

✦ *Inspiring the Soul*

CREATIONS

MAGAZINE

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REALationships

*A successful relationship is one in which ...
you get to a place where
you never blame or credit the other person
for your happiness or misery.*

COURTNEY A. WALSH

Let's Not Confuse Stuff with Spirit *by Alan Cohen*

Becoming REALized *by Diana Lang*

Soulfully Single *by SARK*

The Secret to Thriving in Love at Midlife and Beyond *by Kathlyn & Gay Hendricks*

Why Wintry Comfort Foods Make Us Fat *by Mary Wendt*

New Bone Graft Made From Your Teeth

Everyone knows that nutrition is the key to a long and healthy life. The process of digesting the natural high quality food that you spent your hard earned money on, begins in the mouth with chewing. A common tooth that is lost early is the first molar – since it's the first adult tooth in the mouth and has the most time to get damaged. Missing your first molars – the primary grinding teeth – drastically reduces how well your food is chewed. Poorly chewed food forces your body to constantly work harder; the more missing teeth, the harder your body has to work. Increased tooth loss raises your risk for many diseases, including cancer. Ultimately people with dentures live an average of 10 years less; so having teeth helps you live a longer and healthier life.

Today, dental implants, which are used as artificial tooth replacements, are the standard of care. In order to have predictable, long lasting dental implants, thick and good quality bone is needed to secure them in the jaw for life. It has been shown repeatedly that tooth socket preservation after extraction using bone grafts ensures more predictable bone healing and dramatically increases your chances for being a dental implant candidate.

Up until now, bone graft material was either synthetic, derived from animals or human cadaver bone.

Synthetic materials are not bioactive and not organic. Large portions of

synthetic bone grafts often remain in the bone for life; these are dead and are not incorporated into the living bone. In addition, synthetic materials are brittle and lack the strength of bone and are therefore poor in providing support for implants. For these reasons, synthetic bone grafts have fallen out of use.

Bone harvested from other life carry the danger of infection by bacteria and viruses from another person or animal, or the rejection of the graft by the patient's immune system. Patients fair better receiving biological material produced from their own teeth rather than from the corpses of cows, pigs, or other humans.

The gold standard has always been using the patient's own bone.

However this often required harvesting the bone from a different location in the jaw or other bones in the body. This requires a second surgery, often increasing the patient's risk of infection, pain, suffering, bruising, scarring, complications and length of recovery.

Finally we have a better solution: the Smart **Dentin Grinder Technique**, which uses the patient's own extracted teeth as a source of the bone graft material. It turns out that tooth dentin is made from the same materials as bone, which makes it perfect for filling sockets after tooth extractions, and is superior to any bone graft for jawbone preservation.

Dentin is the best bone graft available for the dental profession.

The chemical composition of dentin is similar to the chemical composition of human bone. However, dentin is more solid than bone, thus providing greater stability of the bone supporting implants and dentures.

With the dentin bone graft, the jawbone absorbs at a very slow pace, preserving the jawbone for many more years. Having thicker bone, on which dentures rest, results in much more secure dentures and a more comfortable eating experience.

Dentin bone graft can be used for filling extraction sockets and is superior to any graft for jawbone preservation. It can be used for reconstructing the jawbone, filling of bone defects such as *cavitations*, and supporting the stability of implants, sinus lifts, plumping up gum and bone deficiencies for aesthetic purposes and more.

One major benefit of dentin bone grafting is that it does not require a separate surgery for collecting bone from the patient. This results in less pain and down time after surgery.

The Smart Dentin Grinder processes the extracted tooth and turns it into granules, which are then automatically sorted, providing the optimum size granules which are readily converted to living bone by your body.

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Talking Our Walk

FROM THE PUBLISHERS

I take loving care of my body. I treat myself with the same level of respect that I give to my dearest friends.

~ Louise Hay Affirmation

Our Editor-at-Large, dear friend, and new mommy, Erica Settino pens our *Expanding the Circle* column. The premise of her column is that, when considering our actions, we need to think of ALL sentient beings, including our non-human friends. Well, to expand Erica's "Circle," further, let's also consider the one we have the closest relationship with, and all too often neglect – ourselves.

The most basic self-care we are capable of, is choosing what we eat and drink. Over forty years ago, pioneer nutritionist and author Adele Davis, proclaimed "every day you either build health or produce disease in yourself." No food has a net neutral effect. *Everything* we consume is either enhancing or diminishing our overall health. There is no "sugar coating" this reality. You eat junk, you create more junk. Conversely, when you choose to eat fresh, clean, real food, you produce vibrant health.

One's own lifestyle is a highly personal choice. However, if you desire optimal health, you need to honestly assess if your lifestyle is really working for you. Two simple determinants are clearly evident: *how do you feel*, and *how you do look*? If you have chronically low energy, and you're less than thrilled with what you see in the mirror, regarding your weight and skin condition, you'll probably want to reconsider *your* lifestyle.

During the 22 years in my natural food stores, and now an additional eleven years in *Creations Magazine*, I've been advocating, and practicing a holistic health lifestyle. Whenever I suggest someone avoid eating certain questionable foods – which in all probability are contributing to their undesirable condition – invariably, the reply I receive is they "rarely eat that." Well, upon further discussion, I *invariably* discover most folks have a markedly different understanding of the word "rarely." The reality is that "rarely" turns out to be fairly "regularly" – as in a few times or more per week. Delusion is a danerous business.



And who could convincingly argue otherwise? Obesity is a *growing* national epidemic. Four decades since Ms. Davis made her statement, the stakes – and most people – are much bigger. In fact, the Johns Hopkins Bloomberg School of Public Health announced that roughly **75 percent of adults, and 25 percent of children and adolescents are overweight or obese**. Mary Wendt, MD, affirms, in her page 9 article (*Why Wintry Comfort Foods Make Us Fat*), *The hard-to-swallow truth is that our favorite comfort foods are making us all fat and sick, mostly due to high levels of saturated fat and inflammatory protein found in animal products. The extreme focus on meat and dairy in our culture is leading many people down a path to health risks like obesity, heart attack, high cholesterol, and hypertension.*

You know, I've never been much of a "joiner," but I really have NO interest in becoming a member of that "75% club." Rather, my priority is achieving *optimal health* – not merely being symptom-free.

Back in my natural foods retail days, one of my staffers would laughingly label my recommended products as carrying the "Neil Seal" of approval. While my personal tastes and values certainly influenced my selections, these past 30+ years have provided a credible sample size of what works for me. Granted, there will never be a "one size fits all" solution; I share what works for me with the hope it will be of benefit to others.

Please read **PART 2** on www.creationsmagazine.com

Neil + Andrea

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REALationships

by Courtney A. Walsh
Rhode Island

Brevity or longevity are not necessarily markers of a “successful” relationship anymore. A successful relationship is one in which you learn, and then apply, major soul growth lessons. One in which you get to a place where you never blame or credit the other person for your happiness or misery.

It doesn't matter whether you stay friends after a breakup or never speak again. It's about ... did we complete our spirit mission together? What did we learn about love and life? Did we grow? There is no such thing as a “failed relationship” *Every relationship gives us powerful gifts, tools and lessons. They are all mirrors of beliefs, programs, stories and potential inside us. And ... yes ... the relationship with ourselves and the Divine is key and determines the depth and growth levels. But avoiding relationship? It will stagnate you. The same as never knowing how to be alone. Balance. Openness.*



Willingness. These are ingredients for happy & healthy connections. And to step up and dive in or walk away and let go, with as much love as possible.

The man who fears being possessed or owned by a woman can never give his heart fully. The woman who fears losing herself in a relationship with her man can never find herself fully. (Feel free to use whatever gender combos/pronouns apply for you.)

I once thought intimacy was attachment, engagement, communion, affection, shared presence, vulnerability, authenticity. Then I went in the other direction. I thought intimacy was detachment, overcoming desires, trying to give or receive unconditional love, lack of expectation, not taking things personally, not being needy,

not having an object for your love. Now I see the eloquent and erroneous BS of ALL that stuff. Total fear ... with different faces. Both are equally illusions. The gushy sentimentality and the cold rationality. It's none of that. It's neither avoidance nor immersion. It's letting it all be whatever it is and not judging it or trying to change it. For me the dance of true intimacy is not between you and your higher self or you and the divine. It's not between you and another person. It's not a war between mind and heart. It's seeing all of that and holding it gently. It's the dance that blooms from moving past these absurd isolating or codependent extremes. It's the

passion AND the compassion. It's juicy and alive. It's messy and delicious. And it also has ebbs and flows and learning curves. Crunchy-crackle and shimmery-sparkle.

Life IS relationship. We can make it easy or we can make it complicated. By finding our own intimacy style and evolving with that ... we grow. By learning and honoring our boundaries, we become limitless. When we wed our higher consciousness to our body awareness, divine and sexy sacred union happens. First within. Then reflected. So fall and rise in love. Don't run from it or chase it. Don't cling

or repress. Just be with all of the versions of it and learn which ones feel best to you. Then go be that kind of love in the world. Because we do not need more theories, philosophies or stories. We need more application. Love in action. Devotion in motion. Though the stories weave us together and have an important place in inspiring action. So maybe we do need more stories. We just need ones that spur us and stir us, that ignite, delight and unite us. ✨

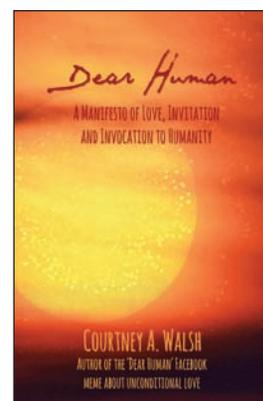
Excerpted from Dear Human: A Manifesto of Love, Invitation and Invocation to Humanity by Courtney A. Walsh. Published by Findhorn Press.

Courtney A. Walsh, whose meme **Dear Human** went viral, has been a



professional writer/editor/author/inspirational speaker for fifteen years. With an extensive background in marketing, advertising, creative writing, film, cultural studies, and languages, Courtney co-wrote a technical report on the origins of the Statue of Liberty. Other accomplishments include a project for MTV and publishing several feature op-ed articles as a contributing writer for The Portsmouth Herald. She has created a successful career as a blogger, social media figure and professional speaker.

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

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Love & The Parent-Child Relationship

by Juliette Giorgio LMSW &
Tery Grant LCSW, Roslyn, NY

We have relationships with everything in our lives. Whether you realize it or not, you have a relationship with money, your home, your job, people and even with yourself. Usually, a relationship operates with a long-standing pattern of interaction. We habitually interact and react to people and things in the same ways.

