

✦ *Inspiring the Soul*

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everything's relationship

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Nine Reasons You Should Avoid the Flu Shot

Talking Our Walk

FROM THE PUBLISHERS

We will never have a perfect world, but it's not romantic or naïve to work toward a better one.

~Steven Pinker

Wisdom can come to us in any number of ways. I appreciate however and whenever wisdom finds me – be it through a book, a bottle cap or a cereal box. The above quote arrived on a brown take-out bag from a Chipotle Mexican Grill (along with an enjoyable vegan, GMO-free meal).

Working toward a better world, starts with working toward a better you. Since “we” are the world, this seems fairly straightforward. And I’m thinking most folks would prefer a better version of themselves. But now that New Year’s is in the rearview mirror, and we’ve gotten past the “Resolution Season,” I’ve got to ask this question: Why do so many people think they have to wait until January 1st to begin to improve themselves or a situation. I mean, if you’re really intent on making a change, *now* is a pretty good time to get to work. It’s like saying you’ll *try* to do something. You are either going to actually do it, or you’re not! If I ask you to try to pick up a pencil off the desk, barring a physical disability, you will simply pick up the pencil. You didn’t try to pick up the pencil; you just picked it up! Here’s a telling resolution tidbit: according to research, by the end of January, roughly 1/3 of all resolutions went by the boards. By year’s end, a paltry 8% will have succeeded in achieving their goals.

Inescapably, we are in relationship with every person, animal, place and thing, or as Jennifer Howard demonstrates on page 6, we are “literally sewn into the fabric of existence.” It stands to reason, the more fully authentic and actualized we become, the more authentic our actions and accordingly, our interactions will be. By *authentic*, I mean keeping it “real,” living from heart-centeredness and not the



ego. The ego, remember, is all too often the pest who interferes with our clearing-thinking higher selves.

Living from the heart, we all know, is operating from love. But many fail to realize what love is not: operating from fear. I love this acronym I came across (maybe in a fortune cookie): **F.E.A.R.** – Forgetting Everything is All Right. I know this strikes some as a bit simplistic, but it seems all too many tend to forget this. When you boil it all down, in almost any given moment, most things are ok. You are likely neither starving, nor homeless, and you’re relatively healthy. Of course, we all experience loss, sickness and disappointment during periods of our lives. However, right now, for the vast majority, basically “everything is all right.”

Another important aspect of living from heart-centeredness, is speaking one’s truth – provided it passes through these three gates: Is it true? Is it kind? Will it help?

If you can unequivocally answer “yes” to ALL three questions, then you are not responsible for how others will react. Their reaction / response is their choice.

To thine own self be true.

Please have a Peaceful 2015,

Neil + Andrea

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are you a CULTURAL CREATIVE?

The Shift to the New Reality is real, and it has been gathering steam since the 1960s. In the book, “The Cultural Creatives,” Paul Ray and Sherry Anderson detail a comprehensive study of more than 100,000 adults in the United States.

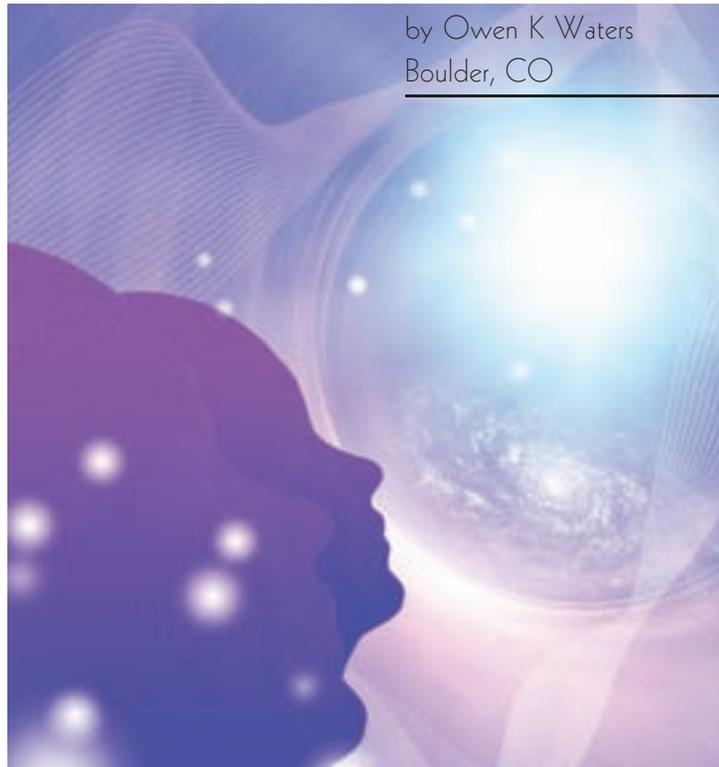
They found that, since the 1960s, a huge 26 percent of these adults have made a comprehensive shift in their culture - their worldview, values and way of life. A 1997 survey conducted in fifteen European countries shows that the figures are highly similar in Europe. The following is a summary of the typical values of this new culture.

Cultural Creatives love nature, respect the Earth and are deeply concerned about the environment. They like to develop close relationships with each other, and to help and encourage other people to develop their abilities. They care about personal and spiritual development, and want more equality for women and all cultural groups.

Cultural Creatives would like to develop a new way of life. They are cynical of media-fed information, and want to find a new political philosophy that works in today’s reality. They are not materialistically driven, and typically have their finances and spending under control. They like traveling to other countries to get to know new cultures and they want to develop a sense of community where they live. Authenticity is important to Cultural Creatives; that their actions are consistent with their words and inner beliefs.

In the early 1960s, there were too few Cultural Creatives to measure in surveys. At that time, American culture was split evenly between two cultural groups - the *Moderns* and the *Traditionals*. Moderns reflect an ethic which actually goes back as far as the Renaissance, when European Protestantism freed the population to pursue a self-empowered work ethic rather than continue to give their power, freedom and sense of initiative away to authority figures.

The ethic of **Modernism** is that newer, bigger and faster are all better. Time is money, they believe, and people with more knowledge and wealth are perceived as having higher status. Almost half of American



adults today are Moderns. Their self-empowered principles over the centuries have brought progress to civil freedoms, democracy, justice and equality. Moderns tend to believe that theirs is the only way and reject the values of other groups as being incorrect.

The positive contributions of Moderns can be appreciated when you consider the quality of life which existed before the Renaissance. At birth, in those days, your fate was sealed. You were born into a certain social, ethnic and racial group at a certain location. You would likely never travel more than 50 miles from your birthplace during your life. What work you could perform, and whom you would marry, were predetermined. You would be compelled to believe certain doctrines, as dictated by rulers, priests and elders.

Traditionals are the ones who historically react against the changes brought about by Moderns. They wish for a return to an older, simpler time, and they oppose modern trends such as equality for women. They believe that patriarchs should again dominate family life, that men should be proud to serve in the military, and that their moral values should be forced upon others. In post-World War II America, Traditionals formed half of the adult population. Today they number less than one-fourth of the adult population. Many have passed away, while some have converted into Moderns or Cultural Creatives.

Within the Cultural Creatives are two distinct sub-groups. Almost half of the Cultural Creatives form a Core Group of more intense, leading-edge thinkers. The others are the Green Cultural Creatives,

whose focus is directed externally, towards ecology and environmental issues, rather than towards inner personal development.

The trend-setting Core Group is typically into alternative health care, often as health care practitioners, and most of them want to develop more inner self-awareness. They shun the materialism of the Moderns and the intolerance of the Traditionals toward other peoples.

