are used to, witnessing child labor, women carrying babies whilst they work the fields, and all levels of disabled people



trying to get by without any aids. There is nothing like coming face to face with such poverty to get us to begin to ask questions, such as, "How can we live in a world where many children have no access to education, where people die from treatable illnesses like malaria, and where almost half the population live in poverty?" I have always thought that if an alien were to visit our world and see the level of disparity in wealth, where one person starves whilst another gorges themselves on food, they would think us mad. Perhaps this is madness. In our cleverness at creating technologies that allow us to speak to someone halfway around the world, have we bypassed our consciousness?

What Can We Do?

We have many potential responses to the question of suffering, and each response is personal to the individual. We can take the stance that this is just how the world is and there's not much we can do about it. We can say that we have problems too and question why we should sort out someone else's. We can decide to travel responsibly, staying at places that give back to the local community, or we can donate to or volunteer at charities that help the injustices that we have seen.

Continued on page 31

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The Most Important Thing That You Forgot!

by Jill Mattson
Oil City, PA

In the beginning was a song. The song was absolutely beautiful—like invisible colors painting the sky in a translucent and uplifting way. The song sang to itself. All day and all night.

Alas, the song got bored after many repeats of its song-beauty, so it experimented with different tunes. At first there were little variations in the melody, rhythm and harmony. The next thing you know, there were sweeping musical changes.

The songs seemed to take on a life of their own. Songs that were similar enjoyed each other's company and formed groups. The song-groups created genres, creating happy music, exhilarating feelings and peaceful energies. The songs played with each other—like duets & bands, exchanging notes and echoing the feelings found in the music.

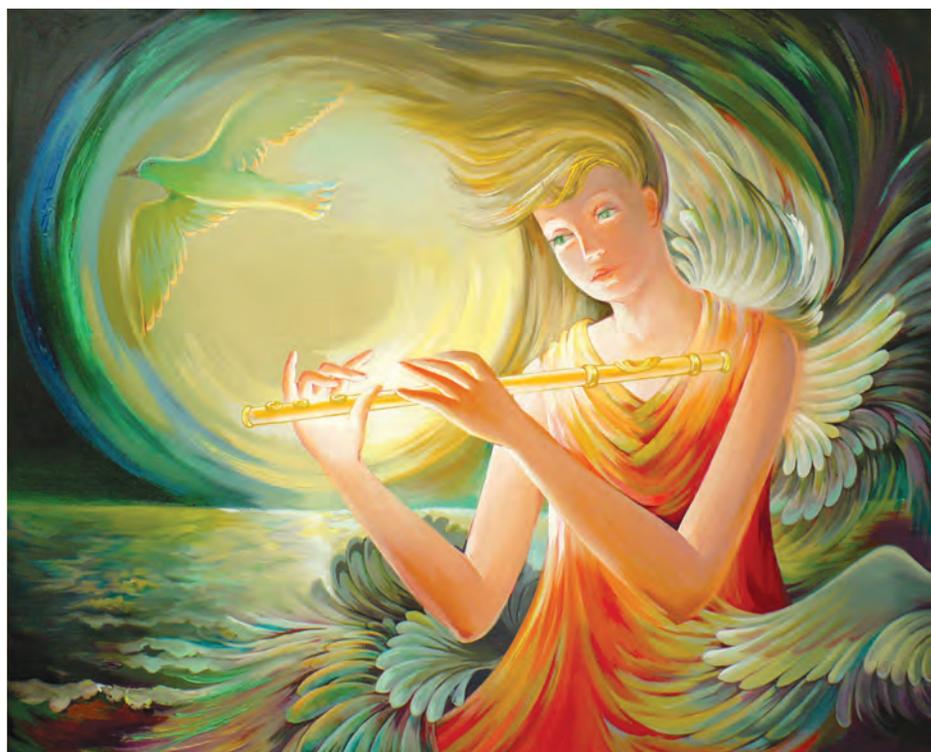
The creativity continued. Ideas were pushed and stretched. Each new step was a daring new sound! Finally, sad songs were born, something that never happened when they were All One. They even morphed into nasty sounds and songs.

The songs forgot they were *One-Song, a universe*. They identified with their last song-creation only. After a while they got tired of singing all together and tried exchanging energies; similar to talking. Before you know it, they forgot their own songs, because they forgot to sing.

Without their songs, their energies became heavy and sticky, eventually transferring into dense matter. At first the conscious song-energy occupied minerals and rocks, and eons later, plants and ultimately animals, and finally the beautiful songs evolved into the souls of man. The songs-of-the-universe now occupied physical bodies. They desired to experience the pleasures of touching, tasting, sex and more. They became trapped in their "bodies."

The soul-song made their physical bodies happy and healthy. Without their soul's song, their bodies became sick. Many even died, so the soul-songs re-entered a new and unique, physical body. Sometimes the journey in each body was for a very short amount of time.

In each adventure, the soul-songs searched for something, but they couldn't



Natalia Cenecka

remember what it was. They forgot their songs and experienced sticky dissonance instead. Not only did people forget their songs, but they believed they were their physical bodies. Oh, so silly!

Weed killer (such dissonant sounds) was sprayed on plants, which people ate. Their food was modified in mass quantities and it slowly became cheaper "nonfood" and it clogged up their harmony chains. They ate *dissonance* without being aware of what was happening. People ate poisonous medicine, smelled toxic fumes and were radiated with cell phone and computer signals, full of nasty sounds. Their bodies were like radio stations, broadcasting *gloom and doom* music. Slowly people entered a stupor. They spoke with dissonant mumbling and this rippled throughout their being.

A few avoided the toxic chemicals, and unnatural radiations. Their bodies began to sing a little. People can't hear it, but their bodies can sing sweet songs—too low in volume for them to hear. Even this invisible version of their song made them feel a little better. Did they hear a subtle soft song? Their song? They experimented with being still (meditating) and they began to hear their song ever so softly. They weren't even aware they were hearing it, but the soft vibrations lifted their moods and health, inch by inch.

They hummed and played around with sounds until they started to sing again; any song. By singing, they remembered bits and pieces of their voice, their verse in the uni-verse...their song. Their voice literally improved, becoming thicker, resonant, deeper and higher all at once. They used

more tones that comprised their original song! They sensed the invisible echo of who they were—divine music. When they sang, hundreds, thousands and millions of individual harmonies rang like church bells, dropping musical snowflakes on

everyone, leaving hints of their original beauty everywhere they went.

They joined with other groups that were remembering their song as well. And they sang happily ever after, as they united with greater and greater songs, singing their way back to One Song! ✧

Jill Mattson is a prolific Artist, Musician and Author. She is widely recognized expert and composer in the field of Sound & Color Healing. Jill has produced nine musical CDs using ancient & modern techniques, & special healing frequencies to achieve profound benefits, and is a four-time author. Jill has participated in hundreds of teleseminars, radio shows, and magazines. She offers an online Sound (& Color)



Healing School. Jill presents new ways of approaching health and everyday issues using the benefits of sound and color. Free music & School of Sound Healing at jillswingsoflight.com.

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Another Leap Forward in Dental Healing: Dental OZONE

by Jeffrey Etes, DMD, NMD, IBDM

Ozone is a colorless gas with a clean, "after a thunderstorm" like smell that has very powerful cleansing and anti-inflammatory healing properties. Ozone is formed from breathable oxygen (O₂) gas by electrical discharges or ultraviolet light. Ozone has been widely used in Europe and worldwide for many years for medical and dental applications. **Integrative Dental Specialists of Long Island** is proud to offer ozone therapies as part of its progressive methodologies to achieve optimal dental results.

There are many therapeutic benefits to ozone therapy; each stemming from the powerful oxidative effect ozone has on eradicating bacteria, fungi, parasites, viruses, and other pathogens. When bacteria and other disease-causing microbes are treated with ozone, they die almost immediately. Healthy human cells, due to their antioxidant enzymes, remain unscathed by the introduction of ozone in the body. Dental ozone is beneficial in many different dental applications. Staying within the accepted standard of dental

care, with proper application, ozone can enhance the outcome in all aspects of dentistry.

Dental caries destroys our teeth and is the number one infection worldwide. Ozone is applied to the tooth decay and it permeates the porous, white, hard, outer enamel layers of teeth along with the living and softer, inner dentin layers of teeth. While ozone destroys pathogens on contact, it also aids in reducing painful tooth inflammation, tooth desensitizing, and re-calcification and strengthening of the damaged tooth structure. After the cavity is ozone-treated and removed, the tooth repair is completed with a mercury-free biocompatible dental filling.

Periodontal disease destroys the gums and bone around our teeth. It is these bad periodontal bacteria that can be treated safely and very effectively with ozone by aiding in the oxygenation and disinfection of the connective gum tissues.

All dental treatment is devoted to preserving our natural teeth, and we do all that we can to avoid root canal therapy.

Sterilizing the microscopic tubules branching off a tooth's root system is extremely challenging, and by combining state of the art cleaning and shaping protocols, laser root canal disinfection, and ozone canal decontamination, the best results clinically possible today can be achieved. **Dr. Jeffrey Etes** is a Root Canal Specialist and is one of only a handful of endodontists in the country that utilizes this paradigm shift in root canal asepsis. Patients now also have the option of Root Canal Genesis™, a proprietary dental process in which the dead or failing inner tooth tissue is completely cleaned as just stated and, instead of completing and filling the root canal with inert non-biologic dental material, the organic neurovascular structure within the tooth root is reorganized into a living, regenerated vascularized tooth root, with the patient's own connective tissue, capillary blood supply, and even some nerve regeneration.

Dr. Jeffery Etes is a dental specialist and naturopath dedicated to bringing you today's healthiest and latest advancements in dental treatment. Ozone

is a critical tool used in most of our dental treatments. Natural, safe, and effective, energized ozone achieves excellent results with no risk of allergic reaction or contraindication. When considering the significant dental innovations available today, why settle for anything less? If you suffer from a dental issue and would like to learn more about what treatments are available to help you, please contact **Integrative Dental Specialists of Long Island** to make an appointment today.