Most of these habits are determined by our early programming in life. For example, if your family was careful or even fearful about money, you probably approach money the same way. Even if there is an abundance, you may worry about not hav-

ing enough. If your family had a culture of fighting, you may prefer to communicate your upsets by arguing, instead of calmly expressing yourself. We all operate this way, as if on automatic pilot. Hopefully, as we get older and gain some wisdom, we chose another way of expressing ourselves and change these patterns. We can learn healthier ways to think and interact and improve our relationships with others and ourselves. Even if your child is a teenager or an adult, it is never too late to make a positive change. When one person changes the way they interact and sticks to it, eventually the other people involved in the relationship will change their mode of interaction too.

It is one thing to say, "I love you." It is another thing to **feel** loved. Many times, parents are busy rushing around shuttling children to school, sports and appointments. Parents are also cooking meals, cleaning the house and washing laundry. As adults, we are aware that we do these duties out of love, but to a child that does not feel like love. Love feels calm, warm and welcoming. At any given moment, you need to be aware of your state. Are



ments that make us worthy of love. Love is our natural state. The reason you became a parent was that you wanted more love in your life and someone to share it with.

Accomplishments are the end-products of our life purposes. For some of us, it is good grades. But for others it may be artwork, sports or just being a kind person. If you chose a form of work that flows from

you acting nervously? Are you distracted? Are you showing your child compassion? Are you slowing down to their speed? We need to be aware of the frequency we are vibrating at. Does it match the situation? For example, if we are driving to a sporting event, are we feeling happy, pumping up for the big game? Maybe playing the song "We are the champions" on the radio? Or is the scenario more like this..."Where are my cleats?" "Hurry up and find them, or we are going to be late!" Start to tune into your vibrational energy. Just become aware of it, and then alter it to be more proactive and appropriate to the situation. We all get off track. We live in a fast-paced world, quick, sonic in fact. Things are faster than ever before thanks to computers, iphones and social media. Don't let these helpful tools steal your time and your peace! Your children will grow faster than you realize. Life is not short, but it is fast.

Most often, we parent the way we were parented. Through knowledge, education and motivation you can change the course. Love goes beyond thinking, it emanates from your soul. It is innate and unlimited. Love is free and you don't have to do anything to deserve it. There is something you need to do first ... change your mind! Start to communicate to your child that you will love them no matter what happens. It's not good grades, good behavior, or accomplish-

your natural gifts and talents, you will never work a day in your life. Your passion will flow naturally out of you. This is how we best serve the world, because when we do what we like, we feel joyful. Love is expressed through this process. When we stress our children about not being good enough in school or at sports it is like asking a turtle to fly. This process is not about being the best or earning love, it is a way to express who you are. Remember love is free. Everyone deserves to feel loved.

Change your focus from how much love you are getting to how much love you are giving. Your life will become richer and all of your relationships will improve. Love is like a boomerang; throw as much out as you can and it is destined to come back to you! Try this love experiment and see for yourself. In any given moment, ask yourself, "Am I being loving?" If the answer is "No", change your tact.

If you act lovingly in any circumstance, you will not make a mistake. Love never fails! ✨

Tery Grant is a therapist and has a practice in Roslyn. **Juliette Giorgio** is an educator in NYC with elementary and special-needs children. They are the authors of a parenting book entitled **What Were You Thinking? 23 ideas to get your kids to use their noodle.** It is available on Amazon: <http://www.amazon.com/What-Thinking-Ideas-Their-Noodle-ebook/dp/B00C3HA616>. Facebook page: <https://www.facebook.com/kidsuseyournoodle?fref=tshttp://www.kidsuseyournoodle.com/>

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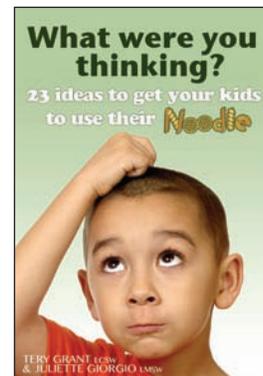
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Let's Not Confuse Stuff with Spirit

by Alan Cohen
Kapaau, HI

The beginning of a new year offers a poignant opportunity to set the priorities that will carry us through the year. We succeed or fail based on what we hold dear. Choose meaningless priorities, and you become the heir to pain. Live from what you value, and your life becomes a celebration of purpose.

A Japanese coaching client told me that her father had bequeathed his children a home that contained the family altar. Then her brothers started to fight over who would keep the family altar in their home. My client was upset by the family fighting and wanted to know how to resolve it.

I told her, "It's not worth fighting over, or you getting involved in the fight." "But the altar is the doorway to our ancestors' graves," she argued. "No, the altar is not the doorway to your ancestors' graves," I told her. "Your mind and heart are the doorway to your ancestors. The altar is a material object. It is inert, neutral, and has meaning only by virtue of your belief in it. The altar is holy only when it is used as a vehicle for love. When it becomes an object of contention, you have superimposed fear over faith. Your family relationships are the real altar to your ancestors. When you harmonize with each other and choose love as the foundation of your communication, you are honoring your ancestors in the highest way. Let go of the physical altar and worship at your spiritual altar, which is within you."

A Course in Miracles asks us to remember, "I have given everything I see all the meaning that it has for me." When we project meaning onto objects that uplift us and draw our mind to heaven, we are making the best use of the material world. When we imbue objects with meaning that drags us down, we are misusing them. At that point we must either reframe them in the service of Spirit, or let them go.

We get into trouble when we confuse stuff with spirit. Stuff was created to serve spirit. When spirit serves stuff, we have fallen into idolatry. Someone at a *Course in Miracles* conference observed a woman who had accidentally dropped the *Course in Miracles* book on the floor. Flustered, she picked up the book and kissed it reverently, as if she felt guilty and was apologizing to the book. The observer complained to Judith Whitson, publisher of the *Course*, that the idea of kissing a book was childish; the person who did this had made a god out of an inanimate object. At a later conference, Judith walked onstage to give her lecture, tossed a copy of the *Course* on the floor, stood on it, and gave her lecture from that position, noting that the purpose of the book is to live its teachings, not bow to the object that contained the teachings. The book is just paper and ink. Its lessons are eternal. The truth far surpasses the container.

A similar story rings from Japanese history. When Christianity came to Japan, the Tokugawa shogunate government was threatened by the new religion, and waged



an inquisition against Christians. As a test of faith to the government, officials threw a picture of Jesus Christ on the floor and required citizens to step on it. If, out of allegiance to Christ, the person refused to step on it, that person was tortured or killed.

Upon hearing the story, I wondered what I would have done if I were faced with such a challenge as a Christian at that time. I would have stepped on the picture. Not out of disrespect for Christ, but because my life is more valuable than pandering to the whim of an idiot who threatens me with death for stepping on a graven image. I serve Christ better by being a light to the world than arguing over a symbol. I imagine if you chose to die in such a situation, that would have been a statement of faith. But I believe you would have done better to live for Christ, which is an energy, than to die for a painting, which is a thing.

What will you and I live for during the coming year? Fear, or love? Stuff, or Spirit? Symbols, or their source? All of these choices spring from one fundamental question: Are you, and is life, based on form, or is it based on energy? On objects, or on thoughts? On things you can touch, or on truths you can experience. Things are the result of energy. When you remain established in the source of life, things take care of themselves.

Ultimately *you* are the altar of love. Great Spirit wants you to retain the power invested in you, not give it away to external objects. Fighting over a thing is missing the point. Using things to join is the point. Every moment of this bright

new year offers a choice between making the point and missing the point.

The only purpose of the material world is to serve as a launching pad for spiritual awareness. Every other use leads us away from joy. Everything you touch either serves healing or separation. Objects are not powerful. Belief is. Respect symbols, but go beyond them. Use your life to magnify the truth that cannot be contained in any object. Then this year will lay its divine gifts upon the altar of your heart. ✨

*Alan Cohen is the author of the new groundbreaking book **A Course in Miracles Made Easy: Mastering the Journey from Fear to Love**. Join Alan and gifted intuitive Dougall Fraser in Hawaii, February 21-26 for a life-changing retreat, *The Guru in You*. For more information about this program, Alan's Life Coach Training Program, free daily inspirational quotes, and weekly radio show, visit www.AlanCohen.com*

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Opening to Meditation: Becoming REALized

Q and A with Diana Lang

Is meditation difficult?

Meditation is as easy as breathing. I can teach anyone to meditate in about 5 minutes. The hard work is to continue doing it. Meditation only works if you use it. Meditation is not a switch you turn on and then be done with. You must keep flipping the switch of consciousness ON. It is a method of *conscious consciousness*. In that sense it is an effort, and what is called in metaphysics, a *practice*.

How can meditation make my life better?

In every way your life can improve when you meditate. Everything you do and speak and even think becomes more aware. Even your sensory perception improves. It helps in making decisions and choices. It helps you to become more present in your relationships. And in general, to become more present in everything you do. It also promotes a sense of being centered. As you become more centered and present you will ultimately become more authentic. Authenticity is the goal – to be your true and REALized self.

Why is meditation becoming so popular?

We are all trying to find more fulfillment and meaning in our lives. In the fast-paced world we live in, with the Internet and 24-hour news, and all of the constant stimulation, we can feel lost, or confused, or undirected. By meditating we can find our way home again, and get back to ourselves. We can experience clarity and real peace. We are all searching for truth and meaning, and meditation will take us there – directly. Awareness of meditation is growing exponentially as more and more people talk about it, especially well known people, such as Oprah, Richard Gere, Sting, Clint Eastwood, David Lynch, Orlando Bloom and Gwyneth Paltrow,

Is there a right way to meditate?

There are hundreds of ways to meditate developed over thousands of years from many, many traditions. However, all meditation, in theory, works. It's important to find a style that resonates with you and that somehow feels familiar. There are still basic methods that will allow you to have an easier and more successful experience. However, there is no wrong way to meditate. You don't have to sit in a certain position, or say a mantra, or light a candle. Just sitting quietly and becoming aware of the breath is a meditation.

Can I still meditate if I can't sit still?

Stillness is what meditation teaches. It's something that we have to practice. If a new meditator is having trouble sitting still there are many exercises that are designed for just this condition, like focusing on the breath, for instance. Don't forget that almost everyone when first meditating feels that they cannot become still, or quiet the mind. This is a normal stage in developing your meditation practice.

How will meditation affect my life?

Right away, you will feel more present. This one thing changes everything. You become more conscious of how you deal internally with yourself, and your world. By meditating, everything from your work to your relationships, your business, your inner self-esteem and your sense of contribution to the world becomes richer. You can learn to be happy, really. You can be fulfilled, really. You will feel whole ... actually. By being more present you become more focused and on purpose in your life. Your direction becomes clear and possible. You will find your attention to everything you do is better and less distracted and life becomes inspired!

