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*Every act is either
an expression of love,
or a call for love.*

— A COURSE IN MIRACLES

The Relationships / Winter Issue:

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TALKING OUR WALK

Every act is either an expression of love,
or a call for love.

Our February-March “Relationships” Issue headline comes straight from *A Course in Miracles* (ACIM). A delightful sign of things to come, I had selected this message before I knew Andrea & I would be attending Alan Cohen’s workshop, *Miracles in Paradise*, on the Big Island of Hawai’i.

Most of you know Alan as a regular (and favorite) contributor to CREATIONS MAGAZINE. Internationally, Alan is known as a bestselling author of many books, including *A Course in Miracles Made Easy*, *Mastering the Journey from Fear to Love*. He is also ACIM student and teacher for over 30 years, and hosts a weekly radio show on HayHouseRadio.com.

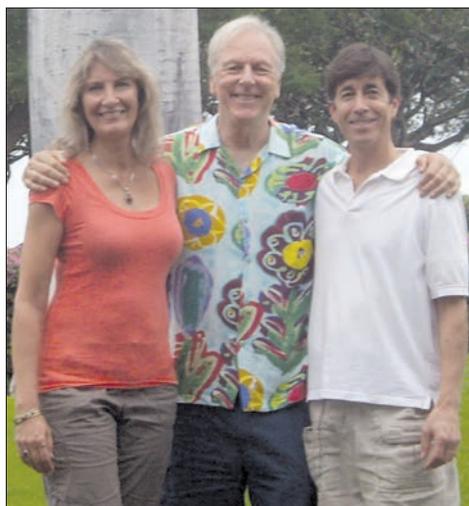
Alan explains that “*A Course in Miracles* is a self-study spiritual-thought system that teaches the way to inner peace and healing through the power of love and forgiveness. Themes include the importance of choosing love over fear, the power of the mind, and withdrawing the authority we have attributed to external sources.”

As spiritual beings (we are not our bodies), we all possess the power to transform any circumstance. We have the ability to create an entirely different outcome when we approach a situation from a state of love, rather than reacting from fear. Miracles are simply the natural outcome of choosing love.

The Introduction to the *Course* states *The opposite of love is fear, but what is all-encompassing can have no opposite. This Course can therefore be summed up in this way: Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God.*

While universal principles are relatively simple, grappling with the lessons can often be daunting. Alan, however, renders the *Course* spiritually accessible, utilizing real-life applications.

For Andrea & me, Alan’s experiential (emphasis on “experiential”) workshop was a gift of a lifetime. The Hawaiian *Aloha Spirit* is a gift to the world. *Aloha* is used similarly as *Namaste* and *Shalom*. So much more than “hello” and “goodbye” *aloha* expresses peace, compassion, affection, connection, etc.



We stayed just 10 days, and visited only the Big Island, but my initial take-away is that Hawai’i is American predominantly in name only — the culture, the language, and the vibe are distinctly their own. Hawaiians embrace a deep connection to everyone and everything, revering their ancestors and holding the land sacred. The “contiguous 48” could do well to embrace a bit of *aloha*.

The power of forgiveness is a cornerstone of both Hawaiian culture and the *Course*. *Ho’oponopono* is an ancient and extremely powerful Hawaiian transformation and healing concept. *Pono* is to “make right.” I heard Alan say, “You can’t bury the hatchet, only to remember where you buried it.” You’d be “digging” up past hurts, forever recycling the anger and pain. To forgive and never forget, is to never forgive in the first place. Holding onto negativity prevents true forgiveness. *Ho’oponopono* is to make doubly right. First, you ask for forgiveness. Second, is for the other person to give forgiveness. For an in-depth explanation of this concept, please read *Forgiveness Hawaiian Style* in our Dec-Jan 2010 Issue, <http://www.creationsmagazine.com/articles/C129/James.html>.

We close our Relationships “Talk” courtesy of the *Course*: *The purpose of all relationships is to make you happy. Appreciate and celebrate everyone, for they are lovable, as you are.*

May the *Course* be with you,

Neil + Andrea

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You and the Unloved Ones

by Georgina Cannon, Toronto, Canada

We all have 'em. Friends that we love deeply who have friends we can't stand. Extended family members who are disruptive, emotionally diminishing, or just plain pains in the butt!

If we had the choice, these people wouldn't be a part of our lives but because they are, through loving connections with others, we have to find a way of making the relationship with them work.

In general, we usually like people who are like us: same values, same patterns, same way of seeing the world. So if we can find a way to make ourselves in some way—however small—like or appreciate the person who drives us crazy, there's a possibility that we can make our life easier.

"You are kidding, right? Make myself like that idiot who drives me nuts. Why would I want to do that?"

Relax... I said, make ourselves, in some way—some way, which includes subconscious body movements, speech patterns, even breath rhythm. Because science has shown that human beings all have a need to be accepted and appreciated. We subconsciously check for similarities or differences in others. We need to find—or make — a "sameness": the existence of common ground, of common humanity. If we can make ourselves similar by something as simple as breathing in the same sequence, or talking at the same pace, or sitting in the same position, we create a deep subconscious feeling of acceptance. And the other person doesn't even know it's happening.

In *neurolinguistic programming* (NLP) jargon, it's called "subconscious rapport." All the other person knows is that they

feel more comfortable with you. You might want to read some NLP books or take some classes to find out more. I promise you, it will make a h-u-u-u-ge difference in your life, especially in your relationships with the unloved ones.

The next level of change in moving toward co-habitation on this planet with the unloved ones is listening. Really listening. Listen to the other with a view to understanding, not disagreement or

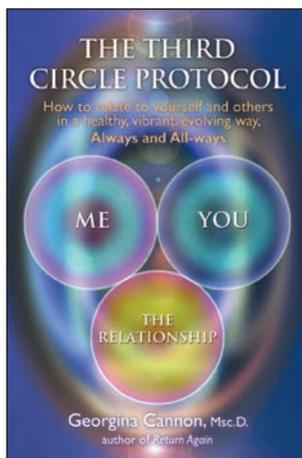
agreement. This is not the time to prove you are right and they are wrong. You are listening and learning their view of their world so that you can better understand their personal needs, hopes, dreams, and wishes. Whether or not they share the same political views or social understandings as you do, it's more important to realize where you are similar—love of family, animals, the outdoors ... whatever. Make it your goal to find the sameness, not the differences. It changes the energy between you.

Everyone wants to be accepted and respected for who they are. It's your job, as the person who wants to live in harmony, to find that place in them that can be respected and accepted

in your mind and heart. Be generous with yourself, without losing your core. Life gets easier that way. And most importantly, you retain your power – your strength. You don't lose it to anger or irritation. You are in charge! ✨

Excerpted from The Third Circle Protocol: How to Relate to Yourself and Others in a Healthy Vibrant, Evolving Way Always and All-Ways ©2016, Findhorn Press.

Georgina Cannon is an award-winning author, board-certified, master consulting hypnotist, trainer and founder of the Ontario Hypnosis Centre. For more about Georgina Cannon go to GeorginaCannon.com.



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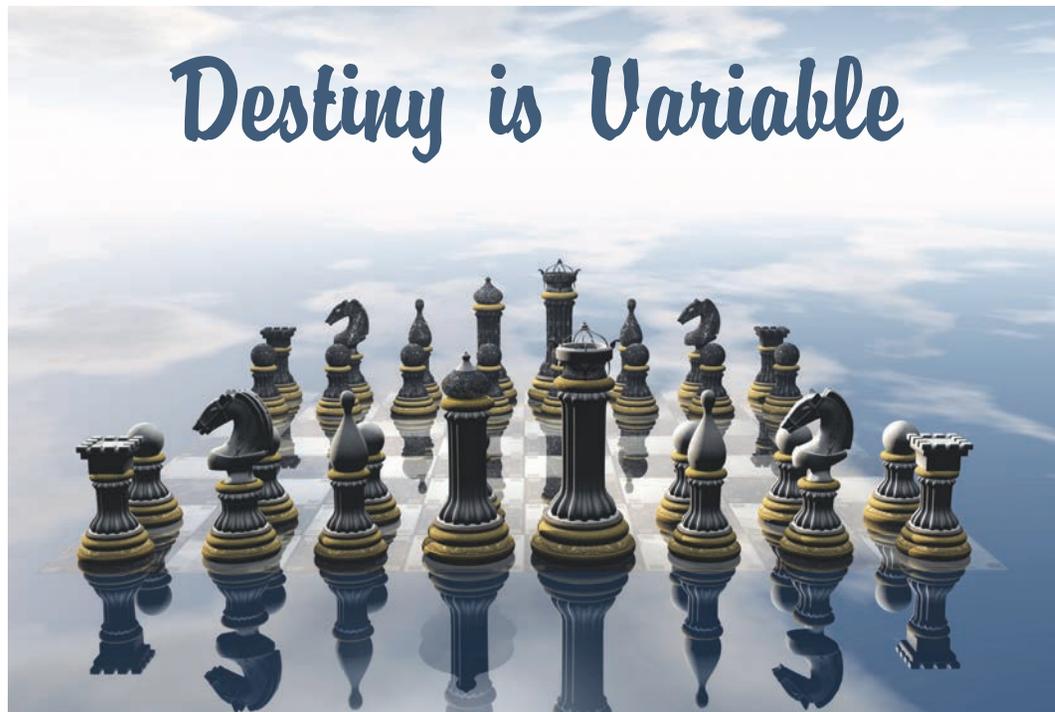


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by Owen K Waters
Texas

In the Old Reality, things were seen as opposites - black or white, hot or cold, good or bad, this way or that way. In the expanded view of New Reality consciousness, life is seen in a unified way. Opposite sides of the coin are viewed, not as polar opposites, but rather as just being different aspects of the one coin.

In the New Reality view of the world, the opposite extremes of black and white become, instead, endless shades of gray. Hot and cold become variable degrees of warmth. Good and bad become different shades of human nature; free of the judgment, resentment and fear that comes with Old Reality, polarized thinking.



In the Old Reality, destiny and free will were seen as mutually exclusive. The reasoning was that, if destiny exists, then it controls everything and, therefore, free will does not exist. On the other hand, you can prove that free will does exist by making a choice. So, as the thinking goes, if free will does exist, then there can be no destiny.