Jeffrey Etes, DMD, NMD, IBDM, graduated in the top 10% from the prestigious University of Pennsylvania School of Dental Medicine. He is an IVY LEAGUE trained Certified Endodontic Specialist/Implant Surgeon with a dual degree in Dentistry and Board Certified in Naturopathic & Integrative medicine & trained in biomimetic cosmetic reconstructive dentistry to provide a broad array of biological dentistry covering all facets of pediatric, restorative, prosthetic, surgical, endodontic, periodontal, and implant dentistry for his patients for over 22 years. (see ad below and p.13)

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Spirit Means Business — You Can Prosper Wildly

by Alan Cohen
Hawaii

One of the areas begging sorely for our awakening is the arena of business and money. As advanced as we are in commerce, many of us still subscribe to limiting fear-based ideas and attitudes that keep us from thriving. Over many years coaching and training thousands of clients to forge new paths to success in business, I have found three groups of people who struggle with their money and their jobs.

As I have come to know these clients and the groups they represent, I realize they are a lot more alike than different. They have all gotten out of balance and failed to integrate their inner life and their material world. Somewhere in their minds there is a split between money and passion, between worldly success and soul reward. One group works for money but has lost their soul. Another group has remained true to their passion and functions well in the marketplace, but the daily grind has eclipsed their joy. The third group doesn't care about money, but they have to deal with it. This group is thriving spiritually but malnourished materially. Members of each group have a piece of the puzzle, but do not see the larger picture into which their piece fits. They don't believe they can have it all, so they settle for what they have and still feel empty.

We are not doomed to be caught in the chasm between passion and material reward. The seemingly disparate worlds can be bridged. The challenges we face at work are not punishments, curses, or impassable obstacles. They are opportunities to discover where we are limiting ourselves and how we can grow beyond those perceived limitations. They point us to where we have gotten out of balance so we can restore it. You can get paid well for doing what you love and enjoy a thriving personal life as well.

I am qualified to map this path because I have struggled with the same issues you

may be facing. Many years ago I wrote a book, *The Dragon Doesn't Live Here Anymore*, for the sheer joy of creative self-expression. I couldn't find a publisher to print it, so I published it myself with my mother's life savings. To my surprise, the book caught on by word of mouth and became a bestseller. Before long I was jaunting around the globe presenting lectures to thousands of people and selling books by the case, generating huge checks for more money than I knew what to do with. I had to set up some structure to manage my activities, and suddenly I was thrust into the business world. In spite of my desire to just write books and teach seminars, I had to establish a corporation, negotiate contracts, do spreadsheets, set up marketing campaigns, maintain a certain income to pay my mortgage, make detailed travel arrangements, hire and fire employees, wade through recessions,

pay taxes and insurance, and all the other accoutrements that come with being a business owner in today's convoluted world. If I delegated some of those tasks, I had to manage the people to whom I delegated, which was a job in itself. Of sheer necessity I had to learn how to handle all of those details, deliver quality products and services to my customers, and still have a life besides work.

Now, some 35 years later, I realize that the tasks of business I so vehemently resisted provided some of the most powerful transformational lessons of my lifetime. While business has been a demanding taskmaster, it has also been a sterling teacher and a dynamic liberator. Although I would rather have sat in the woods writing books, the spiritual insights I gained from learning to work in the marketplace have empowered me far more than simply writing. Those

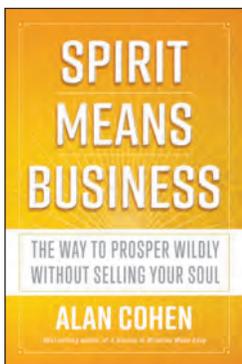
insights have, in fact, made me a better writer and teacher. It is said, "What's in the way *is* the way."

If your world of business and finance seems to be in the way for you, I would like to show you how it *is* the way. How can you make the workplace your friend and let it empower you rather than debilitate you? Invest in yourself, the most valuable commodity you will ever handle—and ultimately the most profitable. Whether you are a corporate worker, an entrepreneur, a creative spirit, or simply looking for a more effective way to integrate your money with your life, recognize your inherent worthiness and expand your field of vision to create space for inner and outer riches. While your job and the money you handle are ostensibly about your vocational journey, they are more fundamentally about the journey of your soul.



Without Selling Your Soul

The first step to removing any obstacle is to discover and dismantle the beliefs that are keeping you stuck. Where are you denying your aliveness? What do you believe you have to do first before you can do what you really want to do? Who or what seems to be limiting your income? If you experience any struggle, strife, or lack in your livelihood, you must believe some lie. **Truth does not require sacrifice; only fear, the enemy of joy, demands suffering. Every fear masks a truth that, when unearthed, liberates massive earning potential.** Working harder will not erase false beliefs, but only reinforce them. Only the spotlight of courageous honesty will dissolve what entraps and reveal your authentic prosperous path.



you to be wealthy in every way and will gladly help you achieve all the material success you need. Infinite supply, not the stock market, is the source of your good. On another level, *even if you do not believe in a Higher Power, the spirit in which you conduct your work carves the difference between success and failure. Optimistic, upbeat people soar above the crowd, no matter their religious beliefs.* Finally, this title affirms that Higher Power is uncompromisingly serious about getting things done. Universal laws always work when you work them. Deny them, and you flounder. A Broadway play sported the

title, *Your Arms Too Short to Box with God.* Yet if you knew that the universe is always working on your behalf, why would you want to fight it? To box with God is to fight yourself. When you drop your gloves, doors open.

If you are going to create a new kind of success, you must create more space in your mind to accommodate it. You cannot keep thinking about your career and money in the same way and get a different result. Einstein explained that you cannot solve a problem with the same mind that created it. If you think that the way business is, is the only way it can be, you have painted yourself into a dark corner. If, however, you entertain even a little willingness to rethink how you have been approaching your livelihood, we can work miracles together.

If the universe were random, we would all be in trouble. But life is founded on rock solid truths that make our journey both joyful and successful when we apply them. With universal laws at your back, you are established in certainty and power that anxiety-based striving cannot sustain. Money and passion become inseparable. When you cross the bridge from soul-expression to success, you will have access to both worlds because you realize they are the same. ✨

Adapted from Spirit Means Business: The Way to Prosper Wildly Without Selling Your Soul, by Alan Cohen (Hay House, 2018).

Alan Cohen, M.A., is the author of 27 popular inspirational books, including the best-selling *A Course in Miracles Made Easy*, the award-winning *A Deep Breath of Life*, and the classic *Are You as Happy as Your Dog?* His work has been featured on CNN and Oprah.com and in USA Today, The Washington Post, and the book *The Top 101 Experts Who Help Us Improve Our Lives.* His books have been translated into 28 languages. Alan hosts the popular show *Get Real* weekly on Hay House Radio, and he has been a featured presenter in the award-winning documentary *Finding Joe*, as well as other inspirational documentaries. Alan is the founder and director of the Foundation for Holistic Life Coaching, and he keynotes and presents seminars in the field of life mastery and vision psychology. For info about Alan's programs, books, videos, free daily inspirational quotes, online courses, and weekly radio show, visit italancohen.com

Spirit Means Business is a triple entendre. On one level, it means that Higher Power is the source of prosperity. As you align with universal principles, everything you need will come to you. The Creator wants

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CALENDAR OF EVENTS

ONGOING EVENTS

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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.DrlreneSiegel.com.

TUESDAYS

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

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.

CHAKRA CLEARING SEMI-PRIVATE SESSIONS FOR THREE! Combining Singing Bowls & Tuning forks in a perfect way to balance your energy for your busy day & night ahead. **TUESDAYS & THURSDAYS** 10:30 am & 12:30 pm. \$20.00 per person. Call Now to reserve your spot! 631-988-0613. Located at Acoustic Therapeutix on 430 West Main Street, Suite #1 Babylon, NY, 11702. Visit www.AcousticTherapeutix.com for upcoming Special Events!

WEDNESDAYS

CITIZENS FOR 5G AWARENESS Learn about the health dangers re fifth-generation wireless technology. **December 18**, 7-9PM, Long Island Hilton, Melville. Info: dtpevansara@optonline.net.

THE REAL TRUTH ABOUT HEALTH PLANT-BASED SUPPORT AND PLANNING GROUP for the January 2020 Free 10 Day Conference. **December 4** and **January 8**, 7-9PM. Free vegan food. Long Island Hilton, Melville, Steve 516-921-1417, steve@realtruthtalks.com.

THURSDAYS

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

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

SHAMANIC DRUMMING MEDITATION – Led by Ric Statler. Last Thursday of each month. 7PM – 8:30PM at All Soul's Episcopal Church, Parish Hall, 10 Mill Pond Rd., Stony Brook, NY 11790. Suggested Donation: \$10 – \$20 / give what you can. Info: Dan Kerr, 631-655-7798. ShamanicMagnifiedHealing@yahoo.com.

FRIDAYS

SOUND HEALING MEDITATION – Utilizing Quartz Crystal Singing bowls, the voice, chanting, and guided meditation to release stress. **First Friday** of each month. 6-7:15PM. Inner Spirit Yoga, 24 Vernon Valley Rd., E. Northport, NY 11731, 631-262-9642. www.innerspityoga.com.

SATURDAYS

SEA CLIFF INDOOR WINTER MARKET - Saturdays 12-4 PM. November through April. Creative Arts Studio 256 Sea Cliff Ave. Locally produced food and crafts. FB & Instagram @ [seaclifffarmersmarket](https://www.facebook.com/seaclifffarmersmarket), [seaclifffarmersmarket@gmail.com](https://www.instagram.com/seaclifffarmersmarket).

WEIGHT LOSS SUPPORT GROUP every third Saturday, 2 - 3PM @ The Funky OM Yoga & Wellness Studio, 400 W Jericho Tpke, 11743. \$15 Energy Donation Exchange each event...No one is turned away. Presenters: Anthony C. Mirro, CHHC, RMT, EFTP & Mindy B. Pensig, CHHC, RMT. The Total Life Transformation Zone. Space is limited. Please call/text/email to register. 516-935-0354 Office, 516-513-4000 Mobile [Text], mbpensig@optonline.net / FB <https://www.facebook.com/Wonderful-Yoga-and-Meditation-192111614813573/> (see ad p.22)

Newly enhanced! CHILDREN'S SPIRITUALITY CLASSES 10AM during GOL services at 95 Old Country Road, Melville 11746. Contact Leda at GOLyouthprogram@gmail.com to confirm.

