

INSPIRATION | HOLISTIC HEALTH | PERSONAL GROWTH



# CREATIONS

MAGAZINE

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# Where War Ends

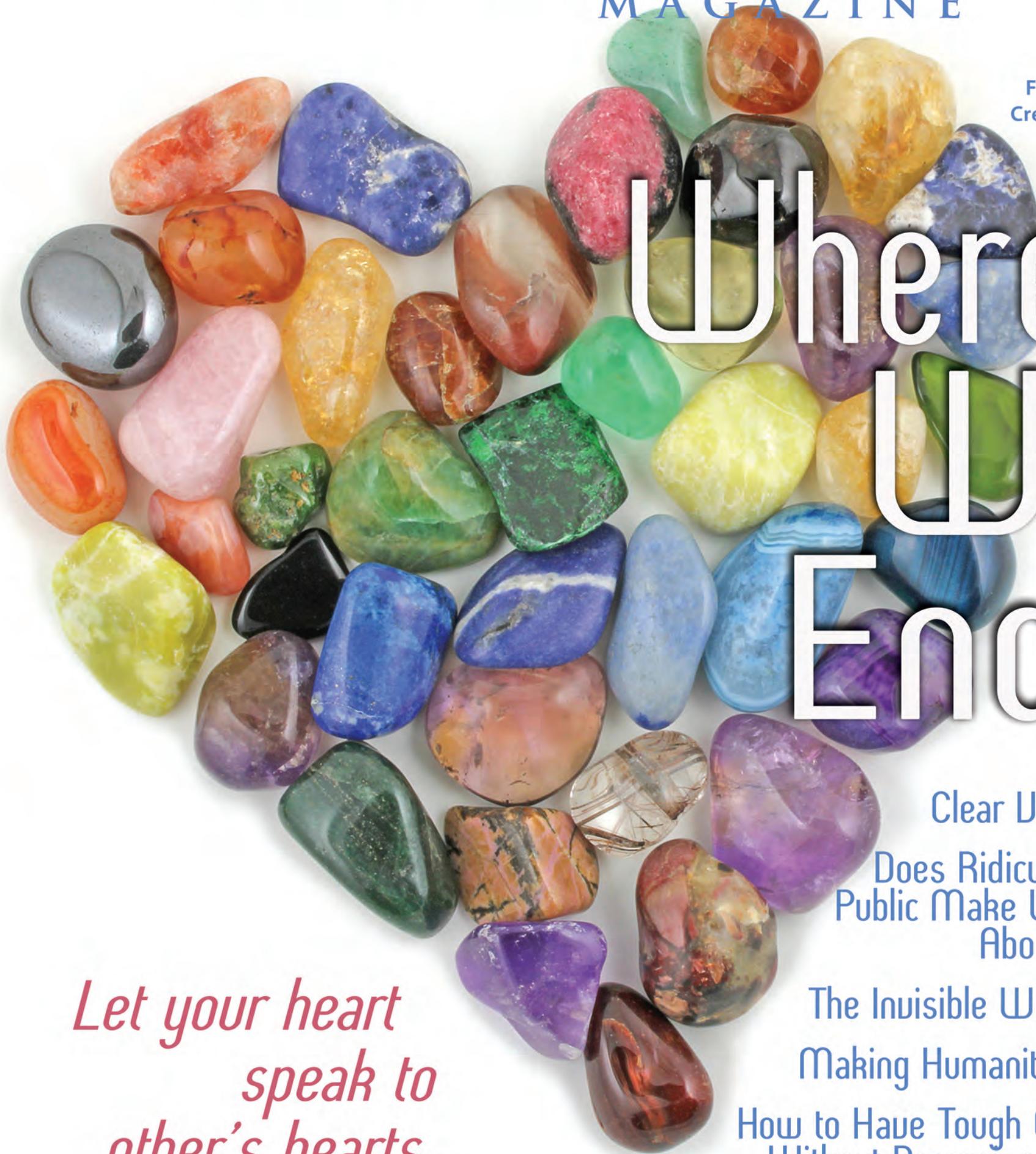
Clear Vision in 2020

Does Ridiculing Others in  
Public Make Us Feel Better  
About Ourselves?

The Invisible Wounds of War  
Making Humanity Great Again

How to Have Tough Conversations  
Without Damaging Relationships

*Let your heart  
speak to  
other's hearts*



# THE MAGIC BULLET!!!

Ever wonder why some people have dental problems and some simply never do? Everyone is looking for that magic bullet; that special solution; that secret sauce; that panacea; the cure-all. I get asked all the time: there must be a rinse or toothpaste that will cure all my problems at once. Diseases are caused by viruses, bacteria, fungi, "germs". So germs are bad, right? We should look for a natural, strong mouthwash that will kill all germs!!!

What most people do not realize is that we have more bacteria and fungi growing on us and in us than we have human cells. We host more germs on us and in us than there are people on earth! And, for the most part we, and our microscopic "friends" live in perfect harmony. I used to think that there are good bacteria and bad bacteria. In reality, it is all about the balance of bacteria and fungi. That's what we find in healthy people.

We have all heard of probiotics for our gut and how important it is to have a healthy *microbiome*. Well, the same is

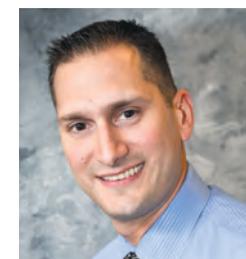
true for our mouths. We can use probiotics, prebiotics, minerals, supplements, foods and drinks that promote alkalinity, reduce inflammation and optimize oral health. I foresee a movement away from antibiotics and antimicrobial rinses or toothpastes that indiscriminately kill all bacteria, even the necessary good ones. How long does it take for the flora to rebound? Oftentimes it can take months if not years for the gastro intestinal tract to regain its natural, healthy microbiome. Most of the "medicines" we may need are found right inside our bodies; within our healthy immune system. All we have to do is support it and harvest it.

The power of natural healing is inside of us. We have undifferentiated stem cells flowing in our cardiovascular system. These are immature cells that do not know what they want to be when they grow up. But if you guide them, harvest them and redirect them to regenerate bone and gum tissue, they will do just that. Take a small amount of the patient's own blood, spin it down and harvest

platelet rich *fibrin* – a gel-like substance that has all the goodies necessary for accelerated healing. It's nothing new, has been used for the past two decades and is called guided tissue regeneration.

For our friends with missing teeth or hopeless teeth: Are you a candidate for dental implants? What about Teeth in a Day? "I saw an ad for an implant for \$1,599, all inclusive!" When you see a dental professional you seek treatment, not a value pack of titanium bone screws. Bone is a living tissue with blood supply, nerves, collagen and minerals. It takes time for it to heal. This sophisticated treatment takes time. If you break your arm, you are in a cast for a couple of months because bone needs time to heal. As for "teeth in a day," all stars have to be aligned for that protocol and not everyone is a good candidate. Things to take into consideration: medications, health conditions, autoimmune disorders, bone healing capacity, compromised immune system, soft tissue or skin conditions, diabetes, smoking, malnutrition, poor oral hygiene,

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Why do we need this conference when we already get health information from newspapers, TV news, magazines, universities, government agencies and the big industries themselves? Simple, the information you get is often biased in favor of the food, medical, chemical and fossil fuel industries. There is a lot of money being made today by the world's biggest industries and these industries don't want anything to change. They want you to keep buying their products and not thinking too much about the health and environmental results from using what they sell. The problem with all this is that if the information that is reported to you from the media, universities, government agencies, scientific studies, and clinical trials is paid for or influenced by the big industries, then it is likely you are getting information that is more favorable to them than to you.

This is why we are bringing together true experts who have no financial agenda and whose mission is to share accurate information on health and the environment. A conference like this would normally charge \$7500. It is only available for free because we believe it is urgent that everyone hears this information. The health and environmental statistics show dramatic changes for the worse over the last 50 years. Rates of Obesity, Diabetes, Chronic Kidney Disease, Autism low sperm count, childhood health issues, and many other diseases have all increased dramatically over this time period. Being proactive and learning what foods, supplement and lifestyle choices can prevent disease, has never been more important.

Some of the expert doctors, authors and scientists presenting at the conference include **Joel Fuhrman, M.D.** - "The End of Heart Disease: The Eat to Live Plan



to Prevent and Reverse Heart Disease", **Caldwell B. Esselstyn Jr., M.D.** - "Prevent and Reverse Heart Disease", **T. Colin Campbell, Ph.D.** - "The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long Term Health", **Walter C. Willett M.D.** - "Eat, Drink, and Be Healthy: The Harvard Medical School Guide to Healthy Eating", **Garth Davis, M.D.** - "Proteinaholic: How Our Obsession with Meat Is Killing Us and What We Can Do About It", **Dr. David Katz** - "The Truth About Food: Why Pandas Eat Bamboo and People Get Bamboozled".

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# TALKING OUR WALK

Let your heart speak to other's hearts

Welcome to the February / March "Relationships" Issue—historically, our most popular edition.

This past December, Andrea & I had the great pleasure to meet and speak with best-selling author and Presidential candidate, Marianne Williamson during her campaign fundraiser, at The Holistic Center for Soulful Living in Smithtown, NY.

The enjoyment wasn't so much about the "tingle" of meeting someone who we've read, admired, and have published in these pages. Rather, the real thrill was, and remains, experiencing the collective emotions of sheer joy, upliftment, and hopefulness from a room full of heart-centered folks sharing the vision of a healed world, where ALL people (and all living things) enjoy equal freedoms and the opportunity to thrive in all aspects of their lives.

This emotion, so evident in the watery eyes of many attendees, was born of the dedication, commitment, and courage in Marianne's message. In the spirit of sharing, we highlight some key points reflecting what we think, and hope, is what most citizens of this planet sincerely desire:

*Small random acts of kindness need to become huge strategized acts of doing the right thing.*

*When a humanitarian bottom line replaces an economic bottom line, both the state of the economy and the state of our humanity will improve.*

*Universal Healthcare and Free College*

*We can't solve the problem with the same consciousness that created the problem. Government funds the problem creators, not the problem solvers.*

*Politics is a collective behavior. There has been a chronic disengagement of spiritually-centered people from the political arena.*

*Revelations of a year and a half in the belly of the beast: The System is more corrupt than I knew, and People are more beautiful than I had hoped.*



We'd also like to pass along a few cogent thoughts by our very good buddy, Swami Beyondananda (aka Steve Bhaerman).

- While other candidates are resigned to war as a necessary evil, Marianne's *Department of Peace* will establish peace as a necessary good.
- She will restore the missing ingredient in government of, by and for the people – the PEOPLE.
- She has the soundest investment advice of any candidate – investing in our children is investing in our future.
- America needs a "return to love" – and NOW is the time because it is too late to do it sooner.

Many will consider these notions radical—even outrageous. Regardless your affiliation, these are not partisan priorities. They are universal rights, which when fully allowed for, will help create a happier and healthier planet for all.

And in related "news" we draw your attention to Donna Martini's article, *Does Ridiculing Others in Public Make Us Feel Better About Ourselves?* (page 6). "We can clean up our public act, and we should take the need to do so as seriously as any other wellness threat that challenges us... As soon as we become a movement of millions united and prepared to be the change we want to see, we will give way to leaders who are prepared to do the same."

I know—it's mind-boggling crazy, but heck, give Marianne Williamson's advice a try anyway and *Love with conviction*.

Peace All-ways,

*Neil & Andrea*

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# Clear Vision in 2020

by Alan Cohen  
Hawaii

I was standing at the counter of a snack bar at a children's zoo when a customer became quite nasty with the server. A part of his order had not been delivered correctly, and he made quite a stink. I recoiled, thinking, "What a mean, cruel person!"

Minutes later I was passing the deer enclosure, where I saw a man kneeling to pet a fawn, tenderly feeding the creature. "That man reminds me of St. Francis," I thought. When the man turned his head, I was astonished to see it was the same fellow who had created the unpleasant scene at the snack bar.

