

✦ *Inspiring the Soul*

CREATIONS

MAGAZINE

VOL. 28, ISSUE 3

JUNE / JULY 2014

CREATIONSMAGAZINE.COM

Heed Your Call ... and "follow your bliss"

The Power of And™ vs The Tyranny of Or
The Bliss You Seek is Seeking You

Why Happiness Matters

Take Back Your Freedom and Grow Your Own



How to Choose the Right Holistic Dentist

When it comes to picking a dentist to satisfy your dental needs, especially a holistic one, many people find themselves in a quandary. Unfortunately, Holistic Dentistry is not a true dental specialty, and there is no oversight, requirements or governing body for holistic dentists. This means that every holistic dentist is different. It is up to the patient to figure out which dental practice fulfills their holistic and dental needs.

You can safely bet that all holistic dentists do not use mercury fillings. And that one commonality is usually all it takes for dentists to claim that they are "holistic." This is why it is important for the discerning individual to research the dentist and the dental practice as well as interview the dentist on their first visit. Some dentists may even agree to a phone interview before seeing the patient for the first time. Membership in holistic dental organizations, like the IAOMT is a good sign, but it may only mean that they paid their membership dues, and not necessarily that they follow the

organization's guidelines. Websites and reviews are a good start, but reader beware: anyone can write anything they want on the internet, true or not.

CLINICAL SKILL

Sadly, only a small percent of dentists are really adept at dentistry. This may come as a shock to most people, but the fact remains that in order to be a good clinical dentist, one must possess exceptional hand-eye coordination. While physicians have a vast choice in specialties, less than 10% go into specialties that require great hand-eye coordination skills such as plastic surgery, neuro-surgery and eye surgery. 99% of dentists HAVE TO BE micro-surgeons. Unfortunately less than 10% have that specialized skill. Generally natural-born artists that can draw and sculpt well, have excellent hand-eye coordination. In addition, an art skill is extremely valuable in dentistry since dentists need to replicate the natural tooth form by sculpting and carving dental restorations. This explains why most

people are walking around with fillings and crowns that look like non-anatomic blobs and have very little resemblance to the natural tooth. Nature makes teeth look like teeth for a reason. Each cusp and groove in a tooth serves a purpose. When dentists do not reproduce this anatomy when reconstructing a tooth, the teeth may not function properly. It is no wonder why many people suffer from TMJ problems: their teeth have not been restored back to proper natural anatomy! Just because one has the right mindset, he is nice and well meaning, does not mean he can deliver great, pain-free and long-lasting dental care.

PHILOSOPHY

Since every holistic dentist is different, the philosophy of their approach becomes very important. Is the dentist a "holistic dentist" as a gimmick to attract new patients? Is the dentist leading a holistic lifestyle? Is the dentist knowledgeable in important holistic protocols such as Accreditation in the IAOMT safe mercury removal, biocompatibility testing, holistic root canal therapy, avoiding root canals, natural ways to heal cavities, etc? Is the dentist practicing 1800's conventional dentistry using non-toxic materials or is the dentist minimally invasive and familiar with modern tooth conserving dental techniques? By asking the dentists appropriate questions that are important to you, you can gauge by the dentist's response if he/she is a right fit for you.

TRAINING

What post-doctoral training in modern dentistry and alternative medicine does the dentist have? Is he a Biomimetic Dentist? Is she accredited by the IAOMT? Does the dentist have additional degrees in holistic and alternative health such as Naturopathy, Nutrition, Chinese Medicine, Ayurvedic Medicine or Homeopathy degrees? Dentistry is constantly changing. New, more natural, healthier non-toxic materials are finally available. New developments in technology allow dentists to be minimally invasive and tooth conserving. How does the dentist you are choosing measure up in this category? Is he golfing all the time or is he attending continuing education courses?

TECHNOLOGY

Incredible advances in dental materials, technology and techniques have great appeal to the holistic-minded individual.

Various dental lasers that treat many conditions from gum disease to tooth decay, 2-D and 3-D digital low radiation x-rays allow for better diagnosis. CEREC CAD/CAM creates a perfectly fitting ceramic tooth reconstruction in a single visit. Metal-free bridges and dental implants are a perfect choice for metal-sensitive individuals, Dental Ozone therapy has many dental applications, as well as a variety of other minimally invasive modern technologies which are available to all dentists. Unfortunately, most do not offer these modern technologies to their patients. Does the Holistic Dentist you choose offer modern minimally invasive technologies or is he doing things the old fashioned way, only without mercury-fillings?

Finding the right fit for you and your dental needs will take some investigation. Browse the Internet, and interview the dentist. Visit the office and take a tour with some of the staff. You do not need to commit to any treatment or even an appointment. Do your homework and you will be rewarded with finding the right holistic dentist for you and your family.

- ADVERTORIAL -

Regression and Past Life Therapy With Frank Nichols, LCSW

Professional and Empathetic Service

Frank Nichols, LCSW has over twenty five years of clinical experience and has trained with Dr. Brian Weiss author of *Many Lives, Many Masters*



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

For Information call
631 896-6352



Alex Shvartsman, DDS
Mastership in the Academy
of General Dentistry
Fellowship in Dental Implants.
Accredited by the IAOMT
mercury removal.
Oral-Myofunctional Therapist
LONG ISLAND CENTER FOR
HEALTHIER DENTISTRY
260 East Main St., Suite 109
Smithtown, NY 11787
www.SmithtownSmiles.com
(631) 361-3577

Visit

creationsmagazine.com
regularly for more
Articles, Media Reviews,
Updated Listings and
Advertising Information



New York COLLEGE

OF HEALTH PROFESSIONS

A Leader in Holistic Health for over 30 Years

Become a Licensed Health Care Professional in as Little as 2 Years!



Work with Hospitals, Spas, Sports Teams or Be Your Own Boss

Accredited Undergraduate and Graduate Degrees

Massage Therapy

Associate & Bachelors degrees

Acupuncture

Health Sciences • Oriental Medicine

Bachelors/Masters degree

Certificate Programs in Holistic Nursing for RNs, The Science of Self Improvement, T'ai Chi and Yoga Instructor Certification

© 2014 New York College of Health Professions

Flexible Schedules • 4 Convenient Locations

Financial Aid can provide tuition and living expenses, if qualified

CALL TODAY!

800-922-7337

www.NYCollege.edu

Enroll Now for Fall

The only non-profit private institutionally accredited college of its kind in the New York metropolitan area.

Campus: 6801 Jericho Turnpike • Syosset, NY
3 Locations in Manhattan

ESSENTIAL DENTAL OF ROSLYN HOLISTIC DENTAL CARE



Your beautiful & healthy smile is just a phone call away.

**** Complimentary Facial Esthetics Consultation ****

\$500 off Invisalign Treatment

Must present this ad at the time of appointment
Call for details - Expires 7/31/2014

- Advanced Laser dentistry using Waterlase laser
- Non surgical Laser Assisted Periodontal Therapy (gum treatment)
- Non- Mercury restorations including BPA-free natural colored fillings
- Metal free implant restorations • Invisalign
- Removing mercury following Huggins institute protocol
- Specializing in full mouth reconstructions and smile makeovers
- Biocompatibility Testing • Digital X-rays • Kids are welcome
- Facial Esthetics: Botox & Juvederm
- Zoom! Whitening • Now participating In Cigna dental Plans

Natalie Krasnyansky, D.D.S.

A proud member of IAOMT

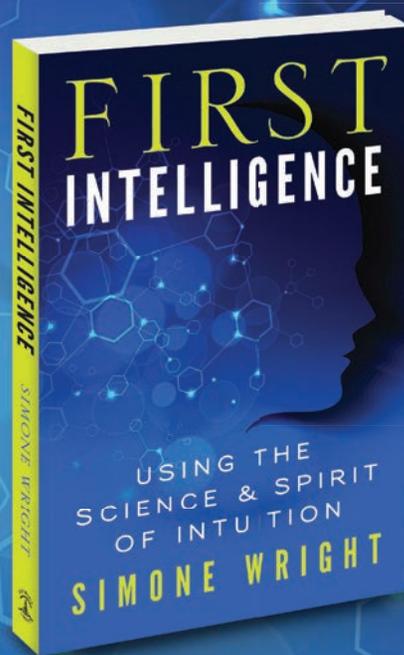
70 Glen Cove Road Roslyn Heights • 516-621-2430

• www.HolisticDentistryNY.com



There is a healthy alternative to a beautiful smile!

PRACTICAL WAYS TO TAP INTO AND USE YOUR HIGHEST WISDOM



"This book is truly a gem — a magical and practical resource that makes it possible for anyone to access the power of their intuition. Simone Wright is a remarkably brilliant and loving teacher." — **CHRISTINE HASSLER**, author of *Expectation Hangover*

"Simone Wright breaks intuition down in a straightforward way...placing it firmly in the realm of everyday experience. A fascinating, rewarding read!" — **ALISON LAVENTHOL**, TV writer, *Fairly Legal* and *Perception*

"Affirms the egalitarian view that, with practice, we can all become clairvoyant, clairaudient, and even clairgustient — able to 'taste' others' energy — just as anyone can learn to ski."

— **SPIRITUALITY & HEALTH**



NEW WORLD LIBRARY

www.newworldlibrary.com | also available as an ebook

Talking Our Walk

FROM THE PUBLISHERS

I believe we have played games, and watched games, to imitate the gods, to become godlike in our worship of each other and, through those moments of transmutation, to know for an instant what the gods know.

A. Bartlett Giamatti,
Take Time For Paradise:
Americans And Their Games
Former Commissioner of Baseball
and Past President of Yale University



baseball, as in life, we all want to make it “home” safely. *The infield portion of the playing field is actually *diamond* shaped, which is in itself, fraught with spiritual, metaphysical, alchemical and biblical symbolism. As ol’ Casey Stengel mumbled many times, “You can look it up.”

The distance of the pitcher’s mound from home plate is 60 feet, 6 inches. I’ve long wondered why the additional 6 inches. The “answer” arrived during this rambling, er ... writing: $60+6=66 / 6+6=12 / 1+2=3$, which is, of course, a factor of 9.

The *baseball* itself – the very symbol of everything that is *good and wholesome* about the USA (along with apple pie), is made up of 108 stitches. The Hindu meditation tool, Mala Beads, have 108 beads ($1+8=9$). The Catholic Rosary contains 54 beads; while only half of 108, nonetheless boils down to a 9 ($5+4=9$).

To close it out: NY YANKEES = 9 letters. They just happen to be the most successful franchise, not only in baseball, but in ALL of professional sports. *Destiny* manifesting as Dynasty.

The thread that runs through the majority of our selections in the June-July Issue is Joseph Campbell’s instruction to “Follow your bliss.” So Play ball, AND do whatever else it is that feeds your soul and makes you happy.

Blissfully,

Neil

(Andrea is counting her Mala beads)

We are now in the “High Holy Days” of the year. They start in April, continue all Summer and conclude in late October, spanning the “trinity” of three seasons – yes, we are talkin’ BASEBALL.

Those of true faith – baseball aficionados – accept this truth. The doubters and non-believers need only to look at the numbers. The “stats” don’t lie.

For those who insist on “scientific proof” let’s check the box score. The “Metrics” we’ll be using today is Numerology – the study of the symbolism and significance of numbers.

In Baseball, the number 9 – and its factors – figure quite prominently. This number is loaded with significance as 9 has long been considered sacred by various religions and ancient cultures (Egypt and Greece).

Leading off: 9 is the number of man, as a symbol of gestation (nine months). The number 9 is the number of the one who accomplishes the divine will, and according to the *Cabala*, it is also the number of achievement. The number of harmony, 9 represents the inspiration and the perfection of ideas. It was clearly Providence, therefore, that Baseball is the *perfect* game.