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. gatheringoflight.org. 631-455-3471. (See ad p.6)

SUMMERLAND CHURCH OF LIGHT, NSAC Renew your Spirit each Saturday at 10:30 am in our loving sanctuary, where all truth and knowledge-seekers are welcomed. 380 Nicolls Road, East Setauket, at the Unitarian Universalist Fellowship at Stony Brook. 631-316-1588. (see ad p.16)

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.

SUNDAYS

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

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.5)

UNITY LONG ISLAND – If you like Wayne Dyer and Louise Hay, you will love Unity Long Island's Positive Path of Spiritual Living! Services are held @ 11:00AM, 38 Old Country Road, Garden City, NY 11530, 2nd Floor. 516-823-0940 unitylongisland.com UnityLongIsland@gmail.com. (See ad p.3)

LI VEGAN SPIRITUALITY GROUP – 1st or 2nd Sunday afternoon in Sayville. Sessions include meditation, readings and discussion. \$7 admission fee. Call Susan for details at 914-316-6301.

SPECIAL EVENTS

NOVEMBER 24

HEALTHYPLANET'S 26TH ANNUAL HEALTHY, TURKEY-FREE THANKSGIVING DINNER/LECTURE Sunday, 2:00PM. One of LI's largest Thanksgiving Celebrations. 100% plant based (vegan)! Molloy College, Farmingdale. Healthy potluck feast, friends, education, motivation. Reserve early. 631-421-5591, HealthyPlanetUSA.org.

UPCOMING EVENTS

YOGA FOR EDUCATORS! December 7 & 28, at 3:30 pm for Teachers; 5:15 pm for Administrators. Restorative yoga to release stress and tools for being mentally prepared. Bring your journal and inspiration. School counselors welcomed. PeacefulEducators@gmail.com, or sign up at www.LongIslandIntegratedYoga.com. By donation. Also, schedule yoga for your faculty before school, after-school, or lunchtime renewal, in your building.

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Long Island Green Homes makes energy efficiency simple. Call us at 800-567-2850 or visit longislandgreenhomes.org. We will schedule your FREE home energy audit that assesses your home's energy efficiency and details ways to save you money on energy bills.

Long Island Green Homes is a non-profit collaborative project of Long Island towns, organizations, and Molloy College that is helping Long Islanders improve their homes and make Long Island more sustainable. Making homes energy efficient protects the environment, boosts economic activity, creates local jobs, and saves you money.

All energy auditors in our program are Long Island-based and certified by the Building Performance Institute.

Long Island Green Homes is administered by the Sustainability Institute at Molloy College and endorsed by the Community Development Corporation of L.I., United Way of L.I., and the towns of East Hampton, Huntington, North Hempstead, Smithtown, Southampton, and many Long Island elected officials.



You Can't Fight for Your Rights and Hide at the Same Time

by John Gilmore, Executive Director,
Autism Action Network

It is time for our community to “come out of the closet.” We can no longer hide behind religious and personal belief exemptions and hope to protect our children, or even ourselves.

The global drug industry that produces vaccines is no longer willing to tolerate us. They want to force everyone to use their products, and they increasingly have the police power of government to back them up. As the largest advertiser in America they have the clout to buy completely one-sided media coverage, and they are using their power to generate hate against us. California, New York and Maine have already lost their rights. It looks like New Jersey, Connecticut and Massachusetts could be next.

Once upon a time we could keep our mouths shut and stay under the radar. Those days are over. Either we stand up

and fight or get ready to roll up your children's sleeves. There is no in-between anymore. You can't hide and fight at the same time. It is time to choose.

At the foundation of every injustice is a lie. The lie that vaccines are safe for everybody. The lie that vaccines do not cause autism. The lie that autism is just a difference. The lie that the government is doing everything possible to protect your children. The first step to correcting the injustice is to refuse to accept the lies any longer. Coming out is all about refusing to accept the lies anymore, lies about reality, about ourselves, about what happened to our children, about the world that makes this possible.

Back in June the biggest gay pride parade ever was held in New York City. The police estimated 4 million people showed up. It was the 50th anniversary of the Stonewall Riots, which is considered the founding event of the gay rights movement. The “Stonewall Riots” began when a handful of drag queens and friends that frequented the Stonewall Inn reached their breaking point when the police raided the bar one too many times and attempted to roust them. They fought back. They fought back for days. They fought back for years. A



handful turned into a couple of hundred demonstrating in the streets of Greenwich Village, and a couple of hundred turned into 4 million just in one city. That handful of drag queens changed the world.

And they are not so different from us. A vilified group of outcasts that the powers-that-be say are legitimate targets for de-humanization, discrimination and violence. When we were trying to persuade the lawmakers not to take away our religious exemption this winter and spring in Albany, NY, we encountered behavior I have never seen in almost 20 years of advocacy. Legislators and their staffs called us “Nazis,” “lunatics,” “flat earthers,” and more. We were compared to holocaust deniers. Staffers wore masks when we entered the room, one legislator made us meet outdoors because she thought we would contaminate her office. Staffers refused to shake hands, some wore surgical masks. Many previously accessible legislators refused to meet with us.

The key to the success of the gay rights movement was people coming out of the closet and refusing to lie about themselves or their lives anymore, and the same will be true for us. In New York there were 26,000 children with religious exemptions. Those children probably have 40,000 parents. I would estimate at most 4,000 people did anything to fight the repeal of our religious exemption. What could have happened if all those parents were actively engaged in protecting their children's rights and bodies? Far too many were hiding and hoping other people would get the job done.

Coming out may lead to conflicts with people who are dear to you. Some people may ostracize you. But you may find much more tolerance and support than you expect. Thousands of people in New York have been involuntarily forced to come out because of their children's expulsion from school, and many are surprised at the support they are receiving. And those people who will not accept your choices, well, do you really need them? What are they bringing to your family's life? It may or may not be easy to come out and tell the truth, but we don't have a choice anymore: Come out! ✨

Please share this message with family and friends and please share to social networks while we still can. If you support the information and advocacy brought to you by the Autism Action Network please make it possible for us to keep doing our work by donation here <https://grouprev.com/autismactionnetwork2019> for our one fundraiser of the year we do in conjunction with the Autism Community Walk.

John Gilmore is the executive director of the Autism Action Network, a national 501c4 advocacy organization, working on a range of issues that impact individuals and families affected by autism. He lives with his wife and two sons. His son Luke has an autism diagnosis, among other health conditions and developmental delays, as a result of vaccine-induced encephalitis as an infant. autismactionnetwork.org.

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Ten Tips to Care for Yourself While Caring for Someone Else

by Helene Berger
West Stockbridge, MA

When giving your all in the sacred role of caring for a loved one, an essential piece is often missing from the equation: YOU! You cannot stop living your life. It will not be good for you, and it will certainly not be good for your loved one. The moment you feel trapped, a host of other negative qualities and unhealthy emotions—resentment, anger, impatience, irritability—will begin to creep in.

When my husband was diagnosed with Alzheimer's shortly after our fiftieth anniversary, I was determined to find creative ways to make our lives as fulfilling as possible for as long as possible. One of the essential lessons I learned, was that I needed to be whole in order to give him the best.

Here are ten suggestions to help you put your own needs into the picture when the role of caring for a parent, a spouse, or any loved one becomes your responsibility—no matter what the reason for the decline.



1. Essential to have Capable Help

Most of us find difficulty in recognizing or accepting our need for help. Yet from the dawn of history, man has clustered in tribes or communal groups in order to survive. In our increasingly isolated society, we have difficulty recognizing that at some point in our lives we will need backup. We simply cannot manage without it. What would happen, when you are the sole provider for your loved

one's needs, if you had a fall or an injury or illness that put you in the hospital? Though my husband, Ady, was diagnosed with Alzheimer's, I did not have extra help until 3 ½ years later when he fell and broke his hip. In retrospect, not having the help during those early years was a mistake. My husband made the greatest strides when I had a few hours of relief each day to do errands or to have time for a walk or a game of tennis. I returned refreshed and ready to give my all. Finding either an aide, friend or family member or even a responsible student to play cards or checkers or chess, enabled me to continue to live as fully as possible under the circumstances—and to deliver better care.

2. Finding Time Alone

One day a wise doctor asked me, "How much alone time do you give yourself each day?" My response was, "Very little." I was caring for my husband from morning to night. Even if I managed to go for a walk, it was almost never alone. When I drove I was usually listening to a book on tape. Eventually, I realized that I had to give myself time to grieve for the loss I was living through. I could not shut out the reality I was facing by filling my mind every minute with extraneous thoughts. Slowly, I learned to walk alone without a friend or a book on tape. My thoughts, instead of being an escape from the reality, turned to questioning how can I keep my

husband on a positive path? How can I make life better for him and for us? How can I build the scaffolding to give him the best chance for positive outcomes—physically, emotionally, and socially?

3. Focusing on What's Best for You, Not on What Others May Think

Learning to do what was best for me and for Ady without being concerned about what others might think was an important step for me. At first, I thought that I'd be judged harshly if I went to an event that was not appropriate for Ady, without him. To my surprise, I kept getting positive feedback. Friends kept telling me how well they thought I was handling the situation. Their encouragement helped me to get over my both my feelings of guilt and fear of "what others might think" and reinforced my decision to live more fully. I brought Ady into the picture, by helping him to understand that taking care of my own needs (even if just a walk) was crucial for both of us.

4. Getting Enough Sleep

Getting seven to eight hours of sleep a night was always particularly tough for me. I was compulsive about accomplishing my agenda before I went to sleep. Our son, witnessing my fatigue, said, "Mom, I'm giving you a curfew. I want you to turn off your computer at 9:00 pm no matter how

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important what you're working on is. Get ready for bed and relax and read for a while." It turned into one of the adjustments that enabled me to give more of myself to my husband.

5. Maintaining Adult Conversation with Friends

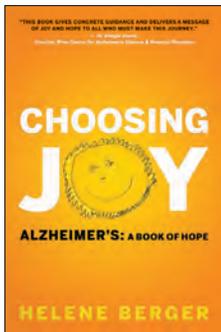
There is an unavoidable sadness in losing the rich adult conversation that had been such a big part of my life with Ady. But I couldn't let my life shrink to games and puzzles. Continuing to spend time with friends, who were involved and interesting people, became important to me. It gave balance to my life. Even limited time with friends, or going to a cultural event, snapped me back into the adult world that had been my life. Being with people who saw humor in life and made me laugh gave me new awareness of the healing power of laughter. More importantly, I returned home fulfilled and eager to give my all to my husband.