Do I have to be religious to meditate?

No. You just need to be open and present. I would make a distinction between religious and spiritual. *Becoming awake in our life is a spiritual experience which meditation accelerates.*

Is there a link between meditation and creativity/intelligence?

When you meditate you are linking up to a kind of stream of universal consciousness, like a river of ideas and creativity. We can link directly into this stream by simply meditating. Research shows meditation is a great technique to improve creativity and develop the neocortex which is the creative part of the brain, and that meditation creates more elasticity in the brain resulting in a more creative approach to problem solving.

Top companies encourage creativity by offering meditation in the workplace. For instance, The Walt Disney Company was an early adopter of meditation because of the remarkable increase in creativity they saw among their artists. Google offers an entire meditation program called "Search Inside Yourself" that includes an on-site labyrinth for walking meditations.

Is meditation good for my health?

In a hundred ways your physical health can improve by meditating. Just the function of deep breathing will affect the autonomic nervous system, which is the stress producing system of your body. One of the terms we use to describe illness is *disease*; in metaphysics we say, *dis-ease*. You see? Not *at ease*. Stress exacerbates any illness, chronic or acute. By meditating you are teaching the body to relax and de-stress. By teaching your body a new method of *relaxation-on-demand*, you can help your body heal.

Studies have shown meditation benefits health in other many ways, including:

- Lowers Blood Pressure
- Reversal of Aging Process
- Better sleep
- Decreased Cigarette, Alcohol, and Drug Abuse
- Improved Perception and Memory

What do I do if I can't stop thinking while I'm meditating?

This is really the nuts and bolts of it. Meditation is the practice of becoming aware of our thoughts, thought by thought. We can get lost in thought, like a kind of daydreaming, and float away. Or literally fall asleep and actually dream. But meditation is the opposite of this. It is absolute *awakeness*: full attention, full presence to whatever is in front of us or within us, right now, just like it is. Meditation is full of exercises for practicing this. Because it's hard. This is the work of it. But you will find that the benefits are so great that the work is worth every minute. By awareness of the breath, concentration, focusing the mind, and other techniques, you will learn to master your mind while meditating, and discover *peace of mind*.

What does breathing have to do with meditation?

Breathing is used to focus the mind. It is often one of the first things that is taught in meditation. It's good because you don't need anything outside yourself to meditate. The breath becomes the mantra, the breath becomes the physiological relaxation technique, the breath becomes the focus, the breath is the teacher.

How do I start meditating?

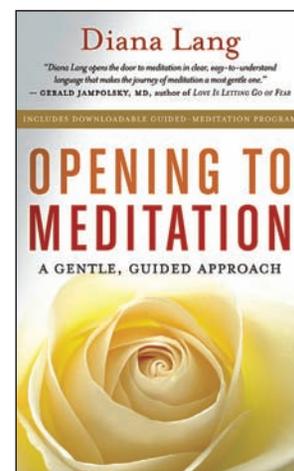
The simplest way I can answer this is to tell you to simply stop, and quiet your mind. I call this pausing. Even in between my sentences as I'm writing them right now, I am in a mini-meditation. I am pausing. I am recalibrating. I am *sourcing* something bigger than my own brain from thought to thought. Then, you'll need to find the time and place to do it. And then, show up for it. Dedicate yourself to it for a few minutes each day and watch your life change!

When do I start?

Start right now. Start with this breath that you are taking right now. Start by becoming present in this moment. Recognizing that, *this* is a meditation. That's what is so powerful about meditation – and so liberating. You can do it right now. You don't need *anything* or *anyone* or any concept to do it. You just become present. Presence IS meditation.



Based on the book **Opening to Meditation: A Gentle, Guided Approach**, © 2015 by Diana Lang.



Diana Lang is the author of **Opening to Meditation** and the owner and director of the LifeWorks Center for Growth in Los Angeles, where she lives. She is also active in a variety of nonprofit international efforts to teach meditation and yoga. Visit her online at www.dianalang.com.

UP NEXT: The April-May "Spring" Issue

Honoring the Divine Feminine.
Celebrating Women, Mothers, Earth,
the Environment and Rebirth

Article & Poetry submissions due February 15th

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Why Wintry Comfort Foods Make Us Fat — and Why Going Vegan Is the Solution

by Mary R. Wendt, MD
New York City

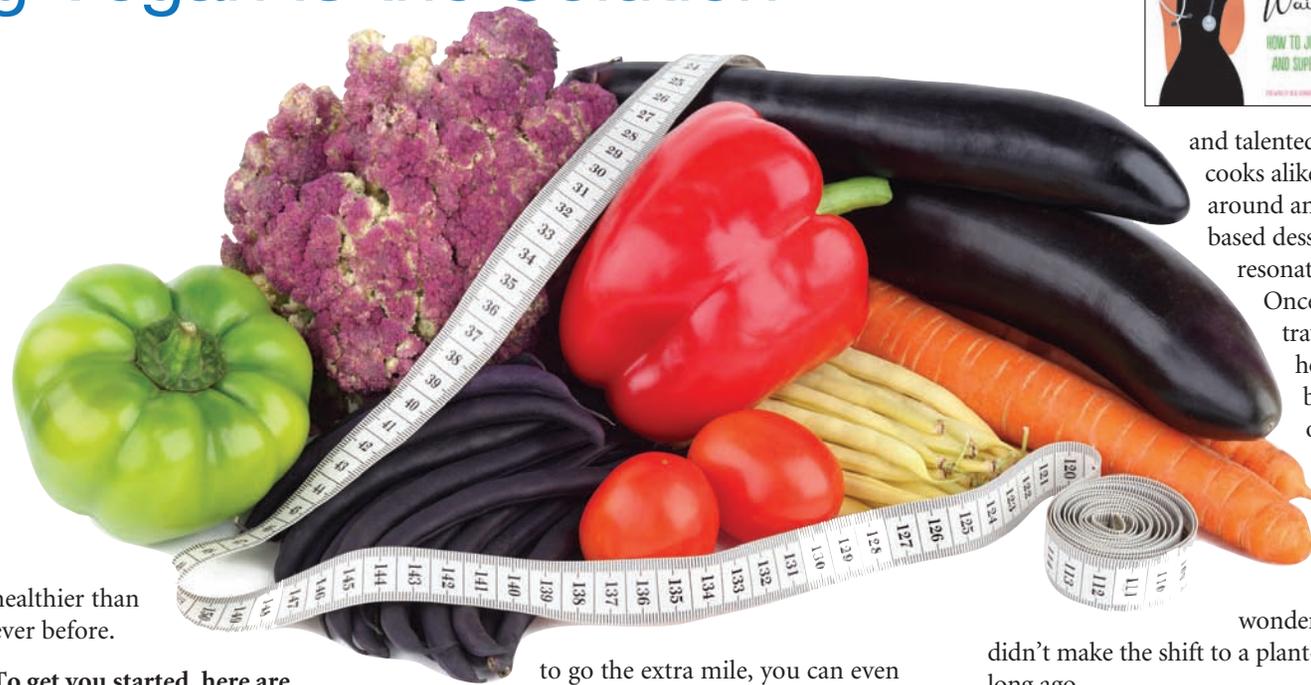
Our tendency to seek out meat and dairy-rich dishes in the winter is making us unhealthy and overweight. The good news is you can overhaul your cold-weather favorites without feeling deprived.

Winter is upon us now, and everybody is feeling the chill—and maybe the winter blues, too. Many of us cope with cold weather dreariness by turning to our favorite comfort foods. Think mac and cheese, hearty chicken soup, hot chocolate, creamy cheese-laden potato dishes, an extra pat of butter (or two) on our bread. It's only human to seek out foods that warm us up and make us feel cozy. The problem is they *plump* us up too.

It's no secret our favorite cold weather dishes lead to seasonal weight gain (and let's be honest: major health woes). But what most people *don't* realize is that they *can* enjoy hearty, satisfying winter meals that fit into a much healthier diet—specifically, a plant-based one.

The foods people are traditionally drawn to in the winter also happen to be loaded with meat, cheese, butter, and cream. *Animal products*, in other words. And that's a problem. But the good news is that you can go vegan—or at least move in that direction—*without* sacrificing the richness and flavor you crave. The hard-to-swallow truth is that our **favorite comfort foods** (delicious as they may taste) **are making us all fat and sick, mostly due to high levels of saturated fat and inflammatory protein found in animal products.** The extreme focus on meat and dairy in our culture is leading many people down a path to health risks like obesity, heart attack, high cholesterol, and hypertension.

Still, you can spare yourself that spare tire this winter by seeking out vegetables, fruits, and grains. And don't assume eating a plant-based diet means you have to shiver through the winter subsisting on icy smoothies and unsatisfying salads. It's a misconception that vegan foods have to be raw and lacking in substance. They absolutely don't. This winter you *can* enjoy a lot of warming, substantial, and healing plant-based meals without missing the meat and dairy. The solution is to reinvent your favorite comfort foods to make them



healthier than ever before.

To get you started, here are five easy tips to help you modify your favorite winter dishes—and maybe even be swimsuit-ready come spring. (And don't worry: If you're not ready to go full vegan, cutting out *some* animal products will benefit your health tremendously.)

Savor Seasonal Carbs

The seasons naturally guide us in the foods we should be eating throughout the year. In the fall and winter, there's a bounty of seasonal vegetables that will scratch your itch for carbohydrates. For example, winter squashes (butternut, acorn, etc.) are delicious, rich, and filling. Whereas you may have once gorged on mac and cheese, enjoy instead a "pasta" made from spaghetti squash topped with a veggie marinara and scrambled tofu. You can even try this with carrot noodles or other root vegetables.

Beckon for Beans

Chili and other wintry stews don't need to contain chicken or beef to be hearty and satisfying. If you are in need of plant-based protein, look no further than the humble bean. Beans are actually very filling and nutritious. Furthermore, they taste great and blend well with other flavors found in soups and stews. Try substituting lentils, kidney beans, or pintos in place of the meat the next time you start a nourishing pot of stew.

Remake Your Mashed Potatoes

Remember that you don't *have* to eat your mashed potatoes the way Mom made them. Swap out the butter and cream. There are lots of plant-based substitutes for dairy that can recreate this classic comfort food dish. A few substitutions are coconut milk, almond milk, and extra virgin olive oil. Even garlic, when roasted, becomes velvety and spreadable just like butter, and its savory flavor goes well with this dish. There are some great vegan butters on the market too. And if you want

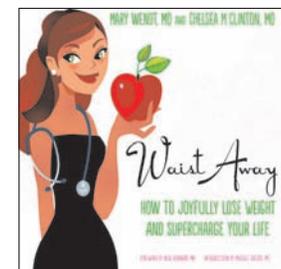
to go the extra mile, you can even swap out your white potatoes for more nutrient-dense veggies like cauliflower or sweet potato.