Cultural Creatives cross all types of demographic groupings. They can be of any adult age category, they can live anywhere, and have any spiritual or religious affiliation. Less than ten percent of them identify themselves as New Age. Interestingly, there

are just as many New Agers within the ranks of the Moderns as there are within the Cultural Creatives. The ratio of women to men is fairly equal in the Greens Group, while the Core Group contains 67 percent women. Many of the New Age Moderns are men who are still chasing the boys’ toys of modern technology and haven’t yet settled down to finding a deeper meaning within themselves.

Compared to other groups, Cultural Creatives read more books and magazines. Half of them are regular book buyers. They watch less television and are particularly unhappy with the quality of television news. They support, and become involved in, the arts. They like well-made, durable

products, natural food, personal growth and alternative health care. They have a holistic attitude; that body, mind and spirit should work together. Their homes may well be buffered for privacy by old-growth trees and large shrubs. Inside, these homes are typically decorated by craft pieces, books and original art pieces which have special meaning to them.

Their culture is one of silent trailblazing. Most of them have no idea that there are countless millions of people just like them with the same values and lifestyle. When they discover that 25 percent of the adult population are just like them, they are truly shocked and surprised.

Cultural Creatives, it could be said, are the silent revolution. Imagine how much more transformative their effect on society will be when they evolve into networking, voicing their values and forming representative movements.

Cultural Creatives are a newly emerging type of humanity. They hold the seeds of a new, sustainable culture, a culture where “quality of life” replaces “standard of living.” ✧



Owen K Waters transforms the mysteries of spiritual metaphysics into clarities. As an international spiritual teacher, he has helped hundreds of thousands of

spiritual seekers to better understand the nature of their spiritual potential. For over fifty years, he has focused upon gaining spiritual insights through extensive research and the development of his inner vision. As co-founder of the Spiritual Dynamics Academy (www.SpiritualDynamics.net), he offers spiritual seekers a clear understanding and mastery of the spiritual principles of life.

everything's relationship

by Jennifer Howard, Ph.D.
Huntington, NY

Relationship is who we are and what we do. The whole universe is actually the sum total of our relationships with one another.

~ Gay Hendricks

You're connected to all of life, as well as connected to your inner life. From a linear perspective, we live in duality, connected to everything by an infinite web of relationship.

By duality, I mean day and night, you and me, pleasant and unpleasant—all relationships. Day and night are related to each other, and you're in relationship with your thoughts, feelings, and actions around day and night. So your relationships extend far beyond people. You're in relationship with everything, whether you're aware of it or not. At the most primary level, *everything* is in relationship with *everything*.

We're in relationship to the entire world, and this relatedness is life, itself. Although you might sometimes feel isolated and alone, you're always in relationship with something deeper. From the viewpoint of separateness, you might have important tasks to complete, including your life's work; but from the largest perspective you're literally sewn into the fabric of existence. From the deepest level of consciousness, we could say oneness is the marriage, or union, of duality; or that duality is the bifurcation, or branching off, of oneness.

In this way, our essential oneness is what connects us to others and to life, birthing our myriad relationships. Recent studies in consciousness, as well as quantum physics, demonstrate clearly the interrelated, interdependent, inseparable, and relational quality of the universe. Physicist David Bohm showed that the nature of physical reality, although it appears to consist of separate static objects moving through space, is, as he stated, an "undivided whole" in continuous flow and change.

Historically, various spiritual groups and traditions have spoken about direct experi-

ences of, or union with, God. This mystical end of the spectrum allows for the experience of Oneness with the Universe. For example, Theosophy, a philosophical spiritual group, teaches reverence for all, and that the universe is contained in the "all-pervasive" whole transcending the sum of its parts. A relationship, considered a connection between two points, includes: ideas, objects, locations, thoughts, feelings, people, and more. The list is endless. Have you ever stopped to consider all your relationships in life? Besides individuals, you have relationships with your body, home, job, pets, nature, community, spirit, and planet...to name a few. It includes anything that has meaning for you or touches your life in some way.

Please take a moment to contemplate your relationships, whether friend or foe, hobby or habit. Consider the dynamics in each of the different kinds of relationships. Does the relationship give you joy, or does it challenge you to be a better person? In what ways does it help you grow? In what ways does it support you physically, emotionally, mentally, and spiritually? Be conscious of all your relationships, and deepen your awareness around them. ✨

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UN-stuffing all our “selves”

by Shakti Gawain

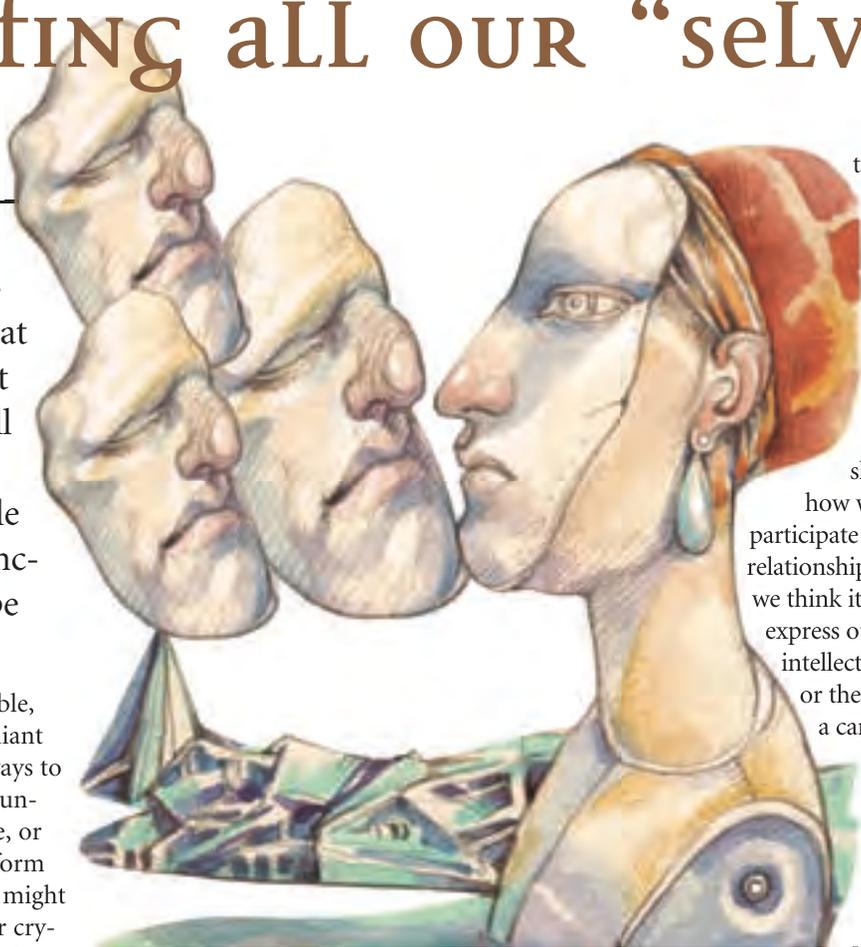
We develop our personalities in ways that are both universal and yet completely unique. We all experience the same process of development, while our individual circumstances and surroundings shape our particular makeup.

When we are born, we are vulnerable, impressionable, and completely reliant on those around us. We develop ways to have our needs met when we are hungry, for example, or uncomfortable, or just need love. Our experiences inform our behaviors; we discover a smile might bring joy and playful interaction or crying might bring comfort and immediate attention.