6. Acknowledging Your Own Feelings

My daily goal was to find the delicate balance between watching my husband decline while attempting to stay whole. Outwardly I went through the motions, but the harsh decree of Alzheimer's brings with it an inner sadness that never entirely goes away. Despite my many expressions of satisfaction, there were difficult moments of coming to terms with reality. There were times that I allowed myself to face my feelings—times that wiped me out but were vital to my own wellbeing. I found it extremely helpful to be able to verbalize my feelings to my family or close friends. Just being able to acknowledge them in words, either verbal or written, helped to minimize the sting and intensity. I found that keeping even a sporadic journal brought comfort. Once something is expressed, it doesn't appear to be quite so ominous.

7. Understanding Finances: A Word to Women

I know many bright women who have contributed substantially to the world, some with advanced degrees or qualifications, who close their minds when it comes to understanding financial matters. These bright women have told me, "My husband handles the finances." I was one of those women. Long before the onslaught of Alzheimer's, I woke up one day and realized that I had virtually zero



financial knowledge—even of our own affairs. My husband, knowing he would soon be retiring, was totally supportive of my desire to learn. We both met with a number of financial institutions and I was not embarrassed to ask the most rudimentary questions until I felt that I understood their responses. After Ady's diagnosis with Alzheimer's, he began to hand over the financial reins to me confident that over the past years I had gained enough knowledge to handle what lay ahead. I was spared the additional shock after his passing of being financially unprepared. None

of us can predict when a life-changing event will occur. We owe it to ourselves and our family to be prepared.

8. Learning from Others

In the early stages, before Ady's diagnosis, I did not acknowledge my fears to friends. One night at dinner with another couple, Ady asked the husband what he did. The man was well known for his books and expertise in his field. I gasped and rushed in to rescue him. His wife tenderly took my hand and said, "Helene, Everybody loves Ady for Ady. Don't try to cover for him." I fought back the tears. But that moment changed me. Publicly acknowledging what Ady and I were experiencing, rather than treating it as embarrassing and shameful, gave me enormous relief. It opened up new worlds of communication for me, enabling me to learn from others' experience. Though our reluctance to openly acknowledge our new reality is understandable, it burdens us with an unnecessary level of sadness and pain. Just as important, we would have lost out on the wise counsel and compassion that friends can offer. In two six-word sentences, my friend's honesty and compassion changed my life. I will always be grateful to her. Through the next six years after the diagnosis, I constantly learned from those who were dealing with loved ones who are declining in any way. When I asked questions, I found people most willing to respond with both valuable information and openness about their feelings.

9. Be Clear About Your Priorities

You cannot do it all. Make conscious choices about your priorities. My nature is to be compulsive about doing any task I undertake well and thoroughly. My

well ordered home changed during my caregiving years. There were medical charts and equipment that took over the house. Ady's office was the first to go. There were piles of folders that he simply would not put away, and his desk was sky-high with papers. It seemed as though if an item was out of sight, it was lost to his mind. Even my own office was not what it had been. It was more important to me to use any spare minute I had to exercise and do what was necessary for my own health than to be upset about a messy room. This didn't happen haphazardly. It was a conscious decision on my part to let the nonessentials go. No matter what stage of life we are in, I suspect every one of us would benefit from letting some things go undone.

10. Put Your Own Oxygen Mask On First

Remind yourself how important your role as caregiver is and how lost your loved one would be without you steering the ship. When you take the time to nourish yourself, try to banish the guilt that is not helpful. Airlines instruct us to take care of ourself first, so you can be there to help another. It is crucial to the wellbeing of

both you and your loved one that you give yourself the same permission.

I am happy to report that as a result of giving myself the balance I needed, my husband thrived as well.

When I returned from a walk or whatever gave me a break, I spent quality time with him. In his final years, he was able to do what was unthinkable during the early years. His mind was kept active every waking minute. He was treated with kindness, respect, support and love. When he was first diagnosed with Alzheimer's, he calmly said to the doctor, "I don't want to live anymore." In the years that followed he was known to all as the man with the radiant smile. ✨

Helene Berger, author of *Choosing Joy: Alzheimer's: A Book of Hope*, has held many leadership positions in her home community and nationally. She has spoken throughout the country. This, her first book, was inspired by the unanticipated positive results her husband achieved after his diagnosis of Alzheimer's. For more information visit www.heleneberger.com.

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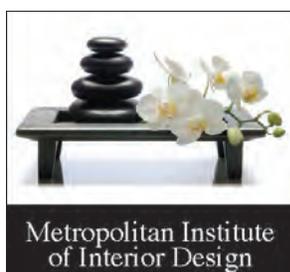
Doc is the doctor on **Shark Tank** and CEO of **Cornucopia Organic Food for Pets**. He is an accomplished teacher and lecturer as well as the author of the book, **COMPASSION FOR PETS** and the composer and performer of *Adio*, which he has gifted the world and sang at the Vatican.

R. Geoffrey Broderick, DVM
The Animal Clinic at Southdown
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Barbara Pisick

Opioid Industry is Crashing — Are Vaccines Next?

by John Gilmore
Long Beach, NY

Recently, an Oklahoma court fined drug company Johnson & Johnson \$572 million for their role in creating the opioid crisis. This is the first state court judgment, with many more certain to come, against a player in the opioid industry.

Cleveland County District Judge Thad Balkman wrote the defendants, “engaged in false and misleading marketing of both their drugs and opioids generally, and the law makes clear that such conduct is more than enough to serve as the act or omission necessary to establish the first element of Oklahoma’s public nuisance law,”

The damage done by opioids is difficult to fathom. More than 700,000 deaths

have resulted from opioid overdoses since 1999, more deaths than in all the wars in American history. Overall life expectancy in the United States began declining 3 years ago as a result of the growing number of deaths caused by overdoses from opioids.

Where was the whole range of institutions that are supposed to prevent crimes like the opioid epidemic from happening? Where was the Food and Drug Administration (FDA)? Where was the Centers for Disease Control and Prevention (CDC)? Where were all the Presidents for the last 20 years? Where was Congress? Where were the media? And most important where were the doctors? Both Individually, and collectively in their trade organizations such as the American Medical Association and the American Academy of Pediatrics? Obviously, the doctors were cashing in on this gold rush like everybody else. These were legal prescriptions drugs, and someone had to write the prescriptions.

A highly profitable product is marketed under false pretenses by drug companies. Physicians are enlisted to push the product to consumers and look the other way when the danger and

injuries become obvious. All the major institutions that are supposed to prevent this type of disaster from happening fail. And it goes on for decades. Where else have we seen this scenario?

Critics of the vaccine industry are frequently dismissed by our opponents as “conspiracy theorists.” Yet the exact model of greed, corruption and institutional failure that drug industry apologists deny could ever happen with vaccines is exactly how we ended up with the opioid crisis.

A crucial difference between the opioid crisis and vaccines is that we have not lost our Seventh Amendment right to sue companies in court for damages caused by drugs. We lost the right to sue for vaccine injuries with the passage of the National Vaccine Childhood Injury Act in 1986. How a law can take away a Constitutional right is still unclear.

Robert F. Kennedy, Jr. frequently sites the fact that the drug companies that produce vaccines have paid more than \$35 Billion in fines for bribery, submitting false documents to regulatory agencies, hiding catastrophic outcomes (such as Merck lying about 500,000

deaths from Vioxx) and countless other crimes. The vaccine and drug industry are a group of corporate felons. Yet we are told by the powers-that-be that we must believe everything they say.

The opioid market is crashing, which compels the drug companies to rely even more on the risk-free gravy train of their vaccine products. But that can’t go on forever. Far too many people are on to them. And they know it, which is why they are relying more and more on sheer force, as we see in California, New York and Maine, to move their products. Force is used when there are no other options. They have squandered their credibility. Another crash will come. It is just a question of when. ✨

John Gilmore is the executive director of the Autism Action Network, a national 501c4 advocacy organization, working on a range of issues that impact individuals and families affected by autism. He lives with his wife and two sons. His son Luke has an autism diagnosis, among other health conditions and developmental delays, as a result of vaccine-induced encephalitis as an infant. www.autismactionnetwork.org.

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A Wake Up Call – An Open Letter

by Marla Peck
Huntington, NY

This is a cry for help. A “wake up” call to all! I am reaching out to you with a real sense of urgency. It is imperative that we all take a stand for democracy and rise up! The following truth may shock you. We need to be shocked out of our indifference in order to be moved to action.

Are you aware that we are facing a very real “planetary emergency”?

It has been called:

- ✘ A threat to mankind that has never before been known
- ✘ A silent Holocaust

- ✘ A crime against humanity
- ✘ A health calamity waiting to happen
- ✘ An invisible threat
- ✘ A tampering with God
- ✘ A fifth extinction event
- ✘ An assault against the Planetary Web of Life
- ✘ An unmitigated health and privacy catastrophe

When will all the good, honest people start to wake up—before it is too late? Before we are all sick; the birds and the bees and the trees are dying. I am trumpeting a wake up call! What am I talking about?

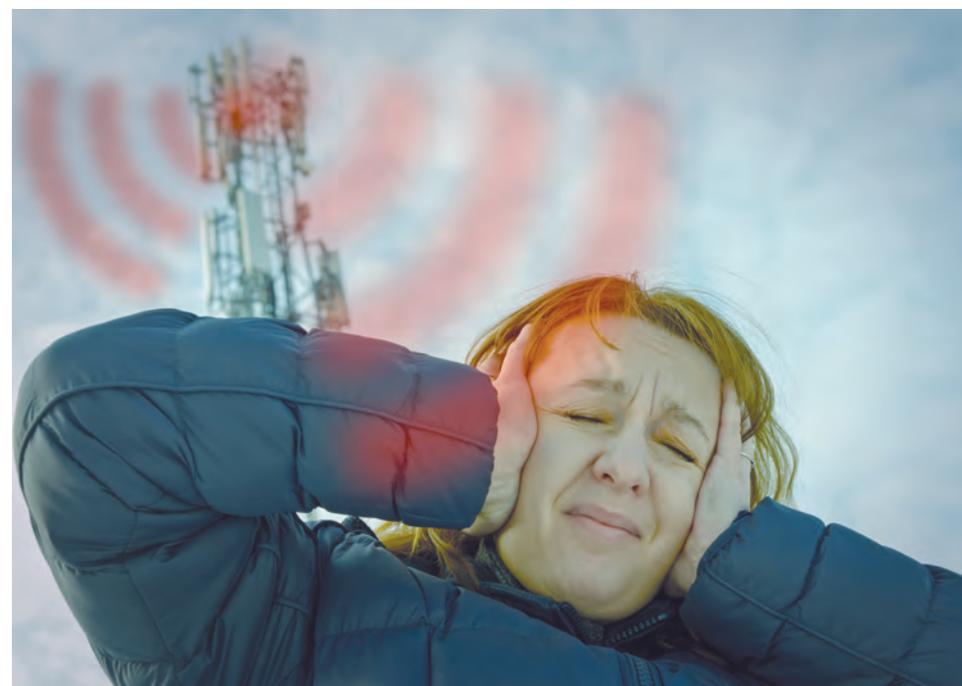
I am talking about a new, untested by our government, wireless technology. It is 5G. Yes, a technology that is promising faster Internet and faster download speeds is being rolled out with much fanfare right under our noses. Yippee! Sounds great! Right?