Go Global for Inspiration

"Ethnic" foods are very easy to remake with a plant-based twist. If you have a soft spot for Mexican food, burritos and fajitas are delicious when prepared with beans, rice, peppers, and onions. Add in a whole wheat or non-GMO corn tortilla wrapper to add a burst of nutrients. Look to do the same sort of swaps with Indian and Asian dishes as well. Lentils and most veggies go hand in hand with rich Indian curries, while tofu marries perfectly with the umami of an Asian-influenced stir-fry. Furthermore, exotic and comforting spices like turmeric, cumin, and chili powder can help warm you up when it's cold outside.

Do Dessert Sans Dairy

No one is claiming dessert foods are "healthy," but with a little effort they can be made much less "bad" for you. The Internet has countless vegan dessert recipes developed by both brilliant dessert chefs



and talented home cooks alike. Look around and find plant-based desserts that resonate with you.

Once you taste a tray of piping hot vegan brownies or sip an almond milk-based hot cocoa by the fire, you may

wonder why you didn't make the shift to a plant-based diet long ago.

This winter is the perfect time to start swapping out meat and dairy for plant-based options. Because we seek out heartier and more filling foods this time of year, you will spare yourself countless calories by choosing vegetables over meat *now*. By the time it warms up, you will be well on your way to a healthier lifestyle, and will have spared yourself typical seasonal weight gain to boot. ✨

Waist Away: How to Joyfully Lose Weight and Supercharge Your Life, Doctor Doctor Press, 2014. Available from Amazon and other online retailers.

Mary R. Wendt, MD, is the founder of **Get Waisted** and the author of **Waist Away: How to Joyfully Lose Weight and Supercharge Your Life**. She is an expert on making the transition to plant-based nutrition and has 20 years of experience practicing internal medicine in private and hospital practice. When she's not eating rice and beans from Chipotle, she's searching for the latest healthy choices available all over New York City. www.getwaisted.com.

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CALENDAR

OF EVENTS

ONGOING EVENTS

MONDAYS

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

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

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://womensways.typepad.com/circle>.

REIKI HEALING CIRCLE 2nd Monday of the month, 7:30 pm. Guided meditation followed by a 15 minute mini session. \$10 love donation. Inner Light Center for Spiritual Living, 10 Cedar Swamp Road, Suite 5, Glen Cove. Level 1 Reiki Practitioner class also available. For more information, contact Elena at elenacalder@gmail.com.

TUESDAYS

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.

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

FREE ALL-NATURAL PERMANENT WEIGHT LOSS SEMINAR by Dr. Michael Berlin, 7:15pm. Find out how to finally lose your weight & keep it off for good! This unique and holistic approach is like no other you'll find on Long Island. Dr. Berlin goes after the cause of your weight and health problems and reverses it for LIFE. Attend our Seminar and get "Your \$125 in-depth Personalized Health Assessment" for ONLY \$25. Plus get 1 FREE Fat Melting Body Wrap. Call Now 844-Lose-123 or visit drberlin.weightseminar.com to register. Seats are Limited. (See ad p.11)

GUIDED MEDITATION GROUP 2/2, 3/8. Discover the Journey to Inner Peace. Newcomers Welcome. 7:30 – 9:30 PM, Smithtown. Registration: 631-724-9733, www.lightawakenings7.com.

PSYCHIC DEVELOPMENT GROUP 2/16, 3/22. Currently Working with ANGELS. 7:30 – 9:30 PM, Smithtown. Registration: 631-724-9733, www.lightawakenings7.com

ROOT CHAKRA - MARCH 1 SACRAL (SPLEEN) CHAKRA - March 15 Lecture & Clearing Meditation. 7:30 – 9:30 PM, Smithtown. Registration: 631-724-9733, www.lightawakenings7.com.

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.

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.

STARLIGHT CONCERT SERIES presented the 3rd Friday of each month, by the Northport Arts Coalition. St. Paul's Methodist Church, 270 Main St., Northport Village, 11768. Doors open and Open-mic sign-up at 7:00PM. Show starts at 7:30PM. Info: call Isabelle 631 663-3038 or email nacnewsletter@gmail.com.

SATURDAYS

The LONG ISLAND YOGA ASSOCIATION hosts workshops one Saturday a month, (excluding July & August). Workshops cover a diverse range of yoga styles & topics relevant to all yoga practitioners & teachers in a supportive & welcoming environment. Time: 1-4 PM, in Farmingdale. Visit longislandyogaassociation.org for details. 631.261.1777.

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.

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. 631-265-3822.

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

CHILDREN'S SPIRITUALITY CLASSES 10AM during GOL services at 95 Old Country Road, Melville 11746. Contact Lauren to confirm LaurenMLevy@gmail.com.

CHAKRA COURSE - This course will cover the mental, emotional, physical and spiritual aspects of each of the seven Chakras, as well as the balancing and clearing of each chakra through movement, tone, color and Transforming Breath. Held at Essential Holistics, Manorville beginning March 19 from 11:00 to 1:00pm. Contact Rita Wild, 631-878-8228 to register. Upon registration you

will receive preparative information and a class schedule.

SUNDAYS

THE TEMPLE OF METAPHYSICAL SCIENCE, NSAC— Come join us in our search for Spirituality & Inner Peace. The American Legion Building, Baker Street & S. Ocean Ave., Patchogue. Healing & Service: 11AM. (800) 316-1231. (See ad p.27).

SUMMERLAND CHURCH OF LIGHT, NSAC Return to your Spiritual Home each Sunday at 10 am in our loving sanctuary, where all truth and knowledge-seekers are welcomed. 120 Plant Avenue at Oser Avenue, Hauppauge. 631-316-1588. (See ad p.21).

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

UNITY LONG ISLAND – If you like Wayne Dyer and Louise Hay, you will love Unity Long Island's Positive Path of Spiritual Living! Services are held @ 11:00AM, 38 Old Country Road, Garden City, NY 11530, 2nd Floor. 516-481-2300 UnityLongIsland@gmail.com (see ad p.27)

INNER LIGHT CENTER FOR SPIRITUAL LIVING Are you looking for a meaning to Life and to YOUR life? We are a community of people who are seeking a more fulfilling life through the principles of universal spirituality. Join us for service each Sunday at 11AM. 10 Cedar Swamp Road, Suite 5, Glen Cove, 516-796-0769.

SUNDAY MORNING ENLIGHTENMENT with Beth Miller. "A fun morning full of positive energy, laughter, meditation, and a spiritual tune-up to get your week started on the right foot!" Jan 10, 17, 24, 31 and Feb 7, 14, 21 from 10-11:15 am. The Bates House, Setauket. RSVP to reserve seats and childcare. www.bethmillermeditations.com. \$10 suggested donation.

SPECIAL EVENTS

JANUARY 30-31

AWAKEN FAIR – Mind, Body, Spirit, Green Expo. Over 100 Holistic & Health Exhibitors. Saturday from 10AM to 7PM and Sunday from 10AM to 5PM. Hotel Pennsylvania, 401 Seventh Avenue, New York, NY 10591. Discount tickets online. www.AwakenFair.com.

FEBRUARY 5

BREATH WORKSHOP - FORGIVENESS Open your Heart and Feel Happy Inside. Held at Essential Holistics, Manorville from 7:00 to 9:00pm. Contact Rita Wild, 631-878-8228 to register.

FEBRUARY 9

NEW! INTRODUCTION TO YOUR CHAKRAS: WHAT ARE THEY? Your Energy Centers: Physical, Emotional, Mental & Spiritual Well Being. 7:30 – 9:30 PM Advance: \$25.00, Door: \$30.00. Register for the complete 8 Week Chakra Series at this event and receive 15% discount off the complete series. Deposit due upon registration. Begins March 1. Information, Registration: 631-724-9733, Smithtown. www.lightawakenings7.com.

FEBRUARY 11

PEACE MEDITATION - If We Want Peace in the World It Must Start Within Us. Held at Essential Holistics, Manorville from 7:00 to 8:30pm. Contact Rita Wild, 631-878-8228 for more information and to register.

FEBRUARY 13

BREATH WORKSHOP Breath Deeply, Live Joyfully. Held at Yoga for Life Om, Setauket from 2:00 to 4:00pm. Contact Rita Wild, 631-878-8228 to register.

ONE "ENCHANTING" EVENING Kirtan Concert and Drumming, Saturday, 6-9:30pm by Gathering of Light. 95 Old Country Rd., Melville \$20 pp. Light meal included. 631 265-3822. www.GatheringOfLight.org.

FEBRUARY 26

ANGEL WORKSHOP – OPENING UP TO LOVE Held at Essential Holistics, Manorville from 7:00 to 9:00pm; Contact Rita Wild, 631-878-8228 to register.

LECTURE: PARANORMAL COMMUNICATIONS OF HISTORICAL CITIES with Dee Colon. Friday, 8PM. Members: \$10 Non-Members: \$15, No Pre-registration Required. The Eyes of Learning, Levittown Hall, 201 Levittown Parkway, Hicksville, NY 11801. (516) 731-0909. www.eyesoflearning.org.

MARCH 4

MEDICAL MASSAGE WORKSHOP Go from Ouch to Ah! Understanding your pain and Releasing It. Held at Essential Holistics, Manorville from 7:00 to 8:30pm. Contact Rita Wild, 631-878-8228 to register.

MARCH 4-6

PEOPLE WHO CARE FOR PEOPLE Using contemplative methods, we help those in helping professions learn to balance compassion for oneself and others. Garrison, NY, garrisoninstitute.org/peoplecare or 845-424-4800.

MARCH 11

PEACE MEDITATION If We Want Peace in the World It Must Start Within Us. Held at Essential Holistics, Manorville from 7:00 to 8:30pm. Contact Rita Wild, 631-878-8228 for more information and to register.

MARCH 18-20

NEW LIFE EXPO America's Largest Mind, Body & Spirit Expo. 150 Exhibitors and 150 Speakers. New York City, Penn Plaza Pavilion. Next door to the Hotel Pennsylvania, 401 Seventh Ave. (at 32nd St.). For Free Brochure call 516 897-0900, www.newlifeexpo.com.

MARCH 25

LECTURE: NUMEROLOGY by Carol Durand: Mystical numerology is an ancient system of divination. Friday, 8PM. Members: \$10 Non-Members: \$15, No Pre-registration Required. The Eyes of Learning, Levittown Hall, 201 Levittown Parkway, Hicksville, NY 11801. (516) 731-0909. www.eyesoflearning.org.