Who was that man really? Was he the angry, abusive one, or the gentle, saintly one? We might say that he was both. He had the propensity for both kindness and mean-spiritedness, each aspect bubbling forth in different situations.

2020 is the Year of Clear Vision. This year we will see things as we choose to see them, not as we have been taught they are. We have been trained to use the fearful mind to gauge what is real. Yet all great spiritual masters have advised us not to judge. We tend to focus on one aspect of a person, usually a fault or limitation, and we box that person into a small identity. Yet judgment always backfires because there is far more to that person than the single dark aspect we are focusing on. If we were to see them at another time in another situation, we would see an entirely different, better person. When we hold a negative opinion of someone, we suffer because we have contracted our consciousness to the realm of the wrong, small, or missing. We further lose because in a judgmental mindset we become subject to our judgments about ourselves and those of others toward us.

If you hold a penny in front of your eye and look toward the sun, the penny will block your vision and you will miss seeing the huge star. How odd that a tiny object just an inch wide can obscure the physical energy source that feeds all living things! Likewise, every soul emits rays of spirit that bring us life when we look upon them. When we release judgment, we expand our

vision to receive the unlimited good that wants to bless us.

It's tempting to fall into agreement with judgments issued by others. When I was looking to purchase a property, a real estate agent named Tom told me, "Watch out for Jimmy N. He is a manipulative, unethical realtor." In the wake of that warning I avoided Jimmy N.; whenever I heard his name, my armor went up. Later I had to do a transaction with Jimmy, and I found him to be one of the kindest, most honest and ethical people I have ever worked with. He was mature, wise, and did honorable charity and service work. Tom's opinion of Jimmy was entirely erroneous, based on his judgment only. In retrospect I was sorry I had adopted Tom's opinion and unfairly judged Jimmy before I got to know him.

Earlier I stated that we embody both good and bad aspects. Yet ultimately only the good about us is true. *A Course in Miracles* calls us to identify only with the attributes of God. Because God is loving, kind, generous, and forgiving, that is who we are at our essence. Our true nature is innocent; all else is passing illusion. When we allow ourselves to get sucked into beliefs in smallness and evil, we suffer. Yet the pain that judgment engenders is not necessary. We can walk the high road and remain at peace.

Of course, people do foolish, cruel, and evil things. But only because they have succumbed to their own judgments and those cast upon them by others. *Hurt people hurt people. It takes a victim to make a victim. Someone who recognizes his or her innocence would never be tempted to hurt another person. Hurtful acts are not calls for more judgment, which perpetuates the vicious cycle. They are calls for love, which ends the vicious cycle.*

The intellectual faculty judges constantly. From an early age we were taught to focus on differences, label everything, rank people and objects in order of desirability, and reject everyone and everything that does not get us what we want. What we really want runs far deeper than the judgments we hold. What we really want is inner peace. We will never find that peace by making wrong and pushing against. Instead, we can drop into deeper acceptance, compassion, release, respect, and support.

Dale Carnegie advised, "Give that person a fine reputation to live up to." This



instruction serves not just the person you are praising, but empowers you as you see and claim the best in that person. As that person becomes the best in them, you will become the best in yourself. Forgiveness is not simply a gift to the recipient. It is more fundamentally a gift to ourselves. This is the clear vision that will make our new year new. ✨



**Alan Cohen** is the author of many inspirational books including *A Course in Miracles Made Easy*. Join Alan for his life-changing *Holistic Life Coach Training* beginning September 1, 2020. For information on this program and Alan's books, videos, audios, online courses, retreats, and other inspirational events and materials, visit [AlanCohen.com](http://AlanCohen.com).

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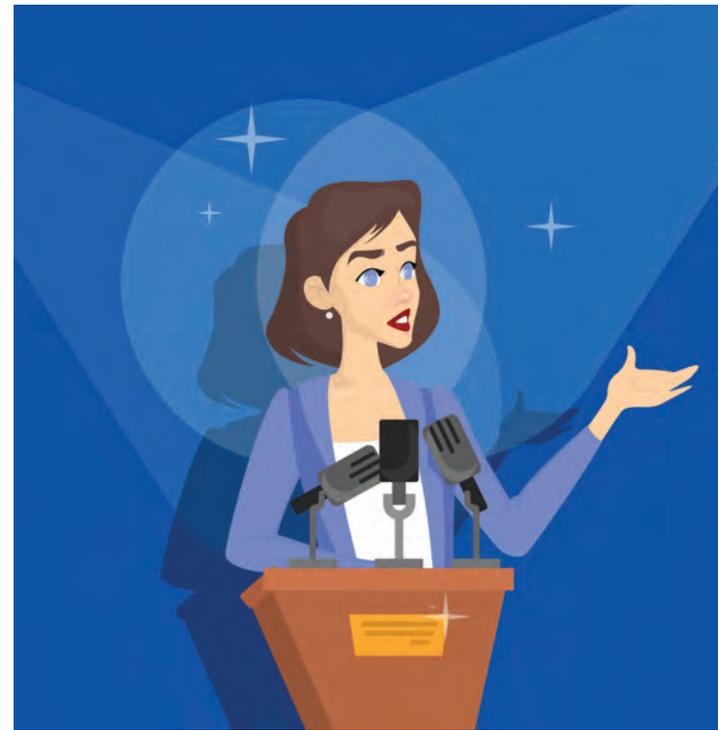
# Does Ridiculing Others in Public Make Us Feel Better About Ourselves?

by Donna Martini  
Oyster Bay, NY

I posed this question on Facebook recently and even though it produced a 77-comment thread, no real answer was offered. This makes me wonder how many Americans are aware of the societal backlash of our negative, public dialogue.

The truth is we have been engaging in harmful behavior—a detrimental-to-our-health harangue—which has been infusing needless stress into our already stressed-out bodies. And what kind of example are we setting for our children? We tell them not to bully and then we openly do so, feeling completely justified (especially if our target sees with an opposing political eye). Monkey see, monkey do now needs to include monkey say, write, tweet, and blog. The time has come to fully appreciate how our verbal hate-talk is contributing to the hate-filled culture our kids are learning from and growing in. Let's admit, too, they're not handling it well.

Teenage drug and alcohol use is widely publicized but are we willing to acknowledge suicide as the number two cause of death among our youth? Our kids are suffering, and those who come to me seeking relief from debilitating anxiety claim they have given up hope that the world can change. Tragically, some are ready to give up on themselves because the future they are stepping into feels too negative and imbalanced to overcome. Considering how many adults



are popping Xanax and smoking weed to calm and “numbify” themselves, is it too hard to understand why our children are actively seeking ways to temporarily and permanently escape the reality we have been heaping on them?

And we aren't eradicating that reality anytime soon. It is going to take something close to a miracle to reduce the national debt, redirect our climate, and lower the cost of tuition and medical care. We can't immediately stop and change racism, poverty, or the wellness impact of 5G and GMOs, either. But who doesn't believe we can't immediately stop and change what comes out of our mouths? We can clean up our public act, and we should take the need to do so as seriously as any other wellness threat that challenges us.

Factually speaking, new revelations in quantum science have made our old *sticks and stones* philosophy quite implausible. Yes, those two may still break our bones, but now we know words can really hurt us.

We are just a bunch of molecules acting on emotion, affected on a cellular level by what comes into our ears and out of our mouths. **When we engage in public ridicule—whether we're listening to it, dishing it out, agreeing with it, condoning it, or allowing it to perpetuate without interference—we are physically, mentally, and emotionally affecting ourselves while we further contribute to the downside of our nation's well being.**

Mind, body, and soul... a powerful triad used to describe our human existence, but here in the United States, we consistently work against the very wellness principles each needs to survive. Our minds and bodies are becoming increasingly confused and imbalanced as they struggle to deal with the unreasonable amount of unnatural and toxic food, chemicals, EMFs, radiation, and information they are ingesting in a day. And our souls... well, let's just say that becoming politically correct has left us spiritually inept. We took

God out; okay, but what did we put back in? Our depleted human essence has us ranked now as the world leader of anxiety, depression, and mental disorders... a stat that makes me want to scream, “Wake Up, this is not the intended American dream!”

If “the speed of the leader determines the rate of the pack,” should we request those already in the public eye to set the new verbal standard for us to follow, or should we the people start our own positive manipulation process without them? And dare we ask those in political office who are plotting our country's course to come to their bargaining table without a sledgehammer in tow? Because, with all the added verbal bashing of this new election season, we are fast approaching the point of no return; a place in time when the word “civility” will only foster a fond flashback to leadership gone by. As I think about it, perhaps this has already happened...

*Continued on page 27*

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# The Invisible Wounds of War: An Iraq War Veteran's Riveting

by Tom Voss and  
Rebecca Anne Nguyen

*After serving in a scout-sniper platoon in Mosul, Tom Voss came home carrying invisible wounds of war—the memory of doing or witnessing things that went against his fundamental beliefs. This was not a physical injury that could heal with medication and time, but a “moral injury” — a wound to the soul that eventually urged him toward suicide. Desperate for relief from the pain and guilt that haunted him, Voss embarked on a 2,700-mile journey across America, walking from Milwaukee, Wisconsin, to the Pacific Ocean with a fellow veteran. Readers walk with these men as they meet other veterans, Native American healers, and spiritual teachers who appear in the most unexpected forms. At the end of their trek, Voss realizes he is really just beginning his healing. He pursues meditation training and discovers sacred breathing techniques that shatter his understanding of war and himself, and move him from despair to hope. Voss’s story will give inspiration to veterans, their friends and family, and survivors of all kinds.*

**M**oral injury is a wound to the soul. It happens when you participate in or witness things that transgress your deepest beliefs about right and wrong. It is extreme trauma that manifests as grief, sorrow, shame, guilt, or any combination of those things. It shows up as negative thoughts, self-hatred, hatred of others, feelings of regret, obsessive behaviors, destructive tendencies, suicidal ideation, and all-consuming isolation.

You may experience moral injury if you’ve survived abuse, witnessed violence, participated in the chaos of combat, or experienced any form of trauma that’s changed your understanding of what you, or other human beings, are morally capable of. For many combat veterans, moral injury is inflicted during war, when they are split into two different versions of themselves: the person they were *before* war, whose morality was ingrained in them by their parents, religion, culture, and society, and the person they became during war, whose morality was replaced with a sense of right and wrong that helped them survive in a war zone.

When the smoke clears and the chaos of war ends, these two selves, with two different sets of moral values, confront each other and continue to battle. The pre-war self points to the postwar self and says, “Hey! I know what you did. I know what you saw. You were wrong, you are bad, and you can never be good again.”



A soldier may experience moral injury when reflecting on his or her actions during combat. But they can also experience moral injury by bearing witness to the actions of others. The cool indifference of a commanding officer as he stands over a dying civilian; the capture and torture of men who are known to be innocent; the bomb that was planted purposefully to destroy human life: all can call into question our deeply held cultural belief that all people, deep down, are innately good. Bearing witness to the moral indifference of others, or the premeditation of violence, is enough to warp your understanding of morality and make you question the moral character of everyone you meet. This makes it hard for veterans to trust other people and to assume the best in others, and in themselves.

In addition to participating in and witnessing violence, there’s a third, lesser-known cause of moral injury that impacts soldiers returning from war. It’s the sense of confusion, powerlessness, and betrayal that soldiers feel when they come home and try to transition back to civilian life.

Some people call them heroes, but most veterans don’t feel like heroes, so there’s a disconnect between the actual experience of war and the perceived experience of it. That disconnect makes veterans feel

can be stabilized with medication. But moral injury doesn’t seem to respond to medication, at least not permanently. Not at the soul level.