But, what do we know about 5G except the media hype? Are there any risks involved? What are they? Did you know that 5G radio frequency (RF) radiation uses a cocktail of three types of radiation, ranging from relatively low-energy radio waves, to microwave radiation with far more energy and millimeter waves with vastly more energy.

The extremely high frequencies of 5G are where the biggest danger lies. While 4G

This report should have been a game changer and should have put a halt to further deployment. Instead, the 5G infrastructure is being fast tracked to connect “The Internet of Things” for the benefit of the telecom providers.

In fact, this technology is being “forced on us” by FCC regulations, removing any barriers to deployment and requiring “small cell antennas” in residential neighborhoods every 2-10 homes.



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— Elizabeth, Massapequa, NY

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— Alan Cohen, Hawaii, author, radio host

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— Jeanette, NY

** My friends and I look forward to reading future issues. They are a breath of fresh air and a very unexpected discovery as well. I am grateful to have found them in my college, especially in an establishment that hasn't emphasized spirituality or consciousness much. I have read the most current issue, and I am now on a journey of reading the previous online edition issues as well.*

— Brandon, Queens, NY

frequencies (which are classified by the World Health Organization as a Class 2B carcinogen in the same category as Lead and Asbestos) go up as high as 6 GHz, 5G exposes biological life to pulsed signals in the 30GHz to 100 GHz range.

This level of radiation will cause harm to our bodies and to all sentient beings. We will, essentially, be bathing in a sea of 5G radiation. The general public has never been exposed to such high frequencies for long periods of time.

There are thousands of independent, peer reviewed, scientific studies proving “evidence of harm” as a result of long-term exposure to wireless radiations. There is no question that 5G with its higher frequencies will be more destructive. **The final \$30 million dollar, 16-year study, by the Federal Government National Toxicology Program, the government's expert agency on toxins, found clear evidence that this radiation causes cancer and breaks DNA.** The EMF impact on the cells of our bodies include neurological/neuropsychiatric effects which are involved with all chronic diseases, including cancer.

Dr. Martin Pall has stated unequivocally that the “5G rollout is absolutely insane.” Is this for real? Yes! It is happening right now! This is why we must stop it before it is too late. People across the world are organizing groups to register their concerns and help create legislation to stop the deployment of 5G until the ramifications of this technology can be thoroughly studied and proven safe for all life forms.

Debbie's Story

Our local group leader, Debbie Persampire, woke up one morning to find a telephone pole, installed outside her home, with a small cell antenna on top. (The placement of telephone pole or a small cell on an already existing pole falls under the *right of way*.) Debbie called the town to find out what this was and was told it was nothing to worry about. She did extensive research and found out that the radiation being beamed into her home would indeed pose a real threat to her family's health. She has tested the level of radiation with an Acoustimeter (meters that measure RF radiation with the Red Zone indicating a cancer risk) and it measured in the Red Zone.

Since that time, our group, **Citizens for 5G Awareness**, has met with our representatives, spoken at Town and Village Hall meetings, created a FB page and Website, requested tables at various events, held rallies, and presented free screenings of the film *Generation Zapped* at public venues.

Although there are other concerned citizens throughout the United States and the World, we need YOU, yes, all of you and everyone that you know to take a stand! Take a stand for democracy and what it represents! This is, truly, about life, liberty and the pursuit of happiness. It is impossible to be happy when you and your loved ones are sick. Everything we do to the earth affects all of us.

Why does the 5G International Appeal of Earth and Space, written by world-renowned Doctors and Scientists, call this “A Crime Against Humanity”? Does money affect ethics? Sadly, it does. We have seen this time and time again. The telecoms are looking at this technology as a goldmine to connect anything and everything. Follow the money!

Did you know?

- ✘ The FCC is a “captured agency”.
- ✘ The FCC is beholden to the wireless industry.
- ✘ There is a revolving door of Telecom industry executives and FCC executives; they are essentially in bed together.

Senator Blumenthal and Congresswoman Eshoo have demanded that the FCC prove safety. They have not received a single study proving safety. Insurance companies refuse to underwrite “Big Wireless.” Additionally, the telecom companies sent out letters to their shareholders warning of possible impending lawsuits.

How can we take back our power and where do we start? That is the big question. First, we must create a united front. It is imperative that we mobilize, join forces, and stand up for our rights as citizens of the United States. We must marshal as many people as possible to say “No to 5G!”

We must let our local, state and federal representatives know that we will not consent to being irradiated in our own homes. Because of the fact that these frequencies, although extremely powerful, do not travel far, these antennas require a new infrastructure. This is the reason why they are being installed in our neighborhoods every 2-10 homes. We will be irradiated right in our own homes!

There is proof of harm from these antennas. The bottom line is that, with these “small cell” antennas installed in our neighborhoods, we are being exposed to 24/7 radio frequency microwave radiation at levels beyond what has been linked to cancer in peer reviewed independent studies. I am sure that you will agree that this is unconstitutional and a violation of our human right to live in a safe and secure environment.

Please make a difference in the world. Please take action, today!

Call, write or text your representatives and tell them that you want the 1996 Telecommunications Act either revoked or amended. This Act takes away our power to determine if we want this technology imposed or not. This Act states that local governments are unable to regulate cell antenna placement based on concerns related to the environment. While it states “environment” the courts are reading into it as “health”. The FCC, essentially, is railroading this through without our permission and consent and our representatives are telling us that their hands are tied...thereby, doing nothing about this situation. They say they are prohibited from protecting their community’s health although it is their sworn responsibility to protect their constituents from harm.

If you live in New York State, you must ask your representatives to amend this unjust and unconstitutional law:

Senator Gillibrand: www.gillibrand.senate.gov/contact/e-mail-me
 Senator Schumer: www.schumer.senate.gov/contact/email-chuck

If you live in the Huntington, NY area:
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Show up at all of your Town Board Meetings.

If in Huntington, please join our email list by going on our website where you will be informed of dates and times of all our events, Town Board meetings, etc. Please don’t think that someone else is taking care of this problem or say that you are just too busy to make a phone call. Wherever you live, it is imperative that you to show up at your Town Hall meetings, etc. Your action matters!

Don’t allow your voices to be silenced by others who believe that 5G is safe. It is not safe! We each can make a difference in our world. If you do not take action now, we will not have enough momentum



as a group to stop this assault to our greatest wealth—our health, and the planetary web of life.

We do have the power to stop 5G! We must support each other, stand strong and protect each other. With your help, we can do this. We can win back our inalienable rights to have a choice over what is in the best interests of ourselves, our loved ones and our community.

Marla Peck
 On behalf of Citizens for 5G Awareness
www.citizensfor5Gawareness.org

Editor’s note: if you missed or would like to review Dr. Gabriel Cousens’ comprehensive account of 5G technology in our April/May ‘19 Issue, please visit the Archives on creationsmagazine.com.

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Faith

by Marie Emmons [deceased]

thank You—
it was one of Your days.
i mean
nothing great nothing bad
just kinda there and passing
but then
Your sun shone
through beyond my window,
And Your winds came
and played havoc with all
my scattered thought notes
so suddenly
it was beautified.
and i
just want You to know,
i noticed it all.

A Hopeful Tomorrow

by Diane Sciacchitano, North Massapequa, NY

On the horizon a “new” year is dawning
Hope and promise in our hearts – are rapidly
spawning.
Betterment of mankind
Must be our goal of choice
Where people of the world
Would unite and rejoice.
Closer to home
We need to decide
Whether to wallow in despair
Or take back our pride.
Strides to be made
Wise choices will adhere
Go forth without doubt, malice or fear.
Knowledge is power
Our weapon of choice
United we stand
No division – One Voice

Balancing

by Sherrie Wharton, Cold Spring, NY

Acknowledging fear,
but operating from victory.
Acknowledging lack,
but operating from abundance.
Acknowledging confusion,
but operating from boundless faith.
Acknowledging isolation,
but operating from community.
Acknowledging the grip of old habits,
but operating from re-birthing.
Acknowledging challenges,
but operating from eternal light.
Acknowledging holiness and wholeness,
and operating from oneness -
redesigning the inner landscape.

Haiku

by Patricia Rossi, North Merrick, NY

snowflake minuet
white laden tranquility
nature’s gift of peace

Once There Was Nothing

by Ann Zalkind, West Babylon, NY

There was a moment once,
When there was nothing,
Before the birds harmonized with heaven.
The sun warms the sapling cherry tree,
A cardinal and other small birds fluttering,
Content in their purpose.
Prosecco bubbles with an effervescence
That calms me,
And I’m mindful that once there was
Nothing,
And that I was part of what wasn’t.

Following Fate

Jane Briganti, Middle Island, NY

Never thinking of the future
Not really making plans
She just follows her heart
Walking through the lands
She believes in energies
They guide her where to go
Faithfully following signs
Allowing energies to flow
How her journey will end
This she does not know
All she can do is believe
And let her spirit grow

Sacrifice Haiku

by Eric Noel Perez, New York

Artists trade the change
jingling inside their pockets
for constellations.

Poetry is nearer to vital truth than history. – Plato

The Astonishing Intelligence of Being

Dr. Will Tuttle
Hidden Valley, CA

Researchers investigating the structure of the body have discovered that cells are phenomenally complex, and compare a single cell in our body in complexity to New York City. We have several trillion such cells in our body.