APRIL 8

LECTURE: MEET THE PSYCHICS that will be reading at the Sunday, April 10th, Spring Festival. Friday, 8PM. Members: \$10 Non-Members: \$15 No Pre-registration Required. The Eyes of Learning, Levittown Hall, 201 Levittown Parkway, Hicksville, NY 11801. (516) 731-0909. www.eyesoflearning.org.

APRIL 8-10

THE WISDOM OF AGING WITH GRACE: A Multifaith Exploration. Join Rabbi Rachel Cowan, Zoketsu Norman Fischer and Father Thomas Ryan, CSP. Garrison NY, garrisoninstitute.org/aging or 845-424-4800.

APRIL 10

ALL KIDS FAIR Part health/wellness fair, part activities/education expo. 80+ exhibitors. 24 kids' classes (all ages). FREE: valet parking, face painting, and character visits. Meet QuackerJack and a Big Apple Circus juggler! Camps, party places, special needs, kids' products and more! Come with or

without your kids. Melville Marriott. 1350 Old Walt Whitman Road, Melville. 10AM-4:30PM. \$5 ages 3+. 516-621-1446 www.AllKidsFair.com.

SPECIAL EVENT: THE ANNUAL EYES OF LEARNING SPRING FESTIVAL Please join us for our most popular event. Sunday, 11:00AM. Wonderful raffles, vendors, food, free lectures, camaraderie and the option to purchase your own psychic reading. Spend a day with like-minded individuals and make some new friends. A day not to be missed! The festival is a major source of our operating revenue thanks to the many volunteers and psychics who generously give of their time and talents to keep our regularly scheduled lectures and workshops available to all. You can "give back" to the Eyes of Learning through your annual membership dollars and by generously supporting our festival vendors. A token admission fee of \$5.00. Levittown Hall, 201 Levittown Pkwy, Hicksville, 11801. www.eysoflearning.org, 516 731-0909.

UPCOMING EVENTS

BACH FLOWER REMEDIES LEVEL 1 VIA WEB AND HOMESTUDY - Learn how to use Bach flower remedies to reduce stress, fear and worry. Improve focus and well-being for yourself and others. This complementary treatment modality is compatible with all other healing methods. Courses approved by Bach Centre, UK. 3 tiered training leads to practitioner registration with Bach Centre. Level 1 available online or via correspondence. Open enrollment, course materials available 24/7. Info & enrollment at www.bachflowereducation.com.

HEALTH AND WELLNESS FAIR
Farmingdale State College, Route 110, Farmingdale. Tuesday, **April 19th**. 10AM - 3PM. Roosevelt Hall, Multi-Purpose Room. Free Admission. Info: call 631-420-2552 or 420-2690.

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

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

Hello, I'm **Dr. Michael Berlin** and I'm tired of all the weight loss ads promising all-natural, long-term results that really do not deliver the whole solution to permanent weight loss. Yes, they have part of the solution, but without the **whole** solution, you cannot get truly permanent results. This is why weight loss is so difficult. You see, there are 10 things in the right proportions that you need to heal in order to get truly permanent and healthy weight loss, and if a program does not deliver all 10 then your weight problem will return. This is because your weight

problem is not a weight problem; it is a health problem. Extra weight is a symptom of deeper physical and/or emotional imbalances that **all** must be resolved to get permanent results! The 10 factors are related to: nutrient absorption, stress levels, sleep quality, food combining, liver function, toxicity, hydration, emotional eating, food sensitivities, and hormones. If any one of them is left unresolved, your weight problem will return. It's that simple. You see, people think that you need to lose weight in order to get healthy; but the truth is that you need to get healthy to lose weight! Think about it ... most of us when we were children could eat anything and not gain weight. But over the years, from junk food, toxicity, and stress, our insides get ruined very slowly. As this happens our hormones will very slowly shift from *fat burning to fat storing* — until we reach about 40 years old — and nothing we do can really cure our weight problem. We say that "I'm just getting older" or "its my hormones," and you are right. However, what **CAUSED** your hormones to change? It was that your

insides got run down. And these days it is happening to everyone, including our children, much faster than ever before because of our toxic, fast paced world.

So, if the **CAUSE** of our weight problems is because our bodies got run down on the inside, then the only permanent cure is to reverse the damage, clean the slate, and heal your weight problem for life! In our office we guarantee healthy, permanent weight loss because we don't treat your weight problem, we heal you completely on the inside. We rebalance all 10 factors and we reverse the damage and sluggishness that occurred in your organs, naturally, safely, and efficiently, with only wholesome foods and some supplements. We teach you how to shop, cook, and eat for life in a way that is the healthiest for your whole family. The result is that you will go back to your natural, healthy weight within 3-6 months and *stay there!* Your body will be lean and efficient. Our patients lose about a pound a day the first month and are completely healing and preventing diabetes, cancer, heart disease,

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The Tipping Point—Why it's Important to Tune Back into Politics

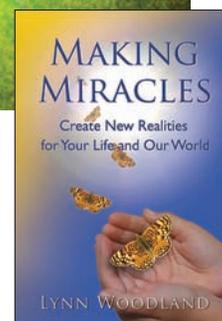
by Lynn Woodland
Minneapolis, MN

I'm a spiritual teacher, not a political nerd. I generally keep my politics separate from my spiritual teachings—until I see the two colliding so dramatically that I can't help but comment. I'm also feeling compelled to speak out because of how many people in my spiritual circle, when asked their thoughts on political turns of events, respond that they don't pay attention to politics. I understand it. For those of us intent on meditating into a peaceful state, politics is a rough and crude vibration. For those of us who have turned to spirituality as a balm for our heightened sensitivities to the world around us, politics can be the worst of allergens. And some of us have simply given up because we don't see politics changing anything. For all of you who have tuned out of politics for one reason or another, **THIS IS THE TIME TO TUNE BACK IN** and here's why.

People from radically different backgrounds and for different reasons seem to agree that

something monumental is about to happen and perhaps is already happening. Many economists are predicting an extreme global economic crash this year—bigger than in 2008. Historian and political commentator, Thom Hartmann, wrote a whole book about this year: *The Crash of 2016*, putting together the pieces of why this kind of crash is very possible. Storms, droughts, fires and other environmental incidents are growing more extreme and environmentalists are becoming increasingly dire in their predictions for the very near future.

But not all predictions are dire. Well-known economist and futurist, Jeremy Rifkin, speculates that the increasing availability of free stuff enabled by the internet is quickly leading to an era of nearly free goods and services that will eclipse capitalism, resulting in heightened quality of life for masses of people. (He explains in this fascinating talk: <https://www.youtube.com/watch?v=5-iDUcETjvo>.) Many metaphysical seers are calling this year a powerful turning point in humanity's evolution, suggesting that we've collectively reached a tipping point



where there are now enough of us aligned with a high vibration of love to tip the planet in a new, better direction.

We live in the midst of a paradigm change. The old order is made up of hierarchical power structures where small groups at the top control and often exploit everyone else. **The emerging, new order is an egalitarian form of empowerment, made up of connected communities, both local and global, working cooperatively for the benefit of all.** This is no futuristic utopian fantasy; it's already happening in countless contexts as a result of the heightened connectivity afforded by the Internet and the sheer numbers of us who are now connected.

Think, for example, of the huge amounts of information available to us online. Organizing infrastructures such as Google and Wikipedia have put libraries full of knowledge literally in the palm of anyone with a smart phone. This instant access to information, that was impossible just short decades ago, is created by countless individuals contributing small bits of information into various organizing and delivery infrastructures.

There are now endless examples of this kind of resource sharing. It gutted established music and publishing industries as individuals became able to take their work directly to the public without any intermediary. Entrepreneur and best-selling author, Lisa Gansky, describes in her book, *The Mesh—Why the Future of Business is Sharing*, how cooperative resource sharing is the hot new business model.

This is the emerging new order. It's one where individuals are empowered beyond anything we've previously known

through small efforts contributed by masses of us into an organizing infrastructure. It's win/win; it's easy; it's the virtually

limitless power of all of us together. Thomas W. Malone of MIT, established the Center for Collective Intelligence to study this new phenomenon suggesting that the "hive mind" of millions of people and millions of computers all connected to one another just might be able to, "*act more intelligently than any individual, group, or computer has ever done before*" and solve such collective problems as climate change. This new model of collective power is already replacing many hierarchical power structures that not so long ago seemed inevitable, and it's already begun to change us.

This brings us to the upcoming election. In spite of many fast, heady changes coming via our quickly evolving technology, the old, hierarchical power structures are still alive and well—perhaps stronger than ever in a last-gasp struggle for control. We see it playing out with a vengeance in our political system. ✨

PLEASE READ PART 2 on creationsmagazine.com (Feb-March 2016 Issue)

Lynn Woodland is an international teacher, author of *Making Miracles—Create New Realities for Your Life and Our World*, and creator of the online *Miracles Course*. Her particular expertise is in what gives rise to miracles and in teaching ordinary people to live extraordinary lives so that miracles become, not just possible, but natural. www.lynnwoodland.com.
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Soulfully Single and Open for Love

by SARK and Dr. John Waddell

I had a marvelous mentor named Patricia who reminded me frequently, “Don’t make the mistake of attaching your love to another person.” She went on to say, “Realize that their love is reflected through you, it does not originate from them. They are not your source of love – you and your Inner Wise Self are.”

I embraced this message wholeheartedly and wrote this in my journal: “Release yourself from the voices of inner critics who will tell you outdated messages from long ago about how you ‘should’ love, or how other people love, or how if you don’t love another you’ll die all alone in a nursing home in winter in a shared room.”

I began to explore and practice new ways to be what I described as *Soulfully Single*, while also describing myself as open to love with another person. To me, “Soulfully Single” sounded and felt so much richer and deeper than just “single.”

My friend Val had said to me after I had ended a love relationship, “Whatever you do, don’t close your heart to love.” She intuited that I’d already begun trying to close my heart and seal it off so I wouldn’t feel that kind of pain again. So I resolved to keep my heart open and available for love. And I secretly thought that it wouldn’t happen anyway, so what did I have to lose?

I practiced opening myself to new ways of doing and being, and learning even more about how to state my preferences clearly and directly in relationships with others. I used to either overstate my preferences or hide them – even from myself.

