

✦ *Inspiring the Soul*

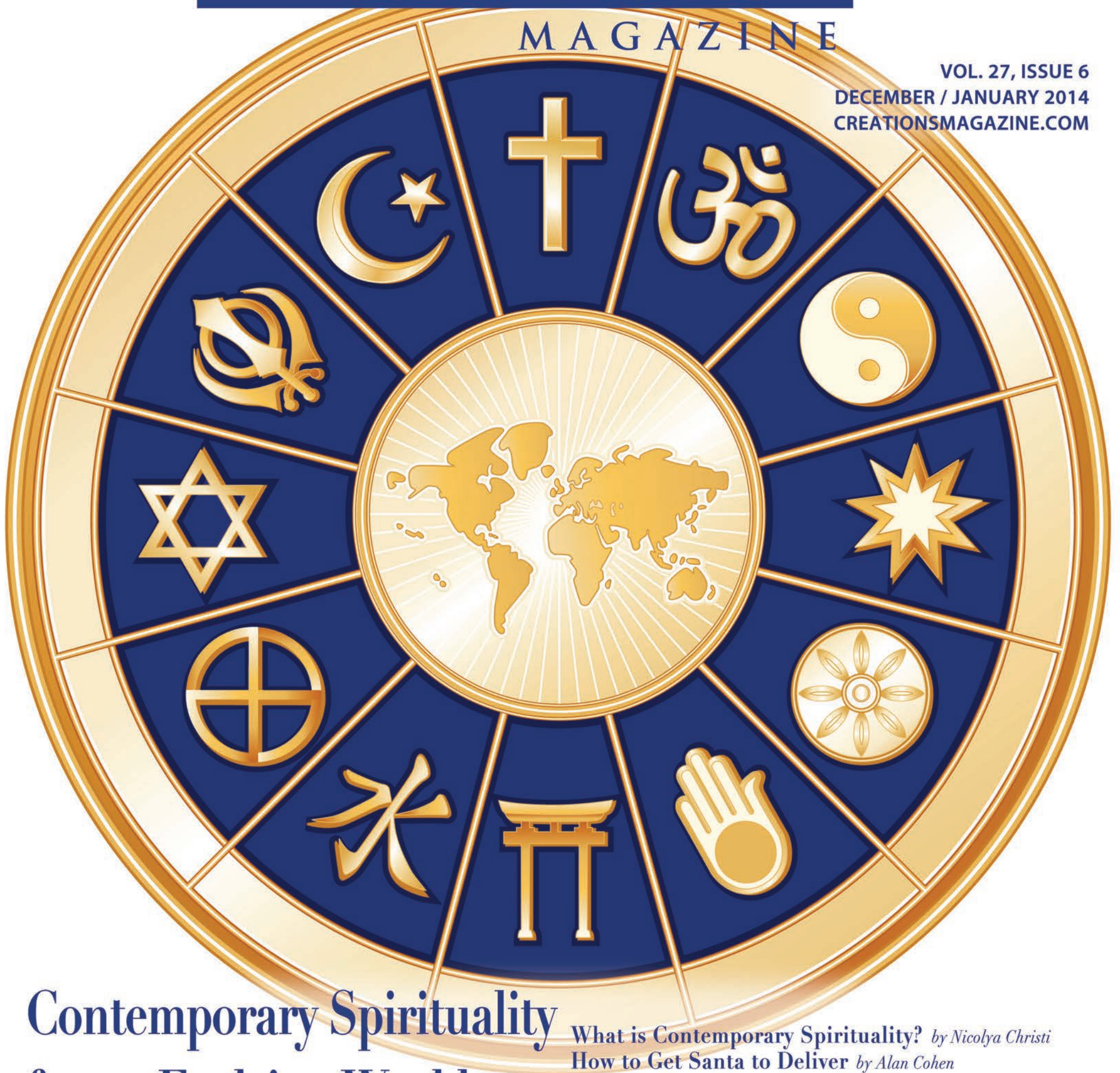
# CREATIONS

MAGAZINE

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**Contemporary Spirituality  
for an Evolving World**

**What is Contemporary Spirituality?** *by Nicolya Christi*

**How to Get Santa to Deliver** *by Alan Cohen*

**Are You Tuned In or Tuned Out?** *by Sonia Choquette*

**Resist the Trap of Worn-out Traditions** *by Sara Wiseman*

# OZONE USES IN DENTISTRY

**Ozone (O3)** is a natural gas that has been used for over 100 years around the world to help heal a myriad of health problems, especially infection. Ozone gas specifically kills bacteria, fungi, viruses and prions without any harm to human cells. Our cells have ozone-neutralizing molecules built into the cell membrane rendering Ozone gas harmless. Dental Ozone machines are NOT created equal. Many use ambient air to generate ozone, which creates a gas full of contaminants. In addition, many dentists use cheaper machines that dentists put together themselves. These machines generate dirty gas and often catch on fire and are dangerous. Our office uses the **Longevity Dental Ozone System**, which is the safest dental ozone machine on the market, and uses a clean 100% oxygen source.

## TOOTH DECAY

In our Long Island holistic dental office, we routinely use ozone to disinfect teeth before placing the filling or other dental restorations. In addition it has become an invaluable tool in avoiding nerve death and root canals. We no longer need to remove the deepest decay closest to the nerve, which can lead to nerve trauma and subsequent "tooth death". By killing bacteria within deep

decay using dental Ozone and then placing remineralizing material over the softened tooth structure we can re-harden tooth structure and avoid root canals.

## GUM DISEASE

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

## HOLISTIC ROOT CANAL THERAPY

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

## SURGERY

In addition to using disinfecting dental ozone water pre-rinse prior to surgery to reduce the bacterial contamination of the mouth, ozone is used to disinfect surgical

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

## TMJ

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

## SINUS INFECTIONS

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

## MOUTH ULCERS

Various ulcers such as denture sores, mouth cuts, aphthous ulcers and herpes can be healed

with direct ozone gas treatment, ozonated water and oil rinses. Ozone helps to reduce ulcer pain, reduce inflammation and accelerate healing.

## DENTAL WATERLINE DISINFECTION

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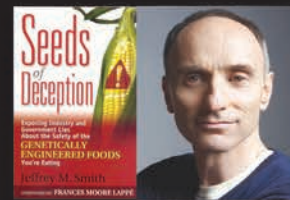
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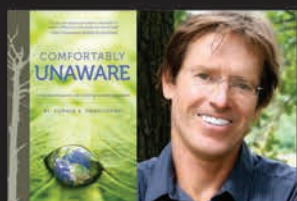
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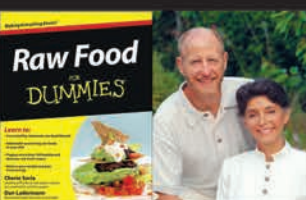
**Dr. Richard Oppenlander** is the author of *Food Choice and Sustainability: Why buying local, eating less meat, and taking baby steps won't work.*



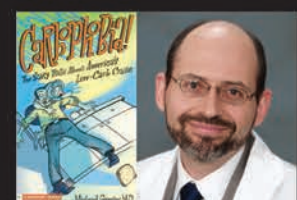
**Steve Meyerowitz**, know as "The Sproutman," is an author of many books on sprouting and juicing, including his classic, *Sprouts: The Miracle Food.*



**Dr. Anna Maria Clement** is Co-Director of Hippocrates Health Institute and author of several books about raising a family the natural way.



**Dan Lademann and Cherie Soria** co-direct Living Light Culinary Institute and have co-authored *Raw Foods For Dummies* and *The Raw Food Revolution Diet.*



**Dr. Michael Greger** is the author of *Carbophobia: The Scary Truth about America's Low-Carb Craze* and *Bird Flu*. He is a partner in the website **NutritionFacts.org**.



**Dr. Hans Diehl** wrote *Health Power* and is a world-class speaker. His message is that people don't have to die of Western killer diseases.



**Devra Davis, PhD**, is the author of *Disconnect: The Truth About Cell Phone Radiation, What the Industry Is Doing to Hide It, and How to Protect Your Family.*



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# Talking Our Walk

FROM THE PUBLISHERS

Our December-January 2014 Issue engages the Spirit of the Holidays, spreading Peace and Goodwill.

Well, the goodwill began to spread even before this issue went to press. A short while after I had extended a small courtesy to one of our advertisers, I received this email from her: "In response to your kindness, I made a donation to send a family a Thanksgiving meal." *She paid it forward!* In so doing, her gratitude boomeranged right back to me and I wound up receiving far more than I had given. Completely unexpected, my small gesture prompted another to pass along an even greater gift to a family very much in need of it. While I hadn't considered this outcome, it did serve as a clear reminder that every kindness, be it thought, word or deed, does indeed have a ripple effect that spreads far and wide.

Peace, kindness and goodwill are at the very heart of our cover title, *Contemporary Spirituality for an Evolving Word*. Nicolya Christi writes that Contemporary Spirituality constitutes the purest essence of all religion, guiding us toward unconditional self-love and love of others. This is what lies at the heart of any spiritual practice regardless how dysfunctional its rules or codes of conduct.

This issue, we offer you a very special article; so special to us that we have devoted an unprecedented three pages. *Toys and Activities that Promote Creativity and Intelligence* by Dr. Daria Brezinski is in no way to be confused with the typical, holiday gift-giving guide found in many a mainstream publication this time of year. Purchasing toys, games and activities is *not* child's play. Dr. Brezinski explains that



it is a crucial conscious responsibility – a child's future is predicated on parental judgments and choices.

Parents need to understand the difference between *entertainment* (being the observer and acted upon) and *play* (being an active participant). The best toys are simply made with natural, earthy materials and tones. Conversely, electronic toys, games, television, and computers are detrimental to children until age 12. The arts (drawing and music) are vital, enabling children to get in touch with their passion, soul and inner core. Key to developing Creative Intelligence, is allowing a child the space for quiet time. A calm child tends to be more sensitive to life's finer qualities.

This piece literally hit home for Andrea and me. Aligning with Dr. Brezinski's values and philosophy, my daughter and two stepchildren have been largely raised in this environment. So far – with two in college and another heading there in the Fall – we're pretty happy with the results.

We hope you will set aside some quiet time and Have a Peaceful Holiday Season,

Neil + Andrea

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# What Is Contemporary Spirituality?

by Nicolya Christi  
Rennes-le-Chateau, France

**W**e could say that contemporary spirituality describes and constitutes the purest essence of all religion.

It is what lies at the heart of all religion and at the heart of any spiritual practice or philosophy, no matter how complex the doctrine, how fundamental its scriptures and texts, or how dysfunctional its rules, regulations, and codes of conduct.

Contemporary spirituality is an approach to religion and spirituality that speaks directly to the times we live in and to the consciously evolving human being of the twenty-first century. It offers a way in which to bring the role of religion and spirituality into our present global society.