In that way, our parents, siblings, and those who care for us shape us. Our personalities continue to develop as we explore the best ways to have our needs met. We learn which behaviors will bring us love and acknowledgment and which will bring us negativity and even punishment. These aspects of our personalities evolve and take form as we grow. By adulthood, we have identified the ways that work best for us to operate in the world. As adults, we use similar approaches to our relationships, family, and work life to those we developed in childhood. We have fine-tuned ways of keeping ourselves safe and creating a sense of security in our lives.

A drawback to developing in this way is that we tend to overvalue certain aspects of ourselves. We might even come to think that our way of being in the world is the only way to be in the world. And when we over-identify with one aspect or side of ourselves, we automatically create an opposing side, what is often referred to as our *shadow side*.

We value one set of behaviors or certain parts of ourselves and then consider the other parts unacceptable, “not good,” or even a liability. We see our way as good and right, and we actually try to disown the other parts of us or deny they exist. Additionally, we form rules about how we should be, and how others should be, based on this value system. As a result, we criticize ourselves when we express or show our shadow parts, and we judge other people when they display these behaviors.



Most likely we have revealed some of these shadow aspects of ourselves at some point in our lives. If we received a negative reaction when we exhibited a certain part of ourselves, though, we probably learned to hide or suppress it. Eventually, we learned that showing that part of ourselves was not safe and would not get our needs met. For example, one aspect we often choose not to express is what we refer to as our *vulnerability*. Our vulnerability is the part within us that is connected to our sensitivity, our needs, and our emotions. If we have shown vulnerability in the past, we may have been criticized or ignored. In order to feel safe or in control, we might “stuff” these feelings and needs and act instead like we don’t have them.

Consider a sensitive child who is quick to show her feelings, from happiness to sadness, enthusiasm to anxiety. If she is told she is too sensitive, shouldn’t take things so seriously, or has no good reason to worry or be sad, she will learn to conceal or deny her emotions. Just seeing that her expressed feelings worry or anger those around her would be enough for her to become adept at suppressing them.

Because she has learned that a more detached approach to life pleases others, she comes to see that this way of relationship is the right and ideal way to be. She comes to view sensitivity and emotionality as a negative thing in herself — and in others. She criticizes herself when she expresses these parts of herself and judges other people who display them. Our unexpressed aspects — whether vulnerability, boldness, creativity, daring, sexuality, or others — don’t disappear. They continue

to exist “in the shadows,” and like most hidden things, they come out one way or another, sooner or later.

What’s more, failing to recognize and find room for our shadow sides limits how we experience and participate in our lives. Our relationships will be affected if we think it’s wrong or weak to express our feelings. If we value intellect but not creativity or the arts, we may choose a career that becomes increasingly dissatisfying. Our well-being depends on our being whole and having access to all of who we are.

All the parts of ourselves — those that we consciously develop and our shadow sides — are our “selves.” We use the term “selves” to describe aspects within our personality; in Jungian psychology, the selves are called *subpersonalities*. Each of these selves has its own perspective on our lives, its own ideas, and even its own ways of remembering specific events.

It is important to note here that we are in no way talking about multiple personality disorder. Multiple personality disorder is a psychiatric dissociative disorder. Here, we are bringing to the light a simple process that is naturally occurring within us all the

time. It is as simple as sensing two different parts of us when we go out to eat — part of us wants to eat healthy and another part wants to order off the dessert menu. It is the conflict we feel when making choices, ranging from major life changes to simple daily decisions. This work was inspired by and is most similar to Jung’s work with the shadow and discovering the unconscious.

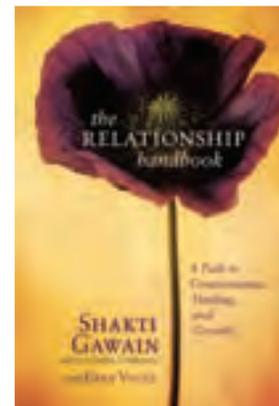
I was first introduced to working with these aspects by Drs. Hal and Sidra Stone. The basic idea of their work, which they call the Psychology of Selves, is that **we have within us the potential for every energy or aspect of personality that exists, and each of us develops the aspects that work best in our lives to get our needs met, and we minimize or disregard the aspects that do not.**

I believe that our work in this lifetime is to create awareness of *all* the parts of ourselves. Each part has a purpose, has information for us, and is actually necessary for us to achieve the balance and wholeness we are searching for. Ultimately, coming to embrace all our selves is the path to enjoying more balance in our relationships as well. ✨

Shakti Gawain is the author of **The Relationship Handbook**. A bestselling author and pioneer in the field of personal growth and consciousness, she cofounded New World Library with Marc Allen in 1977. Visit her online at <http://www.shaktigawain.com>.

Excerpted from the book **The Relationship Handbook**

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6 ways 'silent agreements' are undermining your life

by Merilee Kern, MBA

If you have engaged in relationships of any kind, you have experienced and likely battled against “silent agreements.”

While most have never used or even heard of this term, silent agreements are present in our everyday lives where they lurk in the shadows of our relationships—at home, in social circles and in the workplace. They are those unspoken “rules” of our relationships that grow from the topics we don’t talk about—the needs, wishes and expectations that we don’t share but hold others accountable to anyway. Most often the other party is doing the same thing, which adds layers that make silent agreements even more complicated and challenging to uncover and rectify.

Sometimes the unspoken expectations of two people line up, and when they do, their silent agreements line up as well. Then the relationships can hum along without drama, stress or misunderstandings. Often enough this does not happen organically. Because many silent agreements can be completely out of line, and given their sometimes clandestine nature, silent agreements are sometimes problematic for our relationships. With the litany of unspoken expectations people often have of one another on any front—money, commitment, intimacy, kids, jobs and careers, health issues, technology and social media connections—silent agreements can exist in all aspects of life. Sometimes unawareness of these values or expectations can naturally result in long term complications or even outright relationship chaos.

“Whether in alignment with others or not, in many cases the silent agreements we have with one another, or towards another, are not acknowledged or openly discussed,” notes clinical psychologist Michele L. Owens, Ph.D. “This is largely due to the fact that we, ourselves, may not be consciously aware of the expectations we harbor. Other times, we feel that we have too much to lose if we talk openly, or, we regard silence as less frightening than what would happen if we tell the ‘real’ story about what we are thinking and wanting from another person. So, we avoid discussing the real issues because we are afraid to upset the status quo. Each of these scenarios creates the opportunity, and some might say the likelihood

of disappointments, misunderstandings, distortions, false assumptions and resentment between individuals. The more a relationship lacks awareness of these silent agreements, the more pervasive the silent agreements are, and the more likely we risk losing authentic communication.”

“Often we erroneously believe our silent agreements with others to be understood or implied, thinking we share the same understanding or meaning of an unspoken expectation,” reveals clinical psychologist Linda Anderson, PhD. “One person can have a particular perception about an unspoken issue while the other is experiencing something entirely different. The result can be debilitating and downright deadly for relationships. Silent agreements that don’t match typically come to the fore eventually because of the complications and challenges they present to the relationship. And in the meantime, they’re growing and potentially taking their toll on you in other unknown ways. Avoiding communication is not a healthy way to deal with it, and as time goes by, the harder it becomes to hide behind the silence.”

Consider these 6 examples of some typical land-mine issues at home, play and work that often result in, and are exacerbated by, detrimental silent agreements:

1. Change and Stagnation: Changing the hardest paradigm you fear

People who have been dissatisfied in their jobs and stay anyway often create silent agreements resulting in missed opportunities. Perhaps they are loyal to a person or cause that no longer fits them. The type of agreement they are living with undermines pursuing the career course they truly desire. This silent agreement starts with yourself and the fear of change. A more enriching silent agreement must first begin with a conversation with yourself. Acknowledge the challenge in moving on and create a way to leave even while you are feeling the discomfort.