Time in and of itself is also not enough to heal the suffering of moral injury. Time can soften the sting of moral injury, but it can also harden memories, making emotional scar tissue even tougher to heal. That’s what happens if you leave a wound to fester without tending to it. And that’s why so many Vietnam veterans

take psychiatric medications for decades and then, when they retire or divorce, or are otherwise forced to face themselves and their past, still find a world of pain waiting for them. The medication has only treated their symptoms, not the root cause of those symptoms. The wound can grow so big, so consuming, it feels like the only way to escape it is death.

The VA estimates that in the United States, twenty veterans take their lives every day.\* While the majority of those who die by suicide

are over the age of fifty, the number of younger vets who contribute to that twenty-a-day statistic is steadily increasing. If the veterans of the wars in Iraq and Afghanistan fail to acknowledge and heal moral injury, the millennial generation of veterans will continue to face the same fate as those who’ve gone before.

isolated and misunderstood. Others question veterans’ moral character for participating in wars started on false pretenses, or in any war at all. A small but vocal minority calls veterans leeches or lazy. They say veterans are taking advantage of the government, and subsequently taxpayers, when they partake in the benefits promised to them for their service. When faced with these accusations, misunderstandings, and questions, veterans start to question themselves.

**Moral injury is emotional, psychological, and spiritual.** This makes it different from post-traumatic stress disorder, which is more of a physiological reaction—the brain and body’s responses to extreme, prolonged stress or fear. Some of the symptoms of PTSD—nightmares, flashbacks, insomnia, disassociation—

are over the age of fifty, the number of younger vets who contribute to that twenty-a-day statistic is steadily increasing. If the veterans of the wars in Iraq and Afghanistan fail to acknowledge and heal moral injury, the millennial generation of veterans will continue to face the same fate as those who’ve gone before.

\* Office of Public and Intergovernmental Affairs, “VA Releases National Suicide Data Report,” US Department of Veterans Affairs, June 18, 2018, <https://www.va.gov/opa/pressrel/pressrelease.cfm?id=4074>.

I happened upon an unexpected antidote to moral injury. It shows how healing is possible even when traditional methods like talk therapy, EMDR (Eye Movement Desensitization and Reprocessing), and medication have failed. This healing

*Continued on next page*

# Journey from Suicidal Despair to Hope

method is accessible to anyone who's willing to sit still for a few moments and just breathe. As soon as an individual is willing to take responsibility for his or her own healing, grace rushes in to relieve the pain, unravel traumatic memories, and release the past for good.



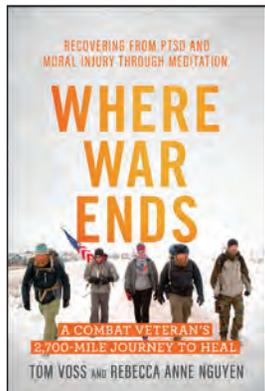
rebuild their moral scaffolding, reclaim their place in the society they volunteered to protect, and remember what it means to be human—and to belong. ✧

*Excerpted from the preface of the book, **Where War Ends: A Combat Veteran's 2,700-Mile Journey to Heal — Recovering from PTSD and Moral Injury through Meditation** ©2019 by Tom Voss and Rebecca Anne Nguyen. Reprinted with permission from NewWorldLibrary.com.*



*Tom Voss served as an infantry scout in the 3rd Battalion, 21st Infantry Regiment's scout-sniper platoon. While deployed in Mosul, Iraq, he participated in hundreds of combat and humanitarian missions. Rebecca Anne Nguyen, Voss's sister and coauthor, is a writer based in Charlotte, North Carolina.*

Meditation, breath work, and the body's natural intelligence can help heal deep trauma in ways the mind can't. You can't think yourself into feeling better. You can't will yourself to heal. But in taking on a discipline like meditation, you create the space where healing can happen, naturally. The act and discipline of meditation can redeem a life—no matter how deep the wound.



The responsibility to acknowledge, accept, and heal from moral injury doesn't just belong to those suffering from moral injury. When we send our youth into battle on our behalf, we are complicit in their actions. We are responsible for bearing our portion of the pain those actions cause. And in taking responsibility, we are empowered to help these women and men

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Linda Kay Hunter

# Can St. Francis of Assisi Save Our Divided World Today?

by James Twyman

Set aside your computer for a moment and see if you can guess who wrote these words: “I made a mistake. Without doubt, an oppressed multitude had to be liberated, but our method only provoked further oppression and atrocious massacres. What was really needed...were ten Francis of Assisi’s.”

I love asking this question and I’m not surprised when people give credit to revolutionary characters like Gandhi or Dr. Martin Luther King, Jr. When I tell them they’re wrong their answers become even more interesting - Napoleon, George Washington, etc. “How about John Lennon?” someone recently asked.

“You’re close,” I said, “but only because their names sound similar. The answer is Lenin, not Lennon - the architect of the Russian Revolution, Vladimir Lenin.”

Lenin? Is it possible that the communist leader who referred to religion as “medieval mildew” and called the clergy “gendarmes (French policemen) in cassocks” had fallen in love with a twelfth century Italian mystic who gave everything he owned to the poor in order to live the Gospel of Jesus as perfectly as he could? Clearly St. Francis has inspired millions of people for more than eight hundred years,

to the point that statues of the saint occupy gardens everywhere you look today, but how did an atheist like Lenin become so enthralled?

Maybe Lenin has something to teach all of us in this regard. The end of the quote is: “What was really needed *in Russia* were ten Francis of Assisi’s,” but we could just as easily substitute that in our own world today—and it would be just as true.

Does it sound like a ridiculous dream in the world of bullying, fake news and racist attacks? When you know a little about the history of Europe, especially at the time of St. Francis, you realize things weren’t that different—the pope was at odds with the Holy Roman Emperor, city states were constantly at war with other city states, and tension between the very rich and the very poor was at an all-time high.

Which leads to the question Vladimir Lenin seemed to be asking: Are we trying to solve the problems of the world with the same thinking that got us into trouble? If so, maybe ten radical people like St. Francis of Assisi are enough to turn things around.

Margaret Mead famously said: “Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.” Was Mead’s thinking influenced by St. Francis when he wrote: “Pure, holy



Here are a few things I’ll need to do if I’m to accomplish my goal: Be willing to give everything for love; think less about my own comfort and more about the wellbeing of others; and finally, challenge my own limiting beliefs and be willing to see everyone through the eyes of love. If I can do that, even in some limited way, maybe others will make a similar decision and step forward in their own way. *All I need are nine more.*

St. Francis’s example directly challenged the powers that ruled Europe eight hundred years ago, and yet his vision is celebrated today. He lived at the end of what we now call the Dark Ages, but he was also one of the inspirations that initiated the Renaissance, an era of great light and creativity.

Is it possible that hundreds of years from now people will look back at this time in a similar way, calling it another Dark Age? And if they do,

will they also celebrate the few dedicated people who stepped forward just as St. Francis did? Are we on the cusp of a New Renaissance? ✨

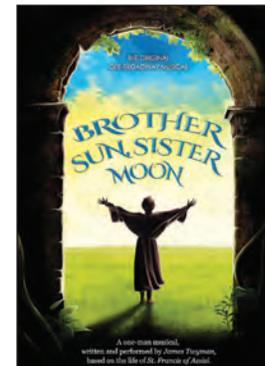
**James Twyman**, bestselling author of *Giovanni and the Camino of St. Francis*, will bring his stirring new musical on St.

simplicity confounds all the wisdom of this world?”

When you examine the current direction of the world – especially politically -- it’s easy to agree that the current wisdom isn’t so wise, so maybe thinking outside the box isn’t such a bad idea.

Presidential candidate Marianne Williamson has taken considerable heat for challenging the status quo. She encourages us to “love with conviction” and “wage peace,” the same ideas St. Francis would have expressed if he was alive today. But at least she is willing to stand for these ideas on a national stage, inching these concepts forward, planting seeds in the minds of people who may not have viewed the world from this perception.

So I’ve decided to throw my hat into the ring, but not as a Presidential candidate. I want to take up the challenge issued by Lenin and become one of the ten St. Francis’s needed to turn the world around.



**Francis, Brother Sun, Sister Moon** to Broadway on February 20-March 1, 2020. And with the beloved saint as his model—he will travel a continent penniless, on foot and with whatever food, housing and further transportation that God will provide to get him there, presenting the play in 10 cities along the way. Twyman is also the NY Times bestselling author of 15 other books including *The Moses Code* and *Emissary of Light*. He has also recorded more than 18 music albums including the Billboard chart bestseller *I AM Wishes Fulfilled* along with Dr. Wayne Dyer; as well as produced or directed seven feature films. For more information on Twyman, and the **Brother Sun, Sister Moon Musical Tour** stops and performances, and *Giovanni*

and the *Camino of St. Francis*, visit: [JimmyTwyman.com](http://JimmyTwyman.com)

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# Another Leap Forward in Dental Healing: What's Integrative Dentistry?

by Jeffrey Etes, DMD, NMD, IBDM

Very often I am asked if I am a holistic Dentist. I like to answer that I am an Integrative Dentist. So what exactly is the difference and why is that important? The term holistic dentistry is also called biologic, biological, alternative, unconventional, or biocompatible dentistry and is the equivalent of complementary and alternative medicine for dentistry. Integrative Dentistry draws on the best aspects of modern western-based dental practice, homeopathy, and combines that with the four major factors of holistic medicine which includes your mental condition, physical body, spirit and social environment. It's this mindset that shows the way an integrative dentist practices dentistry, which is entirely different from that of a regular or traditional dentist.

Patients at **Integrative Dental Specialists of Long Island (IDSLI)** are treated in a broader more complete perspective, seeing patients' teeth and mouth as the gateway to the rest of the body. The patient's overall health is our main consideration when providing today's latest dental treatment. IDSLI will go beyond just

treating your dental problems; we identify the causes and help eliminate future issues and educate and advise patients on how dental issues can affect their overall health.

"One of the biggest challenges in this world is knowing enough about a subject to think you are right, but not enough about the subject to know you are wrong," which is a quote from the great astrophysicist Dr. Neil deGrasse Tyson. **Dr. Jeffrey Etes** of IDSLI is a dental specialist and naturopath and is highly skilled, educated, and most dedicated to bringing you today's healthiest and latest advancements in dental treatment. With 23 years of private practice, Dr. Etes is fully versed in all aspects of modern integrative dentistry to help you navigate in the complicated world of dental medicine. This allows you to know what he knows to make the right dental choices. He uses only biomimetic dental techniques, and only biocompatible BPA-free tooth-like white fillings to rejuvenate and restore your mouth to its most natural state.

Most conventional dentists don't understand the importance of the use of Ozone in Integrative dentistry. Ozone gas or ozone water is an extremely effective tool in dental

disinfection. It is very often the difference between keeping a tooth alive, or letting it die. If a tooth becomes diseased, some holistic dentists will recommend its removal. Not at IDSLI. We save teeth; nothing is better than what you are born with—nothing. Dr. Etes is a Root Canal Specialist and is one of only a handful of endodontists that utilizes ozone and lasers in the very best root canal disinfection. Patients now also have the option of Root Canal Genesis™, a proprietary dental process in which the dead or failing inner tooth is regenerated and revascularized into a viable tooth root, with the patient's own connective tissue, capillary blood supply, and even some nerve regeneration. What if you need a dental implant? Choosing the right type of implant is super important, and "Googling" information on dental implants can be a most frustrating task. The Internet and search engines like GOOGLE are the epitome of confirmation bias. Allow Dr. Etes to help educate you on what's best for your issue, always offering our patients choices which include only the best zirconia and titanium implants available today, with the absolute precise surgical placement available anywhere.