Regulation Baseball games are 9 innings long – and are never controlled by the clock (a man-made construct). The game, like the Creator, is timeless. Nine players take the field, and nine players come to bat. Each side is allotted 3 outs per inning, for a total of 27 outs ($2+7=9$) per game. Even people that have never played the game know “3 strikes and YOU’RE OUT”

The bases are 90 feet apart. 90 feet x 3 bases, plus home plate totals 360 feet ($3+6=9$) and you’ve come full circle*. Yes, 9 is also the number of completion. In

- 4 Talking Our Walk by Neil & Andrea Garvey
- 5 The Power of And™ Versus The Tyranny of Or by David Howitt
- 6 Bring Your Passion to Life by Tami Lynn Kent
- 7 The Bliss You Seek Is Seeking You by Dennis Merritt Jones
- 8 Revolution! Take Back Your Freedom and Grow Your Own by Dr. Joseph Mercola
- 10 Calendar of Events
- 11 Expanding the Circle by Erica Settino
- 12 Safety is Not Our Goal by Alan Cohen
- 13 Why Happiness Matters by Henry S. Miller
- 14 Taking Responsibility for Our Happiness by Sheryl Iris Glick
- 15 Steinbrenner + Passion = Winning Baseball Team by Janet Neal
- 16 Resources for Natural Living
- 21 Yin Yoga – Let’s Move Inside by Ulrica Norberg
- 22 How to Overcome Excuses by Dan Waldschmidt
- 23 Poetry
- 24 Marketplace
- 26 Creations Book Reviews

CREATIONS MAGAZINE

PUBLISHERS / EDITORS-IN-CHIEF: Neil and Andrea Garvey
ASSOCIATE PUBLISHER: Lainie Covington
EDITORIAL DESIGN / LAYOUT: Ginger Graziano Design (828) 236-2075
ADVERTISING DESIGN: Jan Guarino, Guarino Graphics (631) 368-4800
DISTRIBUTION: Ray Pesonen, Cecilia Sullivan
COVER DESIGN: Jan Guarino, Guarino Graphics (631) 368-4800
WEB DESIGNER: Denise DiGiovanna, Waterside Graphics
EDITOR-AT-LARGE: Erica Settino
COVER ART: *Sunflower Summer* © Daniel Padavona | Dreamstime.com
Copyright© 2014, Creations Magazine, Inc., PO Box 386, Northport, NY 11768 www.creationsmagazine.com

ADS DUE July 5th for AUGUST/SEPTEMBER 2014 ISSUE
FOR ALL ADVERTISING, call: (631) 424-3594 • EMAIL: neil@creationsmagazine.com

All Rights Reserved. The contents of Creations Magazine® may not be reproduced in whole or in any part without the publisher’s written consent. The opinions and information presented are not necessarily the viewpoints of Creations Magazine®. They are offered to promote awareness, consideration and discussion. Consult your health care provider before taking action regarding any medical information provided.

Visit creationsmagazine.com regularly for more Articles, Media Reviews, Updated Listings and Advertising Information

The Power of And™ Versus The Tyranny of Or

by David Howitt
Wisconsin

The Dalai Lama once said, “*The planet does not need more successful people. The planet desperately needs more peacemakers, healers, restorers, storytellers and lovers of all kinds.*”

I disagree. What the planet really needs is successful people, CEOs, influencers, entrepreneurs, and those in commerce who are *peacemakers, healers, restorers, storytellers and lovers of all kinds.*

One of the most important and applicable tools for anyone wishing to transform their personal and professional experience is that of integration. No longer is it enough to simply be a good parent *or* an executive, a soulful and centered person *or* an abundant and giving professional. Commerce, our communities, and the world require us to be both. Indeed this may sound like a tall order for those of you camping out in one hemisphere of the brain more than another, but not only is integrated living attainable, it's required.

The Power of And™

In order to contextualize the *And* model, we first need to understand the Tyranny of *Or*. Subscription to the cunning and limiting *Or* mindset occurs early in our lives. As youth, our superiors intentionally and unintentionally program us to adopt *Or* thinking. At a very young age, we learn to label and define. We are taught we can pursue a career in the corporate world *or* be an attentive, stay-at-home parent. We learn that we have to choose between being a doctor *or* an artist, an attorney *or* a musician, a web programmer *or* a chef. We learn that one path leads to abundance and the other does not.

We've all received a good brainwashing

In my son's first-grade class, when the students were asked who in the room would like to be an artist or a musician, more than half of them raised their hands. I bet, if they had been asked again in the third, fourth, or fifth grade, there would have likely been only a handful of children with raised hands. Why? Because our teachers and youth leaders infuse the lop-sided,

left-brain-qualities-are-more-important dogma into our psyche at a very young age. They impress upon us the belief that we must choose between being driven and successful *or* creative and joyful.

Parents are also responsible for pushing a predefined, left-brain mindset as they do their best to prepare us for a successful life. You'll likely agree that if you were to ask most people what their definition of success is, they would say some version of, “Earn a lot of money, have a nice home, get married, raise a family, have enough money to send their children to college and with an adequate amount left over for retirement.” Where does this thinking come from? Parents pass down their idea of success and what it means to live the American Dream.

Unfortunately, we subconsciously carry this mindset with us into our adulthood. We believe that if we are a musician, artist, teacher, poet, or any other professional that leverages more right brain qualities, that our lives will be rich with empathy,

purpose, culture, love, meaningful relationships, and good health. But, that by following our hearts and being of service, we will likely end up sleeping on a futon, sharing an apartment with a handful of roommates, will be flat broke, and enjoy very few material pleasures.

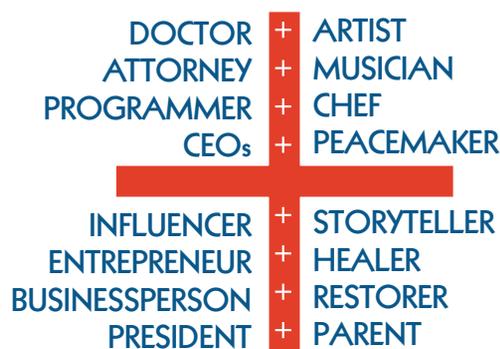
Alternatively, if we become a leader, executive, or other businessperson, we will have a ton of dough in the bank. Economically we will prosper. We will take one lavish trip a

year (because we won't have time for more than that), we will own a big house, drive a German car, and carry a business card with a power title. But, we will pay a price in our personal lives. We will not be culturally attuned, our lives will lack purpose, our relationships will be empty, our health will be compromised due to stress, and we will have little or no intuition and empathy.

This is the Tyranny of *Or* and we must come to recognize that separation is an illusion. It is the jester who has tricked our culture into seeing ourselves as this *or* that and is grinning eerily at its success in drawing big fat lines through the center of our personal and professional existence.

And is the answer.

We inherently embody all of the qualities necessary to enjoy integrated lives. Some of us might be more dialed up in the right or the left of our brain, but with some



attention and practice, we can call forward more of one or the other as needed. In fact, the future requires us to be as attuned to the characteristics of our right brain as those relegated to the left. And, if we do, we have the capacity to reshape our future. How? By being modern-day heroes who choose to live lives of passion *and* precision, artistry *and* analytics, intuition *and* intelligence.

How to be both

Start by recognizing what your prominent characteristics are. Write them down. All of them – a good listener, creative, compassionate, mischievous, stubborn, a work-a-holic, funny, attentive, ambitious. By writing down what we recognize most in ourselves, the qualities become real and able to be observed, adjusted, and refined as needed.

To see where you can enhance other characteristics, write down all the ways you want to feel and the characteristics you'd more like to embody – to be more peaceful, patient, to be of service, empathetic, intuitive, logical, prudent, caring. Look at the lists side-by-side and know you have the capacity to be all of these things. You have the capacity to work creatively regardless of whether or not you work in a cubical that feels stifling. You have the capacity to be compassionate when your spouse is nagging you. Learning to be integrated

begins with having awareness of the qualities you already embrace and then applying attention to those you would like to call forth.

Practice each day by selecting a quality from each list, which if you focus on, will help you be more balanced. Maybe you'll choose to focus on being prudent *and* impulsive, intuitive *and* logical. Pay attention throughout your day to where you can use both to create opportunities, to help another, to love yourself more, to pursue a passion and to support healthy lifestyle choices.

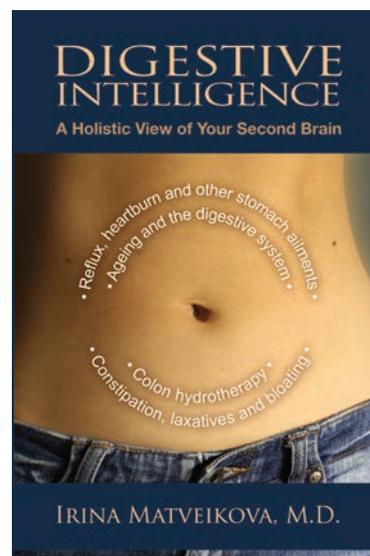
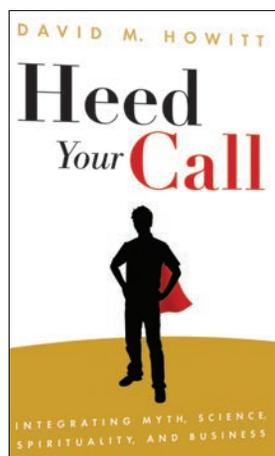
Whether we consciously recognize it or not, we are shadows *and* the light, we are our left-brains *and* our right. We are the summation of all things and we bring our best into the world when we simultaneously toggle back and forth between it all. ✨

David M. Howitt is the founder & CEO of Meriwether Group. He is an accomplished entrepreneur with more than 20 years of experience providing financial, strategic, and



brand counsel to early stage and Fortune 100 companies. He has the unique ability to integrate vision and growth strategies with mission and purpose, and

has provided guidance to Oregon Chai, Stumptown Coffee, Pendleton, adidas, Voodoo Doughnut, Salomon, yogitoes, Klim, Bloch, Dave's Killer Bread, ABC Carpet & Home, Living Harvest, and many others. To learn more about David and the Meriwether Group, please visit www.meriwethergroup.com.



Digestive Intelligence explores the link between “the brain in our skull and its brother down there in our gut.” Discover the new thinking on the digestive system and how it operates as a second brain, specifically how we think and live our emotions via the stomach.



FINDHORN PRESS
www.findhornpress.com

Bring Your Passion to Life

Tami Lynn Kent
Portland, OR

We hear the phrase “follow your passion” in terms of work, but this does not mean you need to make a living from it; rather, it means your living will benefit from the infusion of your passion. Steve Jobs explored a range of topics while enrolled at Reed College, and though he didn’t continue in academia, he discovered a passion for calligraphy.

When he began to design computers, his experiences with calligraphy inspired him to build typeface options into the computer interface. The simple addition of typography introduced the first creative aesthetic to the computer and was made possible by his bringing his passion to his

work. Creating work infused with passion is the essential ingredient for meaningful success.

Become a Creative Generator

We are born creative beings. That is, by moving the energy of breath and the divine through our bodies, we are meant to create – homes, families, careers, communities, and daily expressions of ourselves and what we are bringing to the world. Great creative luminaries like Steve Jobs, Oprah Winfrey, Eve Ensler, Bob Dylan, and countless more “cultural creatives” (an altruistic, spiritual, and socially progressive segment of Western society), change makers, musicians, artists, activists, and entrepreneurs are consciously using this capacity to direct their lives to the fullest potential with big visions. Of course, it is also possible to live as fully with a lower profile. It depends on an individual’s vision and what each person finds at their center.

In any case, these creatives are generating energy and making connections that enable their fullest expression in the world. When you know your full creative capacity, you, too, can become a creative generator and live from the abundance of this place.

The Divine Energy Field

Many spiritual teachers relay the concept of unity, the notion that “we are all one.” In terms of energy, this relates to the divine energy field that connects all of life. When we are feeling expansive, we are likely naturally connecting to this greater field and the life force it contains. When we lived closer to the wild, we moved in sync with this broader field. Much of our modern lifestyle does us a disservice by taking us away from and even disrupting this natural connection, so it is even more essential to know how to cultivate it for ourselves. Creative generators, rather than perceiving themselves as separate, tend to unite with and source from the expanded capacity of the divine creative field.

Play: Do You Access the Creative Field?

Many creative generators are in touch with imaginative play in the creative field. Whether pursuing education or careers, many of us internalize the message prevalent among high achievers that work is more essential than play or open time. People sitting in the library studying when their peers are out socializing and relaxing are universally approved of as the ones who are making “good” use of their time. Only in recent years have technology startups in Silicon Valley helped show that the best creative ideas arise out of free-form associations and unstructured play. Still, while children spend much of their time in the imaginative realm of play, as they grow to adulthood they frequently lose touch with this potential. Pablo Picasso said, “All children are artists. The problem is how to remain an artist when he grows up.”

Desire: Where Are You Going?

Desire relates to your energy flow within the creative field and is essential for generating creative currency. In the same manner that play is relegated to childhood, staying in touch with the desires that fuel your dreams can be challenging when you are navigating a school or career path, or any outer trajectory that reinforces achievement based on a map others have made. Ponder your connection to desire with these questions: Do you know what you want for yourself? Can you shape your day based on what you desire? Desire directs energy, and when you are

clear about your desires, you are more precise in your creative aim. When you know what you want, you can have better boundaries around how you choose to spend your time.