All religion originated as an immaculate conception, with purity and peace as its basis. The world's varying religions emerged at different points on humanity's time line, when human consciousness reflected those eras. In that respect we understand that religion was written for a bygone age. The rise of religion to prominence occurred at a time when the consciousness of the mass of humanity was

in its formative stages of evolution. *What constituted the pure heart of religion was adapted and distorted beyond all original meaning by those who held power, who were also in the early stages of their own conscious evolution. Such immature minds used religion to increase power, amass wealth, and to manipulate and control the collective without any remote interest in studying, or aspiring to teach the truth, the heart, and the origins of specific religious practices.*

As consciously evolving beings we have come a long way since then. No longer in the infancy of our development, we can recognize how alarmingly out

of context it is to be following antiquated religious doctrines that have been distorted and rewritten by our less consciously evolved predecessors.

Contemporary spirituality, as a way for the twenty-first-century consciously evolving individual, is at its heart, an uncorrupted, uncomplicated, non-fundamental, and simple teaching. **Contemporary Spirituality is:**

- ♥ an expression of spirituality and religion in its purest form.
- ♥ a true expression of the heart of all religion.
- ♥ an open invitation to *all*, no matter what race, denomination, or creed.
- ♥ an opportunity to seek and embrace self-mastery: to master our senses, our bodies, our emotions, our thoughts, and the way in which we live our lives.
- ♥ an encouragement to cultivate self-discipline, self-love, self-awareness, self-understanding, self-knowing, self-realization, and self-actualization.
- ♥ a way to lead us along a clear path, devoid of rules, regulations, judgments, punishments, expectations, dogma, fear or fundamental belief systems. It guides us toward unconditional love of Self and others, leading us toward enlightenment.

♥ a call upon gnosis, intuition, and a deep felt knowing that has no basis in the intellectual or academic.

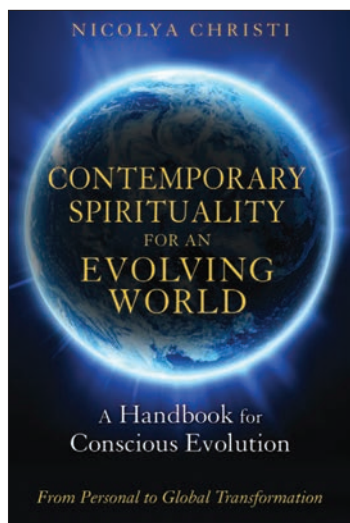
♥ a gentle encouragement that guides us to let go of dualistic and separatist religious indoctrination and attitudes, to instead embrace the concepts of unity, equality, and enfolding ourselves and all sentient beings into the true heart of religion

The joy of contemporary spirituality is to be experienced in its simplicity. As consciously evolving humans we are ready to embrace a spirituality that is centered around the heart, that speaks and listens from the heart, and that cultivates the heart of each individual and of humanity. ✧



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Nicolya Christi is an author, writer, visionary and evolutionary guide. She is the founder of the New Consciousness Academy, cofounder of WorldShift International, and author of 2012: **A Clarion Call**.



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# How to Get Santa to Deliver

Alan Cohen  
Haiku, HI

**M**y Australian client Meg was tired of her corporate job and wished she could create a layoff with a generous severance package. So for fun she wrote herself a severance letter offering her desired package, printed it on company stationery, and signed it from the CEO. This was her idea of creating a treasure map toward her ideal scenario.

The next day Meg's supervisor called her into his office and told her he had some disturbing news. Someone had written Meg a severance letter and signed it as if from the CEO, but the CEO knew nothing about it. The supervisor produced the letter in question—the very document Meg

had written herself and printed on the office printer. Apparently she had “accidentally” printed two copies and left one in the office printer.

Two weeks later Meg got a real severance letter from the CEO, with the terms she had written herself. Christmas came early this year.

As children, we all delighted to believe in Santa Claus. What a thrill to sit on his lap, look into his twinkling eyes, and tell him exactly what we wanted, trusting he would deliver! Then some buzzkill elder brother or cynical teacher told us that Santa was just a guy the department store hired to don a white beard and red suit and tell kids what they wanted to hear. End of childhood, beginning of cold hard reality. Or is it?

Santa Claus is not a person, but he is a principle, a dynamic, a universal idea that goes far beyond a person. Santa Claus represents a benevolent universe that knows our needs and can and will deliver our good to us. Just as Jesus is a channel through which the Christ energy flows, and Buddha is the being through which Buddha Mind is expressed, Santa is a cultural form—a local permission



slip through which we allow ourselves to receive the blessings we desire and deserve.

There are two ways of asking: asking from need and asking from fulfillment. Hardly anyone asks from fulfillment because we usually identify with need. “I am lacking. I want this and I don't have it. I am empty and I need the universe to fill in the blank.” But the results we get depend on how we ask. Meg's self-created layoff letter is a clever example of asking from fulfillment. She went to the place she wanted to go to even before it showed up. Her sense of having what she wanted was stronger than not having what she wanted. She affirmed the solution rather than the problem.

Many people are familiar with the science fiction theme of parallel realities. But the principle is more science than fiction. There are an infinite number of realities occurring simultaneously. Jesus stated this in the language of his time: “In my Father's house there are many mansions.” Anything that has existed, will exist, or could exist, *already* exists. So even while you experience a lack of something in one reality, in another reality that lack has already been fulfilled. More precisely, in that reality, there has *never been* a lack. There is always and only fulfillment.

The key to manifestation is to go to the reality where fulfillment *already* exists even before you see the evidence in the realm of the five senses. This is the technique that makes all visionaries, inventors, and creators successful. The invention is already real to them in their mind or imagination, and they bring it to life. The genius scientist Nikola Tesla recounted that all of the ideas for his world-changing inventions came to him in mystical flashes of insight. He found entrée to the mansion where they already lived, and then fleshed them out in the world. Steven Spielberg said, “Once a month the sky falls on my head,

I come to and I see another movie I want to make.” The movie is already a reality. Spielberg's job as director is to deliver it to the world.

You, too, have access to fabulously creative and successful ideas that can and will change your life and the world. They are *already* real and in a particular reality, *already* accomplished. You may not affect the world like Tesla or Spielberg, but you have your own sphere of influence it is your destiny to touch. Mothers, waitresses, and van drivers sometimes bring more blessing and healing to the world in their own quiet ways than moguls who move lots of money and people around, but are devoid of happiness.

This holiday season you can get Santa to deliver. Sure, you can manifest stuff, but why not manifest the most valuable present of all: inner peace. When you are at peace with yourself, you bring healing to everyone you meet. Peace is not something you import from the outside. It is an inner state that you claim. Sort of like writing yourself a love letter from the universe and then discovering the CEO has already signed it. ✨

Alan Cohen is the author of many popular inspirational books, including **Enough**

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# Are You Tuned In or Tuned Out?

by Sonia Choquette  
Chicago, IL

**T**hankfully, these days more and more people are committed to living a spiritually empowered, authentically grounded, intuitively guided, positive, and peaceful life.

We're generally becoming much more willing to accept the idea that we are spiritual beings who create our own reality and aren't simply victims of circumstance, as evidenced by a huge surge of interest in such things as quantum physics and mind-body medicine. We're more willing to explore and discuss our rich inner lives and our ever-expanding intuitive experiences. And yet, in spite of these encouraging signs, we're still suffering with, and causing some of, the worst personal and worldwide violence and earthly destruction that humankind has ever known.

So, even though the idea of spiritual awakening and personal empowerment sounds appealing and even possible, the actual shift in consciousness most of us need to make in order to go from victim of circumstance to Divine co-creator has yet to occur. We all must take a big step forward – if not an actual leap – to jump-start the transformation that everyone speaks of and desires . . . and the world so desperately needs. Our inner peace contributes to the world's peace.

A life where we believe that we aren't making a meaningful contribution feels like a life wasted. People in this state tend to find negative ways to distract themselves and deaden the emptiness they experience. Whether this leads to destructive behaviors or emotions, frequent accidents or illnesses, career stalls or chronic unemployment, or outbursts of rage or social withdrawal, soon the problem becomes other peoples' problem as well. All paths are interwoven – we are connected to one another, and one person's misery eventually affects everyone else. Therefore, not only is tuning in to our inner guidance an essential personal need, it's also a profoundly important familial and social need.

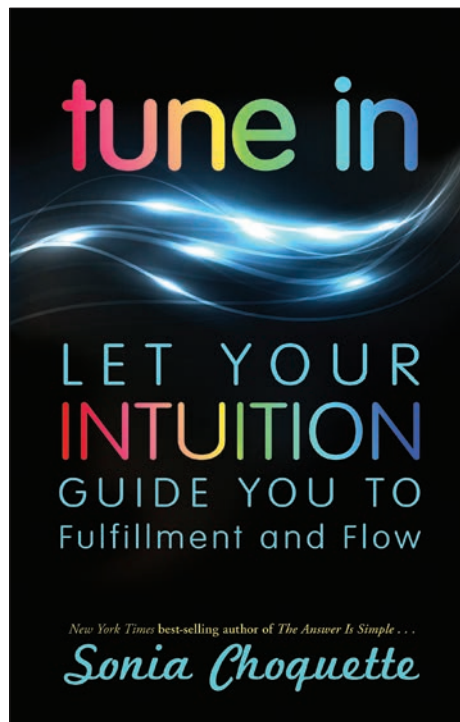
Listening to the voice of your intuition – instead of the voice of your fears and other peoples' wishes and instructions – will bring about, over time, a deep-seated,

unwavering sense of profound integrity, creative inspiration, and grounded soul purpose. Tuning in to and following your intuition relaxes your mind, puts your body at ease, and opens your heart because you eliminate inner conflict as you become more at one with your Spirit, your true Self. Following your Spirit brings about an inner sense of peace, eliminates distraction, and helps you be more open. With such a big load off your shoulders, you can begin to fine-tune your awareness and expand your creativity, gaining a more graceful, fulfilling, and productive rhythm in your life. With your Spirit firmly at the helm, you flow with the deepest,

most authentic truth of your being and experience each day as God designed and intended you to experience it: perfect, beautiful, connected, and filled with joy. Because you're aligned with your true Self, you feel less and less compelled to seek approval or self-worth in how others view you. You stop feeling out of sync with yourself, and that's a huge relief.

In following your intuition and trusting your Spirit, not only do you feel uplifted, but you also uplift everyone you come in contact with. Because we are sentient beings and are affected by one another's energy, others will sense your genuine ease and consequently relax more in your company. Many of the typical challenges you might expect, such as experiencing others as overly cautious or suspicious, will seem to suddenly ease, replaced with more heart-to-heart, creative, trusting, and positive connections. Guided by your intuition, your Spirit opens your eyes to new perspectives, reveals new opportunities, and showers you with synchronistic moments that bring a sense of certain magic into your life. Even those people who have been habitually difficult to deal with, such as set-in-their-ways family members or hardened bosses, won't trouble you as much, as your intuition also often brings with it more objectivity, deeper insight, and better understanding of others. You become more compassionate, recognizing others' negative behavior as a

symptom of having lost touch with their inner voice, their Spirit, so it's easier not to take their unpleasant or obnoxious behavior personally. In fact, often those who are not in the habit of being easygoing will change their behavior when in your company because your personal vibration is generally so positive they can't help but start to entrain with it. With your Spirit guiding, you will feel lighter and clearer, and your world will brighten up. You will start to really love yourself and your life, and that's the best reward of all.