Maintaining and implementing today's dental advancements is a full-time task. Modern dental technique is used in all of our dental treatments. Natural, safe, and effective therapies are necessary for the best results possible. When considering the significant dental innovations available today, why settle for anything less? If you suffer from a dental issue and would like to learn more about what treatments are available to help you, please contact **Integrative Dental Specialists of Long Island to make an appointment with Dr. Etes today.**

**Jeffrey Etes, DMD, NMD, IBDM,** graduated in the top 10% from the prestigious University of Pennsylvania School of Dental Medicine. He is an IVY LEAGUE trained Certified Endodontic Specialist/Implant Surgeon with a dual degree in Dentistry and Board Certified in Naturopathic & Integrative medicine & trained in biomimetic cosmetic dentistry to provide a broad array of biological dentistry covering all facets of pediatric, restorative, prosthetic, surgical, endodontic, periodontal, and implant dentistry for his patients for over 23 years.

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# This IS Our Future –



cultural trance of herderism, it seems undeniable that enormous healing forces will be unleashed in virtually every area of our individual and collective lives.

Questioning the narrative of eating animal foods and moving to plant-based ways of eating and living, we will no longer need to imprison and kill animals for food and other products. We will no longer breed them against their will, and we'll no longer need to feed them. These millions of acres of grains and legumes, no longer needed for meat, dairy, and egg production, could easily feed the nearly one billion malnourished and starving people in our world, effectively ending hunger and thus one of the primary drivers of conflict, war, and injustice. It's inspiring to contemplate and savor the collective joy we as a human family will experience when all of us are properly fed.

As the National Academy of Sciences and other researchers have conservatively estimated, **we can feed about twelve people a plant-based diet on the amount of land required to feed one person the current meat-based Western diet**, and thus we'd be able to feed our current population on much less land than we're currently using. This would radically reduce water depletion and pollution, rainforest destruction, ocean devastation, air pollution, soil erosion, habitat loss, species extinction, and fossil fuel usage. We could shift away from harmful agricultural technologies like GMO's, chemical fertilizers, and toxic pesticides, and adopt plant-based (vegan, stock-free) organic agriculture that builds the soil and liberates animals, allowing us to return vast areas of land to nature to become rich forest, wetland, and grassland habitat again.

There's nothing objectively stopping us as a society from moving rapidly in this direction, except fear and inertia, which stifle our intelligence and creativity. As we question the many delusions inherent in herderism, we can savor an infinite stream of images of a positive future with clean-running streams, flourishing forests, abundant food, clean air and water, and birds, fish, and other animals celebrating their lives, with we humans also living in harmony with nature, each other, and ourselves.

Transitioning to plant-based ways of eating and living, oceans, rivers, and lakes would become more abundantly filled with fish and marine life as we stopped attacking them with nets, traps, and hooks, and aquifers would be replenished, bringing back springs and rejuvenating riparian habitats. With more trees, a healthier

*(Continued on next page)*

**I**n contemplating our global problems, we tend to look for causes in the past to help us understand how to effectively respond to them. This can be helpful, to the degree we can actually understand our apparent past, realizing that our conception of it is based on memories and narratives that may not be completely accurate.

A complimentary approach is to imagine a positive future we'd like to move toward, and let it attract us forward. We can learn to act in the present so that this future is more likely to manifest.

For me, one of the most uplifting things to imagine, and work toward, is humanity's beckoning future beyond *herderism*. Herderism, the practice and mentality of exploiting animals for food and other products, is the living, churning core of our current culture, now not just consuming untold billions of animals on an industrial scale, but the Earth as well, and through it all, suppressing our essential capacities of awareness and empathy. As we awaken out of the imposed



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# Making Humanity Great Again

(Continued from previous page)

hydrology would naturally be returned to beleaguered landscapes, and thriving climates, forests, and wildlife habitat would be restored.

All the animal species we currently imprison for food, except for one, are currently also living freely in nature, and in a post-herding world can continue doing so: wild chickens are today thriving in the jungles of southeast Asia, as do turkeys in the forests of North America, and free-living pigs, sheep, goats, ducks, geese, and fishes are enjoying their lives in the many relevant ecological niches to which they are suited. Only cows no longer live freely in nature—the last wild cow (aurochs) being killed in what is today Poland in the mid-seventeenth century—but these bovines could certainly be reintroduced into the central Asian grasslands and African savannahs where they traditionally thrived.

As we imagine our beckoning positive future, it's important to bear in mind that this healing of our Earth is absolutely possible once we stop the wastefulness, violence, and ecological destruction inherent in animal agriculture, and return to the plant-based foods for which we're designed. *Concomitant with this natural ecological healing that would take place, and woven completely into it, would be the healing of our social relationships and cultural institutions, as well as the healing of our individual bodies and psyches.* This is in many ways even more inspiring to contemplate.

Imagining a vegan world is imagining an entirely different world; a world literally beyond our imaginations to fully conceive, like caterpillars trying to imagine themselves as they would be beyond the chrysalis. As we free ourselves from the unspeakably deep and embodied violence of herderism and discover, demonstrate, and teach our children about the remarkable abundance of our beautiful Earth and develop and instill in children our respect for all other forms of life, we will begin to comprehend our role on this Earth. We'll naturally begin to heal the physical and attitudinal disease that permeates our collective life. It has become so widespread and deeply rooted that it's invisible.

Our materialist science, education, economics, and religion, which work together in many ways to keep us disconnected, unaware, and deluded, will transform. When we no longer imprison animals, we'll begin to naturally awaken to the obvious truth that what we all are is, essentially, eternal awareness. The networks of oppression—both the external ones and those that have been internalized—will gradually and organically evaporate.

Prisons, mental institutions, schools, hospitals, nursing homes, industrial factories and offices will all fade away as obsolete manifestations of ignorance.

*Liberating animals is the portal to human liberation.* It is the doorway staring us collectively right in the face, and each and every one of us can move toward and through this door, helping our entire culture to take this essential evolutionary step, and when we get through this portal of conscious eating and respect for animals and each other, many more doorways will emerge into view that we are not as yet equipped to contemplate or envision.

No longer sexually abusing and objectifying females for food, and dominating the sacred feminine dimension of life, we will naturally have more respect and sensitivity for the human birthing process, and for the vital role that the feminine aspect of nurturing and caring plays in our collective life. No longer exploiting newly born and young animals, we will regain our love and respect for our children, and create ways for them to grow and learn without being stifled, exploited, and groomed for competitive advantage and economic servitude. No longer eating dominated and abused babies, we will begin to co-create economic, governmental, and social relationships based on mutual respect, freedom, and cooperation. No longer engaging in daily meal rituals that numb our feelings and deaden our cognitive intelligence and capacity to make relevant connections, we'll naturally explore meditative awareness, and discover many latent capacities awakening within us.

New dimensions of science, religion, education, economics, and governance will evolve that under the current materialist delusion imposed by herderism we can barely begin to imagine. Nicola Tesla hinted about an aspect of this when he wrote, "The day science begins to study non-physical phenomena, it will make more progress in one decade than in all the previous centuries of its existence."

Freeing ourselves from our overdependence on technocracy, we will discover abilities to communicate, create, travel, understand, learn, and thrive in harmony with nature, animals, and each other that we at this point have no idea we possess. The free-living animals of the world will no longer be merely objects to be tolerated, killed, marveled at, used, or possessed, but will also begin to reveal themselves to us, and when we respect and relate to them as sovereign beings, we will find extraordinary companions with whom

to share this Earth, and new doorways of joy, love, and abundance opening to us.

For now, it is essential to remember that we've internalized herderism's toxic mentalities of domination, categorization, and competition, and besides changing our outer patterns of consumption to show respect to animals, nature, and each other, we are called to do the inner work of healing our culturally-inflicted wounds, and of awakening to our original nature of clear and unobstructed awareness. From this foundation, we are increasingly able to co-create and build a harmonious future for our children and the children of all beings.



As we hold this image of a positive future in our consciousness and commit every day to savoring the beauty of nature and life around us and within us, and doing the best we can to engage authentically in actions, projects, and relationships that respect and celebrate this beauty, we are building the positive future of

our inspiring visions. We are living in alignment with our purpose.

When it is our time to leave this Earth, we will have contributed our unique and positive song and perspective, and encouraged others to do the same. Continuing our journey of ever greater awakening, our life on this Earth will have fulfilled a web of purposes radiating into uncountable dimensions, encouraging and helping others in ways we can never imagine.

As we sow, we reap, and the web of relations includes all living beings: all of us. No seed is ever lost. We can savor each day as a new opportunity to water and tend the seeds of our imaginations, and of our actions. ✧

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

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# CALENDAR OF EVENTS

## ONGOING EVENTS

### MONDAYS

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

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

### TUESDAYS

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

**PSYCHIC PALM/TAROT/MEDIUM READINGS** by Roni Todd. Private Readings in Roni's Psychic Sanctuary. Tuesday or Wednesday by appointment only. Call 516-889-3732.

### THURSDAYS

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

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

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

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### FRIDAYS

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

### SATURDAYS

**SEA CLIFF INDOOR WINTER MARKET** - Saturdays 12-4 PM. November through April. Creative Arts Studio 256 Sea Cliff Ave. Locally produced food and crafts. FB & Instagram @ seaclifffarmersmarket, seaclifffarmersmarket@gmail.com.

**YOUR HEALTHY LIFESTYLE SUPPORT GROUP** every third Saturday, 2 - 3PM @ The Funky OM Yoga & Wellness Studio, 400 W Jericho Tpk, 11743. \$ Donation of your choice. No one is turned away. Presenters: Anthony C. Mirro, CHHC, RMT, EFTP & Mindy B. Pensig, CHHC, RMT. The Total Life Transformation Group EFT session included. Special guest speaker each month. Zone. 516-935-0354 Office, 516-513-4000 Mobile [Text], mbpensig@optonline.net / FB https://www.facebook.com/Wonderful-Yoga-and-Meditation-192111614813573/ (see ad p.20)

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

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**SUMMERLAND CHURCH OF LIGHT, NSAC** Renew your Spirit each Saturday at 10:30 am in our loving sanctuary, where all truth and knowledge-seekers are welcomed. 380 Nicolls Road, East Setauket, at the Unitarian Universalist Fellowship at Stony Brook. 631-316-1588. (see ad p.33)

**EFT - EMOTIONAL FREEDOM TECHNIQUE** Two-Hour Group Online (ZOOM) Beginners Class. Learn to heal yourself and others, receive a Personal Session and written material for Home Study from Second Level EFT Practitioner. **2nd Saturday of each month**, 3-5PM. \$29.00 by PayPal link. RSVP Anthony & Mindy mbpensig@optonline.net 516-513-4000 Text https://mirroanthony.wixsite.com/eft-practitioner--1.