In my friendships, I started being more willing to practice telling and receiving *Micro Truths*, those seemingly tiny, often unspoken little things that sometimes get swept under the carpet – until it feels like the carpet is so lumpy that you can’t walk on

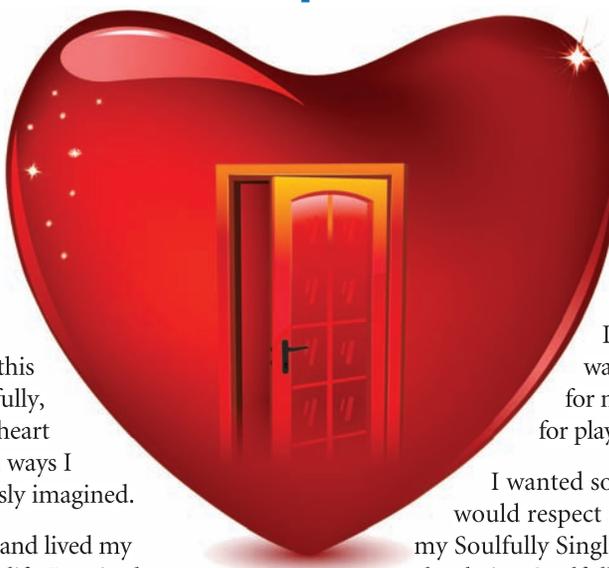
it anymore. I wanted my friendships to be positive, current, and free from unnamed hurts and irritations. For the most part, this worked beautifully, and I kept my heart open to love in ways I hadn’t previously imagined.

As I developed and lived my Soulfully Single life, I noticed that lots of other women were experimenting with something similar. They had full, rewarding, satisfying lives and work, and yet were open to love with another person arising or arriving unexpectedly. They also said they felt fine if it didn’t happen.

When people asked my relationship status, I would reply, “I’m Soulfully Single,” and most would swoon over that description and ask me to describe it further. Some would share that they still wanted romantic love but were no longer willing or able to sacrifice or compromise to get it. Everyone said they wouldn’t “settle.” I knew that for me, settling meant having just part of what I wanted, and I knew I wanted WAY more than that.

It reminded me of my career: at age 26 I’d resolved to be and live as an artist and writer – no matter what. I made the decision to live that way, all the way, even if it meant I wouldn’t have much food or money. Prior to that, I’d had over 250 different jobs, trying to find something that could support me while I explored my creative gifts. I didn’t know then that I could have created Joyfull Solutions for myself, which would have been easier than what I did do. But as they say, hindsight is always 20-20, and I just made it up as I went along – as we all do.

I knew that if I was going to add another person into my Soulfully Single life, I wanted to feel Succulent Wild intimate REAL love. I wanted to SWIRL with love, I wanted 110 percent. I wanted the WHOLE MAGILLA (What is a Magilla, anyway?). I wanted him or her to be my willing, wholehearted emergency contact. I wanted the person who could show up, stand up, be there with me and with life. I wanted TRUE BLUE. I also wanted a self-entertaining unit – someone who was also Soulfully Single and could



be alone and self-nourishing. I wanted a person who felt good about themselves and about life. I wanted another LIFE LOVER. I wanted a mate – one for my soul AND one for play.

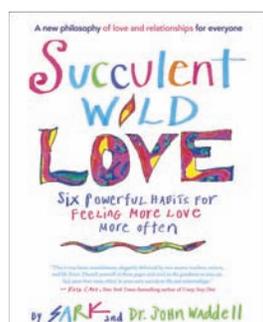
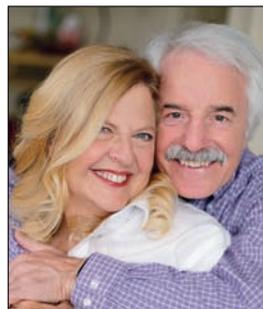
I wanted someone who would respect and admire my Soulfully Single self. I knew that being Soulfully Single wasn’t substandard, but sometimes inner critics would rise up when I would see or hear other people describe it differently. I attended a friend’s parents’ 50th wedding anniversary party, and after all the toasts and even a short film about their wonderful union, they asked for people to stand and share how the couple’s love and marriage had informed their lives.

A number of women stood and described themselves as “strays” who had been taken in by this loving couple. I knew they were just

sharing their experience, but I felt enraged that perhaps that’s how others had seen me – as a stray. And of course my inner critics were busy confirming that I was one. I ranted and raved to my friend who was with me, about what I call the “tyranny of couples,” and how unfair it sometimes feels to single people. (She loves pointing out that I met John two weeks later.)

Being Soulfully Single AND open for love felt right for me. Others may just wish to be Soulfully Single – or just single. I’m glad we’re all redefining love for ourselves and what feels best for each of us. ✨

Excerpted from the book Succulent Wild Love ©2015 by SARK and Dr. John Waddell. Printed with permission of New World Library. www.newworldlibrary.com SARK (Susan Ariel Rainbow Kennedy) and Dr. John Waddell are the authors of Succulent Wild Love. SARK is a best-selling author and artist, with sixteen titles in print and well over two million books sold. Dr. John has been helping individuals and couples lead happier lives for over 30 years through his clinical psychology practice and metaphysical teachings. Visit them online at PlanetSARK.com.



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What Have You Done Today?

by J.M. Harrison
Blandford Forum, Dorset, UK

An evolutionary leap in human consciousness is taking place. We are in extraordinary times of change and transformation. The way forward will not occur by clinging to the belief or experience that we are essentially pure consciousness. There is more.

There is a fundamental truth we have overlooked, misunderstood and misplaced. That truth unifies us all.

We have forgotten the truth of the Soul. Each of us is a Soul, but we often overlook its abiding presence. We are too wrapped up in "our story", making it impossible to realize who we really are. Every now and then we receive hints to the presence of the Soul in the form of synchronicities

and intuition, occurrences which are often ignored or misinterpreted by a wandering, wishful mind. The Soul however, is not what you think or believe, it's not even logical, and this is what makes it difficult to grasp.

To awaken to the presence of your Soul requires the simultaneous convergence and letting go of *all* dimensions of human experience and non-experience. Letting go allows you to grow. This release includes ego and non-ego, personality and Awareness, being and non-being, mind and no-mind, duality and non-duality. Only then does a balanced, all-inclusive, transparent way of thinking and acting solidify in the foreground of consciousness. This ripening of consciousness leads to the realization that although no Soul is identical, all Souls are unified.

In my journey, I was propelled to search for the reason for life. Not just *my* life but the meaning of Life itself. This impassioned search took me through a wide range of phenomena, the experiences and life lessons I really needed to learn and grow. Here today, I do not claim or seek any final state or end, for I have

realized that Life is eternal, and that we are all interconnected parts of the One Life. The True Self I once so longed for is now realized as not really being "mine" at all, but the paradoxical ever-present core of you, me and all that IS. That's why I refer to it as The One True Self. However, this realization is still not the end of the journey, but merely a stepping-stone to living in the world as an authentic Human Being. This is why I have written and spoken about the subject over the last decade, to remind myself and others of the vital evolutionary role of the Soul.

The authentic Soul is not the one or the many, but both and more, the natural state of human being-ness that allows us to experience the quantum capacities of a multidimensional consciousness. Or, putting it another way, the living presence of the Soul is the holistic faculty of consciousness which experiences, shares and contributes to the totality. In this sense, the awakening Soul is a whole individual, or rather a Universal-Individual who is neither separate nor inseparable. A conscious Soul knows it is *a* Human, and *our* Being, and the unique pattern of a singular Consciousness.

The self-isolating ego does not recognize the fundamental reality of Awareness, and yet it yearns for it. It attempts to find this in any way it sees fit, until physical and material rewards are realized to be void of any lasting peace or true fulfilment.

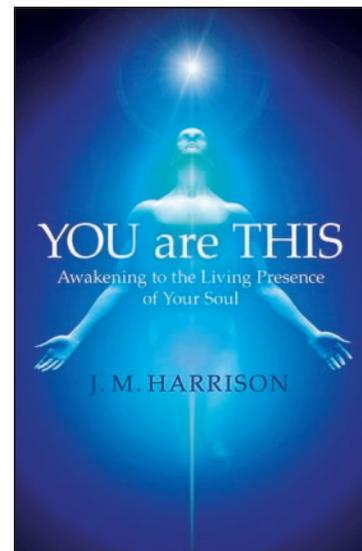
On the other hand, the non-dual blanket of Awareness paradoxically denies the existence of individuality, and proposes that you, me, and the appearance of the world at large, are all illusory. Holding on to this liberating yet anonymous experience, it's easy to sit back and say there's nothing we can do or there's nothing to be done, and assume we are already complete and awakened. And yet, we are human beings sharing a worldly experience which is all too real. So here's another paradox – for the uniqueness of each Soul is only realized through the Soul-less anonymity of Awareness. The awakening Soul is then known to be neither the Whole nor simply an individual part, but something I call a Whole-part.

In awakening to the presence of your Soul, you begin to live in harmony with Universal Intelligence and all that entails. It is this presently emerging consciousness which will enable human beings to evolve, and for future generations to inhabit this stunning planet for millennia.

Humans can do so much good, and yet, when we are disconnected from the wisdom of the Soul, we cause horrific damage to one another and the world around us. The atrocities in Paris are a clear example of the depths human consciousness can fall to when separation and fear rule the day.

However, you are living in a time when you can stand up and be counted. If the way we treat each other and our planet does not sit comfortably with you, then you can choose to make a difference. You really can. If more people arrive at the

same conclusion, and act upon it in soulful authenticity, then our children's children will have a fighting chance. While you have a voice, you have a choice. So what have you done today? ✨



J.M. Harrison is a British born Award Winning author. His field of interest includes the practical application of spirituality, the evolution of human consciousness, and the reality of the soul. He began writing following a mystical death experience in 2007. Jonathan's

non-fiction titles to date include: **We Are All One, Naked Being, YOU are THIS** and a novel of Visionary Fiction entitled **The Soul Whisperer**. He has taught alongside Barbara Marx-Hubbard, Dr Bruce Lipton and others, as well as taking part in numerous media interviews in both Europe and the US. www.AuthorJMHarrison.com.

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The Secret To Thriving In Love At Midlife And Beyond

by Kathlyn and Gay Hendricks

In our office and seminars we've had the opportunity to work with several thousand singles and couples from 40-80 years of age.

From this experience we can definitively say: *The stage of life from midlife onward requires an entirely new set of ideas and tools for optimizing your relationships.*

The Key Ingredient

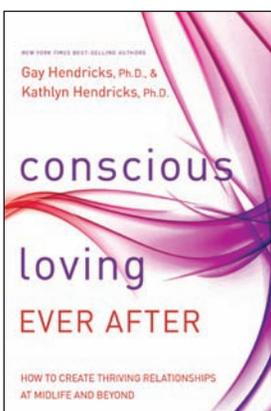
The secret to creating relationship magic in the second half of life is to make a specific, new commitment. The commitment, however, is not to your partner but to yourself. In order to take your relationships to a new level at midlife and beyond, you need to make a deep, sincere commitment to the full flowering of *your own creativity*.