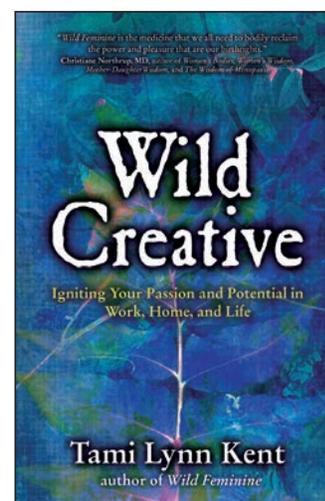
Focus: Where Is Your Attention?

Once you are clear on the ways you are inspired and what you desire for your creative self, then creativity needs regular focus on those areas. Your weekly schedule can be built around these key places to provide the creative practice to hone and develop whatever you are making.

There is power in practice. If you are just starting out, it can take time to build up your concentration stamina. Even if your schedule is crammed, finding a half hour a day

to engage in the activity you love will result in actual creations and the natural improvements that come over time. Creative energy/currency is one of your most valuable assets. Make certain that your creative priorities (as intentionally chosen by you) are prominent in your weekly schedule, with regular access to your field of inspiration, and as a result are producing your desired feelings so you can generate the energy and the creative currency for your life. ✨

Printed with permission of the publisher, Beyond Words/Atria Books.



Tami Lynn Kent, MSPT, is a holistic women’s healthcare provider with a master’s degree in physical therapy, advanced training in multiple bodywork techniques, and the ability to read energetic patterns of the body. The founder of Holistic Pelvic Care, Kent maintains a private women’s health practice and an international provider-training program. She has published two previous books, *Wild Feminine* and *Mothering From Your Center*.

Searching for the purpose of your life?

Finding your life’s purpose is a journey of discovery and is always easier when undertaken with the fellowship of other like-minded people.

The Center for Spiritual Living Long Island provides spiritual tools to transform your personal life and help make the world a better place.

To join our mailing list send your email address by text message: Text SPIRITUALLIVING to 22828 to get started.



17 Maple Place, Hicksville, NY • 516-822-9314 • CSL-longisland.org

Sunday services at 10:30am

Children’s Activities (Ages 4-12), 2nd and 4th Sundays, 10:30 to 11:30am

The Hero's Journey: The Bliss You Seek Is Seeking You

by Dennis Merritt Jones

I am continually on the lookout for real-time examples that offer positive evidence that living authentically is possible – and that the redefining moments that get you to that way of life are constantly popping up in front of you. The only caveat is that you have to be able to recognize them and step through the portals that open because they don't stay open long.

Those who linger miss the boat to their bliss. Three of the things that will most quickly hurl you through that portal when it opens are passion, purpose, and courage. When you live your life passionately, purposefully, and courageously, wherever the path may take you, happiness naturally follows you like a shadow on a perpetually sunny day – and the good news is, when you combine passion, purpose, and courage with happiness, bliss soon follows. You'll discover that your bliss will find you when you are authentically being who you were born to be and doing what you came here to do. Metaphorically speaking, the bliss you seek is seeking you, but it loves to play hide-and-seek, and at the moment, you are "it." Your bliss has hidden itself very well within you . . . and I'll give you a hint where to find it: consider looking between the cracks and crevices of your heart's deepest desires and your greatest natural talents.

You can't make or fake bliss because it flows naturally and directly from the authentic self; ours is to follow its lead. However, here is the challenge: while we may daydream about following its lead and perhaps even take a few steps on the path back to the authentic self, too often the tendency is to come to the edge of our comfort zone, the known, and then turn around and retreat because you have reached unexplored territory and there seems to be so much at stake to lose. You ignite your passion for life by understanding that your highest purpose can only be realized through consciously aligning with your authentic self and then courageously

harnessing the power it gives you to step through the portals created by your redefining moments when they open. And they will indeed open if you are willing to go beyond the safety of the known and happily follow the path where your bliss takes you.

The Hero's Journey Is One of Honoring the Call of Your Authentic Self

Follow your bliss . . . if you do follow your bliss you put yourself on a kind of track that has been there all the while, waiting for you, and the life that you ought to be living is the one you are living. When you can see that, you begin to meet people who are in your field of bliss, and they open doors to you. I say, follow your bliss and don't be afraid, and doors will open where you didn't know they were going to be. Joseph Campbell

In the 1970s, when I first heard the phrase, "Follow your bliss," popularized by mythologist Joseph Campbell, it immediately hooked my attention. In a college philosophy class, I heard the word bliss used frequently but never really stopped to consider what it meant in practical terms. My dictionary defines the word bliss as "Extreme happiness, ecstasy, and serene joy." As a marketing major at the time, I can tell you that this sort of bliss was not even on my radar.

I had a chain of thought-provoking ponderings about the possible consequences of Campbell's admonition. Was he saying I could follow a career path that would make me extremely happy . . . one that brings joy and a smile to my face . . . and that doors would open effortlessly for me, providing me with the means to live well? But what would my parents think? I became a marketing major because my dad was my hero and made a great living as a vice president in a major ad agency. It was then I realized I was following my dad's path rather than my own. Why? Because, not only did I want to honor him (and make the kind of money he was making), I wanted to be him. The realization I had was that, in the process, I was really dishonoring myself. I wasn't aware of it then, but what was about to happen "in" me throughout the next few days as a result of the realizations that came to me that day would be among the most memorable in a lifelong series of "ah-ha" redefining moments.

This was the day I set out on the path that Campbell refers to as the "hero's journey,"

continued on page 22



Join us for an enlightening service...

Every Sunday beginning at 11am
Service includes meditation and hands-on healing.

Experience a unique belief where messages are given from the Spirit realm by our respected mediums.

Message Circle: 1st & 3rd
Sundays at 12:30pm

For further information or directions, call **800-316-1231**

Check our website and friend us on Facebook, for any up-to-the-minute announcements **www.tmsli.org**



TEMPLE of METAPHYSICAL SCIENCE, NSAC

The Oldest Spiritualist Church on Long Island

American Legion Hall
corner of Baker St
& South Ocean Ave
Patchogue, NY

Ordained Minister
Rev. Hugo Ruiz
NST, Certified Medium

Revolution! Take Back Your Freedom and Grow Your Own

by Dr. Joseph Mercola

In the US, backyard vegetable gardens are still viewed mostly as a hobby – an activity that you can engage in to get away from your daily grind, get your hands dirty, and spend some time in nature. But this is rapidly changing, thanks to a growing movement of people who are not only in love with the process of gardening but also the literal fruits of their labor.

Yes, homegrown food is fresher, tastier and, often, more nutritious than produce shipped from across the globe. **But gardening is much grander than that, as it puts you in control of a commodity that is, at its very essence, survival, freedom, and health.** Growing your own food is the way of the future, ironically, by getting back to our foundational roots of self-sufficiency and oneness with nature.

It's Time to Start Planting Your 21st Century Victory Garden

During World War II, many foods, including butter, eggs, coffee, meat, and sugar, were rationed by the government. There were also labor and transportation shortages that made it difficult for enough fresh

produce to be brought to the market. And so the government called on Americans to plant “victory gardens” in order to supply their own fruits and vegetables.

It's inspiring to look back on now, as close to 20 million Americans planted produce in every nook and cranny they could find, from rooftops and empty lots to their own

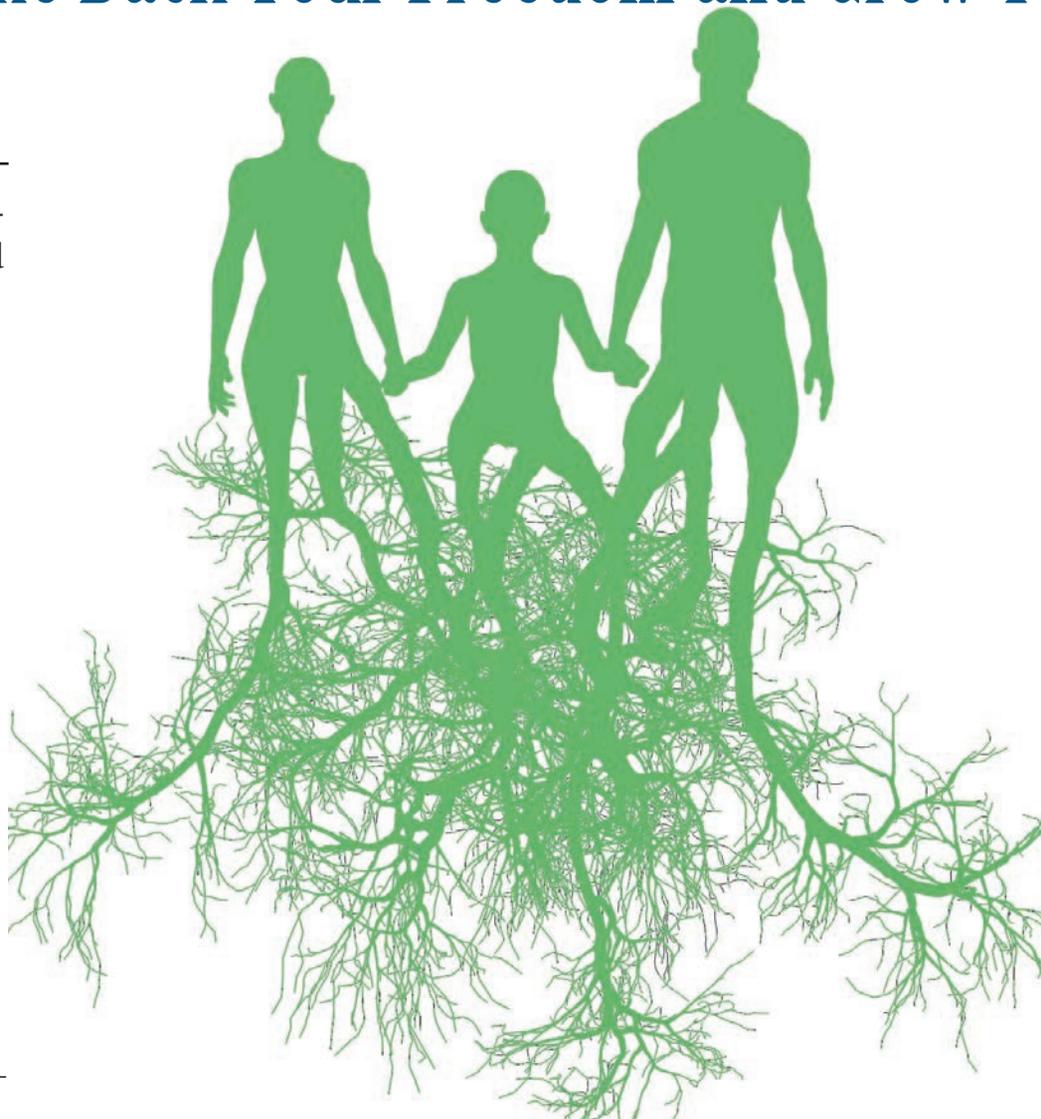
backyards and they grew 40 percent of the produce in the US. Neighbors began to work together, planting varying crops and forming food cooperatives to share their harvests with one another.

Unfortunately, when the war ended so, too, did many Americans' gardening efforts. Today, Americans largely tend to

their lawns – all 35 million acres of them. *New York Times* author Michael Pollan was one of the first to tackle the absurdity of the pursuit of lush green lawns. Pollan says these are a “symbol of everything that's wrong with our relationship to the land” – over environmentally friendly and productive landscapes like vegetable gardens, meadows, or orchards. Unlike a vegetable garden, which gives back in the form of fresh produce and a symbiotic relationship with soil, insects, and wildlife, a lawn gives nothing, yet requires significant chemical treatments and meticulous mowing and watering to stay within society's confines of what a properly “manicured lawn” should be.

New York Times food columnist Mark Bittman has pointed out that if only 10 percent of Americans converted lawns into food-producing gardens, it would supply one-third of America's fresh produce. That's quite impressive ... *revolutionary* even. In the 21st century, as increasing numbers of people are growing fed up with industrial agriculture, dissenting from our monopolized food system by planting your own backyard garden may be the only path to good health ... and freedom.

As *TreeHugger* reported: *Thomas Jefferson was a gardening enthusiast, but his passion for growing food went beyond his own backyard. Apparently he believed that America was incapable of true democracy unless 20 percent of its citizens were self-sufficient on small farms. This would enable them to be real dissenters, free to voice opinions and beliefs, without any obligation to food producers who might hold their survival at stake.*



E.W. NATURAL HEALING ACUPUNCTURE P.C.