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**UNITY LONG ISLAND** – If you like Wayne Dyer and Louise Hay, you will love Unity Long Island's Positive Path of Spiritual Living! Services are held @ 11:00AM, 38 Old Country Road, Garden City, NY 11530, 2nd Floor. 516-823-0940unitylongisland.com UnityLongIsland@gmail.com. (See ad p.33)

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

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FEBRUARY 8

**CINDY THROUGH AN ARTIST'S EYE** – Various interpretations of model, producer and curator Cindy Campbell, by artists from The Art Studio of Muttontown, the Manhasset Art Association and the Great Neck School of Continuing Education. Reception, **Saturday, 1-3PM**. Refreshments. Cinema Arts Centre, 423 Park Ave., Huntington, NY. **Art on exhibit February 1–29.**

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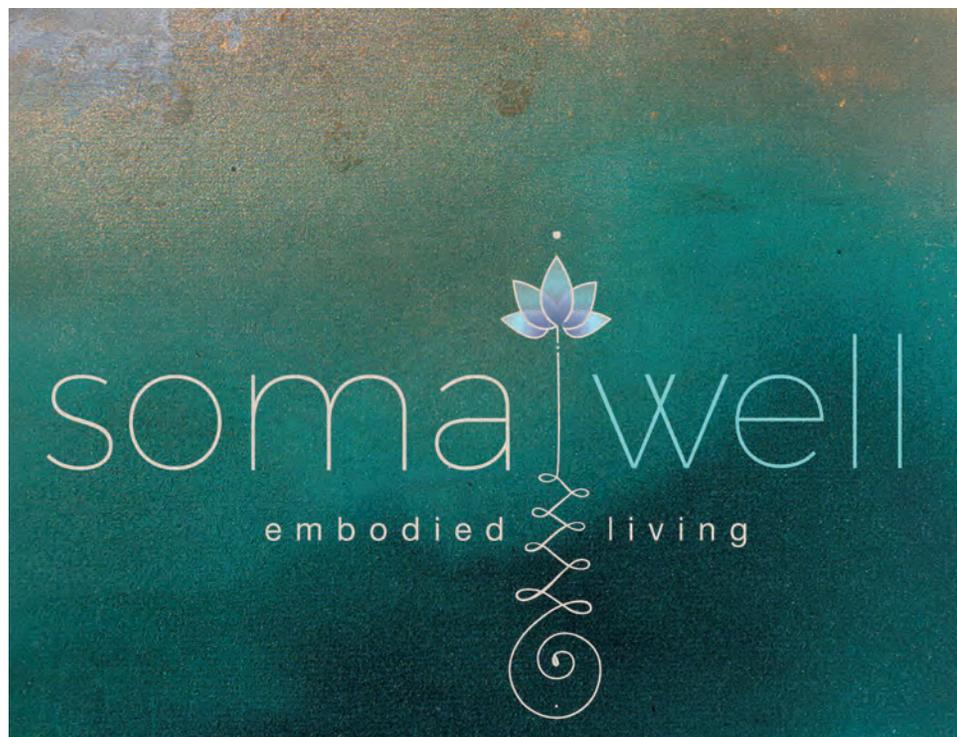
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**QI GONG FOR HEALING WEEKEND WORKSHOPS** – Friday, 3/20 "Quick & Powerful Short Forms" with Rev. Dr. Ric Statler, 7pm – 9pm. Ma Wang Sui Qi Gong (Ancient Healing / Medical Qi Gong) Saturday, 3/21, 12:30– 6pm and Sunday, 3/22, 9:30am – 12:30pm, 1:30 – 4:30pm, Special Event: with Liu Dong, PhD, OMD. 8 East Carver Street, Huntington, NY 11743. Registration / Contact: QiGongforHealth@yahoo.com 631-424-2225. (see ad p.31)

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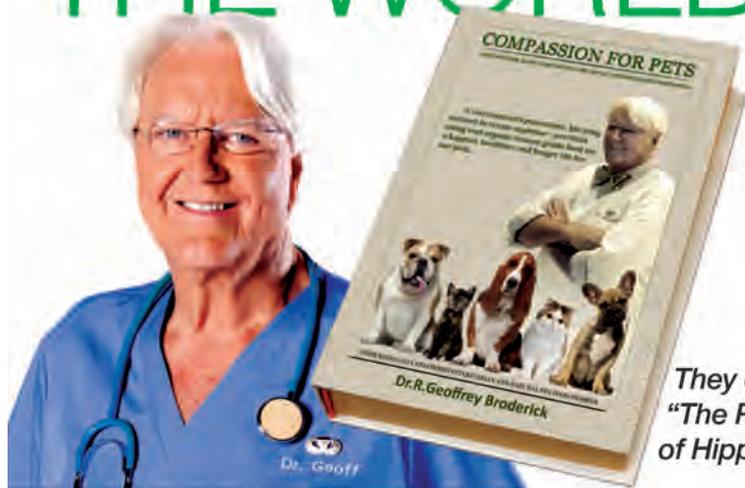


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# Shifting from Separation to Integration

by Owen K Waters  
Texas

The keyword of the Old Reality was separation. Separation has been the theme of consciousness on Earth for thousands of years. We have separated into tribes, then countries and empires. We have separated, or divided, ourselves by race, sex and religion.

We have even separated our own consciousness further from its source, focusing it firmly in the external world and away from the light within. Intuition and the inner aspects of the five senses have been largely ignored in order to focus upon the game of life, and the game plan has revolved around separation.

We have even been separated from the records of our experiences over the

countless millennia prior to current, recorded history. In this materially focused world of separation, we don't even know who we are as a human race, where we came from, or how we came to be living on this one small planet within the vastness of the universe.

The Shift, however, allows the human race to set sail in the direction of integration, where we will find answers to these and many vital questions.

The universal theme playing out on Earth today is shifting from one of separation to one of inner integration. Integration, basically, means people learning how to love themselves and how to love others.

Integration invokes a sense of wholeness. An integrated self no longer has the opposing parts that foster the inner tensions that promote a lack of self-love and self-acceptance. *When people love and accept themselves, they can love and accept others unconditionally. This opens the door for the development of an inner sense of the connectedness of all life. Other people can then be seen as simply other expressions of the same fundamental Infinite Being.*

All people are seen as one, with the universe within them, and not something separate that is outside of themselves.

Opposites do still exist in a world of integration—the opposite poles of a battery, the opposite sex, the opposite sides of a coin; but these all complement each other rather than causing a sense of division.

As our sense of inner integration continues to develop throughout The Shift, we will find that our previously separate compartments of consciousness begin to join together. The subconscious, conscious and super-conscious minds only have to function separately during times when the issue of separation is being explored.

Intuition and conscious telepathy, for example, will become progressively easier to develop.

Integration is a viewpoint. With it, you see life as a harmonious and complementary variety of thought, feeling and action. With it, your life constantly unfolds as a true symphony of your own, spiritually planned purpose, as a dance of meaning and synchronicity with everyone in your life. ✨



Owen Water's book, *The Shift: The Revolution in Human Consciousness*, is available now for immediate download at: [spiritualdynamics.net/ebooks/theshift.htm](http://spiritualdynamics.net/ebooks/theshift.htm)

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# How to Have Tough Conversations



by Quint Studer  
Florida

and very few of us enjoy hurting people's feelings. Unfortunately, leaders must be able to handle conflict or we're not doing our job. We need to be able to hold tough and productive conversations

**N**o one enjoys conflict and confrontation. We all want to be liked and accepted,

with others, and address conflicts that arise inside the organization.

The goal with tough conversations is twofold. One, you want to solve a problem. Two, you want to do it without damaging your relationship with the other person. Remember that an organization is simply a network of strong, collaborative, mutually beneficial adult relationships. The better the relationships, the better the company. It benefits all leaders to master the art of resolving conflict while preserving great relationships.

The good news is that tough conversations can actually strengthen relationships and help both parties grow personally and professionally *if you handle them the right way.*

**Before you go into a tough conversation, ask yourself these three questions:**

1. *Am I being fair and consistent?* It's important that you don't have one set of rules for one person and a different set for another.
2. *Am I too focused on being "right"?* Just because you may disagree with someone doesn't mean they are wrong. People have different experiences and points of view. Life isn't always about "right" or "wrong." When you have that attitude, you probably won't even listen to what the other person is saying.
3. *Do I need to call in a witness, document the conversation, or consider other legalities?* Depending on the nature of the situation, you might. If you're not sure, consult an HR rep or employment attorney.

**Tips for having difficult conversations:**

**Stay focused on preserving the relationship.** It is possible to convey difficult messages while still treating the person with dignity, respect, and empathy. This conversation is just one moment in time. If you damage the relationship, you shut down future opportunities for collaboration and innovation. Keeping this in mind should help you stay civil, focused, and sensitive to how you say what needs saying. In fact, tell the person up front that the relationship is important to you.

**Consider that you might be wrong.** Go in with an open mind. You're diagnosing, not condemning. You may not know all the variables causing the person to do the things they're doing. Often, we hear something totally unexpected that shifts our perspective. We can always be wrong! Knowing this and being willing to admit it is a sign that you're a strong leader. It will also help you be a better listener.

**Before you call the meeting, get clear on what you want to say.** Be sure you can express up front what the problem is, how it's impacting others, and what must change. Stick to these points and don't go off topic. Be prepared with hard metrics if you can: "You missed the sales goals by 37 percent last quarter" or "You've been absent 13 days in the past 6 months." Productive conversations are grounded in facts, not observations.

**Schedule a time to discuss the issue and give the person a fair warning beforehand.** Otherwise, it gets blurted out in the moment and results in unfavorable outcomes. For example, say, "Chris, I'd like to chat with you about what happened with the Jones account earlier this week. Can we meet tomorrow morning at 8:00?" This gives the

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# Without Damaging Relationships

person a chance to gather their thoughts and prepare emotionally for the meeting. Ambushing people or not being transparent about the nature of the discussion creates anxiety and breaks down trust.

**Meet on neutral ground.** It's usually best not to call the person into your office. This shifts the balance of power to your side and puts the other person on the defensive. It's better to meet in a conference room or a restaurant. This sends the signal that this is a solutions-centered discussion, not a dressing down from an authority figure.

**Seek to be collaborative, not authoritarian.** You want the other person to work with you to make things better. Outcomes are so much better when the person feels a sense of ownership for the solution. Ask positive questions like, *How are you feeling about our partnership? What factors do you think led to this issue? Do you have any ideas on what both of us might do differently moving forward?* Don't exhibit a "my way or the highway" attitude. It's good to listen to the other person's perspective and to compromise when you can. It shows the person you respect and value them.

Might doesn't always mean right, and the loudest voice shouldn't always win.

**When you ask questions, give the person time to gather their thoughts.** Don't just talk to assert your point of view or fill up silence. This comes across as you steamrolling over the other person. This is especially important when you're dealing with an introvert who needs time to think before they speak.

**Listen actively.** It's all too easy to spend your time calculating your response and not really listening. Try to stay focused on understanding what the person is saying, both verbally and nonverbally. Summarize what they are saying and confirm that what you think they said is actually what they meant. Trying to understand where someone is coming from is a way of showing empathy. It helps them accept what you have to say, even if it isn't what they wanted to hear. When people don't feel heard or listened to, it's upsetting. It damages relationships.

**Keep things civil.** Never yell, insult, threaten, or bully the person. This should

go without saying, but we're all human and emotions can get out of control. If things start to escalate, end the meeting and reschedule when you're both calmer. A single episode of bad behavior can tear down a relationship that took years to build. The person may appear to comply in the future but there will be an underlying resentment that affects performance and outcomes. The issue will get lost, and the focus will be on your bad behavior. It's okay to take a break or come back later if you need to calm down. Remember, odds are good you'll still be working together.

**End with an action item.** Ideally, you and the person will both have a task to do going forward. This way you can schedule a follow-up conversation to see if things have changed for the better. Most people will never enjoy tough conversations, but one can get more comfortable with them. People often find they are the catalyst for growth. They get people unstuck and moving in a positive direction. When one thinks of tough conversations this way, they may feel more inspired to get better and better at having them. ✧

Based on the book, **The Busy Leader's Handbook: How to Lead People and Places That Thrive** (Wiley, October, 2019).

**Quint Studer** is the author of nine books including the Wall Street Journal bestseller **The Busy Leader's Handbook** and a lifelong businessman, entrepreneur, and student of leadership. He not only teaches it; he has done it. He has worked with



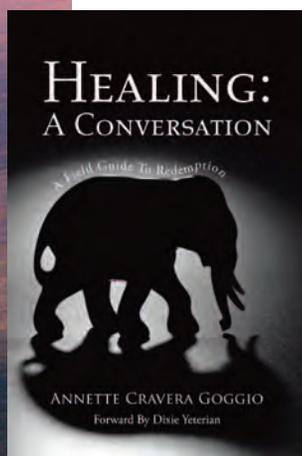
individuals at all levels across a variety of industries to help them become better leaders and create high-performing organizations. Quint is the founder

of Vibrant Community Partners and Pensacola's Studer Community Institute. He currently serves as the Entrepreneur-in-Residence at the University of West Florida. [www.thebusyleadershandbook.com](http://www.thebusyleadershandbook.com), [www.vibrantcommunityblueprint.com](http://www.vibrantcommunityblueprint.com), and [www.studer.org](http://www.studer.org).