Honoring our inner voice and allowing our Spirit to lead is the inevitable choice we must all eventually make if we hope to live

together in peace. Choosing otherwise keeps us battling our own fears and battling others. This choice hurts us, each other, and our planet. Those who refuse, for whatever reason, to surrender to their intuition, their heart, and their Spirit will continue to suffer, to struggle, and to miss out on the joys of life. Like a battery running out of power, unless we stop fighting and start trusting our Spirit for guidance, our limited ego energy will dwindle and die. I feel confident that sooner rather than later we will all come to realize the limitations of the ego, and accept the power that lies within our Spirit because that is the purpose of our soul's journey on Earth.

Reading this article or having it fall into your hands in some other way is a strong indication that, on a deep level, you're ready to start living in greater alignment with your authentic Self. Maybe this is your first step toward that end. Maybe you've already taken steps along the path toward living your life this way. No matter what got you to this page, deciding to allow your intuition to lead the way will soon have you leaving fear behind and enjoying the bounty and joy that come with living in flow. ✨

*Excerpted from the new book **Tune In: Let Your Intuition Guide You To Fulfillment and Flow** by Sonia Choquette. Published by Hay House ©2013 and available at all bookstores or online at: [www.hayhouse.com](http://www.hayhouse.com).*



**Sonia Choquette** is a world-renowned author, storyteller, vibrational healer, and six-sensory spiritual teacher in international

demand for her guidance, wisdom, and capacity to heal the soul. She is the author of the New York Times bestseller **The Answer Is Simple...** among other books; as well as numerous audio programs and card decks and published in over 30 countries. Sonia was educated at the University of Denver and the Sorbonne in Paris, and holds a Ph.D. in metaphysics from the American Institute of Holistic Theology. [www.soniachoquette.com](http://www.soniachoquette.com).



# Toys and Activities that Promote Creativity

by Dr. Daria M. Brezinski  
Charlottesville, VA

With the holiday season upon us, there are avenues that enhance the creative, intelligent, emotional and spiritual development of children other than expensive toys and/or caving into slick marketing advertising that convinces parents to purchase the latest toys and gadgets.

As a psychologist, I spend the majority of my time retraining people and children's bad behavior which arises out of skills missed in childhood which are circumvented, repressed or ignored. These skills include coping, executive, language and communication, emotional regulatory, cognitive flexibility and social. Most of these skills are acquired through children's PLAY. Here is a litmus test to guide consumers on purchases and activities that enhance creativity, intelligence and promote a healthy psyche.

## Clever Toy Marketing Strategies

If children are to develop a healthy, wholesome value system and psyche, enhance creativity and intelligence, then the toys purchased need to be scrutinized by adults. Clever marketing campaigns convince consumers to spend thousands of dollars on toys and trinkets as the means to raise happy, healthy, spiritual children while subliminally promoting a pattern of long term behavior to constantly consume, crave more, bigger and better rather than nurturing the creative world of the child. An article in *Forbes Magazine* discussed the "new" strategies for selling toys for four



to seven year old children in order to create a new generation of lifetime consumers, turning the work of Joseph Chilton Pearce in his book *Magical Child* inside out. The clever strategies focus on developing products that target the deficiencies in our culture—spiritual, emotional, bonding, socialization, family relationships and community. The lines between these deficiencies and capitalism, between hero/heroine, saint and sinner/evil doer are blurred in advertising, programming, media, movies and toys. The delineation line requires advanced discrimination skills that children do not possess. Today, at every turn children are offered a confusing mix of (un) healthy spirituality, emotionality, common sense, morality and entertainment. George Lucas befriended and capitalized on Joseph Campbell's mythological heroes in *The Star Wars* epics. *Harry Potter* "muddles" the line between spiritual practices, black and white magic, while selling millions of dollars in "back-end" products to children. Adults are the main interpreters of choosing the best modalities for their child, not corporations.

## Entertainment vs. Play

A major confusion among parents is the difference between *entertainment* (being the observer and acted upon) and *play* (being an active participant). A more comprehensive description of the two can be found in *Playing By Heart: Vision and Practice of Belonging* by Dr. O. Fred Donaldson, Ph.D. PLAY is imperative in integrating culture, rules, spiritual laws and allowing the soul to emerge. Play is the means by which a child becomes master of the world. Play is the source of richness of a child to mimic real world circumstances. It is the greatest source of learning. Habits developed during play become incorporated in adult daily life. However, real play contains *no rules, no guidelines*. It is unorganized and spontaneous. It enables the child the freedom of exploration. Obviously, this definition eliminates those toys sold in the marketplace with fixed and immutable rules. In the long run, "entertained" children develop behavior patterns, which keep them in need of more stimulation from external sources and less reliance on their inner voice, intuition and creativity.

## Less Is More

The *objects of play* must be simple, safe, allow imagination to flourish, freedom of movement and range of complexity. The colors, materials, textures, size, shape of the play object are just as important.

The more extreme (removed) from nature the toy, the less value it has in play. Simple, natural materials with earth tones and earthy materials are all characteristics that develop brain, eye-hand coordination, heart, imagination and joy of expression. (These are the skills necessary when boredom, confusion or depression set in.)

*In All I Really Need to Know I Learned in Kindergarten: Uncommon Thoughts on Common Things* by Robert Fulghum defines the need for simplicity in this complex world. In my opinion, the purpose of toys is to develop creative imagination and intuition—not to entertain. After all of the boxes have been opened on Christmas morning, the greatest joy for young children is playing in the empty boxes. This is because large empty boxes enable the child exploration of the child world. Large empty boxes are the greatest source of joy for a child (next to using the couch pillows as forts and hiding places). *In a box*, one can be exploring a cave, flying a plane, driving a car or just finding a sense of peace and silence from our hectic world. Empty boxes are very, very important.

The best types of *dolls* are those that allow the child to "fill in the blanks". Rudolf Steiner, founder of the Waldorf Schools, explains that dolls made of cloth, with thread for eyes, nose and mouth allow a child more freedom and creativity of expression. Interchangeable clothing made of soft cotton (not synthetic materials) has a variety of benefits. This type of clothing allows children to learn to button, snap, and tie and remove clothing that will later be translated into their own clothing. The textures of cloth enable the child to devel-

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# and Intelligence

op their sense of *feeling* textures, something plastic does not promote. Dolls of an animal nature are preferable to human in the early years because children, until the age of eight, relate to animals. Paper dolls for older children are excellent as well. Allowances for making personal accessories and clothing, paper and cloth dolls can open a world of joy, creativity and skills to play. Dolls, like Barbie, Ken, and GI Joe are cold hard plastic with plastic accessories, inappropriate body dimensions, and subliminally represent a distorted value system that children replicate in play and then life.

The *child's room* must be a source of peace and comfort. If the room is filled with bright and/or psychedelic colors, TV's, computers, video games, there is little peace for the child's mind to integrate information, rest and assimilate, much less sleep. Frank Lloyd Wright recognized that peaceful earthy environments are more conducive to health with emphasis on colors (pastels and earth tones), shapes (curved), sizes (child sized) that enable a child to get in touch with the inner self. The harsh colors (psychedelic), bright lights (fluorescent), textures (computer generated), and cluttered spaces of today's world do not allow the eye, senses, brain and heart to develop fully. Rooms that have these harsh features over-stimulate the retina and do not send proper signals to the brain. *Whole Parent/Whole Child* by Polly Berrien Berends and *Open Connections: The Other Basics* by Susan D. Shilcock and Peter A. Bergson offer environments for organizing a child's space.

According to the latest research, and texts such as *The Secret Life of the Unborn Child* by Thomas Verny, MD, pre-birth babies have greater awareness of their environment than adults ever conceived or considered previously; both the internal world, inside the mother as well as the external. After birth, babies recognize the faces of their parents and other loved ones within the first weeks of life so a mobile in the child's crib with faces of loved ones reinforces a safe and secure environment as well as promoting hand-eye coordination. Record the voices of loved ones to play for the child along with soft music as the mobile spins, to keep the environment calm.

## Creative Intelligence

**Hand-eye Co-ordination:** Some hand-eye coordination toys are origami, knitting and crocheting, magnetic marbles (which teach color sorting, classifying), drawing and painting, putting things together and

taking them apart (like old watches or electrical appliances), and tangrams or Cuisenaire rods. Put pencils, screwdrivers, little saws, hammers, paintbrushes in their hands as soon as they can hold them (with an atmosphere of adult encouragement) and children will use these tools throughout life. Allow them to move, climb, explore and stretch their bodies. The age for these discoveries is as early as one.

To develop focus, lengthen attention span, patience, visual discrimination, hand-eye coordination and pre-math skills, wooden blocks in a variety of shapes and sizes, Lincoln Logs, Legos and Construx are the answer. Children learn about stacking, size,

shape, classifying, categorizing, and dimensional space through the use of building toys. Legos and constructs are good for older children after the age of about 6 because the plastic configuration is more complicated than wood which is best for younger children. These toys build much more than just structures.

**Language Development:** To promote language development, purchase toys that *do not speak*. Chatty Cathy, Teddy Ruskin, talking books and "learning talking toys" are novel and manufacturers praise the capability of them as teaching tools. However, the quality of the voices in any mechanical toy hinders language development because the sounds are distorted and unlike human speech. Children get a distorted sense of language through these toys and often form inappropriate and false impressions, incorrect pronunciations and misinformation that are carried through to adult life.



To stimulate language development, *talk to the child*, record your own voice, read to your child, speak to them at meals, while walking, riding or shopping. This builds language skills as well as auditory discrimination. (Bonding is another added benefit to talking with a child, one which is highly underrated). Contrary to media hype, the less mechanical the means, the better the child will be equipped for "real" life relationships in communication (which is the function of language).

The greatest form of language development and creative intelligence is through reading to your child from pre-birth. Language exposure from a loved one is statistically more influential on a child than anyone else. Reading also allows the child to form pictures in their minds – the foundation for intuition and creativity – build attention span and develop vocabulary. A young child can listen to stories many levels above his or her reading level and comprehend the essence of the story. Early reading aloud develops essential skills for later life like story comprehension, decoding skills and getting the main

idea. Generally, the Caldecott and Newbury award winning books are the best. You can find these titles anywhere.

## Physical Co-ordination:

In exploring the "air" space, children can be encouraged

to move and explore, sing and dance, jump and run. The *environment of play* is nature. Climbing trees teaches a child coping skills, spatial relation, self-confidence, courage, persistence, patience, tolerance, tenacity, hand-eye coordination, balance, dimension, and depth perception and a host of other skills as well as for being an invigorating, healthy exploration into the world of nature. Their own Inner Limits are tested and strengthened without fearful grown-up intervention or observation (an adult's fear is a child's fear). The rough bark heightens the sense of touch. The aromas of the pines and other vegetation, stimulates the senses. Unlike its counterpart in the plastic concrete playground, who's smooth, hard surfaces and toxic materials have no texture to stimulate (except over-stimulation from bright colors), exploration of the animal and insect world, dirt, sand, leaves and grass enables children to have a complex and realistic perspective on life from a variety of angles. John Holt's *How Children Learn* is an excellent source for natural exploratory play learning.

continued on page 22

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# Doing What Must Be Done

by Ronen Yaari  
Northport, NY

It was another networking meeting and I didn't sleep well the night before, so I got out my pencil and started to doodle in my notebook – expecting the keynote speaker to preach about growth and profits. But she didn't.