Henry Zhen-Hong Lee

NYS License
Acupuncturist
NCCA DPL Herbologist
Graduate of Beijing
Medical College
40 Years Experience
President of American
Acupuncture Assoc.

- ADHD/ADD
- eczema
- allergies
- cancer
- MS
- diabetes
- hypertension
- paralysis
- shingles
- anxiety
- depression
- stress
- insomnia
- colitis
- nail fungus
- immune disorder
- migraine
- trigeminal neuralgia
- T.M.J.
- tinnitus
- lumbar pain & sciatica
- Carpal tunnel syndrome
- pinched nerve
- sport injuries
- Lupus
- hair loss
- arthritis
- menopause
- infertility
- impotence
- asthma
- bronchitis
- sinusitis
- weight control
- quit smoking
- fatigue
- hemorrhoid
- facial rejuvenation
- Bell's Palsy

Provider of Oxford and No-Fault
Some Insurance Accepted

Affordable Colon Hydrothrapy

www.ewnaturalhealing.com

www.ewnaturalhealingacupuncture.com

Long Island: 21 W. Nicholai St., Hicksville, NY 11801 (516) 822-6722
Queens: 41-36 College Point Blvd., Flushing, NY 11355 (718) 445-8438
Manhattan on Mondays: 2573 Broadway, New York, NY (646) 220-5388
Manhattan on Mondays: 143 E. 34th St., New York, NY (646) 220-5388

Psychic Readings by Rochelle Jewel Shapiro

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

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

Readings are done by phone.

By Appointment Only (516) 829-6648



Sadly, in 2014, we are further than ever from that self-sufficient ideal that Jefferson hoped for. By contrast, Americans now tend 35 million acres of lawn (approximately 54,000 square miles). Lawns are the biggest “crop” in the U.S., covering an area three times greater than corn, and yet they are essentially horticultural deserts, with nothing for little pollinators to find but fatal pesticides.

2014 Is the International Year of Family Farming

Growing your own garden or participating in a community garden is a great way to improve your health, help build a sustainable food system, and support our planet as it struggles to make room for increasing numbers of us. Food grown in your own garden is fresher, more nutritious, and tastes better than store-bought food – and you can’t beat the price!

Urban gardens are key to saving energy, protecting water quality and topsoil, promoting biodiversity, and beautifying both densely populated communities and rural areas. Remember, plants are our richest source of natural medicine. You can become your family’s own “farm” quite easily. Most people are shocked at how much produce can be harvested even from relatively small spaces.

On a global scale, the United Nations has designated 2014 as the International Year of Family Farming to bring attention and recognition to the family farmers that are helping to nourish the world. There are more than 500 million family farmers worldwide (these farms are about five acres in size).

The good news is that small farms are actually *increasing* around the globe, giving hope that our planet may begin to heal from the assault of **industrial agriculture, which is water intensive, erodes soil far faster than it can be replenished, and creates an abundance of corn, wheat, and soy – not nutrient-dense, diverse crops.** Small farmers are unique also in that they adapt to work with the land and the conditions that nature gives them – something that is vital to growing food for the planet’s population.

According to a Food Tank report: *Whereas large commercial farms tend to be predominant in high potential yield areas, small*



holder farmers and family farmers are often the stewards of marginal lands, and use their knowledge and abilities to sustain production under challenging circumstances. Not only are smallholder farmers in a unique position to contribute to the global food supply, but empowering smallholder and family farmers is a vital step toward improving nutrition, increasing incomes, protecting and enhancing biodiversity, enhancing soil quality, conserving water, and mitigating and adapting to climate change.

You Can Single-Handedly Create a Healthier Diet for Your Family

As Food Tank put it, “all farmers can have a direct impact on nutrition through the crops that they choose to grow and consume,” and this is true even if your “farming” extends only to a few containers on your patio.

Traditionally, women in many cultures have been in charge of maintaining family gardens, and through their choices of crops can directly impact their family’s nutrition as well as support biological diversity in their communities. Of course, men, too, can take on this role – you only have to be willing to get your hands dirty.

You can be, in essence, your own “family farm” and in so doing help to protect indigenous crop varieties while boosting your health. According to the Food and Agriculture Organization (FAO) of the United Nations, about 75 percent of plant genetic resources have disappeared, and another third of crop biodiversity may be gone by 2050! It is therefore crucial that small farms take back control of crop variety and plant more nutrient-dense crops in lieu of the fields of corn, wheat, and soy. And in your own backyard, you can start to do this by replacing your lawn with food-producing, and other native, plants. It is becoming abundantly clear that farms embracing crop diversity and integrated systems of agriculture are the solution to sustainable farming of the future.

Food Tank explained: *Studies from Bioversity International and FAO show that smallholder farmers utilize farming practices that preserve biodiversity not just for its own sake, but also because cultivating a wide variety of species helps insulate farmers against the risk of plant disease, and crop diversity promotes soil health and increases yields. In addition, utilizing integrated farming systems, in which a smallholder farmer produces grains, fruits and vegetables, and animal products, can be between four and ten times more productive than large-scale, monoculture operations. Yield advantages for polyculture operations – farms growing multiple crops in the same space – are between 20 and 60 percent.*

Bringing a Bit of Farming to Your Own Backyard

Virtually everyone can bring out their own inner farmer by starting a garden. It may seem like an inconsequential move in the grand scheme of things, but if even a minority of people begin to produce some of their own food, it can make a drastic difference for the environment and your health (not to mention freeing you from reliance on a broken food system).

You don’t need vast amounts of space either. Even apartment dwellers can create a well-stocked edible garden, as you can use virtually every square foot of your space to grow food, including your lateral space. Hanging baskets are ideal for a wide variety of crops, such as straw-

berries, leafy greens, runner beans, pea shoots, tomatoes, and a variety of herbs. And instead of flowers, window boxes can hold herbs, greens, radishes, scallions, bush beans, strawberries, chard, and chiles, for example.

Just start small, and as you get the hang of it, add another container of something else. Before you know it, large portions of your meals could come straight from your own edible garden. I recommend getting your feet wet by growing sprouts. If you want to jump right in outdoors, *Better Homes & Gardens* has a free All-American Vegetable Garden Plan that can be put into a 6x6 area. It’s a great starting point for beginners.

You can also visit a few local plant nurseries around your home, especially those that specialize in organic gardening. The employees are likely to be a great resource for natural planting tips that will help your garden thrive. If you prefer not to garden, for whatever reason, then you can still jump on board the sustainable agriculture movement by frequenting farmer’s markets and small farms in your area. The idea is to get as much food as you can from your family farms or your own backyard, as every meal that comes from a sustainable source is one less produced by the destructive force of industrial agriculture. ✨

Reprinted with permission from *Mercola.com*.

Dr. Joseph Mercola finished his family practice residency in 1985 and was trained by the conventional model. In his first years of private practice, he treated many symptoms with prescription drugs and was actually a paid speaker for the drug companies.



But as he began to experience the failures of this model in his practice, he embraced natural medicine and has had an opportunity over the last thirty years to

apply these time tested approaches successfully with thousands of patients in his clinic. Over 15 years ago he founded Mercola.com to share his experiences with others. The site is the most visited natural health site in the world for the last seven years with nearly two million subscribers. He’s also written two NY Times bestselling books, and has had frequent appearances on national media.

CALENDAR

OF EVENTS

ONGOING EVENTS

MONDAYS

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

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

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

MONDAY NIGHT ALIVE! WITH ARIEL & SHYA KANE – You can have a stress-free, utterly successful, satisfying, and easy – that's right, *easy* – life. These fun, lively and interactive seminars will show you how: June 2, 9, 23, 30. July 14, 21, 28; Location: Skyline Hotel, 725 Tenth Ave. at 49th Street. Penthouse Ballroom; Fee: \$20. Call 908-479-6034 or visit www.TransformationMadeEasy.com/Mondays to pre-register. Walk-ins welcome. (See Resources p.17)

MEDITATION + PSYCHIC DEVELOPMENT CLASS Newcomers welcome 7:30-9:30PM Holbrook. Call 631-672-5413 www.psychicmediumjoan.com.

ENLIGHTENED ECONOMICS GROUP First Monday of the month, 6-8 pm. Help co-create global commonwealth through collaborative action to allocate resources for infrastructure, earth repair, education and enlightening cultural activities. 516-815-4967

TUESDAYS

MEDITATION / PSYCHIC DEVELOPMENT GROUP Newcomers welcome: 6/3, 6/17, 7/1, 7/29. 7:30 – 9:30 PM, Smithtown. Registration: 631-724-9733 www.lightawakenings7.com.

HOW TO MEDITATE - 5 WEEK COURSE CLASS I – 6/10, II – 6/24, III – 7/8, IV – 7/22. Call to confirm start date 631-724-9733, www.lightawakenings7.com.

ASTROLOGY WORKSHOP ~ Understand Yourself & Others. ONE session. Call if interested. Limited seating. 7:30 – 10:00 PM. 631-724-9733 www.lightawakenings7.com.

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.

CHAKRA COURSE – held at 2 locations once a month. Essential Holistics in Manorville on Tuesdays from 7:00 to 9:00PM and Vitalize Vitamin Shop in West Islip on **Fridays** from 7:00 to 9:00PM. Call 631.878.8228 for more information.

SRHYTHMS® - DANCE - MOVING MEDITATION A fun workout for Body, Mind, and Soul. No choreography, no steps to learn. Perfect for any body type. Alternate Tuesdays at Long Island Center for Yoga, Babylon. 7:30PM. Please see <http://5RhythmsLongIsland.com> for complete and up-to-date schedule.

WEDNESDAYS

REIKI CIRCLE: (RSVP required) Noon-1PM. A Course in Miracles study group: 8PM. 12 Irma Ave, Port Washington, NY. LivingRoomStudio.org for info and additional programming.

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

REIKI HEALING CIRCLE + MEDITATION Newcomers welcome 7:30-9:30PM Holbrook. Call Reiki Master Teacher Joan 631-672-5413 www.psychicmediumjoan.com.

THURSDAYS

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

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

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

CHAKRA ACTIVATION SERIES Ronkonkoma, starting June 12, running through July 17. We will begin activating the chakras starting with the root. \$35 each session or save \$15 on series. Registration required. 631-394-5292. www.revealthelightwithin.com/Workshops.html

FRIDAYS

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

SATURDAYS

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

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

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

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

SUNDAYS

THE TEMPLE OF METAPHYSICAL SCIENCE, NSAC— Come join us in our search for Spirituality & Inner Peace. The American Legion Building, Baker Street & S. Ocean Ave., Patchogue. Healing & Service: 11AM. (800) 316-1231. (See ad p.7)

SEARCHING FOR YOUR LIFE'S PURPOSE? We provide tools to transform your personal life & help make the world a better place. Center for Spiritual Living Long Island, 17 Maple Place, Hicksville. 10:30AM. 516-822-9314. www.csl-longisland.org. Children's Activities (Ages 4-12), 2nd and 4th Sundays, 10:30 to 11:30 The Junior Center will be held twice a month starting in October. (See ad p.6)

SPECIAL EVENTS

MAY 30

LECTURE: QUANTUM MAGICK - THE CROSSROADS OF SCIENCE AND SPIRITUALITY, with Bill Truglio AKA: Llium S. Herson a Runemaster, www.tru-lee.us/llium. Friday, 8:00PM. Members: \$10.00, Non-Members: \$15.00. No Pre-registration Required. Levittown Hall 201 Levittown Parkway, Hicksville, 11801. 516-731-0909, www.eyesoflearning.org.

JUNE 1

SCOTT KALECHSTEIN GRACE Sunday, 1:00 to 4:00PM, Workshop Fee: \$35, Center for Spiritual Living Long Island, 17 Maple Place, Hicksville., 516-822-9314. www.csl-longisland.org. Scott will be our guest speaker and musician at the 10:30AM service and present his workshop "Manifesting with Ease" in the afternoon. "Manifesting with Ease" is an afternoon workshop dedicated to letting go of old beliefs that create struggle and scarcity, and towards allowing ease to be your compass and guiding light. Easy does it! Ease really does do it, and many of us forget that working smarter, not harder, is the secret to success. Scott is the author of *Teach Me How to Love*.

THE CELESTIAL HUMAN Mahan Rishi Singh Khalsa, D.C. - 2:00PM - 5:00PM. Join us for an afternoon of deep practice through Kundalini yoga kriyas, meditation, Sacred Chant and Gong Immersion to create an Aura of peace & Radiant being \$45 in advance, \$55 day of event. Satya Yoga Shala, 356 Main Street, Farmingdale (516) 250-0101.