The issue is the same for singles and couples both. For example, if you're single and want to create a new relationship that thrives, the first essential action is to make a new commitment to the full expression of your own creativity. This commitment is a huge step in attracting the kind of relationship you really want, because ultimately our ability to love others rests on our ability to love ourselves.

Creative Growth vs. Stagnation: A Daily Choice

In the years from 40 onward, we are all faced with the same choice every day: grow creatively or stagnate. When creative stagnation happens, people slip into despair and begin to take it out on others around them.

In our own marriage of more than three decades now, we've found that it is absolutely essential to keep the flow of creativity going. We've been together since 1980, a time before cell phones, text messages and a host of other technological innovations that we now take for granted in the 21st century. Although the tools of communication have changed enormously



in the past few decades, the fundamentals of intimacy have not changed at all. For humans to flourish in relationships, we need heartfelt commitment, open communication and creative vitality.

What Kind Of Creativity Enhances Intimacy?

Sometimes when people see words such as *creativity*, they immediately think of tools such as journaling or hobbies such as gardening. However, the kind of creativity that renews relationships is much more varied: it's anything that has the power to surprise you. You don't have to be a writer, a gardener or a musician to get your creative juices flowing; daily life is full of opportunities to grow creatively. Assembling a salad or a soup in a new way—a way that surprises and delights you—can be as creatively exhilarating as writing a poem or composing a song.

"We're Having The Best Sex Ever"

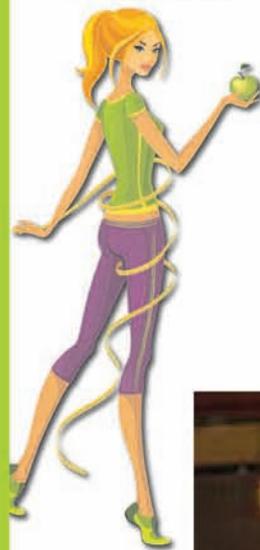
Couples we interviewed in the 50s and 60s age group, and even with some 70-80, often echoed an intriguing refrain, "We're having better sex now that we ever did in the first half of our lives." We had noticed the same thing in our own relationship, but we were heartened to hear it from others. In a *conscious loving relationship*, there are key factors we think make the difference between so-so sex and exhilarating sex after midlife.

As in other areas of life, creativity makes all the difference. Couples who thrive in sexual intimacy find ways of increasing variety and breaking free from routine. One of our surprising discoveries was that creative regeneration in non-sexual areas enlivens sexual intimacy. For example, a couple we worked with began doing more non-sexual creative activities such as journaling and improvisational dance. They reported that their sexual intimacy took an exciting upturn as they opened to more creativity in general. ✨

Kathlyn and Gay Hendricks are the authors of **Conscious Loving Ever After: How To Create Thriving Relationships At Midlife And Beyond.** *The Hendricks Institute is based in Ojai, California.* www.consciouslovingeverafter.com.

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Mysore Ashtanga Yoga: A Profound Experience

by Stacy Plaske and Karen Dubi
Huntington, NY

Yoga provides a spectrum of tools to support all levels of practitioners in cultivating greater stability, clarity and wellness. The term *Vinyasa* is defined as a breathing/movement system, or, more specifically, a dynamic movement of postures that is linked with the breath.

Ashtanga Vinyasa Yoga is a method of yoga that comprises a number of sequences of postures that are intelligently linked together, designed to purify the body, build physical strength and flexibility, and most importantly, increase mental awareness.

Mysore Ashtanga Yoga is the traditional teaching method of late Yoga master Sri K Pattabhi Jois in Mysore, South India – hence the source of the name “Mysore Style.” A Mysore style Ashtanga practice develops slowly over time. In class, students learn and develop an individualized practice with the support and guidance of a teacher who is devoted to the Ashtanga lineage and has a dedicated daily practice. The correct sequence of postures, vinyasa movements, breathing, alignment, and other aspects of the practice are learned gradually, in a step-by-step process, through verbal as well as hands-on instruction. As memorization of the sequence takes place, an easeful mastery of the postures begins to unfold, as does the independent nature

of the practice. A Mysore style class is structured so that each student’s learning experience can be adjusted according to his/her individual needs, age, health, life style, current responsibilities, strength and flexibility.

A common misconception is that Mysore style class is for the advanced student, or the “flexible individual” with yoga experience. The irony is this couldn’t be further from the truth! In mainstream guided classes, regardless of the style of yoga, the postures and the pace are set by the teacher and ALL students follow the same routine. Mysore style class is structured differently than a typical yoga class; it is more like receiving a private lesson within a group setting. In a typical Mysore style class, the yoga studio will be open and the instructor will be available for 2 or more hours – allowing greater flexibility for arrival time, depending on the length of time each student needs to complete his/her sequence.

Students enter the room, set a mat down, and begin practice, amidst the sounds of *ujjayi* breathing and amongst others who are working at their own level and pace. The environment provides a space which fosters introspective observation of activity of the mind and thought patterns in order to uncover “The Self”.

Practicing under the guidance and care of a teacher in this intimate manner is a

profound experience, which allows for a deep sense of trust, faith and openness to emerge. The process and support in the

Mysore classroom allows one to access tremendous personal strength and self-reliability. It is designed to create a more conscious, self-motivated, highly alert and effective human being, not only in the Mysore room, but in all of life. Over time you find that you can’t imagine doing your daily practice any other way. ✨

Stacy Plaske, E-RYT is an Authorized Level 2 Ashtanga Yoga Teacher having made 8 trips to Mysore India to study with the late Sri K Pattabhi Jois & Sharath Jois. She has been completely dedicated to teaching & studying yoga full time as well as running her yoga center, Balance Yoga, since 2001. Stacy and Karen run a full time Mysore Ashtanga Yoga Program at Balance Yoga in Huntington. www.balanceyogaandhealing.com.

Karen Dubi, Accredited Yoga Teacher E-RYT 500, Ashtanga/Mysore Teacher, Ayurveda Health Practitioner, Registered Dietitian, Teaches workshops/lectures/seminars in Yoga & Ayurveda.



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*My work with Seena can be summed up this way:
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- Karen G.*

Seena is a Ph.D. NYS Licensed Mental Health Counselor, senior psychotherapist, national workshop leader, certified yoga/body therapist and ordained healer. Her private practice and group work have been described as “love made visible.”

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POETRY

Haiku

by Gerald Starlight, New York, NY

Serene withered branch
Through solitude of winter
Quietness and strength

Sudden Snow

by Maureen Hadzick – Spisak, Huntington Station, NY

The snow came slowly
A dusting of twice sifted flour
A white calmness
Serene as the silence of an empty church
The picnic bench became a pew
The old oak an altar
May the deep peace of this quiet earth
Envelop your soul

Those I've Kissed

by Maureen Hadzick-Spisak, Huntington Station, NY

My mother was the first, her cheek so soft,
her hands rough, but I kissed them, too.
My father, home from work, tired and scruffy
his darkening shadow scratched my lips.
Billy, sixth grade, Sister Henrietta's fault
she embarrassed him, I tried to make it better.
Eddie, in the hallway, a mistake —
that's all I'll say about that.
In high school, an assortment of guys
full of themselves, wanting more
than I was ready to give.
My cousin Bobby, in his casket
his contoured face hard and cold.
My husband, last night and
the night before and
please God, tomorrow too.

Snowfall Haiku

by Roberta A. McQueen
East Islip, NY

One has two choices
shoveling the snow now or
making snow angels

Second Nature

by Seena Russell Axel, Ph.D.
Plainview, NY

My second nature's back.
It burns with the fire
of passion.
It inhales the intoxication
of love.

It is your face
that adorns my garden.
It is your essence
that fuels my flowering.

Opening like a lotus
long ago stilled
by the surrounding darkness.
Moistened like a dewdrop
dried by inattention.

I crave the Light
in your spirit
that takes my breath away and
treasures the precious petals
of my glistening bloom.

My soul is streaming
in ecstasy.
Every fiber of my being
is in love with you.

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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

MEDIA REVIEWS

by Mark Maxwell Abushady, NYC

MUSIC

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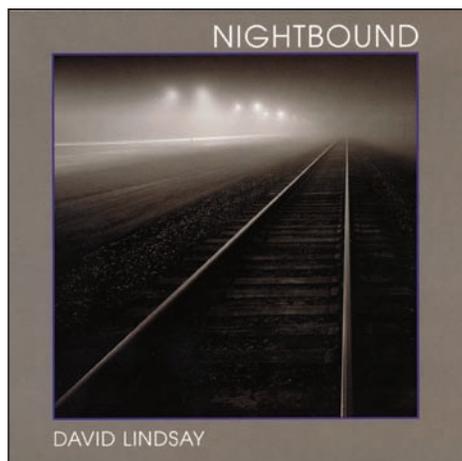
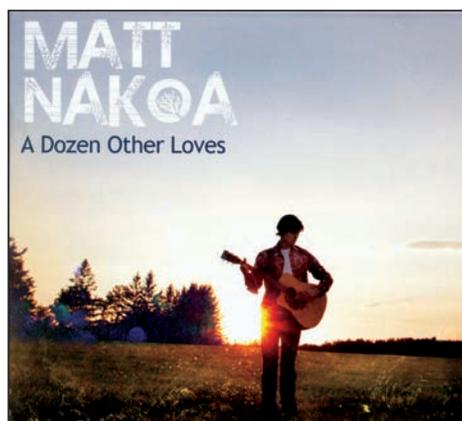
A pleasing, expressive, versatile voice, full of life and its exigencies is immediately evident. Matt Nakoa is the “boy next door” in his warm, relaxed, make-you-feel-at-home sound, but his lyrics remind us of how very much can be going on in those close around us. Those lyrics are fun, idiosyncratic yet absolutely accessible in their meanings. Harmonies are well chosen and very pleasing. I found myself wanting to listen to each song twice; once for the music, and once for the lyrics. “Fool of a Knight” sets the tone of this admirable work, followed by the sweet “You Are My Moonshine.” “Chokecherry Hill” is reminiscent of a young Paul Simon in its plaintive, delicate intimacy and beautiful guitar work, and the album of winning songs continues, with touches of bluesy jazz “We All Gotta Go (At Some Point)”, pop and rock “If You’re Tryin’ To Break My Heart.” “Where On Earth Is Heaven,” is a great commentary on the present state of Mankind, and a wonderful closing “Somewhere Else I Gotta Go” with harmonies reminiscent of Crosby, Stills and Nash in their prime. An artist to watch!