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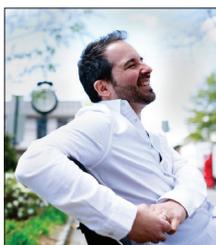
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## ACTION ALERT!

by John Gilmore  
Long Beach, NY

### Awesome Beginning to the NY Legislative Session

**J**anuary 8 — What an awesome day in Albany! Workers at the state buildings said ours was the biggest and LOUDEST group to ever show up for the opening of the Legislative Session.

Well over a thousand people showed and Robert F. Kennedy, Jr., warrior mom Brooke Jordan, Rabbi Zev Epstein, Mary Holland, co-author of *HPV Vaccine On Trial*, and Assemblymember David DiPietro presented moving speeches to us in the Capitol. One consistent message came from the legislators who are on our side: **Keep it up!**

We began our day in front of Merck's Albany headquarters, just half a block from the Capitol, for a reason. All the vaccine bills we are fighting in New York are there to make money for Merck, Pfizer, Sanofi & Glaxo, the big four drug companies that sell almost 90% of the vaccines in the world. As US Representative Ilhan Omar said, "It's all about the Benjamins."

Merck is a serial felon. They have paid more than \$10 billion in fines, penalties and settlements since 2000 including more than \$5 billion for at least 60,000 deaths caused by their Vioxx product. And \$350 million for bribing public officials and doctors!

Gardasil is the most controversial vaccine in the world. *It was banned in Japan for safety reasons. There are lawsuits around the world in those countries that allow lawsuits against vaccine injuries,* which does not include the US. It has a horrendous safety record and there is a growing body of evidence that much of the data Merck used to get the product license was fraudulent.

**Three of the four bills we are fighting the hardest against would give Merck direct access to our kids and shut parents out completely. They are:**

**S298b/A2912a, Mandates Merck's Gardasil to attend school.** Think about that, the state is forcing people to buy Merck's product, which is already a monopoly, and if any child is injured by

Gardasil, Merck has complete liability protection. Three states have Gardasil mandates, all three allow parents to opt out for any reason, but not New York's bill.

**S3899a/A973a, Allows giving drugs and vaccines that are marketed as preventing sexually transmitted diseases to minors without parental knowledge or consent.** No lower age limits are in the bill.

**S4244c/A6564c, Allows any vaccine to be given to children 14 and older without parental knowledge or consent.** Any child in school has to have all the mandated vaccines, so this bill is clearly doing two things: targeting homeschooled kids, and promoting Gardasil which is not required to attend school.

**S2276/A2316, Mandates annual flu shots for daycare, Pre-K, k-12.** This isn't a Merck specific bill but they sell flu vaccines too.

We need to keep the pressure up. **The following people are the key players in the legislature. Please call them and politely ask what their positions are on the bills above and let them know that you oppose all the bills.**

**Governor Andrew Cuomo,**  
(518) 474-8390

**Jay Jacobs, Chair of the NY Democratic party,** the NY Democrats do not publish a telephone number. The number is for the Nassau Democrats which Jacobs has

led for many years (516) 294-3366

**Senate Majority Leader Andrea Stewart-Cousins,** (518) 455-2585

**Assembly Speaker Carl Heastie,**  
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(518) 455-3486

**Senator Gustavo Rivera, Senate Health Committee Chair,** (518) 455-3395

**Assemblymember Richard Gottfried, Health Committee Chair,**  
(518) 455-4941

*Please share this message with friends and family, and on social media while we still can. ✨*

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

**K**nowledge is a beautiful thing... until it's misused to the detriment of others. Powerful knowledge comes with great responsibility. It's this responsibility that birthed the tradition of hiding and concealing certain information in ancient China, Sumaria, Egypt and Greece.

A wide spread belief held that the great continent of Atlantis sunk due to the misuse of vibratory subtle energy, such as music and magic. You decide what you believe, but I assure you, in the mystery schools there was no doubt of such possibilities. Ancient "Mystery Schools" around the world hoarded subtle energy information, only sharing their wisdom with initiates who demonstrated values, people who believed in the welfare of all.

What was so important that this knowledge was so carefully hid? Ancient people surprisingly understood that everything was comprised of malleable energy...energy that could be changed with sound and other tiny energy sources. When these tiny changes were amassed, physical matter was altered, aka, magic occurred. **He who understood subtle energy had great power.** How carefully ancient civilizations guarded their secrets of music, magic, art, dance and healing practices. Each one of these endeavors created subtle energy concoctions that could be used to influence and alter the world around them.

Ancient people used extreme methods to keep these secrets hidden. They had good reason to hide it. For example, Hitler sought these ancient secrets in his quest for world domination. Think that Egypt never let a secret slip on how to build a pyramid in 3,000 years. Wow. Ancient China only trusted high-ranking officials to employ musicians (that could alter their world with sound energy). Death was the punishment for leaking Pythagorean secrets. The Sumerians had code words, "for those who have ears to hear," before talking in riddles, only allowing a few to decipher the code. Egyptian art looks exactly the same during their 3,000 years as a super power, because it was strictly controlled. No one was allowed to introduce innovations in art, music or dance, which was contrary to what was established to be "good".

In ancient China, music was controlled by the emperor to instill harmony and



strength in its people. For example, they controlled the tuning notes from village to village. They carefully tuned each town to the exact same frequency. They believed that a tuning note and its music would be heard, absorbed and radiated by the villagers. Therefore, if the tuning notes of different villages were dissonant, these villages would clash. In another example, Chinese music kept their people "in tune" with the changing seasons, balancing the lack or abundance of frequencies they needed – with the energy of sound. They listened to watery music during the dry season.

Why was music and subtle energy prized? Subtle-energy-practices of music strengthened populations, increased crop growth, instilled a ferocious nature in warriors, lifted huge rocks, rehabilitated criminals and more. Not only music, but energy within food, items of nature and things used in "magic spells", were all ingredients of a subtle nature, that when combined, had a strong enough reaction to alter matter.

The tradition of controlling music for power continued as time marched on. The early Catholic Church intended to eradicate Pythagoreanism, Platonism, Mithraism, Egyptian Hermeticism, Zoroastrianism, the Hebrew Kabbalah and similar Gnostic teachings. The Cathars of southern France were executed or exiled, forced to roam the countryside as "gypsies." The Knights Templar, the primary keepers of the Babylonian and Egyptian mysteries, were hunted down and murdered by the Church on Friday the 13th, 1307.

Just as these religions were deemed enemies of the Church, so was their music. The devil was believed to be summoned through music. In 1234, the Catholic law, entitled Liber Extra... banned the musical interval that formed phi (triton) from music. This sound was revered by ancient musicians, because it exists abundantly in nature. What is the impact of listening to the tri-tone or the phi sound? This sound equates to branching, spiraling and scaffolding patterns – found in nature. Perhaps it helps us to grow, develop new

ideas and lift our energy towards God. Clairvoyant seers observed that listening to the phi sound created by the musical triton purified, and enlightened one's aura, resulting in improved well-being.

When ancient musical secrets were suppressed, it was "hidden" in carvings and dimensions in churches. In 2005 Thomas and Stuart Mitchell matched cymatic images found in England's Rosslyn Chapel's carvings and musical notes. The carvings served as a musical score. The Mitchells performed and recorded the music of the carved cubes, called the *Rosslyn Motet*. These musical codes were hiding – in plain sight in a chapel – where no one would suspect them to be!

Pope Gregory was a violent enemy of pre-Christian culture and burned all ancient books, which explains in part, why ancient musical techniques were lost. Burning the only available reference materials made understanding the complicated modal

*Continued on next page*

system of the Greeks close to impossible. Gregory created a musical modal form similar to the Greeks, but he lacked understanding of how or why Greek music was performed.

The tradition of dictating musical rules continued, but without knowledge of why it was done. For example, mixing modes was considered a sin. King Louis IX gave permission to form an academy of music, but the Parliament of Paris closed it, because musicians ignored ecclesiastical rules and used too many modes. A variety of similar modes were prescriptively used in the Middle East to “cure” people with mental health issues. Now this was outlawed.

In 1550, Luther wrote scathing pamphlets about the Catholic Church in Germany, where many of the Renaissance composers lived. With the ensuing birth of the Protestant Church, the Catholic Church’s iron grip on music weakened, which allowed musical innovations and the resurrection of ancient musical wisdom to run rampant.

Classical composers prized ancient secrets about the power of music. In a few examples, Beethoven’s composition master, Christian Neefe, was a known Mason and a member of the secret Illuminati. Beethoven dedicated his piano sonata, Opus 28, to the known grand master, the Priory of Sion, Joseph von Sonnenfels. Beethoven was familiar with ancient ideas regarding the power of music.

Using music to control the masses came to an abrupt halt during the Classical period when the popularity of music dictated what sounds were heard, rather than church officials or government. Rules were now created by mass consensus; the paying audience giving the musician the opportunity to make a living. In this period, after a musical style lost popular favor, the culture transitioned with the rebirth of new music. The musicians daringly created diverse masterpieces without any fear of negative consequences. This music not only changed the world forever, but did so with lightning speed.

It is well documented that sound entrains brainwaves (brain waves mirror sound waves that are nearby), creating specific states of consciousness, and of course music makes us *feel* good as we dance to a lively beat and feel sad with another song. **Clearly sound changes us. At least within the hearing spectrum we have a clue as to the impact of sound vibrations. Vibrations, even those unheard, can intensify our emotions – for better or worse. Our brain waves can be deliberately altered with sounds, with similar result – altering our**

**consciousness. Can we be brainwashed or influenced – without a clue as to what is impacting us? Are their unheard broadcasts dumbing us down? Making us compliant? Encouraging us to buy things?**

People are impacted by music and sound. Yet, it is deemed as mere entertainment, just frivolous. Not only have we lost the ability to use music and sound for our benefit, but we are clueless that it can harm us.

Sound and music can be used for good – for nutrition, encouraging positive emotions, elevating our consciousness and awareness, and more. Should we be educating people about how we ingest sound? Monitoring unheard vibrations? Warning of their effects? When are we going to take what we listen to seriously?

One method to counter unseen negativity is to be such a strong positive force; the stronger overcomes the weaker. Our harmony can overcome dissonance.

Plotinus of ancient Greece wrote: “Harmonies unheard create the harmonies we hear.” He suggested that subtle, unheard sounds (such as those coming from nature) influence musicians to create beautiful works of art. We are impacted by all kinds of vibrations, without being conscious of their power. It is time to wake up and take control of our vibratory world! ✨

*Jill Mattson is a prolific Artist, Musician and Author. Jill is a widely recognized expert and composer in the field of Sound & Color Healing! She has also produced nine musical CDs with intriguing, magical tracks using ancient & modern techniques, and special healing frequencies to achieve profound benefits. Jill is a four - time author. (Crystal Realms CD – Best Sound Healing CD of*



*2017, Best Overall Music (popular Vote and Industry Leader’s Choice – Gold Awards), The Lost Waves of Time – Best Book of 2016 and Best Alternative Science book of 2016, Deep Wave Body Healing CD– Best Sound Healing CD of 2016, Contacting Angels & Masters CD – Best CD of 2015 and Deep Wave Beauty CD – Best New Age CD – Silver Award). Jill has been featured at hundreds of teleseminars, radio shows and magazines! She offers an online Sound (& Color) Healing School. Jill presents new ways of approaching health and everyday issues using the benefits of sound and color! Free music & School of Sound Healing at [jillswingsoflight.com](http://jillswingsoflight.com)*

## Does Ridiculing Others in Public Make Us Feel Better About Ourselves?

*Continued from page 6*

Although I was very young when Dr. King’s words influenced our nation, I don’t recall them ever being abusive. An astute activist, he innately understood that going against the “status flow” meant a more powerful current was needed. There was only one energy that could rival the hate and injustice of that time, and Dr. King dared to use it. He spread the “L-word” around freely, promoting brotherhood and tolerance, not slander and hate. He led with wisdom, not narrow-mindedness, and he instigated laws by appealing to the best humanity had to offer; not by finger-pointing at others for acting their worst. He didn’t beat people over the head with his righteous indignation, either. He bravely and lovingly spoke his dream, and every brave, love-minded human wanted to be part of it.