2. Flexibility and Inflexibility: When roles limit us

He washes dishes and she cooks. Then one day he comes home and cooks and she doesn’t wash the dishes. The expectation that she would silently switch roles was part of his silent agreement but not part of hers. Inflexibility can undermine the goals of relationships when unexpected shifts occur without an open discussion of the issue. Here his agreement involves an exchange of duties, while hers is less flexible and focused on a predictable division of labor.

3. Creative Freedom and Stable Tradition: Building blocks that sustain us

Some couples are inseparable, and yet that intimacy works to keep each from being their “best independent self.” Their silent agreement maintains the intense closeness by avoiding any pursuit of individual fulfillment. Consider how this agreement develops. She does not apply for the job promotion because of how it will make him feel. Later she resents him for it. We sabotage each other’s ability to explore enriching options and reach our true potential when we sign on to silent agreements that neglect the desire for creative freedom.

4. Commitment: Feeling secure in the face of insecurity

The cheating boyfriend married his long-time girlfriend, each with different notions of their commitment to each other. He thought “now she’ll never leave me,” and she thought “now he’ll never cheat again.” They weren’t aware of their differing silent agreements, and were unable to talk about what they needed to feel secure in the relationship. So, he cheated and she left and locked in their silence, neither got the relationship they sorely hoped for, NOR the chance to achieve that goal together. When misaligned silent agreements are uncovered it can prevent outcomes like these.

5. Favoring Perception Over Reality: Debilitating agreements with yourself

This silent agreement is sure to undermine us when we are committed to the trappings of success at any cost. It takes emotional maturity to recognize that what is truly important is not always what others approve of or perceive as important. Credit cards maxed and income squandered suggest that your emphasis on appearances has undermined your actual security. When maintaining excessive spending habits, financial insecurity, and monetary chaos is more important than reality, it is likely that you are in a depleting silent agreement with yourself. In contrast, an enriching silent agreement is the commitment to confront the conflicting identities being created at the literal expense of financial ruin, allowing you to make friends with the truth of who and where you are in your real life.

6. Self-Care and Neglect: Denial does wonders for your health

Communication is often undermined in relationships by counterproductive and contradictory actions that grow out of silent agreements. A silent agreement

evolved with the couple that doesn’t talk about how their weekly baking of cakes and sweets impacts the husband’s diabetes. With this silent agreement they won’t have to face the fact that both of them have agreed to undermine his health. One baked and the other ate. While they talked about the impact of cakes on his diet and health, they never uncovered the real silent agreement. Rather than talk about the silent agreement that would require them to acknowledge the impact of sweets on his illness, he blames her for baking and she blames him for lack of self-control. As long as they don’t cooperatively acknowledge their mutual investment in the neglect of his self-care, they can point the finger at each other for the chronic disease that becomes life threatening. If they could imagine that their relationship could be enriched by acknowledging their silent fears about his illness while supporting each other, perhaps then they would prefer a relationship of open agreements.

Anderson concludes, “We convince ourselves that it’s safer to avoid bringing up sensitive issues in order to keep the peace. So we simply go on as if we have already communicated when the fact is that we have not. Meanwhile in fact, our relationships continue to be unfavorably affected by this silence that’s bolstered with a poisonous undercurrent of expectation. After all, there are some things just not worth talking about, right? Wrong! Once you become more aware of the agreements that are keeping your life from flourishing, you can begin to uncover what is actually going on in your relationships.” ✨

Freelance writer **Merilee Kern** is a wellness industry veteran, consumer health advocate and influential media voice. She may be reached online at www.LuxeListReviews.com. Follow her on



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Owens are licensed clinical psychologists with private practices and a consulting agency, “Sessions: Innovations in Psychology.” Reach them online at www.SilentAgreements.com and follow them on Twitter @agreements101.

WHEN CUTTING (TOXIC) family-ties impacts your Loved ones

by Dr. Sherrie Campbell
California

Cutting ties with family members is one of the hardest decisions we may face in life because we are conditioned to believe that to terminate relationships with “family” is morally and inherently wrong.

The facts are that “family members” are just people and not always healthy people, and if these people weren’t family we would never choose them to be a part of our lives due to their poor treatment of us. Therefore, under the ideal of family we spend years sacrificing our mental and emotional health in abusive relationships under the notion that we “have to” because these people are our family. We are conditioned to believe that if we end relationships with them that we are “bad” and no one wants to be or feel like they are an inherently bad person.

Not everything is clear-cut when it comes to severing long-standing relationships with people, because often others we do love, are impacted by our choice. It took me 42 years to finally terminate relationships with two close family members.

The following are ways to make the same, healthy choice when there are others involved:

1) Adult Parent with Adult Children
Cutting off their Parent/Parents: In this situation, the adult children have had these grandparents in their lives most of their lives and they have the maturity to make the choice to stay in touch with their grandparents or not. Typically, in this situation the adult children are aware of the reasons their parent cut off the

grandparents and some may choose to support their parent or they may try and be amenable to both sides staying out of the conflict. This can feel like a betrayal of the parent by their children that their children would still want that relationship after knowing what harm was done to them at the hands of their parent.

2) Adult Parent with Small Children: Children under the age of 18 are very vulnerable to influence and in this situation the parent has the right to protect them or keep them from family members (Uncles, Aunts or Grandparents) the parent has chosen to separate from. Younger children are easier to manipulate and coerce than adult children and if family members you have cut off have been abusive to you, it is likely they will abuse and / or manipulate your children as well—in the way of turning them against you.

3) Divorce and Parent Alienation: In a divorce situation where one parent feels betrayed by another, it can put the children in a position to align with the parent who didn’t want the divorce. This puts them at odds with the parent who left who is now seen as bad. It is important for children to be able to make their own opinions and to be able to

have a relationship with the “bad” parent and not have it be seen as a betrayal of you or as a justification of their bad behavior. *Alienating children from their other parent is always wrong.* And, there are situations, such as affairs, where what the “bad” parent did, in and of itself destroys their relationship with their children – sometimes for many years. The “good” parent needs to always be open to their children reconciling and finding peace in whatever way is healthiest for them. You can support their decision without encouraging separation.

4) Parents Cutting off their Siblings: What to do with the “cousins” if your children have grown up and love and adore their cousins? Then the problems of the parents shouldn’t impact the children. Nor should the adults see their nieces and nephews any differently or treat them differently. This is when gossip needs to stop, the cousins are allowed to interact and continue their relationships. The parental siblings then

keep the problems between themselves, not manipulating their kids to hate their cousins for reasons that are between the adults. If these mature boundaries cannot happen, then each parent has the right to explain the problems to their children and to protect them from any gossip, abuse or manipulation.

5) Parent Cutting Off a Child: This situation isn’t as common as the others but it does happen where children are abusive of their parents to a point where they need and have to be cut off. This does not mean other family members have to cut them off, but those other members need to support these children to develop healthier

behaviors towards the parents who cut them off and not collude with their justifications of their abuse. When

I cut my ties I felt the freedom I had always desired to feel and I also felt a certain aloneness. However, I finally accepted they were never going to be able to love and support me in the ways I deserved and I was tired of exhausting myself to be “lovable” in their eyes. Not needing their approval set me strongly into my own sense of self, purpose, and into much healthier

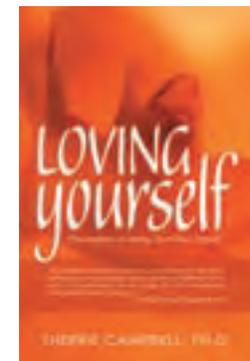
relationships. The decision took 42 years but when I made it, I was certain I had made the right decision and I still feel that way today. I am finally rid of the all the anxiety, neediness and pleasing I did to fit. I do not hate them, and I do not need them. I’m happy without them.