But, wait. Perhaps that choice of "free will" was really a pre-destined one. Perhaps the

person was destined to make that choice all along, so the experience of choice was just an illusion. At this point, people usually give up on the whole question because it has turned into one of those brain teasers, like asking which came first - the chicken or the egg. Brain teasers keep your mind in an endless loop until you try stepping back from the situation and seeing it in a wider perspective. The new, wider perspective allows for the inclusion of non-materialistic factors. In deciding whether the chicken or the egg came first, for example, you just have to step back and see that the chicken was designed to be self-perpetuating.

When you step back and see destiny and free will from a wider perspective, you realize that nothing has to be absolute. If every event in your life were pre-ordained, there would be no such thing as free will or self-determination. As we do have free will, destiny cannot be fixed.

Destiny is therefore variable, not fixed. Destiny and free will both exist as interwoven facets of your life. Like threads in a tapestry, they interact with each other and blend to form the outcomes that are the events in your life.

Your destiny is created by plans that you made at a soul level of consciousness. Before you were born, you made your main plan for this life. Then, the minute you were born, the rules of the game demanded that you also get a case of amnesia about the whole arrangement. Such is the game of life in the physical realm.

However, at night when you go to sleep, you can go to the deepest levels of human consciousness, review how the original plan is unfolding and make changes to your plan if desired. When you return to your physical body and awake in the morning, amnesia strikes again. Within seconds of your conscious mind returning into your

physical brain, you forget both the surface dreams and the deep experiences of the night.

Amnesia may be a part of the game we are playing in this life, but inner guidance is always available to anyone who pays attention to it. Your intuition is your link to your soul, or inner being, which is also linked to the rest of the universe and all levels of Creation.

You are never left alone to fumble in the darkness of a purely physical life. Your inner being is always there with you, expressing itself through the quiet whisperings of intuitive information. Thanks to this inner compass of knowing, you can always

sense which choice feels right. You can always tell when your life is running on plan, and you can tell equally well if you've become temporarily distracted from your plan. You always have the means to be right on course, or get back on course, and explore the fascinating themes that make up your life plan.

The most productive use of free will is to explore your true potential within the themes of your life, thus gaining the greatest possible experience from your life plan. Destiny is an influence that comes from your inner plan. There is nothing absolute about your destiny. It's a pressure that constantly seeks the best route to unfold into manifestation.

Free will provides the means to manifest that destiny in a way that provides the learning that you came here to acquire in this life. Destiny is variable. It adapts to the circumstances of your life every second of the day. As destiny unfolds, you feel it within as a sense of being a part of the flow of life, of manifesting your potential in the way that you planned for this day and that you planned for this life.

Destiny is the plan. Free will is the action. Experience is the result. ✨

Owen K Waters started his search for spiritual truths in 1963 when his interest was awakened by an out-of-body experience. In 2005 he wrote his first book, **The Shift: The**



Revolution in Human Consciousness. Owen works to enable other spiritual seekers to step forward with relative ease into a more enlightening and purposeful life in this bright new

era. He writes a weekly newsletter at www.SpiritualDynamics.net.

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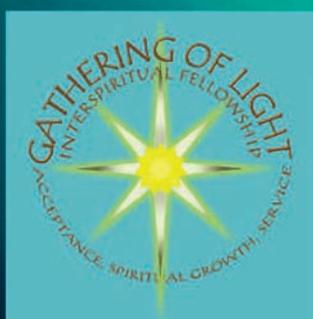
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The Beauty of Connection

by Aviva Chansky Guttman, LMSW

Have you ever wondered why our closest intimate relationships provide our deepest comfort and solace, but can also cause us to feel our loneliest, most unsupported and frightened?

Much of this contrast evolves from early socialization and romantic notions encouraged by pop culture, literature and fairy tales that emphasize the intoxicating excitement of romantic love (and even the spark of a great new friendship) and omit the important component of nourishing a relationship.

It is entirely possible for a relationship to offer ongoing warmth and security and be a source of many good things. The key is recognizing what we desire is

a sense of connection. Connection exists between any two partners in relationship but maintaining connection requires mindfulness and focus on our relationship vision. As with any mindfulness practice, the combined artistry of attention with intention allows us to create the qualities we desire in our partnership.

Nature ensures we connect through the spark of attraction. It feels so exciting and the instantaneous reduction of anxiety and sense of finding a soul who immediately recognizes us, elates us. However underneath the surface we have unconsciously bonded with a partner we will expect to help heal our developmental emotional wounds and, sure enough (because nature is ingenious!) they will have the same unconscious expectations of us. This will all emerge over time but is the very reason we see a transition from romantic love to a more routine and occasionally problematic stage of conflict called the power struggle.

An intentional relationship involves keeping aware of the goal of connection. We are together in partnership because we

want to feel a wonderful sense of security. If we keep that in mind, we can explore how to help one another feel the way we wish to feel. For example, if a partner had parents who ignored her or retreated to other responsibilities and she felt unheard, she would like to be attentively listened to by her partner. In contrast if a partner felt overwhelmed and intruded upon by his parents, he may need a lot of personal space, solitude and downtime. Both partners' needs can be met if both understand why the other needs these things and learn to express it non-confrontationally. When love is the foundation, and connection the goal, understanding differing needs can lead to compassionate understanding. ✨

Aviva Chansky Guttman, LMSW is a Certified Imago Relationship Therapist with over 25 years experience counseling couples, individuals and families experiencing challenges ranging from marital conflict, sexual and emotional intimacy, chronic



and terminal illness, special needs parenting stress, forensic home studies and other areas of suffering and difficulty. Imago Relationship Therapy offers a safe, focused and non-confrontational method of dealing with conflict. Aviva is also pursuing accreditation in Certified Sex Therapy through AASECT (American Association of Sex Educators, Counselors, and Therapists). www.avivachanskyguttman.com.

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20/20 Hindsight: How the Self-Critic Fuels Regret

by Mark Coleman
Northern CA

How many times have you made a plan, or gotten swept up in an impulse buy or extravagant purchase, then lived to regret the decision? There's a reason for the expression "buyer's remorse." What about all the things you've said to loved ones in the heat of the moment that you wish you could take back?

Did you have relationships in your teens or twenties and later wonder how you could have ever gone out with that person? Do you sometimes look at your calendar and regret booking yourself so solid and saying yes to all those projects?

Who hasn't made a decision and later wished they had done something different? It seems to be part of life. It is bad enough to feel you made a wrong decision. As bad as that is, it's even worse when your critic doesn't let you forget you "messed up" because you moved to a company that went belly up, bet on a losing stock, or chose a crazy person to date. How long has your critic been berating you for decisions you made years ago? How much unnecessary pain has that caused?

Regret is one of the stickiest places in my own psyche. My critic has been quite vocal about all the supposedly incorrect decisions I've made in the past, which makes it harder to make a clear decision without fearing the critic's wrath. "What if I make the 'wrong' choice?" I hear my mind say in anticipation of an upcoming dilemma.

Like many who have devoted their lives to inner spiritual work and not so much to making money, I have been burned a few times in my somewhat amateur investing attempts. Once in the dot-com crash in 2000, and again in the real estate crash in 2008. Predictably, my critic has something to say about my relationship to money — that I'm not to be trusted in that department. (Since that time I have mostly let others with more experience and skill in financial matters do the investing for me!)

You could say the critic has a valid point, given my less-than-lucrative attempts at investing. The problem, however, is what's implied in its critique: shame, guilt, and the assessment that I'm a failure with money and, by extension, everything else. The challenging thing about the critic's attacks is the emotional legacy they leave behind, such as fear and paralysis when it comes to making choices, and a sense of inadequacy.

Since the critic always has the unfair advantage of 20/20 hindsight, it is easy for it to dole out judgments about past choices regarding money, career, or relationships. It is not hard, in hindsight, to say what you should or shouldn't have done, what would have been a smarter choice regarding a relationship, a new job, an investment, or a second-hand car.

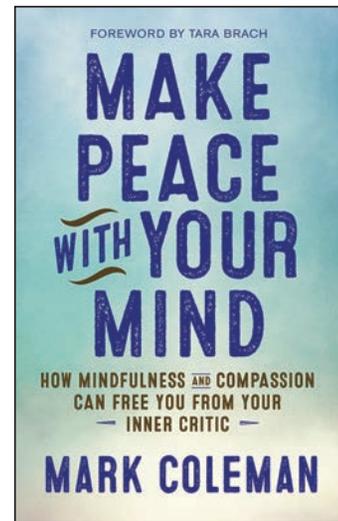
Hindsight gives us the perspective we just don't have when making a decision. And it is pointless, if not downright unfair, to blame ourselves in hindsight. Learning from past errors is, of course, necessary. But the blame-and-shame game is unnecessary and unhelpful.

Sometimes the critic thinks that if it berates us enough, we won't make the same mistake again. In my experience this is rarely true. No matter how much the critic judges me for moves I've made in the past, it doesn't help with the next decision. In fact, the critic's judgments make it more difficult to make good decisions in the future because they cloud our thinking with fear and hopelessness about the decision-making process.

There is no necessarily right or wrong decision. What seems like a good thing at one moment may be a bad thing from another perspective and vice versa. Using DDT to eradicate malaria in the United States seemed like a good idea at the time. But now we know the impact of its toxic fallout. It almost obliterated many species of birds, including the bald eagle. From the vantage point of today, we can see it was a shortsighted idea.

It is also important to remember that we try to do the best we can with the information and resources at hand. That's true of every decision we've ever made, no matter how bad it turned out to be. If we could have done better, we would have done so. It doesn't help to thrash ourselves for not knowing better; we have to give ourselves the benefit of the doubt. To understand this is very liberating; it frees us from the torment of recrimination.

The ability to let go also helps mitigate the force of the critic, which, like other aspects of the ego, wants and needs control. It believes that if it can control things, it can manage situations so we get what we need and avoid what is threatening. However, there are far too many factors outside our control to know for sure which way the stock or housing market will go or how a



relationship may unfold. Yes, we could do better and make better choices if we had a crystal ball, but we don't have that luxury.