JUNE 13

LECTURE: YOU AND ME AND DEAD PEOPLE; MAKING LIGHT OF DEATH, with Jim Fargiano, author of "The Spoken Words of Spirit, www.jimfargiano.com. Friday, 8:00PM. Members: \$10.00, Non-Members: \$15.00. No Pre-registration Required. Levittown Hall 201 Levittown Parkway, Hicksville, 11801. 516-731-0909, www.eyesoflearning.org.

JUNE 14 & 28

REIKI I & II CERTIFICATION INTENSIVE Ronkonkoma. Two Certifications in the Usui Lineage for \$375 (save \$50!) Pre-registration and payment required. 631-394-5292 www.revealthelightwithin.com/Reiki.html.

JUNE 17

CLEARING CELLULAR MEMORY Ronkonkoma. Create changes on a cellular level and re-write your inner blue print! \$45 Registration required. 631-394-5292 www.revealthelightwithin.com/Workshops.html.

JUNE 26 - 29

ALTERNATIVE EDUCATION RESOURCE ORGANIZATION CONFERENCE at LIU Post. Don't miss the 25th Anniversary! Home Schooling, Resource Centers, Alternative Schools, Summerhill's Zoe Readhead and Brooklyn Free School keynotes, 40 amazing workshops. Group, student and home school rates; www.educationrevolution.org or call 516 621-2195.

JUNE 27

LECTURE: STAY IN THE LIGHT with Bobbi Allison, Psychic Medium. www.BobbiAllison.com. Friday, 8:00PM. Members: \$10.00, Non-Members: \$15.00. No Pre-registration Required. Levittown Hall 201 Levittown Parkway, Hicksville, 11801. 516-731-0909, www.eyesoflearning.org.

JUNE 28-29

REIKI LEVEL II ATTUNEMENT CLASS 10:00AM to 3:00PM, Saturday & Sunday. Essential Holistics Manorville. Call 631.878.8228 for more information.

JUNE 29

CAROL'S HOLISTIC HEALTH EXPO PLUS EXCELLENT NETWORKING OPPORTUNITY Sunday. 11AM-5:30PM. FREE Chair Massage, Reiki and Health Consults, Cardiac Testing with insurance card, etc. Highly skilled holistic doctors and practitioners, great speakers 12-5:30PM. Nanci Deutsch, Holistic Psychotherapist, Radio Show Host, Keynote Speaker on The Amazing Power of Intuition to Create Extraordinary Lives and 5 Must-Know Secrets to Creating Healthy, Conscious, Loving Relationships. Only \$7.00 Admission for a full day of Body-Mind-Spirit Health! VFW Albertson, 155 Searingtown Rd., Carol Leitner 516 242 8270, carolleitner1@gmail.com. (see ad, page 21)

JULY 11

LECTURE/WORKSHOP: UNDERSTANDING ENERGY, ENLIGHTENMENT FROM PRACTICAL TO PRACTICE with, Dina Vitantonio. www.mindbodyhealings.com. Friday, 8:00PM. NOTE: Reservations and prepayment is required for Dina's lecture because the event will be held in a smaller meeting room at Levittown Hall. To reserve your space and arrange payment, please call Eyes of Learning at 516-731-0909. Please leave a message and your call will be returned. Members: \$10.00, Non-Members: \$15.00. No Pre-registration Required. Levittown Hall 201 Levittown Parkway, Hicksville, 11801. www.eyesoflearning.org.

JULY 13

PSYCHIC FAIR Sunday 1- 4PM at the American Legion Hall Baker St and South Ocean Ave Patchogue, NY. Private readings are \$20.00 for 20 minutes. For more info, call 800 316-1231 or visit www.tmsli.org.

JULY 20

TUNING FORK SEMINAR The universe has been emanating positive vibrational energy since the beginning of time. Tap into it with Acutonics® OHM Tuning Forks. A new paradigm based on non-invasive TCM vibrational sound healing. Attend this one-day workshop on Sunday, 9:30 - 5:00. RSVP: (631) 848-8856 or donna@soundhealingpathways.com.

EXPANDING *the* CIRCLE

by Erica Settino • Huntington, NY

It was the summer before I was entering college. On a random, sunny afternoon, while I sat in the passenger seat of my father's car, he asked me what I wanted to do with my life. It wasn't the first time I had been asked the question. In fact, it was a regular topic of conversation amongst my family and me. But for some reason on that day when my father asked me I realized the truth was, I had no idea.

My father thought I should be a schoolteacher. You know, weekends, holidays, and summers off. And a pension to boot! I have to admit, he had a point. But even then I knew all the time off in the world from a job I didn't love wouldn't make the time "on" any easier. So I floundered for a bit. If you call transferring schools five times in three years floundering. My dad sure did. But I didn't care. I was searching for something I couldn't name or categorize, or box into a traditional college major. And I wasn't prepared to settle.

Not unlike many undergraduate students, it took me five years to complete a four-year

degree. Lots of student loans, lots of lost credits, and to make matters worse, I nearly failed math during my last semester and considered dropping out all together. Suffice to say, I fought for that Psychology degree. But here's the thing, I'm not a psychologist.

I tried to follow the traditional route that so many have walked before me. I finished school – albeit barely. I applied for and showed up to the internships, and even filled out the graduate school applications. And with each step I took on the path that would make me a psychologist, I felt like I was leaving pieces of myself behind.

The Sanskrit word, *dharma*, has many meanings. In an attempt to keep it somewhat simplistic, I'll refer to it here as psychologist, yoga teacher, and author, Stephen Cope does as, "the great work of one's life". It's our individual and collective call to act righteously and with a sense of duty for our own well-being and by extension, the well-being of all others. It is the notion that following one's bliss can set in motion the events that result in bliss for all.

Though a noble profession, it became painfully clear that psychology wasn't going to be the thing that got me jumping out of bed in the morning. At least not human psychology. And that's when – seemingly accidentally, though I know today it was not an accident, but *dharma* coming in to play – I began to work with animals. I changed my focus to Comparative Psychology, the study of animal behavior. Now that was something that got me excited.

Today I hold a Bachelor's Degree in Psychology, a Master's of Fine Arts – yup, you read that right – in Creative Writing, numerous yoga certifications, and have completed countless animal-related educational courses, and yet if someone were to ask me what I want to do with my life, the answer would still be, I don't know. The difference is, I no longer view the not knowing as floundering. I see it as being open and receptive to all the opportunities that come my way. I have come to see that if I live dharmically, righteously, in a way that harms no one, yet benefits all; there is no limit to what

I can do with my life. There is no limit to what each and every one of us can accomplish, attain, or overcome. In fact, it is our birthright to do so.

I would be remiss not to mention that fear is the number one obstacle on this path. Be brave. Be blissed. Be blessed. ✨



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

Compassion In Action, Inc., she works to promote compassion, non-violence, and kindness for all living beings. www.karunaforanimals.com. Information about Erica and her yoga classes can be found at www.yogaturtle.net. Erica is also Editor-at-large for Creations Magazine.

creationsmagazine.com

JULY 25

VEDIC ASTROLOGY is a modern term that refers to a highly developed and complex system of divination from ancient India. This highly developed sacred knowledge called Jyotisha in Sanskrit which has been well preserved through the oral tradition from teacher to student for over 6,000 years. Jyotisha means the light of the heavens. It is this light that gives us sight to see the unseen realms of our lives. Join Sri Svar at 7:00PM at Satya Yoga Shala, his lecture will give us an insight into the ancient art of Vedic Astrology. \$20. 356 Main Street, Farmingdale (516) 250-0101

JULY 29

THE AFTERLIFE: A SCIENTIST'S VIEW. Noted medical doctor Piero Calvi-Pariseti will present a comprehensive overview of the established evidence suggesting that we do survive our physical deaths. He will be followed by evidential medium Laura Lynne Jackson who will demonstrate spirit communication for attendees. Advance Sale \$15 members/\$20 non-members. Long Island University, Brookville Campus. Call 631-425-7707 or visit www.foreverfamilyfoundation.org for details and reservations.

SEPTEMBER 20-27

HEAL YOUR LIFE WORKSHOP LEADER TRAINING Train to lead up to 14 different workshops in Louise's Hay's philosophy. San Diego. Pre-registration by Aug. 8th required. Full details: www.healyourlifetraining.com. Or call 800-969-4584.

UPCOMING EVENTS

NEW YORK COLLEGE OF HEALTH PROFESSIONS a world leader in holistic health, offers accredited undergraduate, graduate and continuing education programs. Attend an **Open House** in Syosset, **Long Island** or at one of three convenient **Manhattan** locations: Riverside Church (120th Street near Columbia University and Barnard College), NY Open Center on East 30th Street and Downtown on Houston Street. Call 800-922-7337 or go to nycollege.edu for dates and details. (see ad p3)

SACRED SOJOURN TO GREECE Sept. 26 – Oct. 12, 2014, sponsored by The Women's Ways Mystery School. Oracle in the temples of Delphi, be initiated at the most famous religious centers of the ancient world, dance at the altar of wild and sensual goddesses. Explore the pre-Hellenic myths and mysteries of the ancient goddesses revered by the vibrant, matriarchal culture of Minoan Greece. Feel the power they still have to heal us, bring us dreams, and inspire us. Laugh, shop and feast on decadent Baklava. Come away graced with all the magic and power the land and the Goddess have to offer. WomensSacredSojourns.com 631-287-9000.

A COURSE IN LIFE with Christopher D'Orta, 13-week unique physical-metaphysical course based on TRUTH and ancient wisdom, FREE Introduction June 5, 7:30 PM, Ethical Humanist Society, 38 Old Country Road, Garden City, www.acourseinlife.com, RSVP 631-321-1033.

Hand Picked Jewelry from Around the World



Stunning Druzy rings, necklaces and bracelets imported from Turkey, South Africa and Brazil.



Vibrant sapphire earrings and necklaces imported from Turkey.



All pieces plated with Rhodium to prevent tarnishing.

Mention this ad to receive a 15% discount on your purchase



Come visit our two locations at the new Walt Whitman Shops right outside Sephora

ABIGAIL'S

Walt Whitman Mall, 160 Walt Whitman Road
Huntington Station ^ 631.944.0373

Safety is Not Our Goal



by Alan Cohen
Haiku, HI

While driving on a country road I passed the parked truck of a tree trimming service. High above the vehicle a workman stood in a cherry picker, sawing overhanging branches. Beside the truck, facing the road, stood a large sign, bold black letters against a bright orange background: SAFETY IS OUR GOAL.

Something about the message bugged me. While I recognize the importance of safety on the job, there is much more to that job – and to life – than staying safe. If safety is your main goal, you won't get much done and you won't have any fun.

In a way, the sign was a lie. If safety was the real goal, the workers could come back to their supervisor at the end of the work day, and he would ask them, "How'd you make out today?" They would answer, "We didn't get any trees trimmed, but we stayed safe." If that conversation truly took place, the company would soon be out of business.

I played in my mind with various scenarios of how the world would be different if safety were more important than progress:

Exploration: Columbus to Queen Isabella: "Are you crazy? I'm not going out on that ocean to look for a new world. If the earth is really flat, my ships will fall off the edge of the world."

Politics: Barack to Michelle Obama: "We've never had an African-American

President. Do you realize how much money we could lose and how embarrassed I would be if I ran and lost?"

Sex: "I could get a disease, or have an unwanted baby, or God might punish me for having so much pleasure. Even worse, I could get intimate, involved, and committed."

Air flight: Captain to passengers: "Studies show that the chances of crashing are greater if we get into the air, so we are going to just sit on the runway."

Business: Steve Jobs' parents to Steve: "Why risk your career on the fantasy of a personal computer? Stick with a safe career in calligraphy."

Business, thirty years later, parents to child: "Why risk a career in calligraphy? Stick with a safe career in computers."

There are two basic attitudes to life: *Reparative* and *Creative*. The *reparative* path is based on survival, self-protection, and fixing what is broken. Life is a problem and our role is to make the best of a bad situation. The *creative* path is founded on exploration, expansion, and celebration. Life is an adventure to enjoy. The sign on the reparative path reads, "Safety is our Goal." The sign on the creative path reads, "Plucking the Fruit of Life is our Goal."

Certainly there are moments when we need to fix stuff and deal with what is broken. But that is the lesser part of the game, just as safety is the secondary goal of tree-trimming. Fix what you need to fix when you need to fix it, but get back to creation as soon as possible. Even if you have to fix something, an attitudinal shift can make the process fun.