Instead, she spoke about a fire that nearly wiped out their business and the leadership it took to survive it. She spoke about the difference between doing the right thing and doing what must be done. I stopped mid-doodle and looked up.

Doing the right thing is easy. It's sending flowers. It's writing a check. It's solution outsourcing – I do that all day long. On the other hand, doing what must be done is rolling up your sleeves, jumping in and doing whatever it takes to solve the problem. It's first person, it's personal and it's messy. She hit under the belt.



For example, **Scott Harrison** did what must be done when he discovered that nearly a billion people around the world don't have access to safe drinking water. He didn't just do the right thing and reach

for his checkbook, he launched **charitywater.org** and went out to dig wells in 22 countries and raise \$100M to boot. He's doing what must be done in a big way.

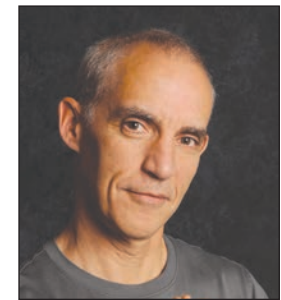
In the process Scott evolved a new model for giving. **charitywater.org** delivers 100% of the donated money directly to the field; he even lined-up sponsors to cover the backend costs, so that every donated penny goes to find water, not paperwork. When the projects are complete, they send photos and GPS coordinates to each donor, so they can see which community their dollars helped.

Watching Scott's story I felt restless. I learned that \$20 is enough give one person access to clean water and that 5,000 children die every day, if they don't get this access, so I reached for my credit card and did the right thing, but not what must be done, not yet.

What must be done is to raise global awareness and more money so that 1 billion people can start drinking. Along with air and freedom, water is a basic human right that is beyond reach of 15% of the global population. So what can we do?

I'm thinking if just 50 of us donated \$20 each and raised \$1,000 and helped 50 people get drinking water, then suddenly this article becomes a small hose and we become the spigot.

You might say that it's still not sleeve rolling or well digging. And you'd be right. But I can argue that each of us has the power to connect to hundreds of people digitally from the palm of our hand – like never before. And if our intention was truly to build a digital hose to water the planet, we could. ✦



**Ronen Yaari**  
*adventures out to experience and share through his writing and photography. Otherwise, you'll find him on his yoga mat in pursuit of the*

*balance point between fitness, awareness, family, work, service and fun. It's an elusive point and YaariSafari.com is where he holds space for those who want to join in.*

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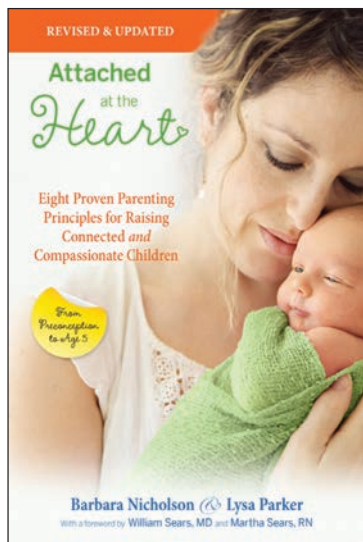
# Attached At The Heart

## Eight Proven Parenting Principles for Raising Connected and Compassionate Children

An interview with authors  
Barbara Nicholson & Lysa Parker

### 1. Q: What is Attachment Parenting (AP)?

A: Attachment parenting is based on the principles of attachment theory in developmental psychology. According to attachment theory, children are born with the intrinsic expectation of forming a strong emotional bond, secure attachment, with a primary caregiver during childhood. Without secure attachment there can be lifelong negative consequences from poor behavior and failure in school to violence. Sensitive and emotionally available parenting helps a child form a secure attachment that fosters a child's emotional development and wellbeing. Principles of attachment parenting aim to increase development of a child's secure attachment and decrease insecure attachment. In many ways it is the practical application of attachment theory.



### 2. Q: Why is creating a secure attachment so important?

A: A secure attachment is formed when a parent responds to the baby in a sensitive and empathic way, teaching the baby trust and empathy, the foundations for feeling a deep security. Neuroscience tells us that a baby's optimum brain growth is dependent on feeling safe, protected and nurtured in order to develop emotionally, intellectually and physically. This first environment forms a foundation for all future relationships. Qualities like empathy, understanding and the ability to be responsive to others in adulthood are first learned in infancy by how a baby is treated. Oftentimes this requires changing our perception of children because we know that children are treated in direct proportion to how they are perceived by the adults who care for them.

### 3. Q: Is there research to support the AP Principles?

A: Our book was written in part to share a portion of the mountains of research in many different fields of study. Other than developmental psychology, there are studies in anthropology, physiology, neuroscience, sociology and even genetics among others. These

studies are revealing an exciting trend in cross-discipline research, presenting the interconnections of how brain development, our DNA and human relationships all intersect, giving science a more complete picture of optimal human development.

### 4. Q: Why is AP considered extreme parenting?

A: Some of the principles of AP are considered unusual in U.S. society because we have come to rely more on technology rather than the human body and human interaction. Many of the AP practices are accepted as the norm in other cultures around the world. For instance, in most Asian cultures, babies and young children sleep with their parents and they would think it very strange to have a young child in a separate room at night. Around the world the average weaning age of breastfeeding is 4 years old, but it's rare to see a baby nurse past 6 months of age in the U.S. However if we looked at parenting practices

in the U.S. a century ago, we would be surprised to see how much we have changed over the years. Affluence created larger homes and separate sleeping spaces, and the burgeoning business of parenting advice has created a gap between what is developmentally appropriate and what is the current fad or trends in parenting.

### 5. Q: What are some common misunderstandings of AP?

A: Probably the most common misunderstanding is that you can only be an AP parent if you stay home, nurse your babies for years, eat organic food, don't vaccinate and carry your babies all day long. Yet, it's amazing to see the wide variety of AP families who have found creative ways to meet their family's needs, including working parents, adoptive families, foster families and every other combination. The key is to use the AP Principles in doing your best to keep family connection strong, based on the 4 P's of Attachment: Protection, Proximity, Predictability and Play.

### 6. Q: Why is play so important in a child's attachment?

A: A lot of new research is being done on the importance of play for all kinds of things, including depression but when it comes to attachment play this is where most dads



are the experts. Play stimulates all kinds of physiological processes and chemicals, such as endorphins and oxytocin. Oxytocin is a major hormone that is often called the "love" or "mothering" hormone but men produce it too. We like to think of it as the hormone of connection. Anytime we feel joy, happiness, and delight with someone we feel more connected.

### 7. Q: In 2012, worldwide attention was given to AP due to the TIME magazine cover of a young mother nursing her 3 year old toddler. It was reported that AP is basically these three things: Breastfeeding, Babywearing and Bed sharing. You say it's about eight principles. What are they?

A:

1. Prepare for Pregnancy, Birth and Parenting
2. Feed with Love and Respect
3. Respond with Sensitivity
4. Use Nurturing Touch

5. Ensure Safe Sleep; Physically and Emotionally

6. Provide Consistent, Loving Care

7. Use Positive Discipline

8. Strive for Balance in your Personal and Family Life

### 8. Q: You have spent almost 20 years advocating for this style of parenting. Why is AP so important to you?

A: We have experienced first-hand how the skills we learned through AP transformed us as mothers and as women. We have become advocates and activists for children and their families because we believe this is more than a parenting movement; we now have a "big picture" perspective of the effects of childrearing on almost every aspect of the health of a community and society with the research to back it up. We also have been inspired by the work of so many others who were pioneers in attachment and child advocacy. We feel we are following in the footsteps of these role models who have paved the way... we feel we are messengers who have dedicated our lives to sharing their work with all parents and child advocates. ✨

*Attached at the Heart is available at bookstores, online or to order directly from the publisher, [www.hcibooks.com](http://www.hcibooks.com) or (800) 441-5569.*

*Barbara Nicholson, MEd, CEIM, is a La Leche League International support group facilitator for over 25 years and co-founder of Attachment Parenting International. She is the mother of four sons.*

*Lysa Parker, MS, CFLE, CEIM, is the co-founder of Attachment Parenting International. She is a writer, speaker and parenting consultant in private practice, and the mother of 2 sons and a stepdaughter.*



# CALENDAR

## OF EVENTS

### ONGOING EVENTS

#### MONDAYS

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

**SHAMANIC MEDICINE WHEEL GROUP** for healing and personal transformation. Meditation, drumming, journeying with Irene Siegel. 7:30pm, Huntington. Call for info and registration, (631) 547-5433, [www.CenterPointCounseling.bz](http://www.CenterPointCounseling.bz).

**A CIRCLE OF WOMEN** presented by **Moonfire and The Women's Ways Mystery School** gathers monthly. Celebrating the sacred in every woman since 1990. Now in ISLIP TERRACE, SOUTHAMPTON, NYC, Chappaqua, NJ, CT, NH, MA. 631-287-9000, [www.MoonfireMeetingHouse.com](http://www.MoonfireMeetingHouse.com) <http://womensways.typepad.com/circle>.

**MONDAY NIGHT ALIVE! WITH ARIEL & SHYA KANE** – You can have a stress-free, utterly successful, satisfying, and easy – that's right, *easy* – life. These fun, lively and interactive seminars will show you how: December 2, 9, 16, 30: The New Yorker Hotel, 481 8th Ave. at 34th Street, 3rd Floor; January 6, 13, February 10: NEW Location: Skyline Hotel, 725 Tenth Ave. at 49th Street, Penthouse Ballroom; Fee: \$20. Call 908-479-6034 or visit [www.TransformationMadeEasy.com/Mondays](http://www.TransformationMadeEasy.com/Mondays) to pre-register. Walk-ins welcome. (See Resources p.20)

**DAILY SILENT PRAYER & MEDITATION**, Port Washington, NY. Every weekday. \$5 Suggested per 15 minute sitting time. <http://livingroomstudio.org> for times and other inner work programming.

#### TUESDAYS

**HOW TO MEDITATE – 5 WEEK COURSE – CLASS IV –12/10, CLASS V – 1/14.** Attendance in Class I required 631-724-9733, [www.lightawakenings7.com](http://www.lightawakenings7.com).

**MEDITATION/PSYCHIC DEVELOPMENT GROUP** Newcomers welcome: 12/3, 12/17, 1/7, 1/21, 7:30 – 9:30 PM, Smithtown. Registration: 631-724-9733 [www.lightawakenings7.com](http://www.lightawakenings7.com).

**CHAKRA COURSE - 7 SESSIONS;** Continuing: "Heart" 12/3/13; "Throat" 1/7/14; "Brow" 1/21/14; "Crown" 2/25/14. Hosted by Essential Holistics-Manorville; visit [www.essentialholistics.com](http://www.essentialholistics.com). Call Rita Wild @ 631.878.8228 to register.