Instead life demands that we put our stake in the ground, make our choice, and do our best to meet whatever actually happens. Of course, we would like a particular outcome, but we don't need to chastise ourselves when things don't go our way. Ideally, we practice letting go of trying to control experience, situations, and people because we realize that is never really possible anyway. We trust that we made the best decision we could at the time, we see what happens, and we learn. And if necessary, we let go.

It's important to stress that regrets resulting from 20/20 hindsight are not easy to be with. They are unpleasant, and made worse by our aversion to both the feeling and the memory

that triggers it. The experience is felt as a heaviness in the body. In the mind we may feel it as foginess and a torrent of self-judging thoughts. Emotionally we may notice it as a contraction in our heart.

The challenge with a difficult experience like regret is to have the courage to take our attention close to it and feel it, without the additional layer of self-reproach. When we can get to the root of regret, and separate the critic from the experience, we fully learn from our actions. Then we can have genuine remorse, where we see the error of our ways and form an intention not to go down the same road again. This brings a freedom that is not dragged down by the burden of chastising ourselves. ✧

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Mark Coleman is the author of *Make Peace with Your Mind* and *Awake in the Wild*. He is the founder of the Mindfulness Institute and has an MA in Clinical Psychology. Mark has guided students on five continents as a corporate consultant, counselor, meditation teacher, and wilderness guide. Visit him online at markcoleman.org.

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How to Safely Remove Your Husband's Skull

by Alan Cohen

The Jawara Tribe in the Andaman Islands has fought off nearly all attempts by civilized people to penetrate their domain. As a result, this primitive culture has retained its customs for thousands of years. Yet a few visitors have been accepted,



returning with remarkable footage of a kind of people nearly otherwise decimated from the earth.

I saw a documentary that introduced Jawara women who wear the bones of their dead husbands around their necks. In some cases, the widow totes the man's skull. The documentary's narrator suggests, "Imagine trying to make love to a woman who is wearing the skull of her dead husband around her neck." While the comment is odd, it struck a realization within me. In our culture many of us also wear the skulls, bones, or remnants of dead husbands, lovers, family members, business partners, or friends around our

necks—not physically, but energetically. We hang past memories, resentments, and upsets over our hearts such that we keep other people from getting close to us. Clinging to the past, for better or worse, manufactures a psychic armor that new people, events, and experiences cannot penetrate. These skulls might be "treasured wounds" or even treasured positive memories. In either case history overshadows the present and delays us from stepping into our highest destiny.

I heard about a German woman with a psychological disorder in which she would get stuck on a particular moment in her experience, and then not know what happened for a period of time after that. For example, she would be holding a pot of coffee in her hand and that scene would freeze in her mind even while the "movie" of her life went on. She would be pouring the coffee but still think it was in the pot, not knowing where she was pouring it. This phenomenon is similar to the Jawara skull bearers in that we get stuck on events in the past at the expense of being fully present now. Every moment in our life is a frame in a movie that keeps going on. If we fixate on a past scene, we cannot see the movie as it continues to play.

Perhaps the most familiar bearer of a treasured wound is Charles Dickens' Miss Havisham in his classic novel, *Great Expectations*. We meet the elderly spinster who was jilted at the altar many years earlier.

Miss Havisham still wears her yellowed wedding gown while the cobwebbed china for her marital feast sits on her dining-room table beside the uneaten wedding cake. Miss Havisham is the quintessential bearer of a treasured wound. Her tattered wedding dress and rotting cake serve as lifelong badges of victimhood. Daily she reminds herself of the loss she cannot get beyond, and glorifies it to the world.

Forgiveness, as taught by *A Course in Miracles*, calls us to release the past scenes upon which we are frozen. It does not ask us to overlook bad things that have happened, while still holding onto them subconsciously. It is said, "We bury the hatchet, but then we remember where we buried it." Real forgiveness means rising above the belief that we are victims, and

that any person or experience has power over our lives.

The skull and coffee pot symbols run even deeper. Many of us carry old belief systems that keep us from growing into new ones. We harbor religious dogmas, judgments from our parents, opinions pounded into us from public education, cultural stereotypes, nicknames we were called, guilt over past mistakes, and all kinds of ideas that keep us living smaller than we are and we deserve. I have studied with many amazing teachers and thought systems. At some point I had to let go of each of them to move on to a more expanded vision. Every belief system exists to be learned from, applied, and then transcended.

Consider if you are wearing any skulls around your neck or pouring hot coffee on yourself. Who or what are you holding on to? *What you hold to is holding you.* If so, take an action, communicate, do a release ceremony, pray, affirm, discuss with a friend, or do whatever you need to do to get beyond limiting past relationships, painful events, self-judgments, fears, and a sense of "small me." You are too big for that now. Such beliefs are the toys

of childhood, and we are maturing into spiritual mastery.

We honor our dead by remembering them, but there is an even more important memory we need to preserve—the remembrance of our true self. There is a you greater than your past, a deeper inner spirit that has never been touched by your personal history. This is your true self, the one you were born to know and live. We cannot carry around the bones of the dead and be fully available to embrace the hearts of the living. ✨

"The past is over. It can touch me not."

- A Course in Miracles

Alan Cohen is the author of many popular inspirational books, including his latest

The Grace Factor: Opening the Door to Infinite Love.

For more information about his retreats, free daily inspirational quotes, online courses, and weekly radio show, visit www.AlanCohen.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.

THE WORK-SHOP WOMEN'S CIRCLE— Last Monday of every month, Feb 27, Mar 27, 7-9PM. Join us as we pause our daily routine & meet to share thoughts and ideas in this sacred circle of women. FREE. Registration: www.thework-shop.com or call 631-629-4853.

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>.

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.

GENTLE YOGA with Andrea of *Creations Magazine*, 10:15 – 11:30AM at **Inner Spirit Yoga**, 24 Vernon Valley Rd., E. Northport, NY 11731. 631-262-9642. innerspiritryoga.com.

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.

MOON EMPOWERMENTS: Join Spiritual Master Dr. Scott to experience the power of the Full Moon & New Moon! 7-9pm Glenwood Life Ctr. \$36. www.heavensharmonies.com.

GROUP MEDITATION AT THE WORK-SHOP— Feb 7, 28 / March 14, 28, 6:45-8PM. Each session you will be guided through a different meditation technique. Beginners welcome and encouraged to join. \$15 investment. Registration: www.thework-shop.com or call 631-629-4853.

GUIDED MEDITATION GROUP 2/7, 2/28, 3/7, 3/21. Awakened Intuition, Path of the Soul, Inner Peace. Experienced Meditators Welcome. 7:30 – 9:30 PM Smithtown. Information, Registration: 631-724-9733 www.lightawakenings7.com.

WORKSHOP SERIES: 2/21 The Wisdom of Astrology; Understand Yourself & Others. 3/28 Your Body's Energy Channel (Chakras) & Your Health. 7:30 – 9:30 PM Smithtown. Information, Registration: 631-724-9733 www.lightawakenings7.com.

WEDNESDAYS

WORK-SHOP WEDNESDAYS— Feb. 1, 15 / March 1, 15, 29, 1-3PM. Drop in and join us in creating something new each week from wall art to decoupage! No registration required, \$15 investment. www.thework-shop.com.

THURSDAYS

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

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

FRIDAYS

HATHA YOGA 8:45 – 10AM at **Inner Spirit Yoga** (see Tuesdays).

GENTLE YOGA 10 – 11:15AM at **Inner Spirit Yoga** (see Tuesdays).

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.

SATURDAYS

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.

LEARN THE SECRETS OF THE EAST & WEST for personal transformation with spiritual Master Dr. Scott. Different topic every month. 10am-1pm. Glenwood Life Ctr. \$45. www.heavensharmonies.com.

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

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

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

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.

SUNDAYS

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.14)

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. www.innerlightcsl-li.org and <https://www.facebook.com/innerlightcsl/>. (See ad p.7)

CENTER FOR SPIRITUAL LIVING LONG ISLAND teaches universal spiritual principles that help us through life's challenges, allowing us to live more fulfilling lives. If you resonate with authors like Louise Hay, Wayne Dyer and Michael Bernard Beckwith, see their ideas come alive at CSL-Long Island. Center for Spiritual Living Long Island, 17 Maple Place, Hicksville. 10:30 A.M. 516-822-9314. www.csl-longisland.org. (See ad p.11)

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.9)

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.15)

SPECIAL EVENTS

FEBRUARY 5

PRESENTATION: THE GREATEST EVENT IN HISTORY IS NOW UNFOLDING The transformation has begun, as Maitreya, the World Teacher, and the Masters of Wisdom, inspire the hearts of humanity. Sunday, 1:00PM Still Mind Zendo, 6th Fl, 37 W. 17th St. NYC. Further info: 877 495-7744 / www.share-international.org FREE event. No registration required. (See ad p.23)

FEBRUARY 10

LECTURE: with I.J. Jerry Weinstock. "The Lovespell Secret to Creating More Love in Your Life." Friday, 8PM. Members: \$10 Non-Members: \$15, No Pre-registration Required. Levittown Hall, Levittown Parkway, Hicksville, NY, 516 731-0909, www.eyesoflearning.org.

FEBRUARY 11

ONE EN"CHANTING" EVENING – Concert, Kirtan, Dancing & Drum Circle. 7-10PM, Gathering of Light InterSpiritual Fellowship, 95 Old Country Rd, Melville, NY. Gatheringlt@aol.com or 631-265-3822. Members \$15 in advance, \$21 at door. Non-members \$20 in advance, \$25 at door. (See ad p.26)

FEBRUARY 19

PRESENTATION: WHAT IN THE WORLD IS HAPPENING? A Message of Hope in a time of crisis. The Emergence of Maitreya, the World Teacher, and the Masters of Wisdom. Sunday, 2:00PM Center for Remembering and Sharing, 123 4th Ave, 2nd fl, NYC. Further info: 718 200-7965 / www.share-international.us/ne FREE event. No registration required. (See ad p.23)

FEBRUARY 24

LECTURE: with LAURA CERRANO "Understand the Psychology of your home with Feng Shui." Members: \$10 Non-Members: \$15, Friday at 8PM. No Pre-registration Required. Levittown Hall, Levittown Parkway, Hicksville, NY, 516 731-0909, www.eyesoflearning.org.