A lovely essay was going around the Internet, musing about how much fun we had as kids without needing all the protection prescribed today. We pedaled bikes without helmets, rode in cars without seat belts, and went trick-or-treating without parents shadowing us to keep us from



getting molested. Somehow we survived childhood without elaborate defenses, and had fun in the process. I am not saying kids should abandon helmets, seatbelts, or parental supervision on Halloween. I am just suggesting that there is more to life than protection.

For a penetrating lesson in the contrast between trust and protection, watch a delightful documentary called *Babies*. The film follows the social training of babies in four different cultures: African, American, Japanese, and Mongolian. An opening scene shows the African baby, sitting naked on a dusty plain, playing with some bugs, having a grand time. Next we see an upwardly mobile San Francisco family bundling their child in Oshkosh designer wear, strapping him onto a complicated bike seat, protected to the hilt with all manner of safety devices. The African kid looked happier, and so did his parents. One has to wonder just how much protection our children need to be safe and happy? And us?

In 85-year-old Nadine Stair's famous essay, "If I Had my Life to Live Over," the author confesses, "I've been one of those persons who never goes anywhere without a thermometer, a hot water bottle, a raincoat and a parachute. If I had to do it again, I would travel lighter than I have."

It's never too late to travel light or to have a happy childhood. Perhaps it's time to post a new sign by the truck: SUCCESS IS OUR GOAL, AND WE'RE HAVING A GOOD TIME GETTING THERE. Trim the trees where you must, but enjoy them where you can. ✨

Alan Cohen is the author of **Enough Already: The Power of Radical Contentment**. For information on this program, Alan's books, life coach training program, free daily inspirational quotes, and his weekly radio show, visit www.alancohen.com, email info@alancohen.com.

Missed the Print Ad Due Date?

Call us anyway—we'll make every effort to accommodate you!
And it's never too late to advertise on www.creationsmagazine.com
to reach 42,000 online readers per issue.

CELEBRATING
1
YEAR
Thank you for your support!

The Living Room

www.livingroomstudio.org © Om Sweet Om Yoga

Meditation - Workshops - ACIM - Mini Retreats - Inner Work
Creative Expression - Healing Arts - Sacred Space Rental

12 Irma Avenue, Port Washington, NY 11050 • (917) 863-7865

☆ 359 Sea Cliff Ave.
Sea Cliff, NY 11579
516.656.4790
www.dreamseast.com

☆ Futons
Futon Furniture • Sage
Incense • Candles • Lampe Berger ☆
Books • Music • Birkenstocks, Naots, Minnetonkas
And MUCH, MUCH MORE!!!

• PSYCHIC READINGS with Neil MacPherson: Thurs. - Sun. •

Why Happiness Matters

by Henry S. Miller

Although some would have you think otherwise, the uniquely human pursuit of happiness is not merely some frivolous idle-time activity for the fortunate few. Far from it. Instead, it is a serious pursuit – a duty and responsibility for each of us.

As the progress – or lack thereof – of human evolution has demonstrated, being in a positive, optimistic, and happy frame of mind seems to be what allows some humans to be more successful than others in obtaining life's essentials: food, shelter, social support, even a mate. So it has always been and so it continues today. And if you still doubt the seriousness of pursuing a happier life, consider your loved ones. Fulfilling the duty of being happy benefits, not just yourself, but also those closest to you.

The Benefits

Most of the benefits of living a happier life are familiar, yet they are powerful and seemingly endless – and they far outweigh the costs and work needed to achieve this state. Nonetheless, many in our societies often try to diminish the idea of simple, lasting happiness, instead extolling the thrill of peak pleasures and magnificent accomplishments. As a rejoinder to them and a reminder to us all, here is a consensus of what researchers around the world have proven to result from simply being happy, especially when compared to unhappy, sad or depressed people:

- **Success.** Overall, happy people are more successful across multiple major domains of life including work, social relationships, income, and health. In addition, the relationship between happiness and success seems to be reciprocal: not only can individual success – whether in love or at work – contribute to feelings of happiness, but happiness also results in more success. In this way, happiness becomes an even more worthwhile pursuit, both as a desirable end in and of itself and as a means to achieve other significant life goals.
- **Personally.** Happy people more frequently exhibit characteristics such as being strikingly energetic, decisive, and flexible. They are more creative, more helpful to

those in need, more self-confident, more forgiving, more charitable, more sociable, and more loving. Compared to unhappy people, happier people are more trusting, more loving, and more responsive. They have greater self-control, can tolerate frustration better, are less likely to be abusive, are more lenient, and demonstrate enhanced coping skills.

- **Socially.** Happy people have more friends, richer social interactions, correspondingly stronger social support, and experience longer and more satisfying marriages.



- **Work.** In addition to bringing all their positive personal attributes to work, happy people have been proven to be more likely to perform better, achieve greater productivity and deliver a higher quality work product. They tend to receive a higher income as a result.
- **Physical health.** Happy people experience less pain, are often in better health, are more active with more energy and even, not surprisingly, live longer. They have lower stress levels and stronger immune systems that fight disease more effectively. By comparison, stressed and depressed people are more vulnerable to various illnesses.
- **Mental health.** Happy individuals construe daily situations and major life events

in relatively more positive and more adaptive ways that seem to reinforce their happiness. They are also less likely to exaggerate any criticism, however slight, that they may receive, as opposed to unhappy individuals who react to life experiences in negative ways that only reinforce their unhappiness.

What's at Stake

Take your pursuit of a happier and more fulfilling life seriously – it is a worthy goal especially in times of uncertainty and strife. Your success in striving to thrive is a

by all if a child is unhappy. Or ask a child what it's like to be raised by an unhappy, unfulfilled, angry, and bitter parent. Ask a supervisor what it's like to try to work with unhappy, frustrated, and unmotivated employees. Then ask a worker about working for an unhappy manager. Or ask an unhappy and probably friendless acquaintance about the worthiness of happiness as a goal.

Think carefully about the impact of choosing to live a happier life. Realize that because happiness has been demonstrated to be contagious, your individual happiness can affect not only you and those closest to you but also those living nearby. Individual happiness matters much more – and can have a much more extensive impact – than ever realized before.

Finally, recall your childhood: groups of young children playing together, exploring, curious about everything, giggling in wide-eyed wonderment. Compare that picture to a group of typical adults commuting in cars or trains or buses or subways: dull faces gazing unseeingly straight ahead, emotionless. What have they lost? When did they lose it? And can they get it back? Remember that one day, you will be sitting on that proverbial rocking chair on some front porch or veranda, maybe overlooking the ocean, and a stranger will sit down beside you and politely ask: "So, what did you do in your life?"

What will you say?

The stakes are high. The price of unhappiness is steep. And life is short. ✧

*Excerpted from the book **The Serious Pursuit of Happiness: Everything You Need to Know to Flourish and Thrive**, by Henry S. Miller Available on Amazon.com.*

Henry S. Miller is the also the author of **Inspiration for the Pursuit of Happiness: Wisdom to Guide your Journey to a Better Life**. He is



*the creator of the online membership program **Get SERIOUS About Your Happiness: 20 Transformational Tools for Turbulent Times**. As President of **The Henry Miller Group** (www.millergroup.com), he is a speaker, trainer, and consultant helping organizations improve engagement, performance, and productivity specifically by increasing employee well being.*

Taking Responsibility for Our Happiness

by Sheryl Iris Glick
New York

A famous quote from Shakespeare's *Julius Caesar* in a speech made by Cassius, the Roman nobleman, made a strong and lasting impression on me. When Cassius was trying to persuade Brutus that Julius Caesar must be stopped from becoming the monarch of Rome for the public's best interest, he said:

"The fault, dear Brutus, is not in our stars, But in ourselves, that we are underlings."

Since I receive intuitive messages for my clients, many people have asked me, "How can I find peace and happiness in my life?" This is the answer I give them: "Before there can be peace and happiness in a person's life and in the world, every person must be responsible to do their own work about acknowledging what needs to change within their attitudes or actions so that they may better relate to the outer world. Finding true happiness and joy is the natural outcome of self-investigation. There are no short cuts. No one can make you happy or unhappy unless you give him or her the power to do that by surrendering or giving your own power away.

It may seem easier to become a victim and align yourself with other unhappy people, making your status or inclusion in a group secure. But this is a copout. Most people want to be loved and accepted by a group, regardless of the cost to their own individual character. Therefore they tell themselves many stories in order to be accepted by others. Many less evolved souls may even choose to blame parents, spouses, or children for any unhappiness they experience or any delays in achieving their immediate goals or desires. However, it is not only by our own efforts and choices that each of us can develop a sense of accomplishment and self-growth, but by recognizing the greater whole of our being and the role we play in creating everything in our lives.

Many seek to be the best they can be and are encouraged to be perfect. They do not allow less for themselves than what others deem to be perfect for them. But since we are always in a state of change, the ideas and wishes of others are not nearly as important as our welcoming the experiences and challenges that surface and handling them to the best of our ability.

We should aim to become a person who doesn't find fault in

others, moving past personal obstacles with courage, hope, and faith to find peace. Be free of any influence of others that take that state of mind-peace away from you.

"How simple it is to see that we can only be happy now, and that there will never be a time when it is not now."

Gerald G. Jampolsky, MD
Psychiatrist and author of
Love is Letting Go of Fear

Recognizing another avenue for finding happiness is possible when we finally admit, "Not only are we not perfect, no one is perfect." We must continue to learn

what makes us tick, and what makes others react as they do, but should acknowledge that we can only change ourselves and our outdated thinking by realizing we are responsible for our own actions. The choice to accept others and ourselves with our frailties and sometimes negative behaviors can be hard, yet it is necessary in order to have times when we feel like we are on cloud 9.

We must realize that each person perceives the world according to his or her life experiences, both present and past; therefore, we will never fully understand another's behavior or their reasons for doing things differently than we do. This realization is the key to allowing and accepting everything and everyone without judgment, anxiety, fear, pain, anger or hate. It is, you will find, the only way for

us to experience true contentment while we are on this three-dimensional plane.

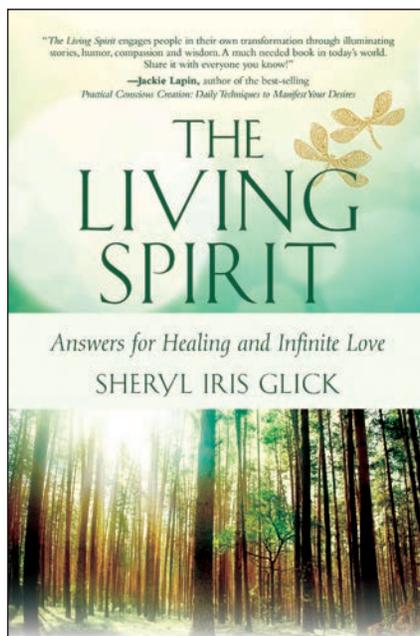
Each of us is unique and we are on different karmic and energetic pursuits. As we learn to apply energetic laws and use them more consistently, we will help create a more harmonious world. Those who understand and live by these laws of energy will have less friction and fewer confrontations in their relationships. Individuals practicing the higher laws of spirit may share this expanding wisdom and state of harmony with others and be an influence for change as their behavior and actions exhibit a positive energy state. With great knowledge comes a greater responsibility to exchange these ideas with those who will listen. ✨

Excerpted from the book **The Living Spirit** by Sheryl Iris Glick. © 2014 by Sheryl Iris Glick. Reprinted with permission of SelectBooks, Inc. All rights reserved.



Sheryl Glick is an accredited energy healer and medium and is the author of **Life Is No Coincidence** and **The Life and Afterlife Connection**. She has worked

with prominent speakers and visionaries who are seeking to awaken us to greater self-awareness of our inner soul being and our physical life. Glick is the host of *Healing from Within*, an Internet radio show, which features leading authors in the field of spirituality, energy medicine, science, religion and the arts. She is a member of the International Association of Reiki Professionals, the International Spiritual Federation and a longtime hospice volunteer.