Let's savor that for a moment. It's humbling and inspiring to contemplate the enormous intelligence invested in each one of us by the universe. Our extraordinarily intelligent and complex physical body is our vehicle and its purpose is to enable us to learn, grow, and contribute, and to celebrate our lives and fulfill our creative, intellectual, social, and spiritual purposes in this lifetime. This understanding can inspire us to treat our body with kindness and respect, and to do the same for all the people we meet.

It's essential to remember that cows, pigs, fishes, chickens and all the other animals are similarly made up of trillions of cells and are also staggeringly complex. Researchers estimate that there are between three and thirty million other animal species on Earth besides humans. There is obviously a vast investment of intelligence in nonhuman animals and this intelligence is the underlying foundation for the profusion of living beings here, all fulfilling their purposes and celebrating their lives in their unique ways through an infinitude of interconnected communities.

And yet, we are all born into a culture that compels us from infancy to disrespect and destroy the massive storehouse of intelligence in other animals by enslaving and killing them for food and other products on an epic scale, stealing their purposes and thereby ravaging both their intelligences and purposes as well as our own. This is all rendered invisible to us by the ubiquitous cultural narratives surrounding food, nature, and animals, proclaiming our superiority and negating their value and agency. These narratives ironically sabotage our efforts for meaningful individual and social progress.

As we now understand through decades of nutritional research, it is completely unnecessary for us humans to continue the practice of imprisoning animals for food, breeding them into lives of abuse and misery, destroying ecosystems to feed them



and dispose of their excrement, and forcing workers to impregnate them on “rape racks,” and to steal, mutilate, and kill their babies. *We now understand that compelling our sensitive children to eat animal foods that concentrate harmful chemical and drug residues and other toxins is responsible for most of the chronic disease and conflict that fill our hospitals and that contribute to the ever-growing wealth and power wielded by the military-industrial-meat-chemical-pharmaceutical-media complex.*

A recent study reaffirms what we have known for decades: that **we could feed at least four billion more people with all the grain we waste on livestock feed for meat, farmed fish, dairy products, and eggs. The food shortages caused by animal agriculture are well recognized to be a fundamental driving force in global conflict and war.** Animal agriculture is notoriously inefficient. It's also destructive of intelligence on all levels. Vast monocropped fields of genetically-engineered corn, soy, and alfalfa to feed imprisoned livestock displace and attack the diverse intelligence of animal and plant communities such as forests, soils, wetlands, and prairies, and the toxic runoff destroys aquatic life. This habitat destruction is driving the largest mass extinction of life in 65 million years. The tragic loss of genetic diversity is one of many attacks on planetary intelligence by animal agriculture, which is the primary ongoing force of destruction, exploitation, and disease in our world today.

It ravages not just the outer landscape of our Earth, our culture, and our physical bodies, but also our psychological and spiritual health as well. Eating animal-sourced foods requires us to disconnect, and intelligence is the opposite of this. It is the capacity to make relevant connections. We thus have a difficult time understanding

the rather obvious connections discussed here, and similarly fail to comprehend how our routine abuse of animals boomerangs into every aspect of our daily lives.

By consciously refusing to buy and consume animal foods and products—and choosing whole, organic, plant-based foods and products—we are respecting not just the inherent intelligence of animals and ecosystems, but also our own intelligence, and we are sowing seeds for awakening and liberation. The good news is that by transitioning to organic, plant-based ways of eating and living, we can feed everyone on this Earth on much less land, water, and petroleum and allow ecosystems, climate, and our culture, as well as our bodies and minds, to naturally heal and regenerate. World peace is based on respect for our intelligence and the intelligences and purposes of all beings. This respect is the missing foundation for health, freedom, awareness, and the possibility of fulfilling our lives together in harmony on this abundant and completely



Dr. Will Tuttle, visionary educator and musician, is author of the international best-seller, **The World Peace Diet**. A former Zen monk and recipient of the Courage of Conscience Award and Empty Cages Prize, he has created eight CD albums of uplifting original piano music and is a vegan since 1980.

misunderstood Earth.

As we begin to connect the dots, we can give thanks for our caring hearts and for our awareness that yearns to savor and honor the magnificent intelligence that flows through birds, flowers, trees, forests, oceans, and all living systems: all of us and every dimension of our lives. For this to happen we are called to question the entrenched narratives that reduce our intelligence and that promote the exploitation of living beings, and to bring our lives into alignment with our values.

I remember finally realizing forty years ago that the only reason I was eating animal foods was

because I was just following the orders and narratives imposed by my cultural upbringing, and that they were false and harmful. From that awakening, healing has been flowing ever since, for which I am immensely grateful. We can all be part of the awakening and healing that these critical times are calling forth. The immense intelligence that functions through every cell of our being—and through all beings—calls us to liberation. Respecting and liberating the intelligence in animals and ecosystems, we liberate our own intelligence. This is the path calling us to a positive future, one to which we can all contribute every day. ✧

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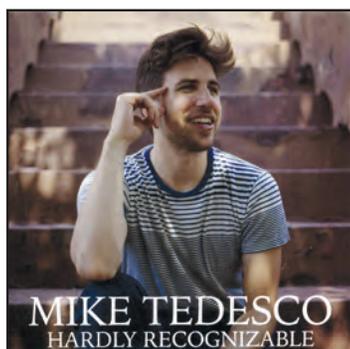
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& PRODUCTS

MUSIC

HARDLY RECOGNIZABLE

by Mike Tedesco
miketedescomusic.com



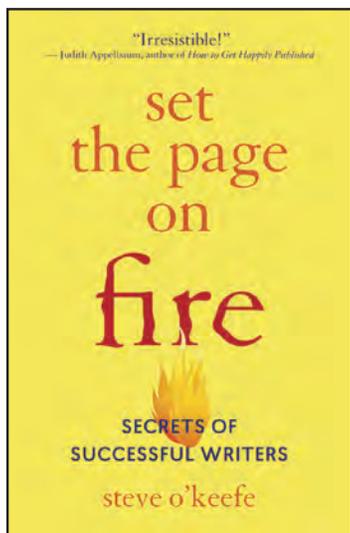
Having had the pleasure of experiencing this musician perform in person, I looked forward to hearing this EP. I wasn't disappointed. In fact, his exuberance and musicianship are excellently captured in this recording. *Wired*, the first cut, brings to mind a young Billy Joel, but man, does Mike have pipes, and a terrific range-y rock tenor, that compliments his laudable piano skills perfectly. *Giants* continues the rock fest, followed by *The Surface*, which will bring to mind Freddie Mercury's soaring, high tenor "balladeering." He is joined by Kirsten Maxwell on this cut, which leads all too soon to the final cut *On & On*, another ballad which, like all the other cuts, demands attention. This offering is a great introduction to this excellent performer/singer/pianist/songwriter. I expect, and hope, we'll see much more of this artist! He is joined by Justin Goldner (bass, guitars, synths), Jamie Eblen (drums, percussion). Well produced, and thoroughly enjoyable!

Reviewed by
Mark Maxwell Abushady

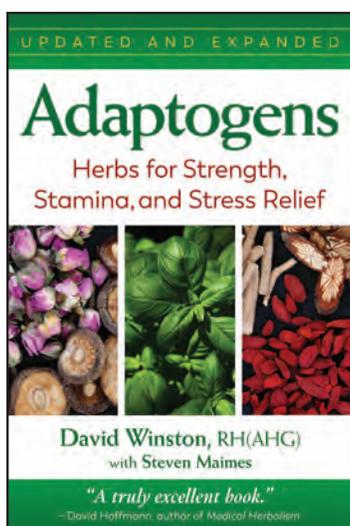
BOOKS

SET THE PAGE ON FIRE

Secrets of Successful Writers
by Steve O'Keefe
newworldlibrary.com



Successful writers *write*, rather than just think about writing, talk about writing, or plan what they'll write when they get a cabin in the woods. Yet even accomplished writers sometimes get "blocked," losing access to their in-the-zone writing mind. "What matters is whether or not you get across," explains Steve O'Keefe. The secret to "getting across," is to write as fast as you can and clean it up later. He offers proven techniques and practices for jump-starting stalled ideas, honed during his



many years of working in virtually every aspect of publishing. His innovative, often unconventional exercises will get you writing and accessing your own unique voice—a voice the world wants to read! Containing a career's worth of writing and publishing savvy, as well as the advice of expert authors gleaned from hundreds of interviews, *Set the Page on Fire* is the kind of nuts-and-bolts coaching and encouragement invaluable to novice and veteran writers alike.

ADAPTOGENS
Herbs for Strength, Stamina and Stress Relief
by David Winston & Steven Maimes
InnerTraditions.com

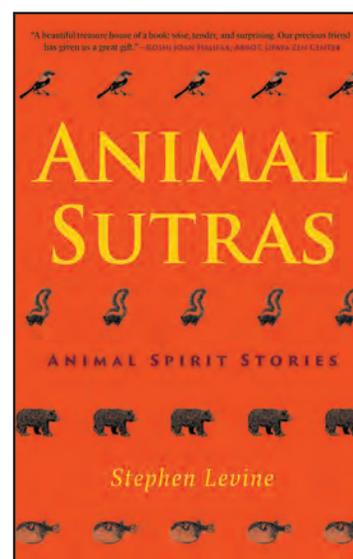
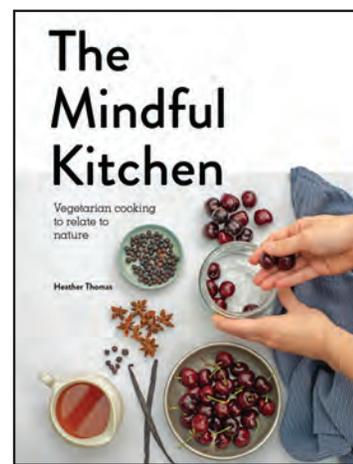
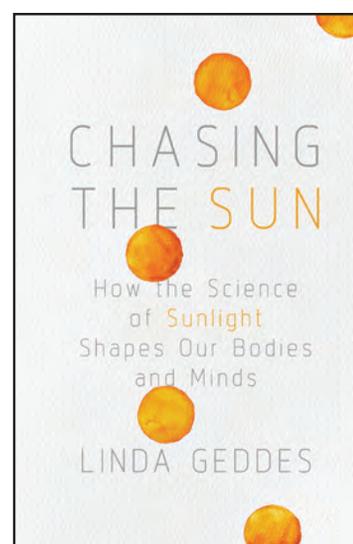
Every day our bodies strive to adapt and stay balanced, energized, and healthy, yet chronic stress and the resulting elevation of stress hormones

such as cortisol have been shown to be major factors behind not only fatigue and weight gain but also many chronic and degenerative diseases. This updated and expanded edition of the definitive guide to adaptogenic herbs provides a comprehensive look at adaptogens: non-toxic herbs such as ginseng, eleuthero, and ashwagandha that help the body "adapt" to the many influences it encounters and manage the stresses it experiences. They also increase stamina and energy, boost cognitive function, restore the immune system, and counter the effects of aging, especially when used in appropriate combinations.