FEBRUARY 25

YOGA DAY 2017 – Free Classes All Day: Yoga, Nutrition, Healing Services, Tarot Cards, Reiki, Refreshments & more. Yoga Darshana Center, 180 Great E. Neck Rd., West Babylon, NY 11704 yogadarshanacenter.com/yogaday2017.php. info@yogadarshanacenter.com. 631-987-8541. (See ad p.8)

MARCH 4

PRESENTATION: WHAT IN THE WORLD IS HAPPENING? A Message of Hope in a time of crisis. The Emergence of Maitreya, the World Teacher, and the Masters of Wisdom. Saturday, 2:00PM Unitarian Universalist Fellowship of Huntington, 109 Browns Rd., Huntington, NY. Further info: 718 200-7965 / www.share-international.us/ne FREE event. No registration required. (See ad p.23)

MARCH 12

PRESENTATION: THE GREATEST EVENT IN HISTORY IS NOW UNFOLDING The transformation has begun, as Maitreya, the World Teacher, and the Masters of Wisdom, inspire the hearts of humanity. Sunday, 1:00PM Still Mind Zendo, 6th Fl, 37 W. 17th St. NYC. Further info: 877 495-7744 / www.share-international.org FREE event. No registration required. (See ad p.23)

MARCH 17

LECTURE: WITH ROBERT VETTER, M.A. "Traditional Medicine for Modern Times: Native Healing Arts of the Americas". Friday, 8:00PM. Members: \$10 Non-Members: \$15, No Pre-registration Required.

APRIL 2

VOICES OF FAITH FOR PEACE— 2 1/2 hours of nonstop sacred sounding from 14 different traditions! All welcome! Sunday, 2 to 4:30 PM, Farmingdale State College, Roosevelt Building - All Purpose room. Enter at Melville road entrance

UPCOMING EVENTS

EASTOVER ESTATE & RETREAT a 600-acre sanctuary and holistic retreat center, in downtown Lenox, MA. Spring programs: March 31–April 07, 2017 Healing of the Heart Sheng Zhen Gong w Junfeng Li: <http://eastover.com/li-junfeng-2.html>. April 23-27 Dr Roger Johnke Medical Qi Gong: <http://eastover.com/roger-johnke.html>. 866-264-5139, www.eastover.com. (See ad p.26)

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How Do You Keep Your New Years' Resolutions?

Ok. So you just said and affirmed that you wanted to lose forty pounds by May 1st. How the heck are ya gonna do this? There are a million weight loss programs out there and you don't even know what to do, how to do it and where to go to get the right help. You don't want the latest fad diet or the latest famous doctor on TV to preach to you about what and when you are supposed to eat. You don't want the "one-size-fit's all-quick-fix-pill-diet" or the "every-minute-of-the-day-crazed-calorie-counting-women-diet." Who has time for all this stuff? What is the answer?

Wow! ... These are the questions many women have been trying to answer for eons. And ... the answer is? **Know** thyself. **Know** the Mind. **Know** your Body, and **Know** your Spiritual side. Having the proper motivation and proper support is paramount to a continued healthier relationship with food and yourself. Learning and being able to recognize the thought patterns that are associated with

what you are putting in your mouth is the key. Being a *Conscious Eater* will help you to stop these life-long bad habits.

The "Triple Play" weight-loss program that is offered at **Healthcare Wellness Center** can be used for any addiction patterns. We have had many success stories with habits including, but not limited to: gambling, drinking, smoking and obsessing on repetitive thoughts. Acupuncture/ Acupressure with Nutritional Counseling and some mental-emotional-spiritual support is what it's going to take. The old phrase *Mind-Body-Spirit* is the "weight-loss-ticket".

Figuring out the right food to eat will be approached by BOTH a solid "evidence-based" scientific method and a mental-emotional-spiritual approach. If all the knowledge about what you eat and how much you eat is in place but your "heart" is not into it, you will never follow through with this new "lifestyle."

Acupuncture, with the proper counseling, has this amazing energetic ability to help the nervous system and brain to reprogram itself. Many volumes of scientific evidence have been recorded to show exactly how this is done. *Endorphins* are a natural chemical (opiate-like), neuropeptide, hormone in the body that helps change the mood in the body naturally. It's like getting a "runners high." It helps to stop obsessive thoughts and calms down the mind. Endorphins are the pre-cursor molecule to Serotonin and Melatonin.

Serotonin and Melatonin are commonly known as the "feel good" hormones which help us to relax and sleep well. If we are feeling good about something, we want to repeat it. Acupuncture helps create this chemical atmosphere in the brain. The body responds to Acupuncture by moving into a *Parasympathetic* state of mind, which is a rest and digest pace of thinking, instead of the usual *Sympathetic* state — the usual (fight or flight) stressed out daily

way of living. For change to happen in life, we need to be able to recognize the old way and see the new way. The only way this is possible is if we are relaxed enough to see the problem. Acupuncture does this naturally with no medicine and it is pain-free. The "Triple Play" may be the answer you have been looking for. We approach everyone empathetically and thoroughly on a one-on-one basis.



Anthony Cerabino is a licensed Massaged Therapist, Acupuncturist and NAET (Nambudripad Allergy Elimination Technique) practitioner. He is the owner and founder of **Healthcare Wellness Center**, which is a fully-staffed, multi-disciplinary alternative medical center, located at **260 W. Main Street, Suite 13, Bay Shore, NY.** www.healthcarewellness.org 631.665.1666. (See ad back cover)

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The Practicality Of Spirituality

by Selina Maitreya
Woodstock, NY

Spirituality is very practical and there is nothing like daily life to remind us of that.

When my two boys became teenagers, I was reminded that living my spiritual values was not a lofty state to be experienced on a yoga mat, it was instead an extremely practical “lifestyle” choice. I’m sure I’m not the first mom who seemingly overnight, went from being the parent who was loved, and cherished to being viewed as annoying, embarrassing, and intrusive. When it happened to me, I was shocked, devastated, and experienced the pain of daily rejection. I also was reminded that my experience was my perception. I knew I could choose to use these difficult moments as points for my spiritual growth.

Spirituality As Daily Practice

I had been using my daily life as my spiritual practice for years. I knew it was

my job to keep myself in a state of peace. Becoming aware of my emotions and choosing to shift them when I wasn’t peaceful was a huge tool I worked with daily. This took enormous effort and life provided many opportunities to perfect this practice even before teenage years became a reality in our home.

Whenever I experienced situations where my emotional state was challenged or disturbed, I had learned that responding from one of the many physical manifestations of my higher wisdom took me immediately back to neutrality. With great effort I would respond to angry drivers with the value of patience. I invoked tolerance for my negative neighbor who found fault in everyone, and I held myself in the frequency of appreciation when it was not expressed by those I loved. It was amazing how many times a day I noticed my irritation and judgment



chaos that once rocked my world, now briefly affected it. My emotional state was no longer at the mercy of others. I was able to move through the world with ease. This translated into rarely losing my energy to situations around me, increased good health, and the ability to easily manifest my desires. Very practical indeed!

Grad Level Appears

It’s been said that each time you reach a certain level of mastery in the spiritual realm, the ante is upped. When my sons became teenagers my graduate level began. A neutral state was constantly called for as my boys became sulking teens. Progressively, each son pulled away from me. I became seen as the invasive parent when I would ask about their thoughts, feelings or activities, so with great reluctance I chose to stop asking. I invoked trust and learned to give them space. Additionally, I brought in the energy of patience with every breath I took.

When I felt that I was receiving very little love or appreciation from them I continued to deliver those frequencies in spades to both of them. Over time, I learned that my loving my boys did not rely on me having to experience love from them. My feeling of being loved could be self-generated. Instead of walking around creating lots of negative energy and wounding others I used each experience in a positive way. As a result, awkward moments dissipated more quickly, irritations rarely festered into big events and teens became loving men who once again opened the doors and let me in! ✨

A lecturer and author of two books, Selina Maitreya empowers her students through the teachings of Practical Spirituality, where students learn how to respond to their daily life from one of the many physical manifestations of love. Selina works with individuals and with groups, helping them to awaken and re-connect to their higher wisdom through their daily actions and choices. Selina has been interviewed on numerous radio programs and blogs. Her latest writings can be accessed on her website, in the new book Lifesparks, and at www.creationsmagazine.com. To learn more about Selina and Practical Spirituality go to: www.selinamaitreya.com FB: [facebook.com/PracticalSpiritualityWithSelina/](https://www.facebook.com/PracticalSpiritualityWithSelina/) Youtube: [youtube.com/user selinamaitreya](https://www.youtube.com/user/selinamaitreya)

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Frank Nichols, LCSW is a Social Worker, Therapist and Speaker practicing in Northport Long Island

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appear. As my awareness grew I realized that each judgment I held was yet another opportunity to practice shifting my state.

Emotions As Alarm Clocks

When I was in the grocery store, in a rush, I’d hit the express line and would always seem to end up behind the shopper with a basket full of items. I’d begin to judge them harshly and immediately feel my irritation start to build and my heart rate rise. I was creating the stressful feelings. But my emotional state was my alarm clock. As soon as I recognized that I was out of alignment with my spiritual values I’d ask myself, “What face of love can I deliver to this person and give to myself?”

I’d begin to actively bring compassion into my body remembering a time when I too had forgotten to read the sign and ended up in the wrong line with people growling behind me. I’d invoke understanding and remind myself that the person in front of me in their haste had simply made a mistake. My mood would start to shift, and I would take a long slow breath and return back to my neutral state. Truth be told, my humanity did not always enable me to respond to all from a loving place. In the times when I could not be kind to others, I’d give myself Grace. Kindness prevailed.

My habit of living my spiritual values was extremely practical. Over time, external

Ancient Indian Holistic Wisdom: Treating the Root Cause of All Dis-ease

by Vera Kaur

The human body is a latticework of energies, vibrating at different frequencies, encompassing the physical, mental, emotional and spiritual aspects. It has been perfectly created to function optimally, providing we observe the laws.