As I have grown and experienced adult life I have learned the hard truth: People can be inherently self-seeking; not all people have good intentions, even if you are related to them. Not all people want what’s best for me. It’s my job to make my world the best it can be.

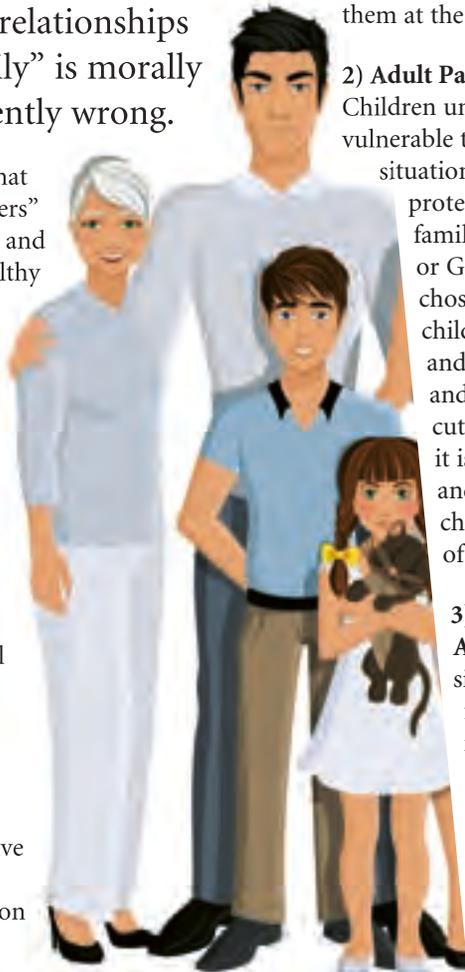
Sherapy Advice: LOVE YOURSELF ✦

Sherrie Campbell, PhD is the author of **Loving Yourself: The Mastery of Being Your Own Person** and a veteran, licensed Psychologist with two decades of clinical training and experience providing counseling and psychotherapy services. She specializes in psychotherapy with adults and teenagers, including marriage and family therapy,

grief counseling, childhood trauma, sexual issues, personality disorders, illness and more. Sherrie regularly contributes to numerous publications, including Intent.com, Beliefnet.com, DrLaura.com and Hitched.com



com and is also an inspirational speaker, writer and mother. She can be reached at Sherriecampbellphd.com or www.Facebook.com/sherriecampbellphd.



Restorative slumber: the importance of napping

by Madisyn Taylor

A short nap during the afternoon is common in many countries and can provide an energy boost and clearer senses. As we focus on the many obligations we gladly undertake in order to create the lives we want, sleep is often the first activity that we sacrifice. We're compelled by both external and internal pressures to be productive during many of our waking hours.

While this can lead to great feats of accomplishment, it also disrupts the body's natural cycles and leaves us craving

rest. Napping represents a pleasurable remedy to this widespread sleep deprivation. Though judged by many as a pastime of little children or the lazy, the need for a nap is a trait that all mammals share and an acceptable part of the day in many countries. It is also a free and effortless way to improve our health and lift our spirits. A nap is relaxing and can improve our mood, vision, reflexes, and memory.

Lack of sleep, whether ongoing or the result of a single night's wakefulness, puts stress on the body and mind, and can negatively impact your physical and mental health. At one time, napping was considered a natural part of life. In the past hundred years, however, electricity and modern conveniences have provided us with more time to engage in personal and professional activities. Consequently there is now less time for sleep. A mere ten minutes of sleep in the middle of the day can leave you feeling more cheerful and alert. A half-hour long nap can sharpen your senses and refresh your

energy reserves, and a shorter nap can even sustain you through a long day. Napping can help you make up for lost sleep and serves as a supplement to your usual sleep schedule. You may need to give yourself permission to nap by making naptime a part of your day.

Feelings of guilt about napping or being preoccupied with other activities can keep you awake when you are trying to take a nap. If you need help, surround yourself with soft pillows and blankets or soothing music. Try to take a nap at the same time each day and use an alarm clock to ensure that you don't fall into too deep a sleep. Learning to nap and enjoying its benefits can help you reclaim your natural right to nap. You nourish your being every time you take a nap. ✧

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the secret to Lasting Love

by Jackie Major
Port Jefferson, NY



Cindy and Tom are stuck in a power struggle, each convinced the other is the problem. According to Cindy, Tom never gives her what she wants – more attention and time to have fun together. As the youngest of six children, Cindy is accustomed to getting a lot of attention and having things go her way, so now she expects this from her husband.

Tom says Cindy wants too much and that her demands push him away. He learned from his strict, critical father to be logical and hard working, and to suppress his spontaneous, fun-loving side. Tom thinks he gives a lot by working to support his family, but it never seems to be enough for his wife. Cindy is left wanting and waiting, while Tom is withholding.

Like most couples, Tom and Cindy's relationship began with passion, excitement, openness and love. Their strong attraction for each other and desire to be together led to marriage. But all too soon, wedded bliss turned to friction and frustration. Although they say they still love each other, they are unable to navigate the road blocks that keep them in a perpetual state of distress, each trying to get something from the other that seems illusive.

Cindy and Tom are not alone in their confusion about what went wrong in their relationship to bring them so far from where they began. This, in a nutshell, is the

dilemma of many couples who are stuck, lost and unable to find their way back to the love they once shared. They are left wondering if true, lasting love is really possible. *The answer is a resounding, YES!* Most people, however, are doing the exact opposite of what it takes to make love last.

The beginning stage of a relationship shows us the key to lasting love. When we first fall in love, we have a strong desire to give to, and please our partner. All we want is to make him or her happy. We are not concerned about our own needs, yet we are content and seem to have everything our heart desires. Life is wonderful when we are in love. No wonder we try so hard to stay in that blissful state! Once the initial falling in love stage passes and we settle in to normalcy, something changes ... and not in a good way! Suddenly we are aware of all the things our partner is doing wrong instead of right. We no longer know how to please each other. Or is something else going on that we're not aware of? While it appeared as though we didn't have needs of our own, we suddenly are only focused on what our partner is

or isn't giving to us. Once we try to get our own needs met through our partner, everything seems to fall apart. It could be that we have forgotten this truth: *It is by giving that we actually receive more than we could ever want or need.*

Power struggles are the result of fighting for control and trying to get your partner to meet your needs. Once you are looking for something from your partner that you are not giving to yourself, you make him or her responsible for your happiness. Trying to control someone else's behavior in order to get your needs met is a form of codependency. While a codependent relationship feels loving at the beginning, it is actually based on need. Healthy intimacy, on the other hand, is based on love. You must have a loving relationship with yourself before you can truly give love to another.

The key is to do what will make your partner happy. If you are each meeting each other's needs, then you both get what you want. While the goal is to be healthy, independent and able to take care of yourself, in a relationship you need to be able to be vulnerable and allow your partner to take

care of you as well. There must be a balance of giving and receiving. Otherwise the relationship is polarized with one person doing all the giving, and the other person doing all the taking.