It seems logical that when we want to appeal to the heart and soul of a majority, we need to engage our own heart and soul! As we look back at MLK and other great leaders like Gandhi and Nelson Mandela, we realize they made an internal commitment to do and say what was right and good for the whole. This helped them realize the truth that existed beyond their simply human perspective. They were continuously graced with inspiration and foresight, which led to symbiotic solutions and great strides in humanity. This is how powerful (and yes, I am about to use the word as a proper noun) Love really is!

Right now, as individuals and as a nation, we can decide the example and energy we want to put forth. Even though it makes us human to want to engage in ego contests—to let off steam, to win or fit in, to be liked or be right—the fact is ridicule and blame cannot sustain positive gain; that combo can only sustain itself. And shouldn’t we admit that as a whole we are only worthy

of receiving what we are willing to give? **As soon as we become a movement of millions united and prepared to be the change we want to see, we will give way to leaders who are prepared to do the same.** These leaders will come forward quickly, too, and it will be through their inspiring words that we will know their personal goal is to keep stepping out of the shadow of their ego and into the light of their Soul ✨

*Donna Martini has spent over 25 years educating the public about love, forgiveness, and everything wellness. With her trademarked seminars called Positive Manipulation<sup>®</sup>, she helps thousands learn how to utilize their innate gifts, spiritual prowess, and human potential. She has authored two books, her first, **The***



***Ten Commandments of Divorce**, helps separating and divorced couples maintain their marital vow to love and honor for the sake of their children. Her second, **My Mini Book of Mighty Mantras**, offers readers 369 uplifting messages to help them achieve their most positive mindset. Recently she added songwriter and video producer to her achievements with her critically acclaimed music video, “One Nation’s Heart” which she hopes will promote unity for our country. Donna’s latest creation is MantraMouse—a cartoon activist who reminds people of all ages how good it feels to be good. You can see Donna’s work and the MantraMouse cartoons on [mantramouse.com](http://mantramouse.com) <https://www.facebook.com/donna.martini.7>*

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# POETRY

## Study on Silence

by James George Poulos, New York City

silence is a complicated dimension.  
sometimes it happens when the bread is baking in the oven  
and there's nothing else to do but wait  
and the rain is falling

## Meditation

by Dave Frieman, Huntington Station, NY

A cosmic journey  
to the primordial sea  
from where truth is born

## The Heart Takes Flight

by Paul Schaefer, Holbrook, NY

Before you could bite them back  
the words "And that's why I love you"  
escaped your lips, fluttering  
in the air between us  
and I had to decide  
whether to catch them or let them fly away.  
Instead, I opened my arms  
letting them land gently on my heart  
beside the "I love you" already perched there,  
waiting to fly to you.

## Out Of Bed

by Bruce Groh, Shirley, NY

Can I get out of bed now?  
The light is coming in through the blinds.  
A new day is born before us.  
I can't stay lying here, no way.  
I'll move slowly, so as not to awake you.  
You know the drill.  
I'll move ever so carefully.  
Don't you worry, I'll be quiet,  
Maybe!  
I'll walk past you, and not disturb  
your half-awake body.  
I'll see your eyes open half-way,  
with that why-are-you-up frown.  
And I will put on the coffee, and  
take out the cups in quiet mode.  
Don't you worry about a thing!



## Corinne

by Fred Byrnes  
Huntington Station, NY

A brutally cold  
winter day, one thought of her  
Springtime birds begin to sing

## Beloved Lover

by Dr. Seena R. Axel, Delray Beach, FL

Beloved Lover,  
I've bemoaned your absence  
for too long now.  
The resonance of your  
deeply rolling energetic waves,  
a lullaby to my heart.  
My dearest beloved,  
it has been too long  
since my fingers and toes  
have played upon your  
silky, sandy shores.  
Discovering the beauty  
of a hidden shell,  
a sea-washed stone  
or the magic of magnificent sea glass.  
Beloved Lover,  
perhaps it is I,  
who has left you,  
as I sometimes leave myself,  
in service to others.  
We meet yet again,  
in all forms of weather.  
Whenever I remember.  
Please forgive my absence.

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jan@FearlessWatercolors.com  
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## You, Me, and Us

by F.E. Scanlon, Flushing, NY

What stands when all else falls?  
What endures beyond impermanence?  
How strong is the chokehold of illusory  
materiality?  
You can't buy a soul wholesale.

## Koan

by Charlene Knadle, Dix Hills, NY

The way to be loved  
is to love  
The love you receive  
is the love you have given  
The way to love  
is to have been loved  
The love you give  
is the love you have received  
All the world's a circle  
its desire is for completion  
it wants to be Zen emptiness  
Vedic fullness.



## A Fork in The Road

by Jane Briganti, Middle Island, NY

I will not cry anymore  
I have become numb  
I cannot continue to hope for change  
I know will never come  
I must move on and save myself  
from the sorrow which surrounds me  
I tell myself I am not selfish  
I have suffered long enough  
in a relationship of emptiness  
Always sacrificing my needs  
the things I enjoy  
and for what  
for the greater good  
His words say one thing  
his actions another  
they do not coincide  
I'm always uncovering lies  
We are nothing more  
than two people walking  
down the same road  
which leads to nowhere  
That road has now  
reached a fork  
As destiny will have it  
he will go left  
and I will go right  
Two separate roads  
out of the darkness  
and into the light

Poetry is nearer to vital truth than history. – Plato

# Finding the Heart of Yoga Through Kirtan (Devotional Chanting)

An Interview with Brother Kamalananda  
of Self-Realization Fellowship

## What is kirtan?

*Kirtan* is a Sanskrit word meaning devotional chanting. Its purpose is to awaken divine consciousness that we may experience the peace, love and joy that reside in our souls. It is important to distinguish between musical performance and *kirtan*. The practice of *kirtan* is a devotional offering to Spirit, a prayer in which we give without asking for something in return. And when we give in this way, God gives in return. We open ourselves to receive His divine bounty.

## What role does devotion play in kirtan?

It is important that when one participates in *kirtan* that the heart is totally open. It requires devotion, because without it, chanting becomes just an intellectual process, a musical performance. When we chant with devotion we are opening our hearts to God, and that is when we begin to experience the benefit of *kirtan*.

## What is the benefit of kirtan and why is it so powerful in creating a spiritual experience?

Devotional chanting helps focus the mind by using a very simple theme, a “seed thought,” that is repeated over and over. It is like an affirmation set to music. This repetition, when practiced with the right attitude—of giving to the Divine without asking for anything in return—awakens devotion. As we go deeper, we are able to elevate the consciousness to the higher spiritual centers in the spine and the brain, resulting in a deepening spiritual experience. This natural process is the whole science behind the purpose of *kirtan* chanting.

## Paramahansa Yogananda said that sound or vibration is the most powerful force in the universe. Please explain?

In the Bible it says, “In the beginning was the Word, and the Word was with God and the Word was God.” Paramahansa Yogananda, who was perhaps one of the first to introduce *kirtan* in the West shortly after his arrival exactly 100 years ago in 1920, explains that Spirit’s first projection in physical creation is the primordial vibration of *Aum*. Because the *Aum* sound or vibration is the fundamental underlying framework of creation, if we know how to utilize that vibration in the appropriate way, we are able to harness its power “to remove the rocks of difficulties

and to create the change desired,” as Yogananda says in his book, *Cosmic Chants*.

## What are the different states of kirtan, and how do they work?

Yogananda was really the first to very clearly divide chanting into five phases: aloud chanting, whisper chanting, mental chanting, subconscious chanting, and superconscious chanting. Most people are aware of only the first two stages, but not the deeper ones.

*Aloud chanting* serves to help shut off the external distractions of the mind and body in a very powerful way, so that one can use the sound of the voice to focus the mind on the chant. As the concentration deepens we proceed to *whisper chanting*. Once we become more interiorized, we begin *mental chanting*, in which we chant the words mentally only. This leads naturally into the next phase, or *subconscious chanting*, when chanting becomes automatic, with internal consciousness only. The last stage is *superconscious chanting*, where the chant turns from a mental concept into realization—every fiber of one’s being has assimilated the meaning of the chant. It is at this point that one begins to have a perception of *Aum*.

## What role does kirtan play in eradicating spiritual dryness?

The practice of *kirtan* plays a very important role in one’s spiritual journey. In fact, Paramahansa Yogananda went so far as to say that chanting is half the battle. This is because every devotee on the spiritual path goes through periods of dryness. When we go through these periods of indifference or darkness, we need to get out of our heads and into our hearts. Paramahansa Yogananda would say, “Drop the mind into the bottomless well of your heart.”

Chanting is a very powerful tool that facilitates the process of getting out of the mind and into the heart. If we throw ourselves into chanting without expectation of results, we gradually lift ourselves out of negativity and eventually break free.



Photos Courtesy of Self-Realization Fellowship,  
Los Angeles, Calif.

is recorded in the ether for eternity. And when anyone else sings that song, they can tune in to the same spiritual experience that devotee has had. That is the power of *kirtan* and devotional chanting. ✧



**Brother Kamalananda** is a monastic disciple of Paramahansa Yogananda, who lives and serves at the international headquarters of **Self-Realization Fellowship**, the nonprofit organization founded in 1920 by Yogananda (*Autobiography of a Yogi*), which today includes over 600 temples, centers and ashrams in 60 countries. The year 2020 marks SRF’s 100th anniversary. [yogananda.org/srfcentennial](http://yogananda.org/srfcentennial)

## Is there anything else you’d like to say about the power of chanting?

Paramahansa Yogananda said that when a devotee, anytime in history, has sung a devotional chant to God and has actually received a response, an experience of God through that chant, that experience

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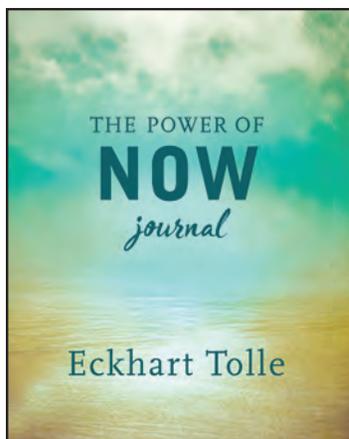
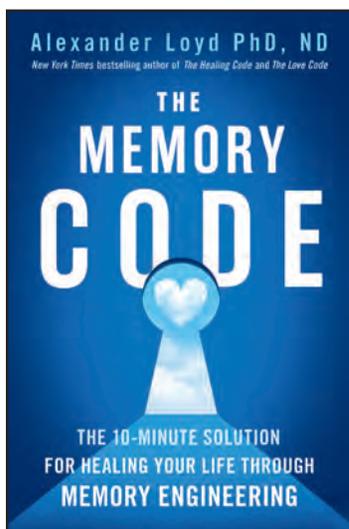
### BOOKS

**THE MEMORY CODE**  
**The 10-Minute Solution**  
**for Healing Your Life**  
**Through Memory Engineering**  
 by Dr. Alexander Loyd  
[hachettebookgroup.com](http://hachettebookgroup.com)

We have all had negative experiences in our lives, the memories of which can cause shame, embarrassment, fear, trauma, and worse. Those memories often prevent us from reaching our goals, whether they be related to weight, career, relationships, or success in other areas. But international bestselling author Alexander Loyd has developed a set of techniques that enable users to change the stories they tell about themselves to become healthier, happier, and more successful. Memory Reengineering is a toolbox of skills that disconnect painful emotions from memories, replacing them with happier and healthier feelings. In *The Memory Code*, Dr. Loyd teaches readers that the past does not have to dictate the future. You can change your behaviors by changing the way you tell your story—and once you understand the process, you can begin to feel the effects in as little as 10 minutes. Whether you want to improve at work, fix your relationships, end an addiction, or just finally move past painful memories to achieve self-growth, *The Memory Code* will give you the power to change.