When we divert from these laws through breathing polluted air, eating food far from its natural state, drinking chemical-laden water, ingesting toxic medication, smoking cigarettes, drinking alcohol, using inorganic body and household products, being exposed to electromagnetic pollution and even thinking negative thoughts, energy imbalances result within our physical, mental, emotional and spiritual body, creating dis-ease.

The symptoms of our dis-ease are merely the body's innate method of correcting the imbalances within, to allow us to return to our natural state of wholeness. When we attempt to treat our dis-ease through the administration of medication, we are merely temporarily suppressing the symptoms. We are not addressing the root cause of our dis-ease. The medication causes further imbalances, disrupting the body's natural immune system, which is rarely given the opportunity to fulfil its role.

Over a period of time, our initial dis-ease re-appears with more serious symptoms, our body, once again is attempting to

correct the imbalances within, to restore the healthy flow of energies. Our new symptoms are diagnosed as a new dis-ease, stronger medication is administered and the vicious cycle continues.

The traditional energy healers of India had a wealth of knowledge on how to diagnose, treat, and cure dis-ease by natural methods, and through the generations, a great deal of this ancient wisdom has been kept alive.

Ancient Self-healing practices include:

Acupressure

Diagnosing and treating the root cause of dis-ease, by applying intermittent pressure on areas of the hands and feet that correspond to specific glands, organs, nerves, etc. This regulates the vital energy within the body part, empowering it to function optimally.

Mudras

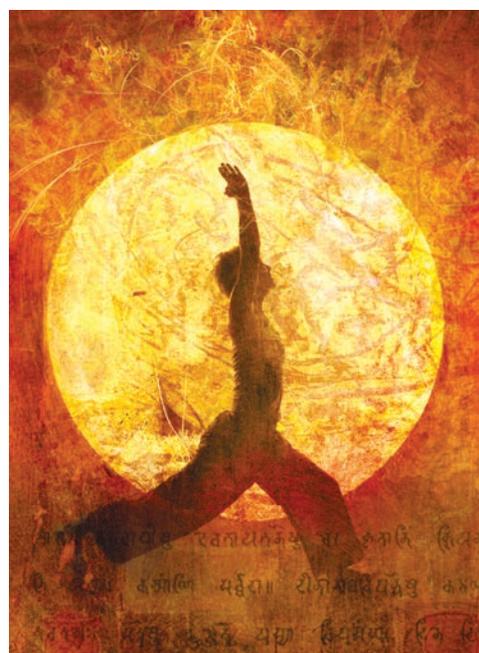
Balancing the vital energy throughout the body by joining different combinations of the fingers and thumbs. This allows the elements to regain equilibrium to encourage our body's natural healing response.

Pranayama

Controlling the breath by different techniques, to increase the vital energy within the body. Our breath is the life force that flows through each cell of our body, and by expanding our life force, we can harmonize with the life force of the universe.

Meditation

Quiet the body and mind through awareness, to enter a deep state of tranquillity. This allows us to re-connect with our true selves, to release negative



thought processes and deep-rooted emotional pain to experience inner peace and contentment.

Chanting

Repeating a mantra (word or sound) to detach from the external world, bring our awareness to the present moment, to experience the essence of our being. This resonates with the physical, mental and spiritual aspects of our body to awaken our latent healing energies.

Chromotherapy

Applying specific colors to the body to heal imbalances. Each color possesses its own unique energy vibration and carries its own healing property. Color can be absorbed by our body through our chakras by sunlight, water, the earth's natural stones or visualization.

Crystals

Placing the earth's stones within the body's magnetic field, to restore the flow of healthy positive energy within and around the body, by removing toxic, negative energy. Each crystal possesses a unique

chemical make-up that determines its healing property and appearance.

Barefoot Walking

Walking on natural earth, barefoot to draw upon the unique energy source that lies within the earth. The earth is composed of minerals and its energies resonate perfectly with the body's energies. Walking barefoot charges the entire being with the vital healing force of the universe.

Yoga Asanas

Physical postures, each of which has specific physical, mental, emotional and spiritual benefits to unite the body, mind and soul. As our physical body becomes relaxed, flexible and open, this promotes a similar effect on our mental and emotional body.

Healing Visualizations

Creating positive images of healing within the mental body, which allows the emotional body to respond by becoming receptive to healing, which subsequently initiates the healing process in the physical body. Our body and mind are intricately connected, which allows our thoughts to have a direct influence on our physical health.

In today's fast-paced world, as we strive to create balance within our bodies and harmony within our lives, we can benefit enormously from these ancient self-healing practices to instill physical, mental, emotional and spiritual wellbeing. ✨

Vera Kaur is of Indian origin. She grew up with holistic therapies and lived in the ashrams of India, where she observed the practices applied by the traditional energy healers. Vera would like us all to be empowered with this ancient wisdom, to take responsibility for our own health and wellbeing. Through her dreams and meditations she was guided to write her book, **Diagnose, Treat, and Cure All Dis-ease with Traditional Indian Holistic Therapies**. www.verakaur.com.

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

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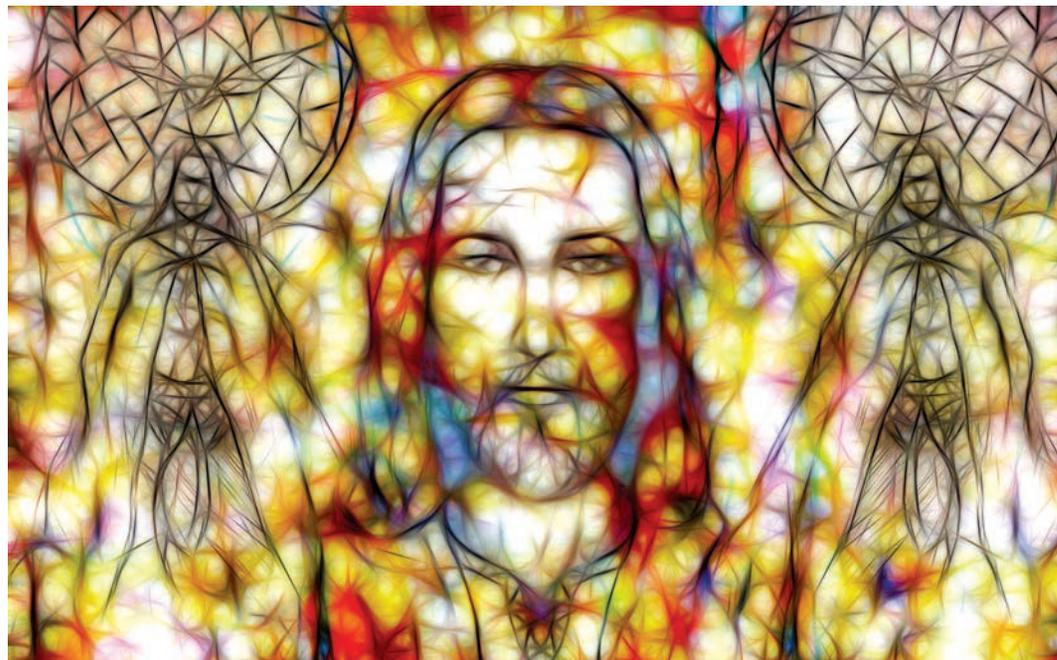
Reaching Your Highest Spiritual Experience

by Michael Peter Langevin
Nellysford, VA

What is the most spiritual experience you have ever had? What is the most spiritual experience you could imagine? What might be keeping you from having the most expanded, spiritual experience your imagination is capable of?

For many people the idea of the highest vibrational, life changing, spiritual state of mind, where they can talk to **Ascended Masters**, heal themselves, or talk directly to loved ones who passed over, continues to be an idea, rather than a reality. But this idea is not only possible, it is happening to people as you read this.

Many of us have heard it said that the vibrations of the planet are rising. This time in history has been called *The Age of Aquarius*. These times we live in have also been called *The New Age* and *The Golden*



Age. It has been said that this is a time of the spiritual ascension of planet Earth—that the spiritual vibrations are raising for humanity. We are, in fact, living after the end of the Mayan Calendar, something many speculated would be the end of the world. This obviously not being the case, the question should perhaps be, the end of what world? Maybe it is all about a time

when people reclaim their own personal spiritual experiences, and hierarchical religions either have to adapt or see themselves become obsolete. A time when we no longer need cheap distractions, and corporations spoon feeding us, but when we take back the power of what kind of world we see and communicate with.

Throughout history, religious leaders have claimed visions of spiritually evolved beings and brought their messages back to the masses. Today, there are lots of books, events and information dealing with the Ascended Masters and their messages to humanity, often brought through by someone with a gift for hearing their wise words. But do we really need an intermediary to speak to these wise beings? If the setting is right, maybe we all can talk to Jesus, Buddha and Quan Yin on our own.

I attended a *Soul Ascension Event* in Charlottesville, Virginia recently, where most of the audience had strong spiritual experiences and many had visions of the Ascended Masters. The facilitator of the event was David Young, a two-time Grammy nominee for his lovely flute music. He uses his music and leads guided spiritual journeying exercises, which act as catalysts to bring people to states where they can experience some amazing things.

I asked David Young about how this began happening at his events. David smiled when he answered me, "It was strange for me when about a year ago three people at an event all saw Jesus standing in the same spot in the room. My logical mind did not know how to handle this because I didn't know that was possible. Then Mother Mary started showing up apparently because she and Jesus were friends. Then Buddha, Lao Tzu, Lady Quan Yin and Gandhi started showing up." If Ascended Masters are appearing to people in David Young's

events they must also be appearing to people elsewhere.

Now we have evolved to a higher spiritual level than ever before, and meditation has become mainstream, fear and control that religions have had over people for thousands of years is not working anymore. So instead of people being afraid of sharing their spirituality because of fear of persecution, or imprisonment or torture, people are opening up and sharing their spiritual experiences with others. When people hear these things it opens up possibilities of what their own potential is, and liberates and inspires those already having experiences to share as well.

The Ascended Masters said that people should enjoy their lives and not spend so much time worrying. They call themselves equal to earthly humans, and are often lighthearted and funny. One of the most important messages that they have brought through is that they are reachable and accessible to anybody. They will share their wisdom and love if we but only reach out to them.