**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.

#### WEDNESDAYS

**CHAKRA ENERGY BALLET** 6:30-8PM. Open adult class at Ripley-Grier Studios, 939 Eighth Avenue, Studio 3A (West 55th Street) NYC. \$15.00. An adult ballet class with the focus of opening chakra centers in the body to ignite free flowing dance. Knowledge of pirouette helpful. Email [priquette1@comcast.net](mailto:priquette1@comcast.net).

#### THURSDAYS

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

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

**REIKI HEALING CIRCLE** held the first Thursday of every month from 7-9PM at Specialty Lotions & Potions, 11 East Main Street, Bay Shore, NY 11706. [www.specialtylotionsandpotionsny.com](http://www.specialtylotionsandpotionsny.com). 631-665-3511. All are welcome to attend. No Fee. Donations happily accepted.

#### FRIDAYS

**MOONFIRE MEETING HOUSE** presents our **"Men's Long Island Talking Stick Circle"** on the first Fri of the month. Open to men searching for Balance, Courage and Brotherhood. 631-287-9000; [www.MoonfireMeetingHouse.com](http://www.MoonfireMeetingHouse.com).

**CHAKRA COURSE – 7 SESSIONS** – Continuing: "Heart" 12/6/13; "Throat" 1/10/14; "Brow" 1/24/14; "Crown" 2/28/14. Hosted by Mindful Body Restorative Health – N. Babylon. Visit [www.essentialholistics.com](http://www.essentialholistics.com). Call Rita Wild @ 631.878.8228 to register.

#### SATURDAYS

**THE FORUM - ENLIGHTENMENT, WITH PSYCHIC - MEDIUM, KATHRINE MITCHELL** In our meetings, like-minded people meet to discuss topics to awaken our responsibility to the soul's journey. 2nd OR 3rd Saturday, 10AM. \$10. Please call to reserve your seat, (631) 277-6190. [www.kathrinemitchell.com](http://www.kathrinemitchell.com).

**SPIRITUAL DISCUSSION** 1st Saturday of every month, 10 AM-12 Noon. Ever want to just talk about spiritual things? This is for you! Center for Spiritual Living Long Island, 17 Maple Place, Hicksville. 516-822-9314. [www.csl-longisland.org](http://www.csl-longisland.org).

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

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

**ENERGY HEALING** – Reiki, Vortexhealing®, and Healing with Archangel Metatron, with Rev. Pauline Southard at A Time for Karma, Rockville Centre. 12:30PM - 5:30PM. Fridays also. For appointment: 516-445-4242. [www.karmickat.com](http://www.karmickat.com).

#### SUNDAYS

**REIKI I CERTIFICATION AND ATTUNEMENT** in the Usui lineage. Attunements offered on 1/12/14. Veg Lunch Served. Three Practice Sessions included. Visit [www.essentialholistics.com](http://www.essentialholistics.com). Call Rita Wild @ 631.878.8228 to register.

#### SEARCHING FOR YOUR LIFE'S PURPOSE?

We provide tools to transform your personal life & help make the world a better place. Center for Spiritual Living Long Island, 17 Maple Place, Hicksville. 10:30AM. 516-822-9314. [www.csl-longisland.org](http://www.csl-longisland.org). Children's Activities (Ages 4-12), 2nd and 4th Sundays, 10:30 to 11:30 The Junior Center will be held twice a month starting in October. (See ad p.27)

#### 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.10)

### SPECIAL EVENTS

#### NOVEMBER 24

**HEALTHYPLANET'S 20TH ANNUAL GREEN & "TURKEY-FREE THANKSGIVING" DINNER/LECTURE**, Sunday, 2:00PM. One of LI's largest Thanksgiving Celebrations (100% plant based!) Molloy College, Farmingdale. Healthy feast, friends, motivating speaker... Reserve early. 631-421-5591, [www.Healthy-Planet.org](http://www.Healthy-Planet.org).

#### DECEMBER 6

**YOFA LAW OF ATTRACTION, MEDITATION & HEALING WORKSHOP** in Mineola. Friday, 7:30PM, \$10 Come fine-tune your relationship with the Law of Attraction. Begin manifesting your dreams. Learn basic YOFA chanting & meditation. <http://yofa.net/live>.

#### DECEMBER 8

**HOLIDAY SHOPPING EXTRAVAGANZA** - Crystals, Jewelry & more. Purposeful gifts for your loved ones. Stress-free shopping; Refreshments served. Sunday, 2:30 to 8:00PM, Manorville. Visit [www.essentialholistics.com](http://www.essentialholistics.com). Call Rita Wild @ 631-878-8228.

**CAROL'S HOLISTIC HEALTH EXPO** Sunday, 11AM-6PM. FREE Preventive Cardiac Testing (Bring insurance card.), holistic doctors, advanced energy healings, massages, chakra readings, sacred jewelry, healthy holiday gifts, etc. 1:30 and 4pm lecture on Intuition. \$7.00 admission. Four Points by Sheraton Plainview, Carol Leitner 516 242 8270, [CarolLeitner1@gmail.com](mailto:CarolLeitner1@gmail.com).

#### DECEMBER 13

**LECTURE: ASTROLOGICAL FORCAST for 2014**, with Montgomery Taylor, New York's Most Gifted Astrologer, Lecturer. Friday, 8:00PM. Members: \$10 Non-Members: \$15. Monty's Web Site: [www.astrologydemystified.com](http://www.astrologydemystified.com). Levittown Hall, 201 Levittown Parkway, Hicksville, NY 11801, (516)-731-0909 [www.eyesoflearning.org](http://www.eyesoflearning.org).

#### DECEMBER 15

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

#### JANUARY 5 & 19

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#### JANUARY 10

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#### JANUARY 31

**LECTURE: MANIFESTING YOUR DREAMS IN 2014** with the help of the Angels - with Maria Kramer. Maria's web-site: [www.awakenpeaceandlove.com](http://www.awakenpeaceandlove.com). Friday, 8:00PM. Members: \$10 Non-Members: \$15. Levittown Hall, 201 Levittown Parkway, Hicksville, NY 11801, (516)-731-0909 [www.eyesoflearning.org](http://www.eyesoflearning.org).

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**The Delicate Balance** uses the ancient wisdom offered in the **Tao Te Ching** to inspire words intended as guidance and support for those who make their profession caring and to those who have stood to meet the call to care for family. This book offers insights on the risk factors for developing the toxic effects of caring too much and the steps to take to recover from compassion fatigue and reestablish a perspective.

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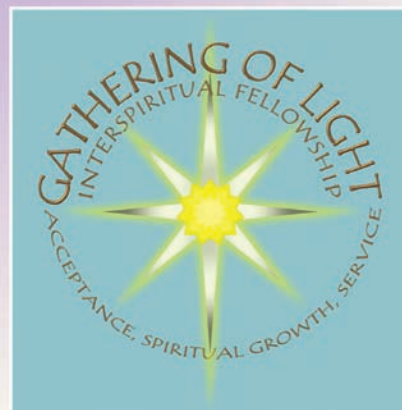
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# Re-Imagine the Holidays: Resist the Trap of

by Sara Wiseman

**A**re you dreading it, already? You know... the whole shopping-gifting-cooking-cleaning-eating-drinking socializing-relatives-traveling season just ahead?

From Thanksgiving to New Year's, many of us get trapped in a cycle of *overabundance* – the state of having too much. As in: more than we can use, more than we can process, the cup not just full, but overflowing.

It's gotten worse in recent years, starting with Christmas decorations that go on display at Halloween to the frenzy of Black Friday. We've become a culture of excess and a society of waste, moving from the next new thing to the next ... without ever taking the time to enjoy any of it. We have so much, and it's arriving so fast, that we can't use or even experience it all.

This overabundance – having more than we really need – creates stress, lowers vibration and zaps energy from mind, body and spirit. Now, I'm all for abundance! I'm certainly not one to pass up on anything that brings pleasure or beauty or connection to my life. But when we become trapped in the cycle of overabundance – the endless circle of *want, get, want, get* – our lives fall out of balance.

## Six Ways Overabundance Causes Holiday Stress

During the holidays, overabundance shows up in different forms. It's not just eating rich foods or excessive gifts, as you'd expect, but less obvious ways as well, including: too much socializing, complex family relationships, rigid tradition and low vibration group thought.

### 1. Overabundance of food

Rich, sweet, fatty holiday food lowers your physical vibration, which affects mind and spirit too. If you work in an office or with a group of people, it's hard to escape the sweets in the break room! Alcohol from frequent social events adds to this mix. Don't worry about weight gain – instead, be focused on the energetic signature of the food you eat. Is it processed? Will it make you feel good? Does your body really want it? Pay attention, and don't let the season of indulgence lower your vibration.

### 2. Overabundance of gifts

The cycle of shopping, buying, wrapping, giving, receiving can be very stressful, even if budget is not a concern. The sheer energetic reality of involving ourselves with objects or "stuff" can be overwhelming, especially when we understand that every object has its own frequency, vibration or energetic signature depending on where it came from, how it was made, who made it and so forth ... this is a lot of new energy to add to your reality!



Consider your energy as you decide how or if you will give and receive gifts this year. Consider your energy if you decide to do without, do less or give experiences or to charity instead. Once you break the gift cycle, you will be surprised how free you feel.

### 3. Overabundance of socializing

Office parties, school events, the annual party you've gone to every year for ten years ... All of this has a certain clamor of "must attend" attached to it, when in reality, you can change plans, opt out or do something different. Don't rely on what you've always done – you're a new person now, and you may want to try something different. Reassess every year. Introverts especially may need lots of private time during this season; give yourself the gift of quiet and solitude.

### 4. Overabundance of family relationships

There's that saying: you can't go home again. And yet every holiday season, most

of us continue to swim up river to our birthing place. Many times, the wounds, past hurts and misunderstandings are still there. And because we're so busy during the holidays, we don't have time to work on our relationships with our family members. Understand that family karma is complex, and the stress of the holidays makes it more so. Be gentle with yourself and others. Have an exit strategy if things go awry. If it's just too much, opt out and try again another time.

### 5. Overabundance of tradition

Just because you've always done it a certain way, doesn't mean you have to do it that way now. This might include: going to a certain event, party, gathering, church service. Wearing certain clothes, decorating a certain way, eating certain foods, being with certain people, and so on. Break free from the rigid traditions your family has "always done" and see what else the Universe might have up its sleeve for you and yours!

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# Overabundance and Worn-out Traditions

## 6. Overabundance of group thought

Understand the power of group thought or collective soul to affect your mood. We've all seen what fear-based beliefs can do to collective thought: hate, violence, financial ruin and war are all products of low vibration thinking. During the holidays, mindless consumption is the culprit: everyone is stressing out on *want, get, want, get*. This creates enormous stress, and when this is done in the collective, everyone feels it. During this time, connect to your own higher self, God/One/All/Divine/Source, frequently and deeply. Use Thanksgiving and Solstice as markers for the season – times when you can easily dip into gratitude and joy. ✨

## The Joy of Doing it Differently: Releasing Worn-Out Traditions, Creating New Experiences

For years, I traveled north for Christmas – packed up my partner, kids, dog and a car full of gift-wrapped presents and hustled the I-5 corridor from Portland to Seattle. The trip was no over-the-river-and-through-the-woods ... everything about it was stressful! Traffic on Christmas Eve was difficult, at best. We were cooped up and restless in my mom's tiny one-bedroom condo. And we were stuck in the city, instead of out in nature we loved. And yet, I gritted my teeth and did this trip for 29 years because it was my family tradition.