NIGHTBOUND

David Lindsay
davidlindsaymusic.com

Beautiful guitar work is the hallmark of David Lindsay’s *Nightbound*. The moods he creates, the intimacies he shares, and the multitude of “voices” he pulls from his guitar are striking and satisfying.

While some of the songs are augmented by the addition of fretless bass, violin, cello, percussion, keyboards, English horn and voice, Mr. Lindsay’s guitar is always happily front and center. Especially lovely are “Dreamwalk” (with Jill Haley



– English horn, and Michael Manning – fretless bass), “A Boy and a River,” “Nightbound” (with Charlie Bisharat – violin, Eugene Friesen – cello, Noah Wilding – voice, Jeff Haynes – percussion, Tom Eaton – piano and bass), “Unspoken” (with English horn, cello, percussion, voice, and Paul Kocharnski – NS bass), “Bluewater Beach” (with Tony Levin – NS bass), but I will stop before I list the whole contents of the album! A superlative, introspective and pleasing album for a soul-searching afternoon.

FILM

MAKING ROUNDS

Produced and Directed by Muffie Meyer
firststrunfeatures.com

As the film opens, we are introduced to Dr. Valentin Fuster, Physician-in-Chief of Mount Sinai Hospital and Dr. Herschel Sklaroff, Clinical Professor of Cardiology at Mount Sinai as they make rounds at the hospital. They do this with a retinue of young doctors, all the while instructing these up-and-coming healthcare professionals in the lost art of listening to patients. Yes, the average medical professional has become *that removed* from his/her patient, that we need the great old-timers such as these two fine doctors to remind more recent, technology-oriented students that a “patient-oriented practice” is best. In the course of the film we are privileged to go on rounds and observe these doctors speaking with, observing, querying and considering patients’ responses. For

example, in one instance we see them “thumping” upon a patient’s torso, and gaining valuable diagnostic information from the sound of the thump. We hear “never leave the bedside (of a patient) without knowing what the venous pressure is, because it is much more accurate than any echo-cardiogram or any technology that you can use.” We are also reminded, via a quote from Sir William Osler (1849-1919), to “listen to your patient, he is telling you the diagnosis.”

These doctors teach the ART of medicine. It is an uphill battle, however, with regards to the healthcare system and its technology-driven nature. As Dr. Sklaroff puts it, “Today, you don’t get paid for thinking; you get paid for testing.” Most young doctors sit at computers, fill in templates, and diagnose that way. And, while all teaching hospitals conduct rounds, shockingly, rounds are typically conducted *outside the patients’ rooms*.

The film examines the *body* versus the *life* of the patient, the overuse of specialists and often lack of a team leader in patient care, and is chock-full of commonsense practices and statements ... “Medicine will not tell you what the patient was doing when they passed out, *the patient will.*” Dr. Sklaroff even makes the statement “I make a living on stopping medicines” (referring in part to the subtle side effects of most medications that are often not tested for in clinical trials).

This is an important film, with information of which all of us should be aware. Healers especially will welcome these doctors’ protocol of holding a patient’s hand, establishing a rapport, understanding a patient’s fears, and the importance of discharging a patient, which they state is as important as how the patient is admitted.

STINK

Directed and Produced by Jon Whelan
stinkmovie.com

Those of us familiar with the practice of *fracking* know that drilling companies have differing toxic mixtures of chemicals, which they pump into our Earth to extract natural gas, and which are considered “trade secrets,” confirmed by congress as exempt from the Safe Drinking Water Act. It may come as a surprise that there is an even bigger legal loophole that we each are exposed to many times on a daily basis ... that of proprietary mixtures of chemicals used in personal care and, more generally, consumer non-durables.

In Jon Whelan’s quest to find out what caused the unpleasant odor in a newly bought pair of juvenile pajamas purchased from trendy store Justice, he learns that

companies do not need to disclose carcinogenic chemicals or endocrine disruptors used in the manufacture of such items. Unable to get an answer from the clothing seller, and even the manufacturer tracked down to China, he sends the pajamas to a lab for testing. (Watch the movie for the results!) Further delving into this situation reveals that products we all purchase on a daily basis hide a multitude of *proprietary chemicals* under the term “fragrance.” Although fragrance ingredients from plants are usually listed, those from chemicals are exempted as “trade secrets,” and they can contain hundreds of chemicals.

We meet a high school boy who has a life-threatening allergic reaction to an ingredient in a popular teen body spray. When the boy’s mother contacts the manufacturer to find out what substance he might be reacting to, she is told the mixture is proprietary. No further answer is provided.

We are taken through the world of government regulation, of lobbyists for industry, and how the growing rate of cancer (1 in 20 in the time of Nixon to 1 in 8 in 2015), autism, infertility, birth defects, learning disabilities might be explained by the mushrooming presence of chemicals, especially fragrances and flame retardants, in our lives and in our bloodstreams. We learn about “the precautionary principle” (that a product should be proven safe), which, surprisingly, is not followed in the U.S. We learn about Proposition 65 in California and how it is constantly under threat of repeal by chemical corporations and their paid lobbyists. This is an important film, which all should see, especially before upcoming elections. It is non-partisan, and addresses issues that affect us all.



Mark Maxwell Abushady

is an actor, singer, designer and photographer based in New York City.
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BOOK REVIEWS

QUANTUM LOVE:
Use Your Body's Own Energy to
Create the Relationship You Desire
 by Laura Berman, Ph.D.
 www.HayHouse.com

It turns out that not only are we all made of energy, but that energy doesn't stay within our bodies. It emanates out, impacting everyone around us. Most of us have learned enough about the newer discoveries in the field of Quantum Physics to know that at our atomic core all of us are pure energy. But no one has ever before applied what we've learned about Quantum Physics, atoms and energy to our *relationships*, until now. World-renowned love and relationship expert Dr. Laura Berman dedicates her research to this undiscovered topic in her latest book *Quantum Love*.

The energetic states we hold in our bodies, usually unconsciously, affect our partner and our relationship reality in significant ways. Dr. Berman lays out the science behind this in *Quantum Love* and explains how it works. Some energetic states we unconsciously hold create

positive impact in our romantic lives, while others create more of what we *don't* want and less of what we do. Dr. Berman contends that you can change everything, and create exactly what you long for in love, without your partner even knowing.

Quantum Love is the best possible experience of love, and it's available to everyone, whether you're seeking a mate, in a relationship that's struggling, or just finding that love has turned lackluster through the stresses of life. You can't go back to the honeymoon phase, but there is something so much better within your reach. *Quantum Love* lets you reach new heights of intimacy as you gain a fuller sense of purpose in life and love. Using case studies of patients she's worked with, and sharing much of her own journey of discovery, Dr. Berman provides understanding and practical tools to harness your body's energy and realize your heart's desire in love.

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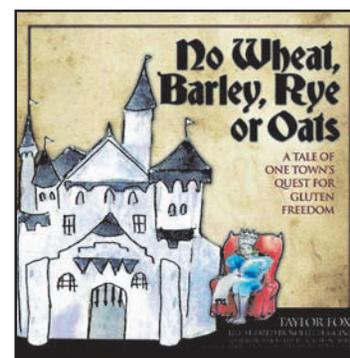
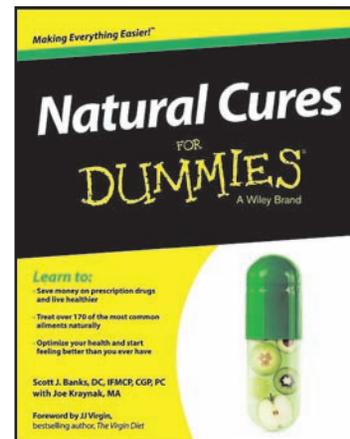
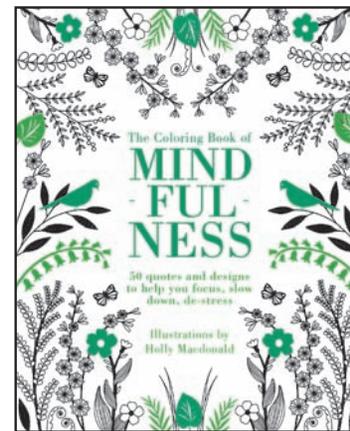
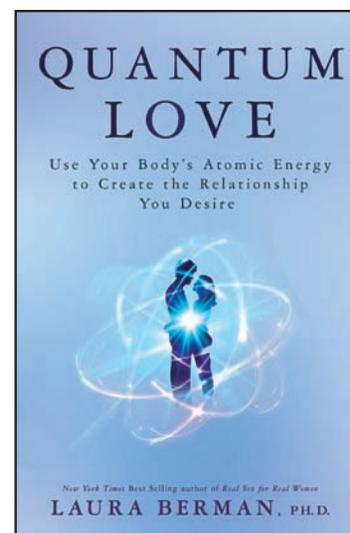
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NO WHEAT, BARLEY, RYE OR OATS: A Tale of One Town's Quest for Gluten Freedom
 by Taylor Fox
 taylorfoxbooks.com.

When gluten-eating colonists from a faraway land invade their town, the people of No Wheat, Barely, Rye or Oats are ready to fight. But are they any match for the Gluten-Eaters, who are armed with cupcakes, apple pie, and even blueberry muffins? Led by their mayor, and a team of swashbuckling revolutionaries, Buckwheat Franklin and Jelly Bean Adams, the townspeople have no choice but to risk it all. Will they lose their gluten freedom? Or will they defeat

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Taylor's book intertwines history and celiac disease, making for an informational and whimsical tale that all children – both Non-Gluten Eaters, and Gluten-Eaters alike, will find entertaining.

Proceeds from the sale of the book will benefit the Celiac Disease Center at Columbia University, where Taylor was diagnosed at age 10.

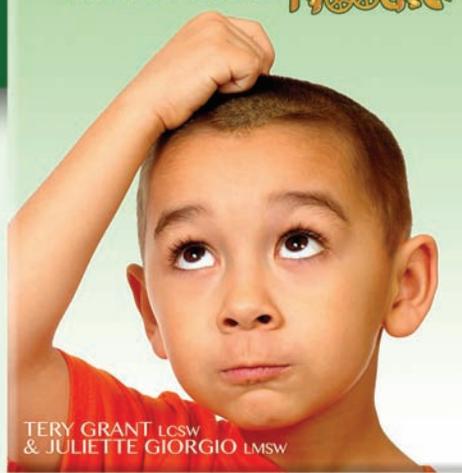
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