If you find yourself thinking what I am suggesting seems impossible, then you have some work to do. The first step is developing a healthy relationship with yourself so you will have love to give to your partner.

tips to make Love Last

1. Put each other first.
2. Give more than you're asking for.
3. Be grateful for what you have and are given.
4. Shower each other with love, attention and appreciation.
5. Trust your heart. It never lies!

Just following these simple tips can move your relationships from the battleground to the playground, where your life is easier and much more fun! ✨



Jackie Major, LCSW is a licensed psychotherapist with offices in Port Jefferson and Melville, where she integrates Gestalt with Interactive Group Therapy. She also leads

workshops on many popular topics. Jackie is passionate about her work and devotes her psychotherapy practice to helping individuals and couples uncover the secrets for creating healthy relationships and successful lives. She is currently writing a book on relationships. Please visit www.jackiemajor.com or call 631-291-5800. (See her ad on page 19)

the seasons of our relationships

by John G. Cottone
Stony Brook, NY

Most people considered the winter of 2014 – with a seemingly endless supply of snow and sub-freezing temperatures – to be the *worst* in many years. Though last winter was particularly challenging, some people, it seems, will always complain about the weather. If it isn't the snow and cold of February, it's the heat and humidity of July; the deluge of rains in April; or the early darkness of November.

You may recall the 60's folk song *Turn, Turn, Turn*, which speaks to the changes of human activity through the seasons. In their adapted rendering of Ecclesiastes of the Bible, the Byrds remind us that there is “a time to plant, a time to reap... a time to laugh, a time to weep... a time to dance, [and] a time to mourn.”

Though *Turn, Turn, Turn* is mostly remembered as an anti-war ballad, it can also be understood as a blueprint for navigating through the seasons on a psychological level. Each season beckons a different set of personality traits, which is why, as a psychologist, I often recommend to couples that they avoid making major relationship changes (e.g., moving in together, getting engaged, married or divorced) until they consider the decision through four full, *consecutive* seasons.

All couples need to adapt to the myriad ways they interact during each season. For many people, the summer months provide a sense of confidence and energy. For these individuals, the expanded hours of light and warm temperatures motivate them to pursue goals and try new things. Conversely, when these individuals reach the winter months they fret about being slowed by weather (e.g., having to spend extra time to warm up the car or bundle up in heavy coats, gloves and scarves) and feeling abandoned by friends



who want to avoid the dark and cold. Depressive symptoms and frustration are common for them as they struggle to find alternative outlets for their energy and ambitions during winter months.

In contrast to these *birds of summer* are those who thrive in the fall and winter. For these individuals, the slow pace, cool temperatures and expanded hours of darkness offer a reprieve from the demands of activity that are common in the summer months. The cold seasons provide a comfortable backdrop to pursue myriad indoor pastimes without fear of being called a “couch potato.” Cozying up with a James Patterson novel or watching a full season of *Game of Thrones* is often all that's necessary for them to be happy on a Friday night in January. When the summer months arrive, however, they are likely to feel *overexposed* in many ways. They fret about exposing themselves to the sun (and potential sunburn) or being pressured to attend barbeques and family functions. As such, these *polar bears* are likely to feel anxiety and agitation during the summer months as they struggle to blend into the woodwork and find refuge from the ubiquitous sunlight, heat, and social engagements.

It can take several years to adapt to the patterns of change in your relationship through the seasons. Each person exists at the crossroads of a countless number of intersecting cycles: the calendar's seasons is just one set of them. Biologically, monthly hormonal cycles (for both women AND men) interact with our daily circadian and ultradian rhythms, affecting our energy, mood and autonomic functions. On a social/intellectual level, our cycles of activity (e.g., going to-and-from work,

recreational venues, and family gatherings) bring different aspects of our personality into relief, predisposing us to differing values and emotional responses based on whom we are with and what we are doing. For example, many people tend to be more compassionate after attending their weekly meditation or worship service than they are after a hard day of work. Others are more ornery when they know the time is ripe to see their in-laws again.

These are but a small fraction of the *known* cycles that affect us regularly, and these factors interact with each other across the seasons. As such, there are several times during the year when even the healthiest of

couples find themselves out-of-sync. This can manifest physically – with partners having mismatched libidos – or as fluctuations of social and emotional compatibility. Periods of *asynchronicity* can last anywhere from days to months, but if they

last longer than two full seasons, it may be helpful to re-center the relationship in therapy, or by changing schedules.

It's important to remember that different aspects of our personalities manifest each season and knowing the extent to which you (and your partner) are more oriented toward the summer or winter months is the key to adjusting your relationship effectively. Sometimes, however, during periods of relationship disharmony, simply waiting for the season to change is all that's required to restore balance. Here it is good to heed the wisdom of the *Tao te Ching*: “Stir muddy water and it will stay cloudy; leave it alone and it will become clear.” ✨



Dr. John G. Cottone is a psychologist in clinical practice and is the author of *Who Are You? Essential Questions for Hitchhikers on the Road of Truth*.

Visit Dr. Cottone's websites for more information: www.sbpwellness.com
www.WhoAreYouCottone.wordpress.com/

a parent's Love

by Jeanmarie Wilson
Lake Ronkonkoma, NY

Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.

~ Lao Tzu,
Ancient Chinese philosopher
and founder of Taoism

A parent's love is profound and pure; it infiltrates every cell of our bodies. It is magnificent, yet terrifying, to love so deeply.

It is good that we do because there are many moments when our love is tested: when our sleep-deprived body hears the 3:00am cry of our infant, as we grit our teeth through our toddler's fourth tantrum of the day, as we anxiously await our teenager's arrival home past curfew, or when we grant acceptance to our adult child who does not make decisions we

agree with. During those times—and many others—we will draw from this well of love.

This love has an intensity to it that can bring us to our knees and it changes our lives forever. We never look at the world again in the same way after we have children. Love for our children often pushes us to grow in ways that were sometimes painful, but which ultimately make us a better parent and a better person.

Awareness stemming from this honest place helps us make choices that are better, not only for our children, but also for us. Because of this awareness, we can look more authentically at our choices and actions, our beliefs and expectations, to see if they really serve us as a parent. Within this process, we may find things we don't like about ourselves. Those times are difficult, but looking at them honestly and objectively will only help us to evolve and grow.

Author Elizabeth Stone said, "Making the decision to have a child is momentous. It is to decide forever to have your heart



go walking around outside your body." We become this vulnerable in order to experience the gifts that loving a child holds, but in order to do so, we have to let down our defenses and enter a place where we are real. It is a vulnerable place to reside, but it is the true essence of parenting.

Parenting, similar to aging, is not for the faint of heart. It is a sacred journey, filled with learning experiences for both parties, not all of which are easy. This journey requires that we are brave, honest, noble,

and resilient. It contains challenges, but it is worth all of the difficulties we encounter. Love for our children carries us through this journey and encourages us to feel more, give more, and be more than we ever thought we were capable of. ✧

Jeanmarie Wilson is the author of **Parenting from Your Soul: A Spiritual Approach to Raising Children with Compassion and Wisdom**, for parents connecting practical guidelines for raising children with spiritual ideology. (www.parentingfromyoursoul.com)

WHY YOU SHOULD NOT get the flu shot

Reprinted with permission
of NaturalHealth365.com

You've probably noticed the push from doctors every year for people to get the flu shot. This is a very bad idea. Flu vaccines contain a number of suspect and downright dangerous ingredients.