This is a unique time on Earth. I urge everyone who reads this article to know that they can set their intent and communicate with Ascended Masters, angels, and their deceased loved ones. Due to the rising vibrations of the planet and intensifying time of choices for humanity, guides and high vibrational spirits are all lining up and are more available than ever to be called and communicated with. ✨

Michael Peter Langevin is the Co-Publisher / Co-Editor with his wonderful wife, Sofia of *The Echo World Print Magazine*. He was the publisher/editor for twenty-seven years of *Magical Blend Magazine*. Michael was also the publisher/ editor of *Natural Beauty and Health Magazine* and *Transitions Magazine*. He has authored three books: **Spiritual Business**, (Hampton Roads), **Secrets of the Ancient Incas**, (Caree Press) and **Secrets of the Amazon Shamans** (Cross Roads Press). Michael Peter is a freelance writer; he may be reached at MichaelPeterLangevin.com.

David Young has presented 157 Soul Ascension Events around the country. The soothing music of his flutes, along with inspired, guided meditations, lead most participants at the events to what they report as the most profound life altering experience of their lives. David's Soul Ascension Event's are scheduled across the country for the year of 2017. www.davidyoungmusic.com.

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Animals and Spiritual Evolution

by Barbara Y. Martin & Dimitri Moraitis

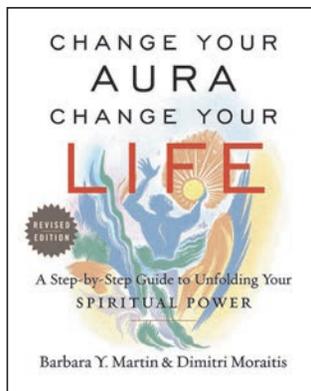
Animals play an essential part in the grand plan of life. Yet too often, we think of animals simply as things to serve us when in fact, they have souls and are on an evolutionary path just as we are.

Animals look up to humanity for love and inspiration. We in the human kingdom have a sacred duty to help them in their spiritual development. Evolution unfolds at every stage of life—mineral, vegetable, animal as well as human. Just as the angels and archangels help us in our evolution, humans are meant to help the animal souls.

When you take in an animal as a pet, it's not just for your pleasure. You are giving that animal an opportunity to develop spiritually. Animals are like spiritual

sponges. They absorb and are uplifted by the love you give them. If you have a farm or ranch, you have an even better opportunity to help. Organizing a rescue shelter or adoption organization, becoming a veterinarian, (Editor's note: also living a vegan lifestyle) are all ways to contribute to the welfare of animals.

Metaphysically speaking, animals have auras. They're not going to have as large or as complex an aura as humans, but they have strong auras just the same. A cat, for example, will usually have an aura that reaches out about a foot in all directions. The colors will often be pink, red, and yellow. A dog will have a slightly larger aura, extending maybe a



foot and a half. Blue, red, and pink are often seen in a dog's aura, especially if it's loyal. The aura around a horse will be even larger, extending three feet in all directions

often with green, yellow, red, pink, blue, and violet spiritual colors. An animal's aura changes depending on its feelings and moods. They express anger, fear, sadness, and joy in their auras like humans do.

Animals are instinctually psychic. They can often see spiritual energies around each other and people.

They can even reach a place of tuning into their own higher nature. In this way, they go through a type of enlightenment and take on qualities we would start to identify

as human. In many ways, they are more in tune with the spiritual realms than us — until we have learned to awaken our spiritual nature.

Animals serve the divine in so many ways, but mainly by the giving of themselves. Humans gain strength and support from this miraculous part of nature. So, do your best to honor your relationship with the animals. Help them and let them help you. In turn, you will be fulfilling an essential part of the divine plan of life. ✨

Barbara Y. Martin and Dimitri Moraitis are cofounders of Spiritual Arts Institute. With over 40 years of clairvoyant experience, they have taught thousands to better themselves by working with the aura and spiritual energy. Their award-winning books include **Communing with the Divine, Karma and Reincarnation, The Healing Power of Your Aura**, and the updated edition of the international bestseller **Change Your Aura, Change Your Life**. www.spiritualarts.org

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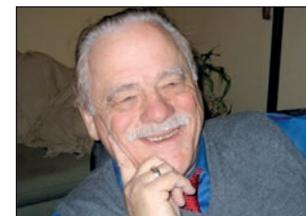
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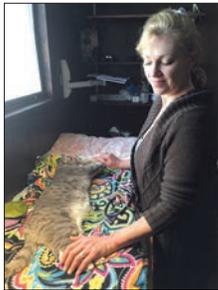
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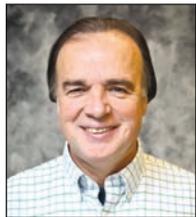
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Why Do Yoga?

by Baron Baptiste

At a certain point in the early days of my practice, I realized that I lived my life in a box. As someone who was committed to success and growth, I would persistently explore the opportunities and various pathways to better myself and my life, but only within the limits of that box.

I would even explore the different outer edges and the corners of the box, but still I was limited to what's available inside the one box I called "my life as I know it."

What the practice of yoga gave me is the ability to create new alternative boxes for my life rather than being limited to just doing more of the same things inside the limits of the same box, or doing the same things better or differently—which is really just improving things inside the same box. I realized that yoga practice is about creating new boxes for yourself that contain as-yet-unseen possibilities for elevating the quality of your life.

Outside our usual box of "life as we know it," we see and hear differently. One of the most powerful skills I began to develop when I stepped outside the box of my own created reality (i.e., "my life as I know it") was the ability to listen and truly notice the details of the world around me. I began to observe people close to me and the people I worked with through new eyes and ears, as if I were watching a film. I began to observe their bodies and movements and the ways they engage in conversations, cook, work, walk, sit. I started to really see how they moved on their mat through poses.

And I also began to observe myself. I saw that typically people bring themselves to yoga to get fixed . . . to get rid of their problems . . . to get happy. And I saw that I was one of those people, too.

Back then, I had an almost superstitious belief that yoga was the ultimate fixer. By all appearances, my life and asana practice looked pretty good, but way down deep I had a fundamental belief that I wasn't okay. I felt there was something wrong with me, and this disempowering belief

was the lens through which I viewed all of life. Skillful at wearing masks, I hid this deep, dark, dirty truth about myself from everyone.

Being a "seeker of growth" seemed like a positive characteristic to have, so I threw myself into my yoga practice and studies. *I now know that traveling my spiritual path was a sophisticated way to cover up the feeling that I was broken. I kept seeking, believing if I found the right guru and the right yoga teachings, all would get fixed within me and all my problems would disappear.*

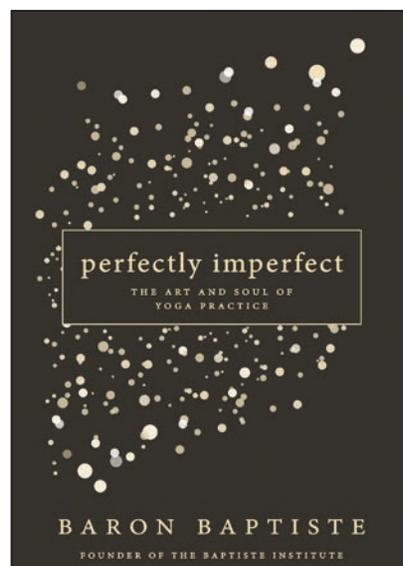
After several thousands of hours on the mat, and years of daily meditation, I reached a surprising and important personal revelation: no one *needs* yoga. Including me.

The only things you and I need to physically survive as human beings are air to breathe, water to drink, food to eat, and shelter from the elements. To function emotionally, we need someone to love and someone to love us. Spiritually, we need to feel some sense of self-respect and the admiration of others. When these basic human needs aren't filled, we don't do well. Any human being can meet these needs without ever doing a yoga pose.

This insight was huge for me, and it started an inquiry of "Why do yoga?" Really, I wanted to know: What was available from this ancient practice beyond the obvious physical benefits?

I realized that the deeper aim of the practice is not to solve problems and that there is, in fact, nothing to fix. Although many of us have had the experience of having some of our issues dissolve in the heat and flow of moving through poses, the point of the practice is not so yogis can work on or get rid of their problems.

When I went beyond the physical emphasis of the practice, it became about those exceptional and rare times in life when I had the experience of being absolutely whole, complete, and at perfect peace with myself and my surroundings. I don't mean the kind of gratification we experience



when accomplishing a goal or attaining something we desire. I am speaking to the experience of being absolutely aligned in oneself, with nothing being "wrong" about what is exactly as it is, and nothing lacking. This is true north alignment.

Each of us has experienced moments of true north alignment in our lives: those moments when we are fully alive in body and being, connected to all of life. In such true north moments you experience that the pose, and all of life, is perfect exactly as it is. *In such moments we have no urge for the pose to be different, or better. There is no lack. There is no sense of disappointment or*

comparison to what should or should not be, no sense that the pose is not what we worked for. In these moments we feel open, undefended with no need to protect. There is no urge to hold on, consume, or collect. We are aligned with and flowing from our greater purpose. Such moments are perfect as they are, for however long they may last.

As I stayed in the inquiry of "Why do yoga?" I saw that people function successfully in life without such moments, too. Like the practice of yoga, such

moments are not necessities. They aren't something we "should" have or do, and they aren't necessarily even "good for us," like taking vitamins or exercising. They do not make us any better or smarter or sexier or more successful than anyone else. **These true north moments—these experiences of being perfectly whole—are sufficient unto themselves.**

Beyond the physical benefits, and even beyond the true north alignment moments, one finds something else in yoga: the opportunity to discover that space within yourself where such moments originate—actually where you and life originate. You shift from being a character in the story of life to being the playwright authoring the story creatively, consciously, freely, and totally. In an even broader sense, you become the space in which the whole story of your life occurs. ✨

Excerpted from Perfectly Imperfect by Baron Baptiste, published by Hay House (2016), available in bookstores and online at www.hayhouse.com

For more than 25 years, Baron Baptiste has devoted his life to creating and sharing transformational yoga practices and programs. His Baptiste Yoga methodology is offered through workshops, books, yoga teacher trainings, and his continued work with non-profit organizations. His approach to yoga has been a catalyst for society's acceptance of yoga as a popular practice and is now being used by millions of people globally. www.baptisteyoga.com.