Beginning with a history of the use of adaptogens, including in Ayurveda, Chinese medicine, and Russian medicine, the book examines how these herbal remedies work and why they are so effective at combating stress-induced illness and ailments. The extensive *Materia Medica* includes monographs on 25 adaptogens, including eleuthero, ginseng, rhodiola, schisandra, ashwagandha, shatavari, reishi, and holy basil, as well as complementary nervines, restorative tonics, and nootropic herbs, such as milky oats, astragalus, St. John's wort, and ginkgo. Each monograph presents the latest scientific research and details the origin, traditional and clinical uses, actions, properties, preparation, and dosage for each herb. *Adaptogens* also includes guidance on adaptogenic remedies for our animal companions.

CHASING THE SUN
How the Science of Sunlight Shapes Our Bodies and Minds
by Linda Geddes
www.pegasusbooks.com

Our biology is set up to work in partnership with the sun. Little wonder then that humans have long worshipped and revered our nearest star: life itself arose on earth because its relationship with the sun was a special one, and that relationship still affects us well into the era of electric lighting, indoor workdays, and vitamin D supplements. What are we losing when we sever this ancient biological tie to the sun by spending more and more time inside during the day and surrounded by screens at night? Informed by cutting-edge scientific research and sparkling with memorable characters from the modern druids who worship at Stonehenge each solstice to the Amish farmers who may have the right idea about healthy sleep patterns, *Chasing the Sun* analyzes all aspects of our relationship to the sun, which continues to shape our bodies and minds in the twenty-first century. The fascinating stories, innovative science, and unique perspectives in this book make it clear



that the ancients were right to put the sun at the center of our world, and it is crucial that we remember this bond as we shape our lives today.

THE MINDFUL KITCHEN
Vegetarian Cooking to Relate to Nature
by Heather Thomas
QuatroKnows.com

Bite-size philosophical notes, meaningful questions, joyful rituals, and an abundant feast of vegetarian recipes are mindfully stirred together in this new-wave cookbook. Offering over 100 seasonal recipes, this beautifully illustrated culinary go-to encourages you to make mindful choices through how and what you eat. Add empowering flavors for wellbeing—inspiration, curiosity, and awareness, with fresh takes on old favorites, and new dishes to tickle the taste buds, there's a recipe for every season. Recipes include: Leek and Hazelnut Risotto; Pumpkin Coconut Soup; Preserved Pizza; Zero Waste Veggie Stock; Rhubarb and Lentil Curry; Oatmeal Honey Bread; and Apple Cake Lasagne.

ANIMAL SUTRAS:
ANIMAL SPIRIT STORIES
by Monkfish Book Publishing Company
by Stephen Levine

For Stephen Levine, "animal-people" were his greatest teachers. So, at age seventy, he began collecting animal spirit stories from throughout his life—from the green snake who taught him to meditate as a boy to the generous hen whom predators would not harm, and many more. "Animals have a natural mindfulness," Levine writes. "They know what they are doing. Humans, who are full of confusion and seldom wholly in touch with their mind/body, need encouragement and technique to live in the present."

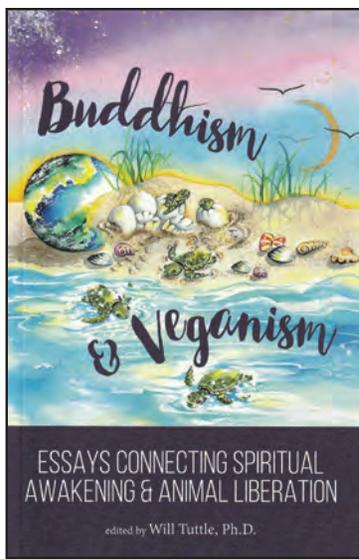
The renowned late author's final literary work is a spiritual memoir, as told through his lifelong encounters with animals and nature. Inspired by the *Jataka Tales*—hundreds of anecdotes and fables depicting earlier incarnations of the future Buddha, Siddhartha

Gautama—Levine collected his own stories of transcendent moments with animals. These memoirs, essays, and poems comprise an open-hearted, vulnerable, sometimes apologetic, and often humorous exploration of the mystical importance of animals in the cultivation of meaning and purpose in our lives, and how they can teach us compassion and empathy. As Ajahn Amaro says, “Whether it is forgiveness from a salamander, stillness from a green snake, the acknowledgement of territories by a spider or mindfulness by ravens, over and over, these stories lead us, too, to realize the primacy of kindness as the way for all of us to help each other to arrive at wellbeing.”

BUDDHISM & VEGANISM

Essays Connecting Spiritual Awakening & Animal Liberation

Edited by Will Tuttle, PhD
veganpublishers.com



Many of us are surprised to discover that Buddhist monks, lamas, and teachers often eat the flesh and secretions of animals. What is the underlying relationship between Buddhism and veganism? Can we awaken spiritually and morally while participating in our culture’s ongoing abuse of animals for food and other products? Do the Buddhist teachings require or even explicitly encourage vegan living, or is veganism seen as a personal choice?

As Buddhism continues to spread, and as interest in veganism is burgeoning, these questions are heating up and call for a more thorough investigation. This book is a collection of teachings and stories by people who are committed to both Buddhism and veganism, and who share a variety of insightful perspectives on how spiritual awakening and animal liberation interconnect and reinforce each other. Their inspiring wisdom reveals intriguing keys to a better world for us all.

PRODUCTS

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The advancement of digital technology has dramatically changed the audience for eye health and the long-term associated risk of retinal damage from conditions like macular degeneration. Once thought to be a health issue only for older adults, children may be at risk of higher damage since their eyes absorb more blue light than adults. Twinlab has developed a vegan gummy supplement with clinically studied ingredients for both adults and children called Blutein Gummies, designed to protect eyes of all ages from potentially harmful blue light emitted from device screens. Blutein Gummies use the clinically studied lutein and zeaxanthin isomers, Lutemax2020, sourced from marigold flower extract. In studies, this ingredient has been shown to reduce eye fatigue and strain, in addition to increasing the amount of optical pigment density.



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lifeelements.com

Mend your body and soul with a pain-relieving, mind-unwinding, SUPERPOWER Bath Bomb massage. Life Elements state that their Bath Bombs are for anti-inflammation, relief from chronic pain, and simultaneously provide deep relaxation with nourishing skin-softening benefits. This all-new vegan line features the superpowers of bark extracts, Tepezcohuite and Quillaja and:

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- A Mini Bath Bomb 4-pack option with 25mg CBD each—great for soaking feet

A World Full of Paradoxes

Continued from page 8

It is commendable to want to do something, but we are still left with the question of how to deal with what we experience on an emotional level. Whilst activism can be very powerful—and it is important to act if that is what we feel drawn to doing—we also need to awaken our own consciousness, otherwise transformation will not hold. *Unless we know how to be compassionate, non-judgemental and loving, transformation will not happen, no matter what the message is.*

Acting from Compassion

If we visit a place with the attitude that we are better off than the people there and say things like, “It breaks my heart to see such poverty,” we can feel so bad about what we see that we can never escape from our emotions. All we take with us is pity, and all that the people there get from us is an image of someone who feels bad in their presence. Giving of ourselves is not about feeling sorry for or pitying another, but knowing that in our common humanity we are brothers and sisters.

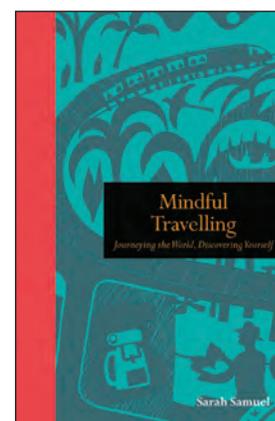
Whether we see global poverty first-hand or not, we know that it exists. Guilt that you are suffering and I am not, or that you are poor and I am not, will block compassion. Self-hatred, fear and anger can take over. We think that feeling bad goes hand-in-hand with being bad and this cuts us off from connection and being of true service in the world.

We have to start with ourselves. If we are at war with ourselves then how can we act with compassion to others? In accepting that we are full of paradoxes, just as the world is, that in each one of us is anger and love, sadness and joy, we open to our own suffering. If we do not take a mindful approach with an acceptance of what is before we react, then when we sense the suffering in others we will either push our feelings away or be overwhelmed by them. Compassion is when we experience negative emotions, such as sadness and grief, but there is enough space not to be overwhelmed.

Joy Is Everywhere

Although many people in our world struggle to make ends meet, we can’t

assume they are any less happy than we are. In the developed world, with all the “stuff” we have and think we need to have, there is an epidemic of loneliness. Joy is not born from having things; joy is a result of connection. My experience of places where people materially have less, is that there is sometimes more joy. I volunteered for an environmental charity in Costa Rica because I believed that I was going to help those less fortunate than me. What happened was the reverse. I realized that in many ways they were more fortunate than me. Never before had I experienced such warm hospitality, danced so much and been welcomed by so many open-hearted people. ✨



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Sarah Samuel is a mindful traveller who has explored many different spiritual traditions, practices and teachings. She has been on silent meditation retreats in Europe, walked pilgrimage routes in Japan, and experienced Buddhism in Northern India and Tibet. Sarah integrates mindfulness into her daily life through meditation, and the courses and workshops she runs through her business, Potent Creatives, www.potentcreatives.org. She is also the author of **Mindful Crafting**, 2018.