ACUPUNCTURE ENERGY HEALING & HERBOLOGY

- ✓ Natural Weight Loss
- ✓ Fatigue
- ✓ Stress
- ✓ Insomnia
- ✓ Allergies
- ✓ Cancer

- ✓ Acu-Facial Rejuvenation
- ✓ Infertility
- ✓ Asthma
- ✓ Arthritis
- ✓ General Pain Relief
- ✓ Lower Blood Pressure & Cholesterol

NI NAN HEALING ARTS CENTER
Nan Ni Gilbert, Licensed Acupuncturist

2326 Merrick Rd. 516-442-7408 (Office)
Merrick, NY 11566 646-752-1668 (Text)

www.ninanhealing.com

**\$20
Off
First
Visit**

Not to be combined with any other offer

"I have been to many acupuncturists and Nan is by far the best!"
- BH

UP NEXT:

The August-September Back to School Issue

Welcome the new school year with Lessons and New Beginnings

Article & Poetry submissions are due June 20th

ADS ARE DUE JULY 5TH

neil@creationsmagazine.com or 631 424-3594

Steinbrenner + Passion = Winning Baseball Team

by Janet Neal
Montclair, NJ

I used to be one of those people who hated George Steinbrenner. And I knew I had lots of company. He was obnoxious and overbearing and so over-the-top full of himself. Then I became a New York Yankees fan and I tempered that feeling a bit - but only a bit.

Only in the past few years, since his death in 2010, have I been able to see that the man's passion was the all-important key in turning around a failing team and resurrecting a baseball dynasty. His passionate energy and vision not only saved an historic sports franchise, but extended into the greater New York community as well and, as the years go on, I am sure that I'll learn more and

more about how the former owner of the New York Yankees touched people's lives.

So what can I learn about passion from this man? Well, for one, that emotion isn't always pretty. If you have it, it doesn't mean everyone will always like you, or agree with you. But it seems to be the rock that Steinbrenner relied on time and time again, and it also was what drove him, even when everyone around him had opinions contrary to his. He was the light-bearer in the team's dark times, even if that torch may have burned a few nay-sayers in its path. And it lit a few others' torches in the process.

I can't imagine myself ever being comfortable knowing that there are people who revile me - it's just not my personality. But I can learn to stand a little straighter and believe in my convictions, even in the face of adversity. I can learn to embrace my passions and pursue them wholeheartedly, knowing that there is nothing that can take them from me. And I can cheer on my Yankees again and again...thanks to a

man who had a clear vision of their greatness!

RIP George. ✨

A writer, a certified coach, a speaker and a woman living a "should-free" life, Janet Neal has worked in education,



corporations, non-profits, and as an entrepreneur. Her company, The Superwoman™, Inc., focuses on helping women move from being stressed

out Superwomen to becoming peaceful, productive and powerful Superwomen™! Janet is also the author of Soul in Control. You can visit her websites at www.janetmneal.com and www.thesuperwoman.com.

Ignite Your Passion

Energy and consciousness are targeted by specific body techniques, verbal interaction and energetic intervention.

CORE ENERGETICS opens our awareness and releases suppressed feelings.

It invites our life force to flow, opens our hearts, grounds us and allows for more pleasure, movement, purpose and vibrancy in our lives.



Anette Kischinowsky

CCEP & Life Coach
Individuals, Groups and Couples
917-769 4681
Aneksh2@aol.com

COUPLES THERAPY & RELATIONSHIP COUNSELING

Experience fulfilling & lasting relationships!



Michael Mongno
MFT, Ph.D., LP

Relationship Therapy will help you to develop:

- ◆ True AWARENESS of SELF and OTHERS
- ◆ Effective COMMUNICATION SKILLS
- ◆ TOOLS to RESOLVE OBSTACLES preventing real Intimacy
- ◆ LOVING, LASTING and EMPOWERING Relationships

As a seasoned Relationship Counselor & Couples Therapist, Dr. Michael Mongno brings years of success to his work with a wide range of couples issues as well as effective coaching for those single & in the dating world.

PresentCenteredTherapies.com

Call 212-799-0001

HOLISTIC HEALTH



**Dr. Peter Bongiorno
& Dr. Pina LoGiudice**

**InnerSource Natural Health & Acupuncture
The Natural Medicine Experts**

**11 Stewart Ave. Huntington, NY
130 5th Ave. New York, NY
631-421-1848
info@innersourcehealth.com
www.InnerSourceHealth.com**

Free 15 Minute Consultation
Some Insurances Accepted

We are a premier holistic health clinic whose mission is to help each patient realize their greatest health potential using natural medicines that stimulate the innate ability of the body to heal itself.

As a husband & wife practice, our goal is for our patients to learn about the underlying causes of their illness while empowering them to understand they have the ability to make positive healing changes.

As a family practice, we focus on all acute & chronic conditions. Dr. Peter Bongiorno specializes in adult chronic diseases such as diabetes, heart disease & cancer, depression & anxiety, auto-immune disease & digestive problems. Dr. Pina LoGiudice focuses on women's health, infertility, pregnancy, post-natal care & pediatrics, anti-aging & weight loss.



Dr. Siobhan Bleakney

**Inner Source Health
Ph: 631-421-1848
11 Stewart Ave Huntington NY, 11743
info@innersourcehealth.com**

Dr. Siobhan Bleakney is proud to welcome her patients to Inner Source Health, where caring and compassion are combined with education to provide

the best in naturopathic medicine care. Her philosophy of service combines an excellence in patient care and clinical results.

Dr. Bleakney enjoys working with numerous adult and child chronic and acute conditions as well as creating a disease-prevention protocol.

She specializes in homeopathy, anti-aging, dermatology, nutritional work and weight loss. She is currently developing original and individualized protocols to use with her patients at Inner Source Health.



**Dr. Sally Brooke-Smith
Chiropractor**

Chiropractic is a natural method of healing that corrects structural imbalances in the body caused by stress, injury, poor posture or an unhealthy lifestyle.

I educate and enlighten my patients about their health problems and concerns so that they understand how to maintain their well-being.

Dr. Sally Brooke-Smith has been practicing Chiropractic for 20 years and offers gentle care individually suited to each patient's needs, to allow the body to function more efficiently and improve overall health and well-being.

**One Hollow Lane, Suite 300
Lake Success, NY
516 280 3522**

**352 Seventh Ave, Suite 205
New York, NY
212 727 9799**



Llynn' Newman

**LLYNN' NEWMAN, MS, CN
TAKING CHARGE OF YOUR LIFE**

An in-depth nutritional & herbal approach to the rebuilding of health for adults & children.

Over 30 yrs experience/Professor/NYS Lic.

Nutrition has been clinically shown to be important in the treatment of stress reduction and prevention of:

Cardiovascular • Allergies • Diabetes
Weight Mgmt • Fatigue/EBV • Cancer
Eating/GI Disorders • Detox • Candida
Celiac • ADD/ADHD • AUTISM
Hormone • Arthritis • Osteoporosis
Critical Care Support • Biochemical Analysis
and so much more...

Herbology extends back thousands of years. As an experienced Herbalist, I work with herbs and the individual to assist in attaining harmony for strengthening, toning and supporting your life with health! Naturally, gently and simply.

If you have a medical problem, I can consult your physician. Today much health improvement takes real work on your part and the daily care of focusing more on each individual's personal health education and prevention.

Awareness is vital to health! Let me help you create new plans for your health and life and give birth to your new self.

**LLYNN' NEWMAN, M.S. C.N.
NYS Lic./Certified Nutritionist
Certified Herbalist/Iridologist
Wholistic Counselor/Educator
Certified Reiki Practitioner
Neuro Linguistic Techniques Practitioner
Over 30 Years Experience
(516) 674-4868**

**Office in Glen Head
Gift Certificates/Easy Payment Plans
Package Deals Available
Now Accepting MC/Visa**

**www.newmannutrition.com
www.LNewmanMS.tsfl.com**



**DR. MICHAEL J. BERLIN
NETWORK CHIROPRACTOR
WELLNESS COACH**

The Family Wellness Center
Offering Transformation Life-Care
Thru Network Chiropractic
& Wellness Education

HELLO!

My name is Dr. Michael Berlin and I want to invite you to LIVE the Miracle that you are. If we are a Body, Mind and Spirit, I believe that the mind (along with the nervous system that serves it) connects our spirit with our body/world. This is why thoughts (conscious and unconscious) are so powerful in creating our bodies and our lives.

At The Family Wellness Center we've brought together very powerful programs to help people attain true wellness by gently and permanently clearing the conscious and unconscious

destructive issues, stresses, tensions and distortions that are being held in people's bodies and minds.

As we clear these delusions THE TRUTH OF WHO YOU ARE (physically, mentally & spiritually) expresses itself in your life.

This is what some of our patients say:

"I have a new lease in life. My blood pressure is going down, and I no longer take anti-anxiety medication. Also, I am finding a sense of peace & even happiness."

"I have never experienced such significant growth in such a short period of time. Here's to network chiropractic and to connecting with Dr. Mike."

"My vision actually improved after an adjustment!"

"Four years of traditional medicine failed to provide what just one month of Dr. Mike's sessions did."

"The anxiety and depression...lifted. Immediately my immunity made an upturn..."

All we do is set people free and we allow people to go as fast and as far as **they** want! So if you really want to change your life and/or health, call us. We offer and integrate Network chiropractic, massage/stretching, PEER/Emotional Release & Life Skills classes, nutrition, SRI, and more!

**Call for FREE information and Workshops!
Plainview, NY
(516) 822-8499
www.networkwellnesscenter.com**

Marla Friedman, Ph.D., CN, a NYS Licensed & Nationally Certified Psychotherapist, Clinical Nutritionist & Advanced Fellow in Anti-Aging & Functional Medicine. with extensive experience, embraces a unique integrative approach to help you create lasting change & optimal wellness.

Psychotherapy

- humanistic, eclectic approach to emotional healing creating pathways for profound change & overcoming adversity

- individual, group & couples counseling
- relationship therapy
- addictions & co-dependency
- compulsive & emotional eating
- treatment of depression & anxiety
- healing self esteem

Functional Medicine - Clinical Nutrition - Vital Aging

- utilizing the power of prevention
- holistic approach addressing underlying causes

- nutritional and biochemical evaluation & testing
- individualized programs
- creating optimal conditions for vital aging
- lasting weight-loss without deprivation
- nutrition: adults, children, families
- brain health
- lowering and preventing inflammation

516-674-3388
www.drmarlafriedman.com
info@drmarlafriedman.com



Marla Friedman, Ph.D., CN

HEALING / BODYWORK

PATRICIA BONO – Helping People and Animals

Traditional Usui, Karuna Reiki Master – Practitioner & Teacher
 Private Sessions & Distance Healing.
 Certification Classes Offered.
 Therapeutic Touch Practitioner
 Shaman - Working With Native American Intuitive Ways.

Tarot/Psychic/Medium –

Readings in Person or By Phone.
 Available for parties, private, business, corporate.

Animal Communicator/Psychic –

In Person or By Phone.
 Working with animals both here or having passed over.

Past Life Regression Therapy

Dream Interpretation

Ordained Interfaith Minister

Workshops Offered –

Animal Communication, Native American Intuitive Ways/Medicine Wheel

Member – Associated Bodywork and Massage Professionals

Featured in *Newsday*, Cable TV and Radio Talk Shows

For information or an appointment call:

Patricia Bono
(516) 922 7574
www.patriciabono.com
E-Mail: speaks2spirits@gmail.com



Patricia Bono

PERSONAL TRANSFORMATION

Monday Night Alive! with Ariel & Shya Kane

You can have a stress-free, utterly successful, satisfying, and easy – that's right, *easy* – life. These fun, lively and interactive seminars will show you how.

“Ariel & Shya Kane teach tools for living in the moment and undoing the knee-jerk behaviors that get in the way of living life with ease.” - *Time Out New York*

Come to any one evening...
 Come as often as you like!

Dates: June 2, 9, 23, 30, July 14, 21, 28
Location: Skyline Hotel, 725 Tenth Ave. at 49th Street - Penthouse Ballroom, NYC

Time: 7-9:30pm
Fee: \$20/Session

Visit www.TransformationMadeEasy.com/ Mondays or call 908-479-6034 for more info or to pre-register (walk-ins welcome).



Ariel & Shya Kane

Discover your Inner Peace and Joy
Rita Wild
631.878.8228

Certified Transformational Facilitator
 Specializing in Transforming Breath

Reiki Master and Teacher
 Certified Usui Reiki Master / Teacher
 Attunement Levels up to and including Mastership

Raindrop Therapy Practitioner
 Certified by Young Living Oil

Essential Offerings
 Crystals & Crystaj Jewelry
 Books and Much more...

Other Modalities Offered

Bio-Feedback & Crystal Healing
 with Sharda Greer
 Certified Bio-Feedback Facilitator

Melchizedek Ordination
 with Rev Dan Chesbro

Services and Events

Reiki Classes and Private Sessions

Transforming Breath Workshops and Private Sessions

Chakra Series

Consult our web site
www.EssentialHolistics.com for details



Rita Wild
 The Peaceful Spirit
 Essential Holistics

CENTERS, SCHOOLS & CLASSES

HEALS – SCHOOL OF ONE

Health through **E**ducation, **A**ctualization, **L**ove and **S**elf-Realization

What is HEALS?