There is also very little evidence that they actually work. In fact, in 2010, PLoS Medicine published an analysis of Canadian epidemiological studies suggesting that people, who had received a seasonal influenza vaccine the year before the 2009 H1N1 swine flu pandemic, actually **had an increased risk of being infected with the pandemic swine flu.**

Looks like the flu shot does more harm than good

While everyone who gets a flu shot is at risk for negative side effects, the elderly and children are the most at risk, since they are the most immune-compromised among us. The *Archives of Pediatric and Adolescent Medicine* reported that children who got the flu shot had no difference in the incidence of flu than those who did not get it.

The *American Journal of Respiratory and Critical Care Medicine* reports that there has been no difference in deaths from the flu and pneumonia among the elderly, even though there has been a 15 percent increase in vaccinations among the elderly from 1980 to the present. So, it is clear there is no need to get the flu shot, and plenty of reasons to avoid it.

9 Widely Unreported Reasons Why You Should Avoid the Flu Shot

1. Most flu vaccines contain mercury – a neurotoxic ingredient

The only exception is the FluMist spray vaccine, and even that one has its own, separate concerns (containing a laboratory-created virus being the chief one). Despite the assurances of health authorities that the level of the mercury-based preservative thimerosal in the flu vaccine is safe, there has never been any proven safe amount of this toxic substance for use in humans.

Ethically speaking, it's beyond comprehension how any medical authority would support the use of this dangerous substance.

2. The flu vaccine can cause narcolepsy

Two recent studies from Finland directly implicate the flu vaccine in the development of narcolepsy in 800 children. What else would you expect from a substance that contains a known neurotoxin (mercury)?

3. You will shed the virus and give it to others

This is the main danger with the spray mist vaccine. Studies have shown that 80 percent of people who get the flu vaccine shed the virus for about 7 1/2 days after being vaccinated. Whether they get sick or not, they are contagious to others during this time.

4. The flu vaccine may not be right for this year's flu

A new batch of flu vaccine is made every year. However, the companies that make it have to guess which strain of the flu will be going around that year and they make that year's vaccine based on their guess.

If a different strain goes around, the vaccine will be completely ineffective, while still being toxic. Do you really want to take that chance with your health?

5. Flu vaccines actually promote stronger varieties of the flu

Studies have shown that the continued use of flu vaccines can cause the flu virus to mutate and become stronger and harder to treat. It's the same thing that's happening with the overuse of antibiotics.

6. Flu shots may cause Alzheimer's disease

One recent study showed that those who got a flu vaccine shot for three to five years in a row were at a 10 times greater risk for developing Alzheimer's than those who got fewer or no shots. The neurotoxins in the vaccine are once again a likely culprit in a devastating side effect of getting this shot.

7. The push to give flu vaccines is all about money, not health

The Advisory Committee on Immunization Practices (ACIP) is a 15-member panel responsible for deciding who should get the flu vaccine each year. Most of the panel members have financial investments in flu vaccine companies.

Naturally, the panel is increasingly recommending that everyone get vaccinated every year, and sometimes even more than once a year. The panel members make money with every shot. Can we really trust their "expert" advice?

8. Flu shots increase the incidence of neonatal deaths

A 2012 study, by Dr. Gary Goldman, showed a 4,250 percent increase in the number of neonatal deaths that year. This

was the same year that guidelines were released that recommended pregnant women get two flu shots.

9. Flu shots contain antibiotics

Flu vaccines contain a variety of antibiotics, even though the flu is caused by a virus. Getting a flu shot contributes to the overuse of antibiotics that is creating super-strains of bacteria.

The antibiotics in the shot also kill the beneficial bacteria in your body and make you more prone to getting ill during any "flu season".

Here's the point: **Conventional medicine is completely controlled by pharmaceutical interest.** This means you will NEVER see them promote safer alternatives to the flu shot for disease prevention. Yet we know – a healthy (organic) diet; vitamin D/K2 and vitamin C supplementation; adequate rest and physical activity plus many other effective (natural) strategies can help you completely avoid the flu – without toxic drugs.

Ignorance is NOT bliss. Don't ever take your health for granted and always make an informed decision. ✨

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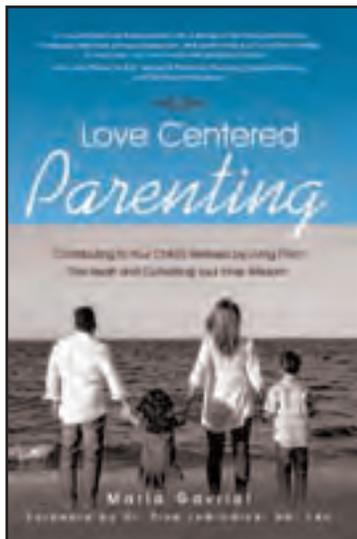
BOOK REVIEWS

TENDING FENCES: Building Safe and Healthy Relationship Boundaries

by Terry Barnett-Martin, LMFT
www.tendingfences.com

Fences can conjure a visual that may seem restrictive, closed off, isolating. But truly, fences – more specifically, fences that render healthy, sturdy boundaries – are the key to solid relationships. *Tending Fences: Building Safe and Healthy Relationship Boundaries*; *The Parables of Avery Soul* by marriage and family therapist Terry Barnett-Martin, LMFT, reveals how good fences create safety and contentment in our relationships. As Barnett-Martin explains, everything in life is about relationships – from people to ideas to food to money – and when we have good boundaries, or fences, we flourish. A modern-day fable, *Tending Fences* follows the life and journey of Avery Soul as he builds and repairs the fences that run along his borders in order to negotiate his security and happiness.

“The fences he builds vary according to his relationship with each neighbor,” explains Barnett-Martin. “Some connections feel safe and easy and the fences are simple. Others are imposing and treacherous and necessitate a higher, stronger fence. *Tending Fences* is a collection of simple, yet profound parables that speak directly to the heart and intuition.” Working from the inside out, Barnett-Martin coaches readers to first evaluate the relationship with oneself, and then moves into the appraisal of their



relationships with immediate family, friends, and neighbors. “When relationships are out of balance or unhealthy they can harm us in ways that can cause depression, anxiety, stress, physical illness, and other life and career limiting issues,” adds Barnett-Martin. “When each relationship is intentionally considered for its purpose and meaning, it can enrich our lives enormously, ideally promoting mutual respect and offering a true sense of personal well-being.”

LOVE CENTERED PARENTING: Contributing to Your Child's Wellness by Living From The Heart and Cultivating Your Inner Wisdom

by Maria Gavriel

www.LoveCenteredParenting.com

Part memoir, part parenting guide, Gavriel's, *Love Centered Parenting* is a gem of

insight for any parent who desires to connect wholly and holistically with their child(ren). Through honest accounts of personal experiences and challenges, Gavriel inspires a deeper introspection, which helps to foster and encourage our own innate and instinctual abilities as both parents, and individuals. Her guidance proves fruitful as a means of both education and empowerment. Illustrating beautifully how we as parents must first know and trust ourselves in order to help our children know

and trust themselves. This is a wonderful handbook – chock full of excellent resources – for any parent, who, as the title suggests, aims to cultivate wellness by living and parenting from the heart.