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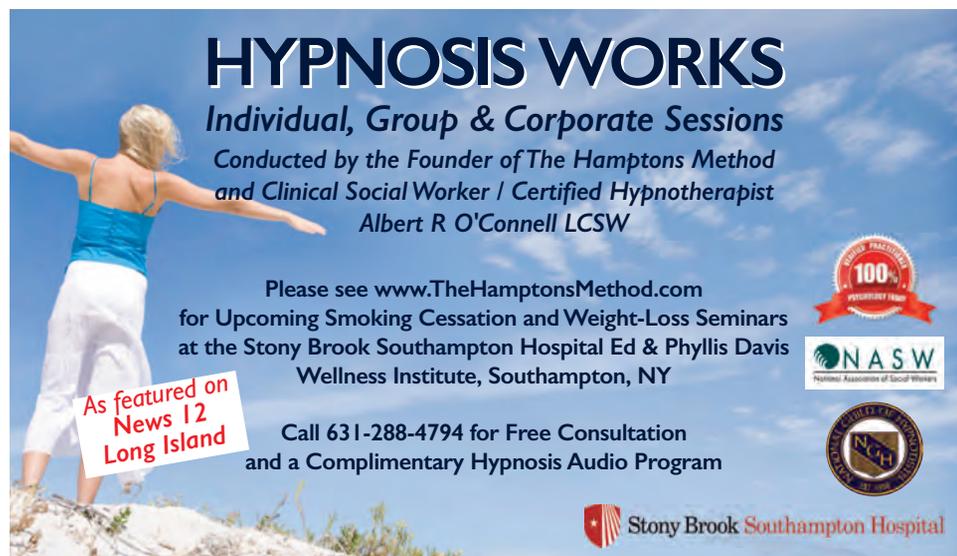
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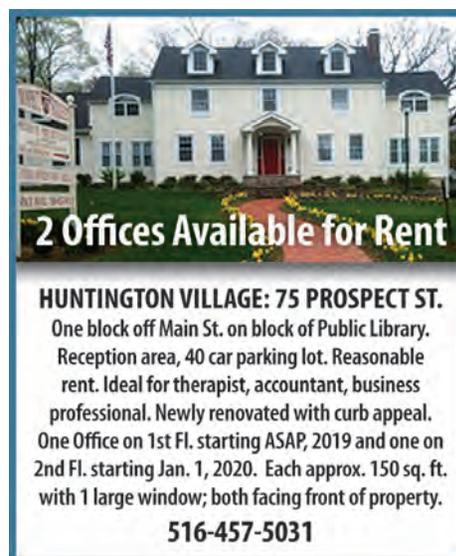
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Are You Living an Adventure-Starved Life?

Have you fallen into a routine of drudgery? Do you feel stuck there? You're not alone. If we're honest, many of us will admit that we're kind of going through the motions—work, home, eat, TV, sleep, repeat—and living by default instead of design. Life isn't bad; it's just dull. Uninspired. Actually (and ironically), a bit lifeless.

We shouldn't just accept our adventure-starved status quo. Life is meant to be really lived. I've come to believe adventure is a deep human need. We read about it in books and we watch it in movies because deep down we crave it. And we owe it to ourselves to pursue things that give us that spark, that jolt of excitement. It doesn't matter how old you are or what your income is. You can and should weave some adventure into your life.

If you too feel adventure-starved, don't worry. There are plenty of small ways to infuse totally ordinary days with life-shifting excitement—and it doesn't require a globetrotting career or a big

budget. **Follow these tips to create the adventurous life you're dreaming of.**

First, commit to a self-imposed TV or social media ban. Before you can start your adventures, you need to stop doing the stuff that sucks up all your free time and keeps you in a state of lethargy. When turning on the TV or browsing Facebook is no longer an option, you'll have to fill up your time with something. If nothing else, boredom will push you out the door.

Force yourself to do something that scares (yet excites) you. You'll never reach your full potential by living small. So take a risk and challenge yourself to step outside your comfort zone and do some things that intimidate you. Start training for a marathon or sign up to be a foster parent or go for that promotion at work or even start the business you've daydreamed about for years. When you challenge yourself, you'll truly find out what you're made of.

It's okay to start by taking small risks. If you're normally silent in a meeting, speak up. Or if you're getting over a painful breakup, join an online dating service. The idea is to practice leaving your comfort zone in small degrees, until you're ready to make a bigger leap."

Take a class or learn a new skill. Learning shouldn't end once you've left school. Exploring our interests is what keeps us alive. You might take a coding class, or learn to speak Russian, or learn how to scuba dive. The learning itself is an adventure, and so are the activities that naturally flow from that learning—the trips you go on to speak the new language you learn and the events that pop up when you meet new people in the classes you take.

Plan frequent mini adventures. When you need to shake things up a bit, choose a destination you've never visited within 100 miles of where you live and take a daylong road trip with your friends or family. This quenches your wanderlust without breaking the bank.

...and budget for a great trip. If you dream of traveling to the exotic locales you've seen only in photographs, you can absolutely make it a reality someday. Start an "adventure fund" by putting a small amount of money aside each month. Over time, it will add up, and even if it takes a few years, you will one day be able to go visit those places you dream of today.

Expand your circle. It's fine to socialize with a core group of friends most of the time, but don't close yourself off from meeting new people. You never know how a new friendship or relationship could transform your life. So, go to a Meetup group that interests you or join a sports league or running club as a way to socialize and have fun with new people.

Say yes to every invitation that you possibly can. As you start meeting new people, they'll invite you to do things. Maybe they'll ask you to be on a committee or join them in a fundraising effort. Hopefully the events themselves will be exciting, but they will also lead you to meet new people who, in turn, may invite you to do other things.

Don't waste the weekends. Yes, you're exhausted after the workweek. But if you're not careful, you'll go into crash mode and squander the weekend "recovering." Don't. Plan ahead so that there's a mini-adventure scheduled into every weekend. Be intentional about how you spend this rare and precious time away from work. Weekends are for trying new things, taking day trips, attending local festivals. If your spouse or partner doesn't want to get out, grab the kids or a friend and just go.

Get outdoors every chance you get. There's a reason we associate "adventure" with the great outdoors. That's where the mountains and oceans and rivers are. It's where you get to camp under the stars or navigate whitewater rapids or hike dark wooded paths to the top of hills to see the sunrise. It's also where you might get caught in a

thunderstorm or encounter a snake—and that's part of the adventure equation too. Being out in nature is a little risky. That's good, though. It's hard to be adventurous inside four climate-controlled walls.

Find novel ways to celebrate your milestones. Big achievements—like promotions, anniversaries, graduations, or even birthdays—deserve thoughtful commemorations. Celebrate them by doing something you've never done before. You don't have to go skydiving on your 50th birthday—unless you really want to—but you could go ziplining or save up for a trip to Costa Rica.

Instill curiosity and wonder in your kids. You can teach your kids to enjoy an adventurous life by exposing them to the world from an early age. Take them with you when you travel, introduce them to other cultures and unusual foods, and challenge them to be brave even when it feels uncomfortable to do so.

You really get out of life what you put into it. So if you're stuck in a life that's underwhelming, it's up to you to shake things up. It's never too late to infuse your one and only life with great adventure. And the passion, excitement, and joy that you discover along the way will make any temporary discomfort you feel well worth it in the end. ✨

*Vella Mbenna is the author of **Muddy Roads Blue Skies: My Journey to the Foreign Service, from the Rural South to Tanzania and Beyond**. She grew up in Georgia, but throughout her youth, Vella dreamed of escaping small-town USA and traveling the world. In 1989, that dream came true when she was offered a position with the US Department of State Foreign Service. During her highly successful 26-year career as a diplomat, Vella served with honor in 13 foreign countries as well as two tours in Washington, DC. For more information, please visit vellambenna.com.*

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You're something of a pioneer in modern organic agriculture.

I've always thought educating people was the most important thing. I have a degree in agronomy, the science of soils. I wanted to be a farmer, but [the associated costs were] very expensive. So I had to be an organic gardener in suburbia, and I introduced the first organic farming in New York, the first sustainable landscaping as a way of life. People want the outdoors

to look like the living room; nature doesn't work that way.

How did you get into the cannabis industry?

I wanted to get involved with hemp [in the 1980s] but the growing was still restricted in New York. [Years later] my real education began when I wanted to get involved in CBDs...I call it the Elixir of Life because we're all cannabinoid-deficient, and when you replenish your endocannabinoid system with cannabinoids, it's better for your health.

What's so dangerous about cannabinoid deficiency?

All life forms have an endocannabinoid system. It's the largest regulatory system in our bodies and promotes homeostasis for general health. As we get older, our natural production slows down. That's where health issues come in, including

inflammation. So you have to turn to phytocannabinoids, sources like marijuana which has THC and CBDs. *Cannabis sativa L* naturally has only .3% THC, and is a neutralizer for it. The beautiful part about hemp is you get the medical benefits without [psychoactive] effects. By incorporating CBDs in your lifestyle, you're restoring what your body naturally makes. I think everybody should be on CBDs, especially with the state of our planet.

What can we expect from CBD Oils of Long Island?

You'll get the very best products made in the United States, with the best *terpene* profile. I'm getting my own CBD Oils of Long Island label, sourcing 100% organic CBD from farms in Colorado and West Virginia. It's domestic and we want to support our fellow hemp farmers.

I've found a lot of people who had to choose between buying food or medicine, so I gave them family discounts, or even for free. I've talked to mothers with autistic children, people whose relatives have Stage Four cancer. When a mother calls you up and says, "I need it for my children..." The results of CBDs on autistic children are amazing.

I also encourage the caregivers to be on CBDs. They're so busy taking care of their loved ones that no one is taking care of them. I think it's just wonderful, working with CBDs and the plant. It's a lifelong dream to heal and educate people on this planet.

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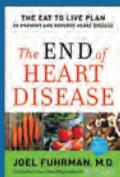
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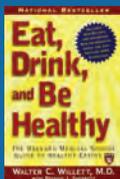
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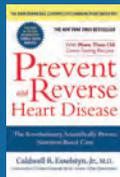
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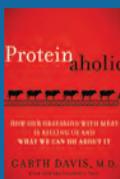
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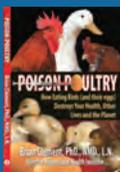
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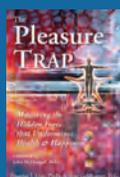
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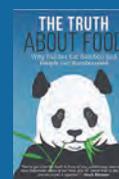
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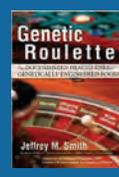
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