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POETRY

Season of Stillness and Stars

by Patricia Soper, Patchogue, NY

Winter calls you inside,
invites you to snuggle close to earth,
beneath the turbulence of life...
to explore the depths of your soul.

On snowbound days,
embraced by sweet, unblemished stillness;
at dusk, as silvery skeletal branches
frame crimson sunsets;
at night, when distant stars sparkle
in the cold, black sky,
go deep.

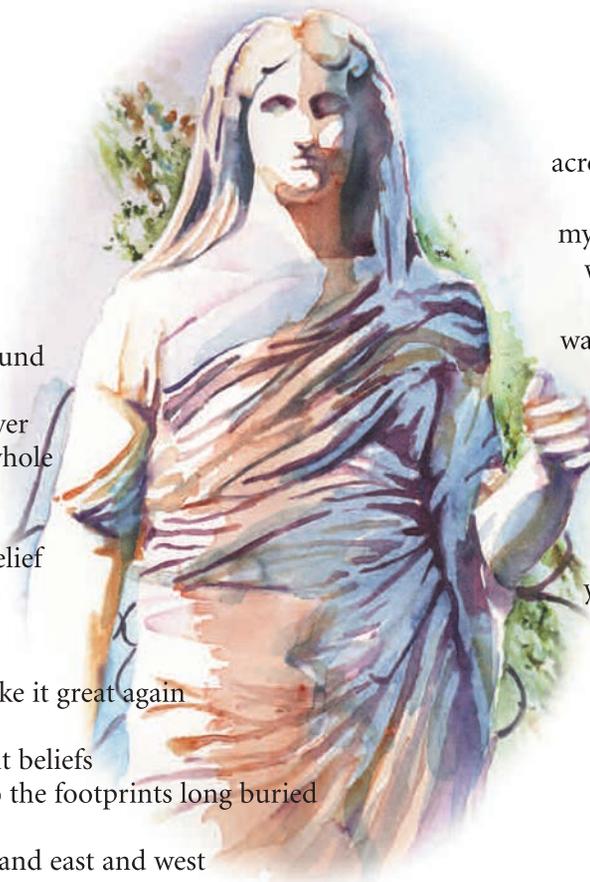
Inspired by nature,
cocooned in your chrysalis,
shed your colors and costumes.
Return to your stark, bare essence,
letting truth reveal itself.

Give time to musing.
Listen to the whisper of buried hopes.
Protect and nurture the seeds of longing,
the dreams that may awaken in Spring.
Warm yourself in reverie...
and wait.

Origin of Greatness

by Rhonda Weiss, New York City

Whose country is it anyway
Can you tell
When the original footprints Are still unfound
Possibly lost to time
Is it the possession of those who crossed over
When the land mass was part of a bigger whole
Was it from north or south, East or west
Was it from a time
When the one god was the predominant belief
Or a time of a belief in a pantheon of gods
Or no gods or just animism
Where are these original people
That you seek to return our country to make it great again
I look around
I can not tell who has the right face or right beliefs
I can not see back beyond my footprints to the footprints long buried
But I know we are all the children
Of those who came from north and south and east and west
In an order that is not relevant
They are all our ancestors
And we are all great
Because although land masses shift
They keep coming back together
As our Earth
And we are all the children of the earth



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We

by Maureen Bourque, Nashua, NH

The curve of my hips as I lay alongside you
Are the flows of my rivers running deep within me
My sensuality is unbounded waves of passionate caresses for me
Rhythmic ripples and concentric rings of who I am
Listening to my heart song
I honor my soul knowing I am grounded in God's Love for me
Our union is a blending of both our soul's male and female
God's Love be no other
Both God and Goddess



Haiku

by Gerald Starlight, New York City

There shines a light
Living inside your heart
There is always love

You

by Michele Gelboin, La Jolla, CA

like
feeling in the dark
for a plug in the wall
I carve my initials
into the bark of night
seeking connection
across the veil of time and space
with you who cradles
my poems between your palms
who remembers the words
and sings the melodies
wafting through bare branches
to you
who I was
and will be
like light
I cannot hold you
but let me feel
your hand on my forehead
strum me to sleep
that I may
erase
the blight
of this life.

This Life

by Fred Byrnes, Huntington Station, NY

We once loved long ago
more deeply than necessary
in the twilight of younger dreams
When I bought a motorcycle
the same week a biker
rode into the obituaries
after sliding through
a pile of wet leaves
You saw tombstones in my eyes
and sternly ordered:
"Get rid of that thing"
A couple of weeks later
riding wild on Jericho Turnpike,
sixty miles an hour through the night
I began kicking at the hubcap
of a car that drove too close
The next day I got rid of it
You were right
some of the time
Nights find me now listening
to the tick-tock darkness
of a wall clock while
eyelids shut brain-movie-visions
of your long red hair flows
lava hot in younger twilight dreams
that the blistering swift
passage of time cannot melt
And in this darkness
I whisper your name slowly
like the caress of silk softly
over my tongue I whisper
your name, your name . . .

Ali

by Will Hutchins, Glen Head, NY

With his wits and mitts
Ali had a dream: A world
without guns and wars

"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

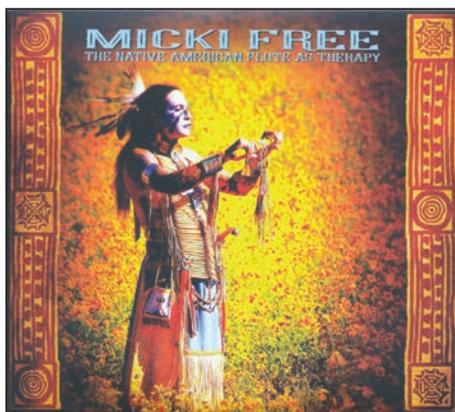
MUSIC

THE NATIVE AMERICAN FLUTE AS THERAPY

Micki Free

Written, produced, arranged and performed by Micki Free
mickifree.com

Micki Free makes an offering of three discs in this album. The first two discs consists of 6 tracks each, presenting lovely arrangements of very well-executed Native American flute, backed with various dreamy sounds – synthesized, from acoustic instruments, and from nature. Each cut begins with a thoughtful, and in some cases, meditative, spoken word introduction. Titles include *White*



Candle Light, The Healing Bath, Positive Energy, Essential Oils, and Sacred Sage. An exception is a beautiful arrangement of Neil Young's *Down by the River*.

The third disc treats us to a music video of *Lavender Kiss*, which includes a visual nod to Prince and *Purple Rain*. Micki Free is responsible for all lead vocals, Native American flutes, guitars, Comanche gourd rattle, Cherokee deer toes, bells, chimes and shakers. He is joined by Brother

Paul Brown on Hammond B3 organ and Fender Rhodes suitcase piano, April Brown on Native American Flute (for the duet on *Sacred Sage*) and background vocals, and Trish Bowden (background

vocals). This one is just what the doctor ordered (or should have!). An excellent selection.

FILM

SISTER JAGUAR'S JOURNEY

Executive Producer: Sandra Morse
Directed and Produced by Sande Zeig
sisterjaguarsjourney.com

Sister Jaguar's Journey is a short, engaging film about the life story of Sister Bisignano, a Dominican nun who, though driven to positively contribute to the world, did so with a heavy heart, internalized bitterness and an anger she seemed unable to shake.

The film is fairly fast paced, touching quickly upon Sister Bisignano's difficult, challenging home life and time as a novitiate. As she moved into the world to do her ministering/teaching, starting a number of laudable schools for the underprivileged, it appeared on the surface that all was successful. Unfortunately, her work was informed with unresolved anger and resentment. In the quest to free herself of the negativities of her past, she accepts an invitation from Executive Communications Coach and friend Sandra Morse to travel to Ecuador's Amazon River basin and rainforest to spend time in nature with the Achuar people.

As the area's native inhabitants, the Achuar culture is centered on Mother Earth (*Pachamama*), and making use of plants in nature-based rituals for healing and enlightenment. One of these is the famous *Ayahuasca*, a hallucinogenic tea made from the bark of these huge tropical vines. Sister's experiences in the rainforest include the ceremonial use of *ayahuasca*, the effects of which she openly shares, and describes as a "chemical, biological and spiritual" transformation that truly turned her life around.

There is a book, by the same name, upon which this film is based. After viewing the film, I hope to read the book as well, as the film left me wanting more. That's a good thing. Her story is full of hope and is wonderfully honest in the telling.



Mark Maxwell Abushady

is an actor, singer, designer and photographer based in New York City.
www.markmaxwellabushady.zenfolio.com

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"My coming portends change; likewise grief over the loss of old structures. But, my friends, the old bottles must be broken - the new wine deserves better." -Maitreya

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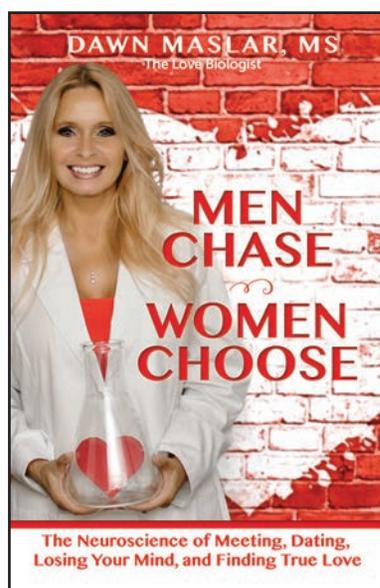
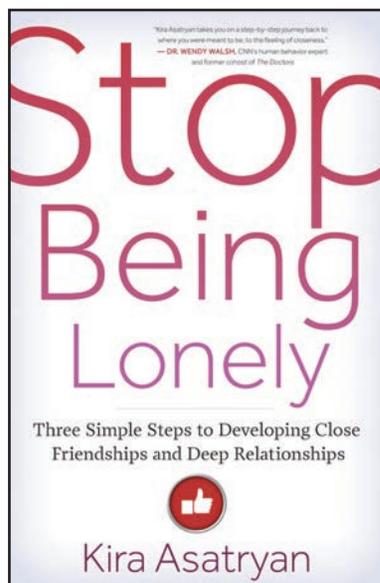
& PRODUCTS

STOP BEING LONELY: Three Simple Steps to Developing Close Friendships and Deep Relationships

by Kira Asatryan
www.newworldlibrary.com

We're more connected 24/7 than ever through texting, and all that the world of social media has to offer. Ironically, despite this "connectedness," we are also more lonely. Relationship coach Kira Asatryan says we are lacking actual connection to others, something she calls "closeness." Asatryan says that closeness is the foundation of all happy and long-lasting relationships, whether romantic, platonic, familial, or business. *Stop Being Lonely* explains that all relationships lie somewhere on the spectrum from distant to close — and the closer to "close," the better the relationship.