Reviewed by Erica Settino

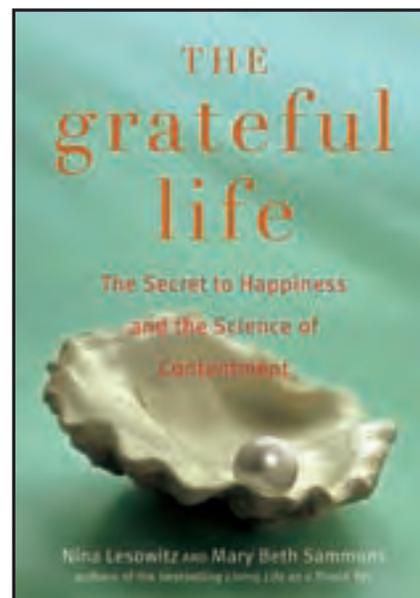
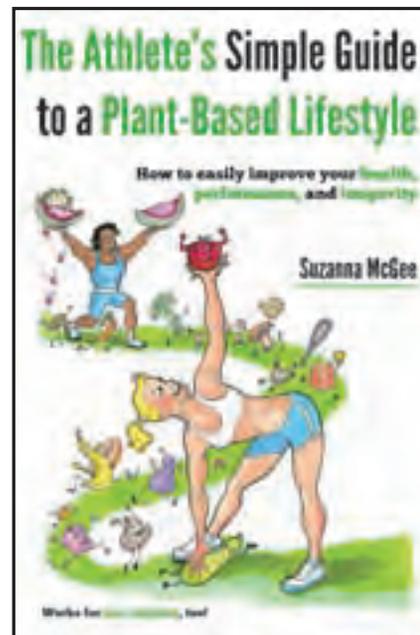
THE ATHLETE'S SIMPLE GUIDE TO A PLANT-BASED LIFESTYLE: How to Easily Improve Your Health, Performance, and Longevity

by Suzanna McGee
www.facebook.com/
SuzannaMcGeeAuthor

For those who choose health, longevity and improved performance, Suzanna McGee's new book, *The Athlete's Simple Guide to a Plant-Based Lifestyle*, is a rousing call to transform your life through the power of plant-based living. An elite athlete, sports trainer, and a former meat-eater, McGee has studied with some of the finest doctors, health professionals, athletes and nutritionists in the world who inspired her to eat clean and detoxify in order to prevent injury and take her performance to the next level. “People think a plant-based lifestyle might be too expensive and they worry they won't get enough protein from fruit, plants and nuts, but the opposite is true,” says McGee. “In my book, I debunk those myths and prove that eating a variety of plants delivers enough protein for even intense workouts and muscle building. In fact, more people are sick from the excess of protein rather than lack of it. And, the more grains and legumes there are in a diet over animal products, the less the cost.”

The Athlete's Simple Guide to a Plant-Based Lifestyle tackles all aspects of

transitioning to a vegan lifestyle – from where to obtain the most optimal nutrients in the perfect proportions and ratios, to shopping, cooking, sleep and meditation, and how to handle living in a non-vegan world. Comparison charts on calories and costs associated with vegan versus animal-based diets are also included. Whether you're an elite athlete, a weekend warrior, or a non-athlete wanting to live healthily, this straightforward guide, based on reliable scientific research, makes it easy to transition to a plant-based diet.



THE GRATEFUL LIFE: The Secret to Happiness and the Science of Contentment

by Nina Lesowitz and
Mary Beth Sammons
www.amazon.com

Authors Nina Lesowitz and Mary Beth Sammons have discovered that grateful living can transform lives. Spiritual advisors and wellness practitioners have long embraced gratitude as a fundamental component of wellness and mindfulness. Now, scientists are joining the chorus of those who are expounding on the numerous benefits of a gratitude practice. *The Grateful Life* is replete

with real-life stories and tips from people who have adopted gratefulness as a spiritual practice and transformed their lives through the power of thankfulness—in good times and bad. Lesowitz and Sammons shine a spotlight on the significant findings of researchers at The Greater Good Science Center at the University of California, Berkeley, who currently are concluding a \$5.6 million project called, “Expanding the Science and Practice of Gratitude.” Largely funded by the John Templeton Foundation, these research and education initiatives are providing empirical proof that gratitude improves emotional and physical health, strengthens relationships, work and academic performance, and helps you through crisis.

This book translates their cutting-edge studies into inspiring action steps and a toolkit you can employ

to weave gratitude into your daily living and experience the positive results—lives filled with more compassion, connectivity, happiness and better health. Filled with motivational quotes, resources and exercises, *The Grateful Life* will help you to create the life you've always wanted. Taking the concept of “Living Life as a Thank You” to the next level, *The Grateful Life* includes absorbing and transformative stories from the frontlines of real people, who unveil the secret to achieving success—big and small—in life.

POETRY

the seven senses

by Patty Marubbio
Greenlawn, NY

I see with the eyes of gladness
I hear with the ears of softness
I smell with the nose of existence
I taste with the tongue of life
I touch with the sense of completeness
I feel with the heart of grace
I rise with the Spirit of Heaven
And know I am love and sweetness
I AM one with the Universe



seasons out my window

by Rachelle Parker
Montclair, NJ

Glassy, frozen lake
A crisp, plum-dark night with clouds
Teeming with brightness

this self

by Meryl Easson
Centerport, NY

At four or five,
the cold sets in.

Compared to the whole
world's suffering;

This means nothing,
at all.

I put on
my coat,
And know
this.

But still,
I feel,
The cold.

Love is not generic

by Barbara Novack
Laurelton, NY

Love is not generic.
It is not the same for everyone.
But it is for all
a feeling of truth and trust and
rightness
that feels as good
as your hand in mine.



winter's dream

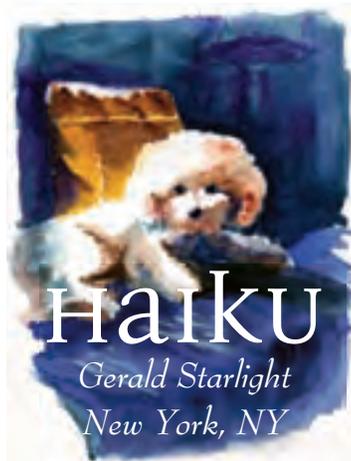
by Meryl Easson
Centerport, NY

On the Mill Pond,
the swans float,
sleeping;
Their heads,
tucked under
their wings.
It's cold,
for the scampering
squirrels;
Too cold,
for the birds,
to sing.
Yet the swans
dream on,
In their
peaceful world;
Though the
water,
Is dark,
and deep.
A sign
for us all:
Fear nothing.
Just tuck
your heads
in now,
And sleep.

water

by Larry Feigelman
Plainview, NY

water you old rascal
freezing sidewalks
in the winter
causing mudslides
in the summer
wrecking havoc
in the sea
capricious and delicious
and sometimes quite malicious
yet nothing is as tender
as a gentle rain
can be



Haiku

Gerald Starlight
New York, NY

Admiring you
In praise of all heavenly
Our hearts align now

Art by Jan Guarino

631-368-4800 • Guarino.Gallery

Child & Pet Portraits, Still Lifes, Landscapes, Commissions, Classes

Now teaching *Fearless Watercolors*
at the Art League of Long Island

today, I BURIED THE "BODY"

by Neil Garvey
Publisher, Creations Magazine

My child went missing thirteen years ago.
Thirteen years hanging on, wondering,
pleading.
Thirteen years of self-delusion.
Ashamed, I sometimes envied
those parents who knew "better."

Thirteen years hosting grief
in all its stages:
denial and anger — occasional visitors.
Sickening sadness — permanent
in my heart.
"Acceptance"— the one
I never allowed into my home

until today.
I delude myself no more.
Thirteen years will not become fourteen.
Today, I laid to rest
all hopes for a mortal reunion.

But, I did not bury my love
for my daughter.
Heart connections can never be severed,
and there are no funerals
for the soul.

"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