Until last year, when the Universe stepped in and simply said "no." Early that fall, I'd

had two (successful) surgeries for cancer. But I was still in recovery, and by the time the holidays rolled around, the Universe started informing me, at first gently and then persistently, that I wasn't up for the trip.

What? Not go to Seattle? Not do the family trip? Really? Yet every time I asked for guidance, the answer came back loud and clear: No. Not this time. And so, after a very long family discussion, we opted out.

For the first time ever, we stayed home in Oregon for the holidays. We cooked a little food, and opened a few gifts – inexpensive, silly things. We decorated our tree. We slept in late, took long winter walks in the woods, and at night we bundled up in blankets on the porch and watched the winter stars move across the sky.

It was low key, it was real, it was absolutely us ... and it was one of the best Christmases ever. Since then, I've let go of all the old ideas about how the holidays "should" be, and begun to recreate them as truly authentic celebrations – genuine expressions of gratitude for this amazing human journey. I've recognized the holidays for what they really are: holy days, outside of any religion, that ask us to go quiet and still as we give thanks for our

lives. A beautiful time, filled with deep appreciation and joy.

I'll admit, it wasn't easy. It took a very active releasing of the cycle of *overabundance* in all its forms – food, gifts, socializing, family, tradition and group thought – to allow this lovely clarity to shine forth.

In fact, stepping into this way of living authentically can be quite difficult at first; it may require letting go of tradition, from what the mainstream dictates. It might mean something as big as deciding not to visit home during the busy season. Or, it could be as simple as choosing to not

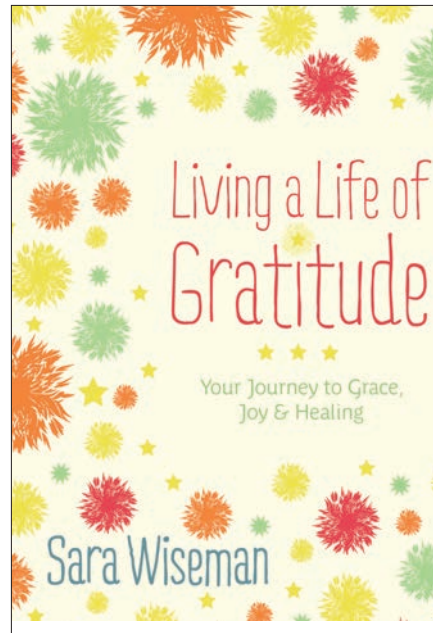
indulge in holiday foods, so your body, and you, feel better. Or giving only a few, inexpensive gifts. These decisions are yours to make.

When you allow yourself the freedom to create your holiday your way – not the one dictated by mainstream society, or handed down from your ancestors, but yours alone – everything about the season shifts.

Gratitude, which might have seemed the furthest thing from your mind in that cycle of "must dos" and mainstream stress, becomes alive in you again.

Most importantly, you begin to understand that overabundance isn't actually what you need. After all, you don't really require a cup that's overflowing, you just need a cup that's full. ✨

Spiritual teacher and intuitive **Sara Wiseman** is author of six insightful books on spirituality and intuition, including her new book, **Living a Life of Gratitude: Your Journey to Grace, Joy and Healing**. She hosts the popular radio show *Ask Sara*, and is a top contributor to *DailyOM*. She has released four healing music CDs with her band *Martyrs of Sound*. Visit her online at [www.sarawiseman.com](http://www.sarawiseman.com).



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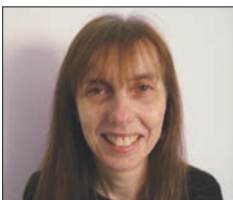
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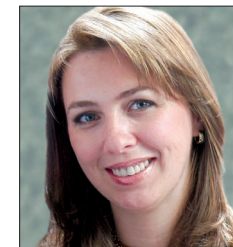
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**John Ryan** is a Senior Vice President of Investments with Janney Montgomery Scott LLC. John studied for his Bachelor's and Master's degrees in Economics and Finance at St. John's University, and received a Master's Degree in Gerontology and a Thanatology certification from the College of New Rochelle. He is the recipient of the prestigious *New York State Office for the Aging Award* in recognition of his financial and estate planning work, as well as his grief counseling work with seniors and their adult children and grandchildren.

**John is a Reiki Master and Chakra Therapist**, and co-founder of the Great Neck Business Circle, President of the Great Neck Senior Center, Vice President of CLASP (Children Learning After School Program) and founder of Project SAFE.

*We all need to remember that family change usually involves making important money decisions that require thoughtful planning. Some important areas that need attention are:*

- Marriage
- Children

- Divorce
- Retirement
- Loss of a Spouse
- Caring for Aging Parents

If you are facing these concerns or any other family challenge now is a good time to talk to me.

**John Ryan**  
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Garden City, NY 11530  
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# POETRY

## Blessing

by Amby V Lyman, Great Neck, NY

I wish you well in all your days  
and peace that will  
give you comfort  
I wish you love  
on the path you choose  
and the promise of springtime  
all over again  
I wish you truth  
to guide your way  
and silence that will  
help you to hear  
and I wish for you  
what you wish for yourself  
an inner knowing that  
will always be there



## Two Girls

by Margaret Jennings, East Meadow, NY

My daughters feel  
like warm cupcakes.  
Right out of the oven.  
When they wake up in the morning.

Sweet.  
Like the warm white icing  
that spills over the edges.  
Little bodies covered  
with giant stuffed toys.  
Beloved Ellie the elephant.  
And Big Doggie.  
And Mr. Quakers.

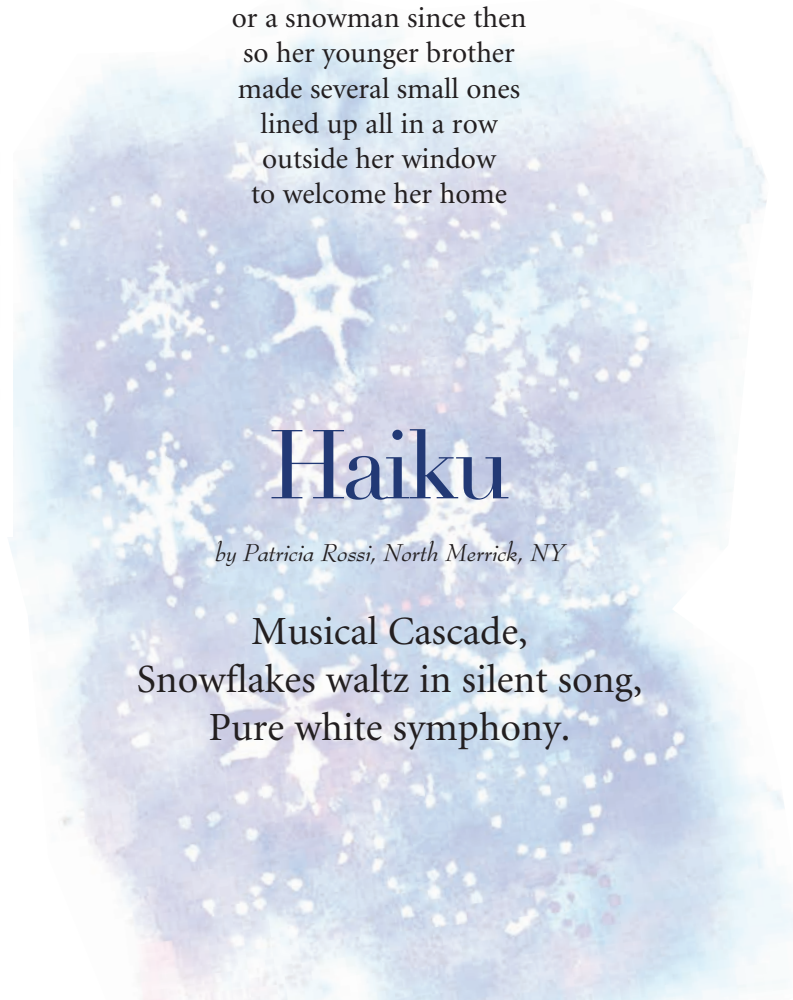
Cover their heads.  
As they Sleep.  
Waking up warm  
and red faced with creases.  
From laying on furry animals  
All night long.



## Winter Welcome

by Roberta A. McQueen, Amityville, NY

She hasn't seen  
snow for fifteen  
years since moving  
to the west coast  
hasn't made snow angels  
or a snowman since then  
so her younger brother  
made several small ones  
lined up all in a row  
outside her window  
to welcome her home



## Haiku

by Patricia Rossi, North Merrick, NY

Musical Cascade,  
Snowflakes waltz in silent song,  
Pure white symphony.

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

– From Asphodel that Greeny Flower

## Releasing Into Freedom

by Jerry Brown, Santa Fe, NM

I release into freedom  
No longer restricted by patterns  
Opening to opportunities  
Letting go of what has been

Giving attention to the present  
And listening within  
Allowing new insights  
So transformation can begin

Releasing memories in my tissues  
So I can live in the now  
Releasing old messages  
That 'I don't know how'

I'm here in the present  
With unlimited possibilities  
Shaped by my freedom  
Of whom I choose to be

Listening to guidance within  
Through a conscious connection  
Allows past patterns to wane  
To release the restrictions

Limitations and imitations  
Becoming a thing of the past  
Connecting within  
A presence that will last



## Lacey Tapestries

by Patty Marubbio, Greenlawn, NY

The sunbeams smile upon the  
lacey tapestries of crystalline flakes  
From puffy clouds they descend  
in unison to clear the air and bless the Earth  
They float gently and silently  
weaving their pure white blanket of snow  
Who can create such unique  
patterns in billions of snow flakes  
As I walk in wonder, they kiss my face  
another form of connecting with Mother Earth  
Thank you dear Mother for sharing  
your beauty with me ... again and again

# Toys and Activities that Promote Creativity and Intelligence

continued from page 9

**Self-Exploration:** In order to gain a sense of self-esteem and comfort with their bodies, children need to explore themselves. From the time they are infants in the crib, children must be allowed to touch their bodies to become comfortable in their own skin. Knowing the body gives the child a sense of awareness of self that is healthy. Mirrors and dress-up for both sexes are acceptable ways for this exploration. Although this activity is considered for young children, it is one that suits well into teen years. Children love Halloween and any other opportunity to “dress up” and pretend to explore various sides of themselves. In the art of pretending, a child merges with the values, actions of caregivers, the environment, society and habits of culture. You can KNOW what a child is thinking and what ideas have rooted in the psyche by observing his/her play. Ideas and knowledge will be reflected in pretend play. Michael Mendizza produces a monthly publication entitled *Touch the Future* in which he explores play.