If you post something on Facebook, 93 people may like it, but can you call any of those "friends" when you need a last minute favor? All too often we're over-stimulated but undernourished in relationships, and the result is that we feel lonely despite all the interactions we have on and off line. Every day, we interact with people, establishing relationships as teacher, coworker, business partner, student, sibling, parent, child, colleague, and friend. Each of these relationships offers the potential for genuine connection. Closeness is unique among relationship concepts because it can be created between any two people who want it. Two simple actions can create more closeness in any relationship: *knowing and caring*. Learn to listen and get to know the other person; as you do this, you'll begin to care and develop the "closeness" that is the opposite of loneliness. www.StopBeingLonely.com and www.KiraAsatryan.com.



MEN CHASE | WOMEN CHOOSE: The Neuroscience of Meeting, Dating, Losing Your Mind and Finding True Love

by Dawn Maslar, MS
www.hcibooks.com

A question that seems as old as time comes closer to a definitive answer - What is love? In *Men Chase | Women Choose:*

The Neuroscience of Meeting, Dating, Losing Your Mind and Finding True Love, Dawn Maslar, MS, provides insights into one of life's most elusive and misunderstood topics by offering science-based research to help anyone discover and sustain love. The "love biologist" has been using her cutting-edge research to describe how the brain works when two people first meet, start to date, fall in love, and then move on to a more passionate, lifelong love.

Maslar explains, how love is a biological need, the "natural laws" of love, purposes of the brain's anatomy, and how testosterone and other biochemical differences between men and women affect how we love. She reasons that once we understand how love works, we can make educated decisions, addressing:

- Does love at first sight really exist?
- Who should make the first move?
- What happens to your brain when you fall in love?
- Why won't he commit?
- Why does love make us crazy?
- What can you do to have love that lasts a lifetime?

BUDDHISM FOR COUPLES: A Calm Approach for Couples

by Sarah Naphthali
tarcherbooks.com

Buddhist practitioner, Sarah Naphthali explores how to apply Buddhist practices to our lives so that we may learn to be

more calm and self-aware in our relationships. In distressed couples, individuals typically blame each other and fail to see their own role in any problems. We sit around waiting for our partner to change, to correct their faults and see that life would be much easier if they would stop doing this and start doing that. Most likely they might be doing the exact same, and we've reached a stalemate driven by the negativity bias. Sound all too familiar?

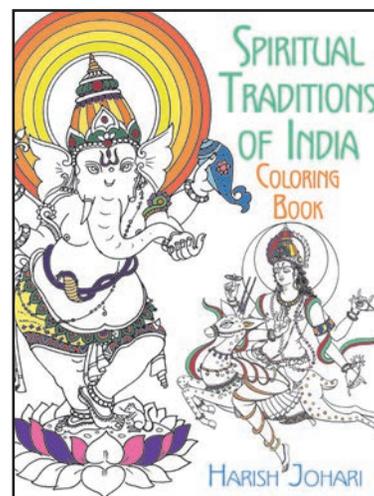
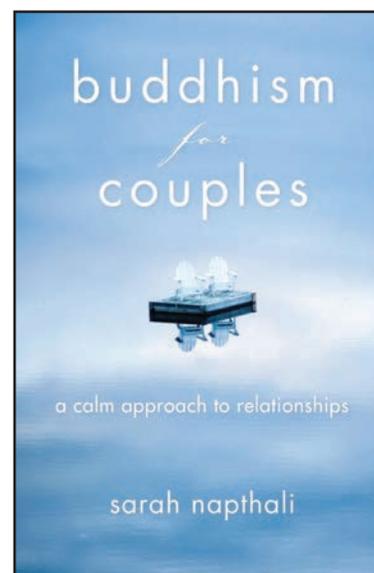
Expanding upon the principles shared in Buddha's Four Noble Truths and the Noble Eightfold Path, *Buddhism for Couples* guides us to delve more deeply into our psyches and reflect on the state of our relationship to help prevent that most stressful of events: relationship breakdown. Written with humor and compassion, this new book provides a fresh approach to the loaded subjects of housework, anger, sex, conflict, and infidelity, and introduces Buddhist strategies that can enrich a relationship. Through mindfulness and ever-growing self-awareness, we begin to see our behavior more clearly and relate to our partner more lovingly.

SPIRITUAL TRADITIONS OF INDIA COLORING BOOK

www.InnerTraditions.com

Combining classical Indian art and profound spiritual insight, the *Spiritual Traditions of India Coloring Book* contains 42 full-page illustrations as well as decorative borders and geometric designs from Indian artist, spiritual teacher, and bestselling author Harish Johari. Included are Sanskrit Chants & Prayers with Phonetic Translations.

Use the chakra imagery to help balance your energy body; power yantras to enhance health, prosperity, peace, and love; and the illustrations of Hindu gods



and goddesses—such as Ganesha and Kali and the gods and goddesses that rule the planets—to remove obstacles and open your heart. The meditative act of coloring these timeless Indian images also kindles an appreciation for the sacred geometry embodied within these works of art and their transformative effects on consciousness, further enhanced through the use of chants.

PRODUCT REVIEWS

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reddbar.com

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Junfeng Li – Healing of the Heart with Spiritual Qigong Master

In contrast to over 2500 years of wisdom gained from meditative practice and evidence, the relatively short recent history of science — much of which is based on assumptions relating to static matter, is now perceived by most people as the golden rule by which we are meant to judge whether any theory/illuminating idea is valid or not. Western medicine is largely confined to this rigid “box” we humans have created with this limited knowledge. The amount of money required by the medical community for finding cures based just on this “boxed knowledge” has increased costs for the average person seeking medical attention and even health insurance – making both unaffordable for many.

Meanwhile, there are certain things which science has no tools to measure. Many QiGong masters like Junfeng Li, receive gifts of teaching and transformation from Divinity itself and are being called upon by the divine to transmit this knowledge to enlighten others and help alleviate suffering.

Master Li was head coach of China’s National Martial Arts Team, 100+ kids won

gold medals with him. He acted in, and directed several martial arts films, and was an overnight sensation for playing the main role in the very popular film “Wu Ling Zhi” - Legends of [Martial Art] Heroes.

Yet, Master Li continued to search for the internal peace and greater self-realization, studying with many QiGong masters and cultivating Internal Qi. His sincerity and open heart, brought him pristine awareness. He was “chosen” to receive and pass on Heavenly Qi Gong and Tai Chi teachings in the lineage of Lao Tzu, Kuan Yin, Jesus, Muhammad and other divine spirits. These teachings include a philosophy that calls for the unification of all religions, caring for the planet, and saving the environment.

At that time, China was not quite ready to receive what he had to offer, so the master was called to travel to the Philippines to start his teaching. Still with two young children at home, Junfeng Li quit his Head Coach position with the Chinese government, forgoing his entire retirement/pension plan, and traveled to the Philippines with no prior

arrangement of support or financial commitment of any sort, trusting only in the message of spirit that support for his work would be there when he arrived.

With such trust in divine consciousness, Master Li spent 14 years in the Philippines, where he began his lifetime dedication to teach Sheng Zhen Gong – the qigong of unconditional love that brings happiness and the “wisdom of life” to all beings. At the same time he recorded these teachings in books and CDs. In 2002, Master Li came to the United States and another 14 years passed. At 79 years old, Master Li continues to travel to Asia, Europe, Africa, and all over United States to spread the word of “Opening the Heart with Unconditional Love”.

Sheng Zhen empowers and transforms lives - as the editor of Sheng Zhen Wuji Yuangong, Anabel Alejandrino

said: “It is through practice that one is led naturally into one’s own perfect love in the heart. More than just a healing tool for the body and the emotions, I have found that not only do the movements almost magically become the tools with which we can become the person we all want to be, but also our capacity to enjoy life with its ups and downs is enhanced and magnified. Li Junfeng is a living example of this”.

To practice Sheng Zhen is to enter into a “Sheng Zhen state.” Anabel said: “As

one learns to let go so that the wisdom of Qi takes over, life’s journey becomes a road of letting go of fears we hold in our bodies, concepts that render our minds inflexible, feelings in our hearts that we are attached to, and programming in our subconscious that holds us back. In so doing, we make way for what we truly are in essence – infinitely free beings, embodiment of love on every level, sparks of the divine, perfect and full. Ultimately, the practice is a key into one’s own heart, which enables one to walk into their own light. In this process, love for oneself



becomes a tangible reality. This in turn leads to loving others unconditionally. These are the building blocks to a world of love – to a Sheng Zhen World.”

Junfeng Li is a highly cultivated Martial Art and Qigong master who receives teachings and messages from divine spirits in meditation. It’s a rare opportunity to be with him for 7 days at Eastover, Lenox, MA this March 31-April 7th. Please visit <http://eastover.com/li-junfeng-2.html> for details.

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

Hello, I'm **Dr. Michael Berlin** and I'm tired of all the weight loss ads promising all-natural, long-term results that really do not deliver the whole solution to permanent weight loss. Yes, they have part of the solution, but without the **whole** solution, you cannot get truly permanent results. This is why weight loss is so difficult. You see, there are 10 things in the right proportions that you need to heal in order to get truly permanent 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, sleep problems (including apnea), digestive problems, high blood pressure, cholesterol, neuropathies, and more! Plus, we have incredible all-natural spa treatments to help people de-stress, detoxify, and lose 4-14 inches in one hour. For free information go to: <http://drberlin.weightseminar.com>.



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