**THE POWER OF NOW JOURNAL**  
 by Eckhart Tolle  
[newworldlibrary.com](http://newworldlibrary.com)

Oprah Winfrey herself chose *The Power of Now* as one of her “Favorite Things.” There is no doubt that the work and teachings of Eckhart Tolle have changed lives and opened hearts for decades. He is the best teacher for living in the present moment, and he continues to



reach seekers of all ages and backgrounds. Carefully chosen excerpts from *The Power of Now* are featured on every spread, and the beautiful color artwork throughout the journal deepens the experience of living in the now. Each page has plenty of space to journal about what each quotation invokes for the reader in that moment. This is a wonderful

reinforcement and reminder for seasoned fans of *The Power of Now*, as well as a special way to introduce someone to the teachings of this transformational author.

**GOING VEGAN**  
**Your Daily Planner**  
 by Michelle Neff  
[SimonandSchuster.com](http://SimonandSchuster.com)

Starting to experiment with the world of vegan food? Looking for help keeping your healthy, plant-based eating on track? Ready to take the next step from vegan-ish to full-time vegan? Transition to veganism smoothly with this interactive step-by-step guide. In 12 short weeks you can achieve whatever level of veganism is right for you and make it a transformation that will last. *Going Vegan: Your Daily Planner* includes easy vegan recipes,

detailed nutritional information, and interactive journaling pages that let you track your water, food, and progress every day while creating delicious meals that keep you happy and healthy...all while staying animal-friendly.

**SACRED GEOMETRY OF RELATIONSHIPS ORACLE Card Deck**  
 by LON

*Sacred Geometry of Relationships* deck delves into the ties that bind people together, providing fresh perspectives on the connections we have with friends, family, colleagues, romantic partners—and ourselves. Sacred geometric structures are all around us—even *within* us, in our very cells—creating the intricate webs that hold the very world together. From the Fibonacci sequence

to crop circles, they're everywhere. The deck's 44 activations bring our deepest questions to light and illuminate how intertwined we are with the world, both seen and unseen. Featuring a 176-page booklet to help expand on the deck's revelations, *Sacred Geometry of Relationships* provides direction to help bring hidden truths to the surface.

### PRODUCTS

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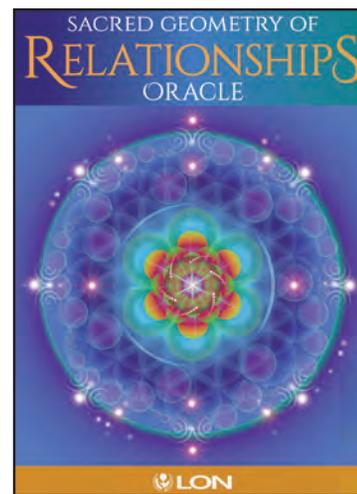
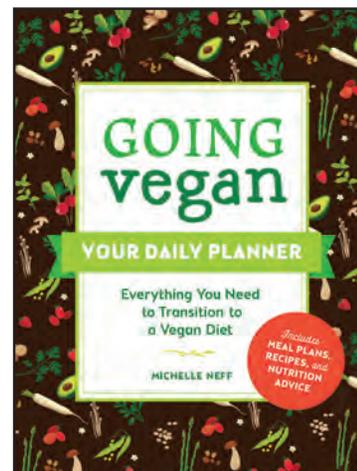
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brings together six herbs, electrolytes and vitamins to hydrate your body, promote a feeling of calmness, and deliver anti-oxidative support. This includes Turmeric, Amla, Tulsi, Ginger, Pepper Extract and Shallaki. The drink is designed for all-day consumption to complement and support a healthy, active lifestyle aimed at holistic mind-and-body harmony. Along with the herbs, Potassium and Magnesium help overall body function, fluid levels, muscle flexibility and energy, while Vitamin C completes the package with its anti-oxidant properties. Béla Herb-Infused Wellness Drink is available in three delightful flavors, including Delicate Berry, Elegant Tropical, and Unflavored & Unsweetened.



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face cream. This full body moisturizer can also be applied to irritated skin, bug bites, sunburns and more. This product combines Calendula Flower (known for reducing redness, inflammation, treating wounds, preventing acne); 175 mg Full-Spectrum per ounce CBD



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ZeroWater's 12-cup water filtration jug is the first in its class to have a sealed lid and reservoir, making it possible to pour water that has already been filtered without spilling water that's still filtering. This means the reservoir can now be kept full, adding two-extra cups capacity to the existing 10-cup design. This pitcher features an ergonomic, space-saving design perfect for mini-fridges or for users who prefer a lightweight pitcher.

## Qi Gong for Healing & Harmony

Qi Gong, qigong, chi kung, or chi gung is a centuries-old system of coordinated body-posture and movement, breathing, meditation and focused intent used for the purposes of health, spirituality, and martial-arts training. With roots in Chinese medicine, philosophy, and martial arts, Qi Gong is traditionally viewed by the Chinese and throughout Asia as a practice to cultivate and balance qi, which translates as "life energy". Qi Gong practice typically involves moving meditation, coordinating slow-flowing movement, deep rhythmic breathing, and a calm meditative state of

mind. People practice qigong throughout China and worldwide for recreation, exercise, relaxation, preventive medicine, self-healing, alternative medicine, meditation, self-cultivation, and training for martial arts.

With roots in ancient Chinese culture dating back more than 4,000 years, according to the National QiGong Association, the wording "Health Qigong" or "Qigong for Health" is considered a generic wording for many Qi Gong practices and in the interest of global Qi Gong practice, that these words are a generalized

term and therefore cannot be trademarked.

Medical or Health Qi Gong is taught or rendered by many practitioners. Such Qi Gong is a set of movements with primitive simplicity and elegant postures designed to cultivate one's internal and external wellness. In Chinese tradition, it has functions of curing disease, strengthening body, enhancing and prolonging life. There is internal Qi Gong, which focuses on self-care and self-cultivation. And there is also external Qi Gong which involves treatment by a therapist who directs or transmits qi to another person or something else.

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Liu Dong, PhD, OMD

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*Dr. Liu Dong, PhD, OMD, LAc, is an internationally acclaimed Doctor of Oriental Medicine Practitioner and Qi Gong Master. A graduate of the Beijing University of Traditional Chinese Medicine in 1987, he has conducted scientific research on the medical effects of Qi Gong in China, Japan, United States (Harvard School of Medicine), and France (National Health and Medical Research Institute in Marseille and Marmottan Hospital in Paris). He is a powerful Qi Gong healer with a profound knowledge of medicine, and many years' experience of treating patients with Qi Gong therapy, including China's former president, Deng Xiao Ping, and other dignitaries. He has published several books and articles on Traditional Oriental Medicine.*

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# Break the Cycle of Unhappy Money

by Ken Honda  
Japan

**H**ave you ever felt worry about not having enough money; envy of those who have more than you; or guilt, fear, or shame for how you have spent money? If so, chances are you learned these lessons from your family and stories you heard growing up.

Maybe you were raised in a household where your parents always talked about not having enough money. You might respond by scrupulously saving and pinching pennies, always fearful of what the future might bring and never free to enjoy what you have.

Or, you grew up hearing stories that your family was “bad with money,” such as relatives who squandered family wealth, leaving you mourning a loss for something you never had. In that case, you might associate money with loss.

I have heard stories of striking similarity from people around the world: family patterns – patterns that, in some cases, go back generations – influence how people feel about money.

Fortunately, we can change our relationship with money from one based on worry, fear, or shame to one focused on gratitude, appreciation, and abundance. When we do, we not only increase our own happiness, we also break patterns we may have inherited to free our children to enjoy a happier relationship with money.

## Make Friends With Your Money “Monster”

Many of us were raised to think that we had to be very, very careful with money. It was as if money were a scary monster – being careless with it could get us in big trouble.

Once my mother scolded me for spending what must have amounted to a dollar more than she thought I should on something she had asked me to buy. I didn’t mean to waste my mother’s dollar, and it felt like the end of my world.

When we go through something like that as kids, we may make up our minds we aren’t going to waste any money or make any financial mistakes, ever. That’s a big burden, and it leaves us feeling fearful of making a mistake, even if the cost is small.

I challenge people to free themselves from these feelings by going out and buying something without worrying about the cost, and then celebrating it. Free yourself from the idea that you can never waste money, or take a risk with it.

## Take Risks, Discover Your Gifts

To discover your gifts you have to be willing to take risks. For example, at the age of 33, I took a risk when I sat in front of my computer and started writing, something a friend had recommended I do for years. Taking that risk changed my life.

Now think about your money. If all you do is try to hang onto it all the time, you may be unwilling to take risks that can improve your life and the lives of those around you. Taking risks is scary, but the rewards can be limitless.

## More Than A Number

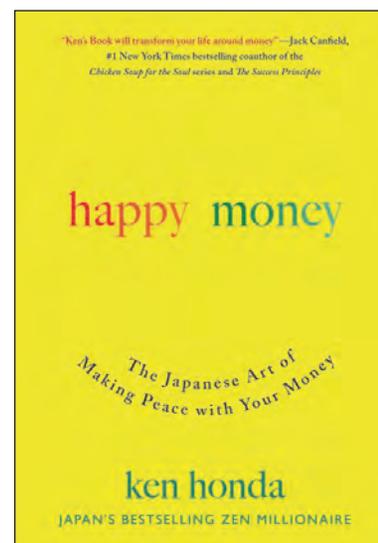
One of the biggest myths is the idea that wealth is just a number on your bank statement. Wealth is more than that – it is all the people you are connected with. If you focus only on the number, you miss those relationships.

## Start with Happiness, Money Will Follow

Many people think that money buys happiness. According to research, money does positively impact happiness, but only to a point. **You can experience more happiness, however, by practicing these things in your life:**

**Appreciation:** When you choose to feel grateful for the good people and things in your life, you open yourself to the flow of happiness and money.

**Connection:** When you see yourself as all alone in solving your problems, it can be



hard to see what’s possible. Ask who is waiting for you to ask so they can help you? Who can you help?

**Sharing:** In order to receive, you have to give. It makes space for new possibilities, people, and money. What could you give that would make space for you to receive? Open the flow by sharing a smile, a small gift, or a service to someone else.

Money is energy, and according to the laws of science, energy cannot be destroyed or created – it flows. Trying to hold onto money is like trying to hold your breath – you can only do it for so long before you have to breathe out.

When you breathe deeply and consciously, you feel invigorated and alive. That’s similar to the feeling you will get when you let go of fear around money, and embrace appreciation, connection, and sharing. ✨

*Excerpted with permission from **Happy Money: The Japanese Art of Making Peace with Your Money**. Published by Gallery Books. © 2019 by Ken Honda.*

*Money and happiness expert **Ken Honda** is a best-selling self-development author in Japan, with book sales surpassing seven million copies since 2001. His latest book is called **Happy Money: The Japanese Art of Making Peace with Your Money**. Learn more at [KenHonda.com](http://KenHonda.com).*

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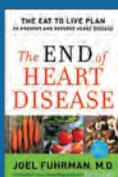
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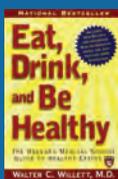
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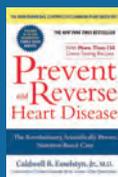
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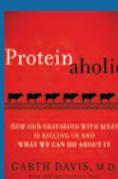
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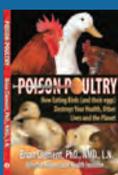
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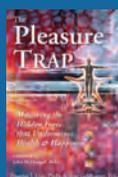
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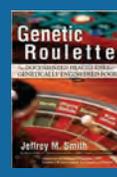
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