The arts are very, very important for a child's exploration of the world. The arts enable children to get in touch with their passion, soul and inner core. Children need to be encouraged to draw at very early ages with soft pastels, paints, light graphite pencils and pastel pencils. The 500 colors in a box of crayons are unnecessary as well as the psychedelic colors of markers. A child can learn to mix and blend colors, to create various shades through trial and error which builds self-esteem, courage, stamina, perseverance and other skills. Purchasing art books and paper is very important for children to get in touch with their souls. Coloring books, dot-to-dot, and coloring in lines hampers creativity. Encourage the free drawing of lines, exploring the entire sheet of paper, and doodling are very important skills that are dismissed in culture today while children, missing this adventure, satisfy that urge by resorting to graffiti. Children need the freedom to explore space both on the paper and off in order to gain a sense of self.

Allowing them to bang on musical instruments like piano, drums, guitar (no matter how awful it sounds) eventually turns into recognizable music. Children proficient in music are generally also exceptional in math. However, there are many mainstream children's songs that have deep messages that touch the child's soul as well. These include the genius of Jim Henson and other songwriters. Music is like a mantra as it is repeated over and over; it becomes part of the “belief system” just like any other subliminally repeated message. Choosing the best lyrics and music that touch the heart and soul will enhance the developing child.

**Equilibrium and Toys for Balance:** Balance is both an internal and external skill that complement each other. Maintaining equilibrium while playing has an effect on coordinating a life of balancing all aspects of life. Along with



nature, toys that swing, rock and move are important for building equilibrium in the brain of a child. Rocking horses, spinning around, holding a child in a rocking chair, and wooden swings are excellent. Even a rope tied to the branch of a tree is a learning tool. Trampolines stimulate the immune system and help the body excrete toxins in addition to teaching the body alignment. These toys calibrate the inner child, inner ear, brain and can often be a source of centeredness and peace.

**Child Sized Toys:** Marketing advertisements promote the notion that treating a child as an adult and dressing them as adults, will entrain adult values and skills. The more appropriate strategy is to create a child's world in the home. Keep the tools as close to a child's level as possible. Buy a child's size broom, dustpan and shovel as



well as keeping a child-sized table and chair in the kitchen. Place the pots and pans at the child's level. Allow them to pretend to cook, clean, and follow along in the kitchen (more bonding experiences). Mimicking adult behavior is imperative but at the level of the child. Children LOVE to clean and pretend to be adults. Allow them to spread their things all over the kitchen while you are cooking and play in the dish water. Modeling adult behavior from the child size perspective will entrain behavior; a much better approach than at some magical age, attempting to arbitrarily teach them tidiness skills. It takes time to teach a child these skills and in our hurry up world, we find little time to teach them and allow them to help. David Elkind's *Hurried Child: Growing up Too Fast Too Soon*, speaks to the benefits of slowing the pace of children. Time spent teaching them self-help skills as a child, at a child's ability phase, will train healthy members of society.



**Children Do Not Know What Is In Their Best Interest.** Television is a powerful tool that distorts the mind into believing subliminal messages which are repeated over and over entraining the child to believe what is heard, which then becomes part of the belief system. Electronic toys, games, television, virtual reality, and computers are detrimental to a child until age 12 when the child is able to think cognitively, has developed social skills, conscience and the eye-hand-brain coordination! What these electronic devices do is override the limbic system of the brain, so that children have a distorted sense of reality. After all, it is only 2D. Children who do not value life, who lack conscience and moral values have been subliminally indoctrinated in the 2D world. These devices are also highly over stimulating to a child's mind and sense of being. It keeps them in need of constant gratification by being on the “edge” secreting pleasure hormones so that children are constantly seeking sources of pleasure.

**Silence and Sleep:** Sleep is imperative to a healthy life because in the dream state, problems are worked out; information is stored and is filed away for future reference. Some children have difficulty falling asleep at bedtime when read to because the imagination is activated and the working mind explores options. Others are confounded by the electromagnetic energy, computers and television in the room. Even the digital alarm clock or noises from outside can be disturbing to the sensitive child.

An essential key to creative intelligence is to be allowed to go to quiet places, have quiet time, or allow the mind to drift off staring into space. When a child appears to have a blank stare or the gaze seems empty, the blank or “far off” look is the brain getting in touch with the creative intelligence, making important connections. It is connecting synapses and discordant thoughts into a whole; putting the puzzle pieces together.

An essential key to creative intelligence is something totally lacking in a child's world of today – silence. Allow time for a child's quiet space, this does not include nap time or rest. There needs to be a place in the home to allow a child space to be in silence. As a culture, meditation has become popular because this reconnects the art of getting in touch with ourselves through silence. Children need to be allowed to go to quiet places and just BE.

When a child is calm, they become more sensitive to the finer qualities of life. All children learn and behave differently- kinesthetic (touch), auditory (hear), visual, olfactory (smell) and gustation (taste). Parents are the custodians of a child's sense of being in this world, their self-knowledge and world knowledge. The purchase of toys, games and activities is a conscious responsibility to be seriously undertaken. A child's future depends on parental judgments and choices. Create a safe, peaceful, creatively stimulating environment and a healthy child is the result. ✧



**Daria M. Brezinski, Ph.D.** is a psychologist, TV (live streaming schedule found at ([www.cpatv.org/schedule13.html](http://www.cpatv.org/schedule13.html)) and radio host (archived at <http://www.dariabrezinski.com/accomplishments/radio-programs>) and Executive Director of

*What Wise Women Want*, a non-profit foundation, where the upcoming TV Show listing can be found ([www.WhatWiseWomenWant.com/projects/tv-shows](http://www.WhatWiseWomenWant.com/projects/tv-shows)). [www.DocDarB.com](http://www.DocDarB.com). She can be reached at [Daria@DocDarB.com](mailto:Daria@DocDarB.com) or 434-286-2989.

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by Dr. Brian Clement & Dr. Anna Maria Clement, West Palm Beach, FL

**T**here is danger lurking in something that people touch every day, but give little thought to – their clothing.

An estimated 8,000 chemicals are employed to transform raw materials into clothes, according to The Ecologist magazine. This process involves bleaching, dyeing, scouring, sizing and finishing the fabrics.

Synthetic clothing now commonly contains such toxins as formaldehyde, brominated flame retardants, and perfluorinated chemicals like Teflon fibers to give trousers, skirts and other apparel “non-iron” and “non-wrinkle” durability. Perfluorinated compounds, it should be pointed out, are classified as cancer-causing agents under U.S. Environmental Protection Agency guidelines.

## Important things to know about clothing:

**BRAS:** There are strong correlations between the use of bras and breast lumps or cysts, which are thought to be precursors to breast cancer. Evidence showing a link between bras and breast cancer emerged in 1991 from a study of breast size and breast cancer risk by researchers in the Department of Epidemiology at the Harvard School of Public Health. Published



in the *European Journal of Cancer*, this survey of thousands of women found that, “Premenopausal women who do not wear bras had half the risk of breast cancer compared to bra users.”

**SYNTHETIC CLOTHING:** Studies show that synthetic undergarments can warp male sexuality and diminish fertility. Synthetic clothing also poses dangers regarding fire safety. So much so that the commanding general of the Marines in Iraq ordered his troops in 2006 to stop wearing synthetic fabrics any time they went off-base. Medical studies also show that synthetic fibers, conventionally used for athletic clothing, actually inhibit athletic performance. This is because

the electrostatic field emission from the clothing affects muscle fibers in the body. Synthetic materials also “off-gas” from the day they’re made until the day they’re thrown away. They release minute amounts of chemicals that are absorbed through the skin and lungs. These toxic fumes can cause cancer and neurological disorders.

**COTTON (nonorganic):** 25% of all the pesticides used on our planet are sprayed onto cotton crops. For this reason, people should always choose organic cotton or other organic natural fibers.

**“EASY CARE” CLOTHING:** No-iron or stain resistant shirts and pants are often sprayed with formaldehyde. While many countries enforce strict regulations regarding formaldehyde, the United States only enforces “voluntary” standards, with no levels or limits stated.

**LAUNDRY’S DIRTY SECRET:** An analysis of laundry wastewater, both industrial and from public laundromats, performed a few years ago by the Environmental Working Group, detected a range of hormone-disrupting contaminants being released. Phthalates, used to stabilize fragrances, are hormone disruptive chemicals commonly added to detergents and other cleaning products.

**FIRE RETARDANT:** Many nations require infant’s clothing to be sprayed with flame retardant chemicals. This is among the deadliest clothing treatments and is directly linked with tumor growth and mental illness. Of course, babies are the most sensitive to these kind of toxic materials.

## The best immediate changes one can make:

- ✔ Buy only natural fiber clothing as you buy new clothes, especially for your children and babies. Good options are cotton, flax, hemp, silk, wool and linen. Less common natural fiber options include alpaca, angora, camel, cashmere, mohair, ramie and saluyot.
- ✔ Buy only organic clothing when possible, certainly organic undergarments, since the reproductive organs are among the areas most sensitive to toxins.
- ✔ Steer clear of “Easy Care” and flame retardant clothing.
- ✔ Start getting rid of synthetic clothing you’ve accumulated.

From toxic chemicals like formaldehyde and phthalates to insecticides, flame retardants, and nano-particles, synthetic clothing today contains a toxic stew of dozens of substances that pose a threat to both human and environmental health. ✨

*The preceding article is based on the book, **Killer Clothes! How Seemingly Innocent Clothing Choices Endanger Your Health ... and how to protect yourself** reveals in detail the toxic truth about the clothes we wear and the surprising number of harmful effects on health caused by garments once considered safe. This is a well-documented exposé that the clothing and chemical industries would rather you never learned about, and reveals which fabrics and clothes contribute to breast cancer, infertility, and a range of diseases – and which garments are safe to wear. All based on medical science studies, these studies, for too long, have been hidden from public awareness. Available in the Hippocrates store. Call (561) 471-8876, ext. 171 or visit [www.HippocratesInstitute.org](http://www.HippocratesInstitute.org).*

*Co-authors **Dr. Brian Clement** and **Dr. Anna Maria Clement** are co-directors of the internationally-renowned Hippocrates Health Institute (HHI). They have created wellness and disease prevention programs followed by more than 300,000 people who have attended HHI, as well as millions more world-wide who employ the institute’s teachings. They have also authored over two dozen books on natural health antidotes to illness and disease.*

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# EXPANDING *the* CIRCLE

by Erica Settino • Huntington, NY

Thanksgiving and Christmas already? It does seem as though time flies. Especially these days when everyone is so busy running from one place to the next. And now with the holidays coming, things will get even more hectic. Time meant to be spent in gratitude and celebration will inevitably be overshadowed by the ever-growing list of things to do, or things to get. Many people will sacrifice their time for their practice in order to check another box off the list. Although it may seem contradictory, it is crucial that when you feel like you have no time that you must *make* the time for your practices. This is the only way to create the space – both internally and externally. The more space you make through a dedicated practice of yoga and meditation, the more space you will have for everything else. It's amazing how that works, really.

One way to cultivate the space necessary for wellbeing is to adopt an attitude of gratitude. That's what the holidays are all about. But it's easy to lose sight of that when the stresses of personal circumstances and situations become

overwhelming. It happens to everyone. No one, not even the most advanced yogis, are immune to life's difficulties; the main difference is that yogis have learned to use their practice as a means of navigating through them. And you can, too.

This month rededicate yourself to your practice. Both on and off your mat. Spend time in quiet contemplation before rushing into the day. You may find those things you thought were so important drop down the list a bit. Move through your asana practice with gratitude for your body and breath and all that you are capable of, rather than criticism or judgment. And bring that awareness with you into each challenging situation you find yourself in. Remember to observe yourself with kindness and compassion, and then extend that same gentleness to all those you come into contact with: the cashier at the grocery store; the other drivers in holiday traffic; your in-laws. Harder yet, but extremely profound, give thanks for those who challenge you. They are offering you an opportunity for learning and growth. How

you respond in challenging situations is not about them. It is, and will only ever be, about you.

Consider your thoughts, words, and actions, and how they impact all beings, including yourself. Choosing to practice *ahimsa* and *karuna* (harmlessness and compassion) in all you think, say, and do, has immeasurable benefit on all of life. Take the time to really consider your food choices this season – and everyday. Open up honestly and compassionately to recognizing that celebration and gratitude cannot truly reach us when we are harming others. All others. No matter our distinctions. No matter if we walk on two legs or four. Your conscious decision to treat all living beings, including Mother Earth, with kindness, love and compassion – the way you want to be treated – will positively impact your life in more ways than you can imagine.

Though cultivating an attitude of gratitude seems like it should be an easy task, most of us struggle with this practice. So be gentle with yourself. The world is a challenging

place. And by no means does gratitude replace the reality of our struggles. But it does offer the promise of light when all is dark. The promise of love when all you see is hate. And the promise of time when your life is passing you by.

The first thing you must do is breathe. See you on your mat ...



**Erica Settino** is a long-time yoga teacher and animal activist. Through her teaching, writing, and non-profit organization, Karuna For Animals:

*Compassion In Action, Inc.*, she works to promote compassion, non-violence, and kindness for all living beings. [www.karunaforanimals.com](http://www.karunaforanimals.com). Join Erica in any of her yoga classes at Huntington Yoga & Wellness Studio. [www.huntingtonyogawellness.com](http://www.huntingtonyogawellness.com).

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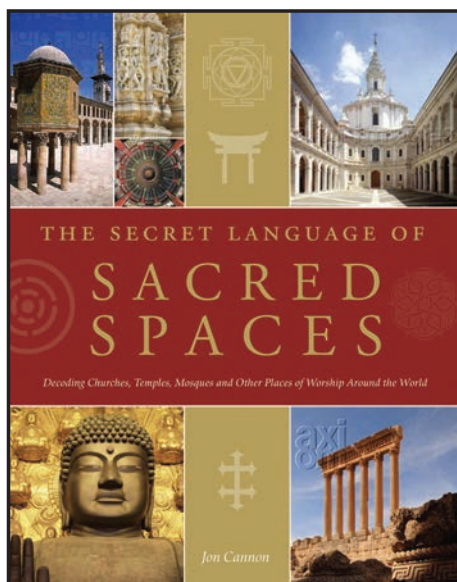
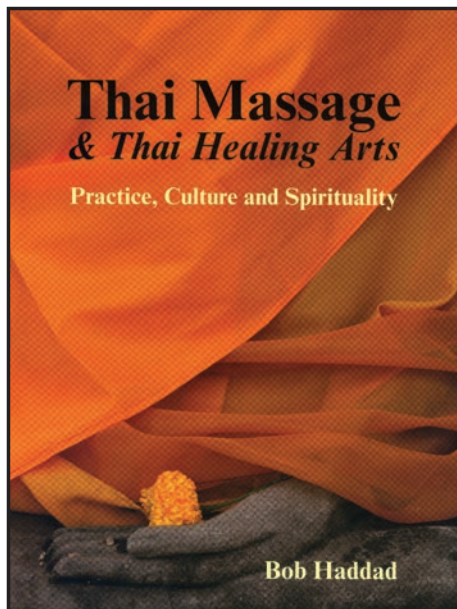
## THAI MASSAGE AND HEALING ARTS: Practice, Culture and Spirituality

by Bob Haddad  
Findhorn Press  
www.findhornpress.com

In *Thai Massage and Thai Healing Arts: Practice, Culture and Spirituality*, author and registered Thai therapist, Bob Haddad delivers an intensely researched and wide-ranging anthology. He uncovers a wealth of information and presents the historical, spiritual, and cultural connections to the powerful healing art of Thai massage.

Included in the book are ways to refine and maintain a healthy practice, breath work and body mechanics, self-protection techniques, reading body language, acupressure concepts, Thai medicine theory, and Thai herbal compress therapy. In the spiritual and cultural section of the book, readers will discover modern translations of ancient texts, Indian and Buddhist influences, magic amulets and sacred tattoos, and accessory modalities such as reusi dat ton (stretching) and tok sen (hammering therapy). The final section, features essays about practice with clients, written by therapists and teachers from around the world.

In addition to the author's work, other contributions in this anthology are from well known Thai massage professionals. The extensive experience and information provided in this reference book is invaluable to students and practitioners who wish to deepen their personal and professional understanding of traditional Thai healing arts.



## THE SECRET LANGUAGE OF SACRED SPACES: Decoding Churches, Temples, Mosques and Other Places of Worship Around the World

Watkins Publishing  
www.watkinspublishing.co.uk

A temple or a mosque is much more than a ravishing and sensually overwhelming piece of architecture. For millennia human beings have directed extraordinary amounts of time, energy and resources towards the design and creation of architecture that expresses spirituality. It is a remarkable fact that in most cultures throughout history the greatest buildings have been religious ones. *The Secret Language of Sacred Spaces* demystifies places of worship and offers fascinating insights into some of the most impressive structures ever built, revealing how they developed, how they were used and how the tenets of a particular faith are encoded in both their structure and embellishment.

This book is both an overview of holy architecture and a survey of the world's major faiths. Part One explains key universal themes recurring within the architecture of sacredness. Part Two examines the great sites of prehistory and antiquity, but the emphasis is on the key living faiths, with major sections on Judaism, Christianity, Islam, Buddhism and Hinduism, as well as the distinctive, indigenous religions of East Asia – Shinto, Confucianism and Taoism. Throughout both parts, the superb full-color photographs are interspersed with carefully designed “decoder” special features that reveal to the reader the meaning of a building or one of its

decorative elements as it was intended by its creator and understood by its original audience. A stunning reference book, illustrated with superb full-color photographs and artwork.

## HOW ROLAND ROLLS

by Jim Carrey  
Some Kind of Garden Media  
www.skogardenmedia.com

When I hear the name Jim Carrey, I am immediately transported back to the early 90's when he was a young comedian/actor on the show *In Living Color*. You remember: Fire Marshall Bill? It is the hilarious stuff of my youth. And I have to admit, I have been a fan ever since. Over the years Carrey has proven himself capable of so much more than the hilarious facial contortions and comedic roles for which he is so well known and loved. He has wowed his fans and critics with serious and insightful acting roles, as well as humbling and inspiring humanitarian work.

In his most recent, and perhaps, his most surprising role as children's book author, Carrey has managed to tackle some of life's more challenging lessons using metaphor, grace, honesty, and compassion. In *How Roland Rolls*, he creatively illuminates the interconnectedness of all of life. Introducing children to the notion that though sometimes they may feel small and alone, they are in fact, an integral part of a much larger existence.

Seemingly simplistic and lighthearted, *How Roland Rolls* is undoubtedly a book about love and togetherness – one that Carrey himself hopes will bring families closer. I can't imagine how it would not.

reviewed by by Erica Settino

## WHEN GLORY GOT HER GLOW BACK

by Laurel Lund  
gloryglowworm.com

In this children's book, *When Glory Got Her Glow Back*, Laurel Lund tells the story of a glowworm who lost her glow

and set out on a mission to find it, only to discover that the power she was seeking was inside all along. As readers join the glowworm on her journey to self-discovery, they learn the importance of confidence, self-esteem, diversity, creativity and the magic of color beyond what the eye can see.

A certified color and image consultant, Lund is knowledgeable on the physical, psychological and emotional aspects of color as well as the color frequencies associated with chakras, the body's energy centers. For parents interested in sharing this information with their young children, Lund's book can serve as a teaching tool to help them learn about the power of color in an easy-to-understand format.

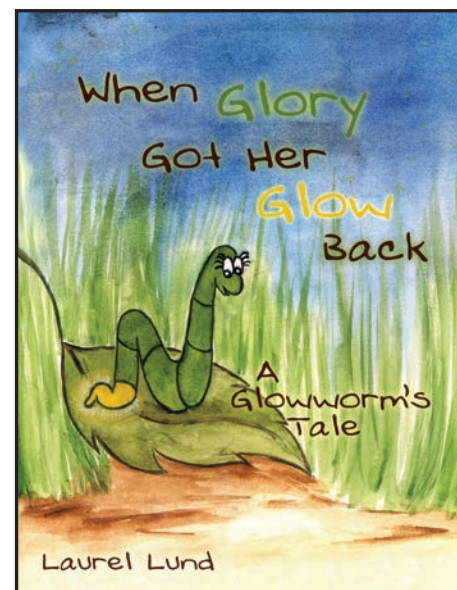
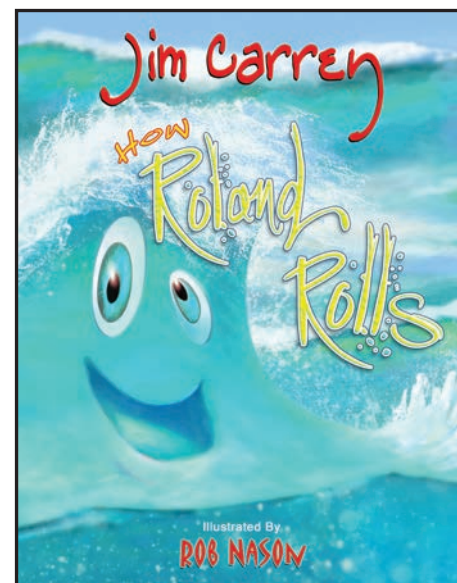
## SECRETS OF YOUR GUARDIAN ANGLES

by Mayte Fernandez Balboa Press  
www.balboapress.com

*Secrets of Your Guardian Angels* is a guidebook that helps children get in touch with the angels around them. A colorful story, full of fun characters and witty speech bubbles, this book helps youth better understand the concepts of love and hate. It allows them to explore the wonders of being

honest with themselves, the power of imagination, and how to overcome the effects of ego and selfishness. The author uses vivid imagery combined with illustrations to explain the good and bad within us. The little monster inside us, called the “Ego” wants us to lose the game of life. When we make choices from love we can win; these acts of kindness lessen the ego's power. Children will especially enjoy, the “Wish Machine” a symbol to act from love instead of hate during difficult moments in their lives. A great story for children and adults, let it be a subtle reminder that Angels are among us.

Guardian Angels reviewed by AnnMarie and Scarlett McCann



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