We are a School of Learning that understands that each individual is unique and special. We hold weekly classes:

- Meditation Intuitive Development
- Chakra Clearing
- Activate Your Light
- Energy Medicine
- HEALS Spirit Recovery

- HEALS Forum
- Healthy Living
- Diabetes
- CardioVascular
- Cancer
- Anti-Aging
- Gastrointestinal
- Obesity
- Detoxification

We focus on helping people heal from the inside out.

****See Website Calendar of Events for Details.**

www.HEALS-SchoolofOne.com

HEALS 4 ME:

- Dr. Cheung is an integrative functional medicine expert in Immunity, Gut Dysbiosis, Weight Loss, Detox and Anti-aging protocols who is available for private consults and clinical testing. “I see myself as an old-fashioned doctor who is looking not only to educate people, but also to diagnose, allay fears, instill confidence and lead the patient to a path where they can heal themselves.”

- Group and Private Meditations facilitated by Brad Fristensky

“make your body a better place to live”
1-855-85 HEALS (854-3257)



Dr. Nané Cheung, DC, MS,
 Board Certified
 in Clinical Nutrition



Laura Chiusano LCSW, CASAC

Thrive

We all feel stuck at some point in our lives. We all know when we are stuck. Being stuck is an inner feeling. It can lead to feelings of sadness, depression and anxiety. Collaboration between the client and the therapist can lead to healing insights and deeper awareness in managing to find ways to *Thrive* in your life.

I work with individuals struggling with the following issues:

- Alcoholism and Chemical Dependency
- Anxiety
- Depression
- Post Traumatic Stress Disorder
- Women's Issues

Laura Chiusano LCSW, CASAC
128 Main Street Yaphank NY 11980
516-476-8291
Thrivecounselingli.com



Fayina Cohen, LCSW, CHT

AWAKEN TO SELF

Fayina Cohen, LCSW, CHT
Holistic Psychotherapy & Hypnotherapy
516-504-0283
www.awakentoself.com

If you are stuck and struggling, perhaps it is time to start an inner journey with the guidance and assistance of someone who can address your needs on an emotional and spiritual level. There is a process of awakening to awareness and deeper

understanding that happens when we set on a journey of knowing ourselves and healing our wounds.

To awaken to the higher self, is to discover the wise being within, whose inner knowing, enhanced intuition and higher consciousness can be cultivated to create a life that is guided by the most sacred part of who you are. With new tools and understanding you can attain inner freedom, wisdom, joy and love.

Holistic psychotherapy addresses the physical, mental, emotional and spiritual aspect of your journey to healing and transformation. I hope to partner with you in your process.

I offer:

- Psychotherapy and Coaching
- Psycho-Spiritual Inquiry
- Hypnotherapy
- Past Life Regression
- Reiki and Subtle Energy Healing
- Meditation and Guided Imagery



Irene Siegel, Ph.D., LCSW

Reprocess Core Issues Quickly. Significantly Reduce Length of Treatment.

Dr. Siegel in practice over 30 years, uniquely integrates psychotherapy with healing arts. As a Certified EMDR Therapist, original trauma is accessed and reprocessed, leading to rapid resolution. She presents her integrative approach

at International EMDR Conferences, organizations, radio, TV, and publications. Her work goes beyond symptom relief, reconnecting to our spiritual core, reawakening passion and purpose.

Specializing in: PTSD, Depression, Anxiety, Poor Self-Esteem, Trauma, Abuse, Life Changes, Relationship Issues, Health Issues.

- Teenagers and Adults
- Individual and Couples Counseling
- Meditation Classes

Irene Siegel, Ph.D., LCSW
Huntington
631 547-5433
www.CenterPointCounseling.bz



Julie Cohen, LCSW

Welcome Home

Would you like to have a more healing relationship with yourself, one that honors and supports the very best of you? In a safe and respectful setting, utilizing holistic and expressive modalities, you can develop skills that bring you into greater partnership with you and the important relationships in your life.

When you take time to develop your inner compass, greater clarity & happiness

become readily available. Relationships that have been sticky can become fluid & satisfying. Whatever your personal issues, learning to understand & trust your own unique experience becomes the very heart of a life well-lived. This is both your birthright & blessing.

If you yearn to be seen in your life, to be listened to and respected for your personal journey with all of its pleasure & pain, you will have my complete attention.

Specialties include anxiety, trauma, low self-esteem, inner child healing, parenting, anger work & relationship issues.

Please visit
www.magicseedsliving.com
 to learn more about therapy for
 Adults, Couples, Children and Teens.

Please call (516) 504-1881



Dr. Jennifer Howard

Are you ready to live the life you've always dreamed of?

- Winner of 11 awards, including 2013 Gold Nautilus Book Award

Your Ultimate Life Plan: How to Deeply Transform Your Everyday Experience and Create Changes That Last, helps you step boldly into your next, deeper level of happiness, wholeness, transformation and success. The distillation of Dr. Howard's **20-plus years of experience as a licensed psychotherapist, relationship expert, energy healer, and spiritual teacher**, this "workshop in a book" is the missing "how to" for getting unstuck and moving past your problems into a richer, happier more authentic and meaningful life. Why settle for average when the potential to live an amazing life is inside you, right now.

YourUltimateLifePlan.com

Passionately dedicated to helping people experience deep and lasting transformation, a recognized thought leader on psychology and spirituality, **Dr. Jennifer believes it's your birthright to:**

- Achieve success
- Create lasting change
- Find & nourish creativity
- Create healthy relationships
- Heal limiting belief systems
- Move through fears
- Set and reach goals
- Attain physical health
- Embrace self-acceptance
- Live from your true self
- Move past depression/anxiety
- Enhance performance

Creation Readers: FREE Meditation:
AskDrJenniferHoward.com/Creations
FREE MP3 ~ Abundance Meditation
FREE Virtual Meditation Room
Facebook.com/DrJenniferfanpage
Twitter.com/DrJennifer

Expert on **numerous national network television shows, Huffington Post blogger**, also host of her award nominated **radio talk show, A Conscious Life.**
DrJenniferHoward.tv/radio

Offering:
Psychotherapy
Business & Life Coaching
NonDual Kabbalistic Healing®
Integrated Energy Healing
Psycho/Spiritual Classes
Guided Meditations
Medical Intuitive
Hypnotherapy
Sedona
EFT
And more

In-Person, Phone & Skype

Offices in S. Huntington and NYC
631-424-1691 / 212-580-9402
Events: DrJenniferHoward.com/events.asp

Freedom From Food & Weight Issues

If you struggle with eating and weight issues, you are not alone.

Effective nutrition counseling can help overcome these patterns.

Learn to:

- Nourish your body by returning to a healthy relationship with food
- Reconnect with internal signals of hunger and fullness
- Stop emotional and deprivation-driven eating
- End preoccupation with food
- Rediscover enjoyment in eating

Jeannie is a nutrition therapist who specializes in counseling for eating, body image and weight issues and is an expert in the treatment of eating disorders.

Jeannie Gedeon, MPH, RD/CDN, CASAC-T
NYC, Huntington, Hauppauge
(631) 427-0002
jeanniegedeonmphrd.com



Jeannie Gedeon, MPH, RD/CDN, CASAC-T

There is no need for you to suffer from allergies one more day.

I promise I can help you release your allergies in 2 to 4 sessions guaranteed—not just the symptoms but the cause of allergies. I can also help with addiction and weight issues as well as helping you release the fears that bind you.

Hypnotherapy is not about putting you to sleep, it is about helping you to wake up to your true, unlimited Self.

**Offices in Glen Cove, LI
and in Forest Hills
by appointment only
Major Insurance Plans Accepted,
including Medicare**

WILLIAM L. MARCUS, C.S.W., M.H.
10 Cedar Swamp Road, Suite #4
Glen Cove, NY 11542

(516) 456-6555
and (718) 699-9705
e-mail: ramadas@nyc.rr.com
williamramadasmarcus.com



WILLIAM L. MARCUS, C.S.W., M.H.

John G. Cottone, PhD
Stony Brook Psychotherapy & Wellness
1099 North Country Road – Suite L
Stony Brook, NY 11790

631-941-2211
www.sbpwellness.com
jcottone@sbpwellness.com
www.WhoAreYou.Cottone.wordpress.com

Welcome to the next chapter of your life! Dr. Cottone has over a decade of experience integrating psychodynamic and cognitive-behavioral treatment approaches with meditation and Zen strategies to help individuals uncover the hidden obstacles preventing them from their maximum potential. He is also the author of numerous research publications,

as well as a new book for psychological and spiritual exploration entitled: *Who Are You? Essential Questions for Hitchhikers on the Road of Truth.*

- Individual Psychotherapy for Adults
- Couples & Family Therapy
- Meditation Instruction



John G. Cottone, PhD

HOLISTIC DENTISTRY

NORMAN BRESSACK, D.D.S., P.C.
1692 NEWBRIDGE ROAD
N. BELLMORE, N.Y. 11710
516-221-7447

Member of the IAOMT
Member of the Holistic Dental Association
Member of the International Association
of Mercury Free Dentists
Trained at the Huggins Institute

- Mercury Free and BPA Free Composite Fillings
- 90% Less Radiation With Digital X-Ray Imaging
- Tens Cam Treatments – Energetic healing for treatment of pain and inflammation
- Over 40 Years Experience Dedicated to Our Patients Needs
- Non-Surgical Periodontal Treatments with Scientifically Proven Results
- Improve Your Smile With Cosmetic Dentistry Porcelain Laminates & Metal Free Crowns

- One Hour In-Office Teeth Whitening Including Take-Home Continued Care
- Patient Comfort System For Pain Control Without Novocaine
- Free Consult For 2nd Opinion of Proposed Treatment
- Free New Patient Exam & Consult with Ad

Safe Mercury Removal with full protocol, UV Air Cleaners, Ionizer Air Purifiers, Specialized Vapor Removal Vacuum (to assist in the removal of mercury vapors during treatment).



Norman Bressack, D.D.S., P.C.

Dr. Natalie Krasnyansky
Essential Dental of Roslyn
70 Glen Cove Rd
Roslyn, NY 11577
516 621-2430
www.HolisticDentistryNY.com

Now participating with Cigna Dental Plan

Many people dread their scheduled visits to the dental office. Fear no more, thanks to pain-free Laser Dentistry.

Dr. Krasnyansky has dedicated her professional career to turning ordinary smiles into Picture Perfect Smiles by offering a wide variety of no pain restorative and cosmetic dental services with a holistic approach for you and your family. A beautiful and healthy smile, as well as the condition of our teeth and gums, plays a vital role in our overall health and well-being.

(see ad page 3 for special offer)

- Complete Smile Makeovers in a Gentle Environment Utilizing All-Porcelain Restorations
- Non-Mercury Restorations
- Invisaligns
- Non-Surgical Laser Assisted Periodontal Therapy
- Bio-compatibility Testing
- Digital X-Rays 90% Less Radiation
- Zoom! Whitening
- Dental Implants



Dr. Natalie Krasnyansky

Dr. Alex Shvartsman has earned the highest honor of Mastership in the Academy of General Dentistry. He follows a holistic approach in both his personal life and his dental practice. His office is focused on your comfort and committed to your health. Dr. Shvartsman's passion for dentistry is equaled by his commitment to minimally invasive and tooth conserving dentistry. His natural artistic talent allows him to excel in cosmetic dentistry. Trained in Biomimetic Dentistry, he is one of the founders of the Academy of Biomimetic Dentistry. Dr. Shvartsman has dedicated his career to treating phobic and holistic minded patients.

- IAOMT Mercury Removal Protocol
- Bisphenol A-Free Resin Fillings
- 92% Less Radiation Digital X-Rays
- 3-D Cone Beam Digital X-Rays for Better Diagnosis
- CEREC One Visit Metal-Free Crowns
- FDA Cleared Nd:Yag Laser Gum Disease Treatment
- Laser Cavity Detection
- Safer Surgery Dental Implants using Computer Assisted Guided Protocol
- Trained in Biomimetic Dentistry
- Laser Root Canal Therapy using Bioceramic Sealer
- Trimer 3000 Oral Cancer Screening

- Laser Decay Removal Using Er:Yag
- Noise-Reducing Electric Dental Drills
- Tooth Sparing Ceramic Dental Drills
- IV Sedation with Board Certified Anesthesiologist
- Needle-Free Injections

Alex Shvartsman, DDS, MAGD
State of the Art Comfort Dentistry
www.SmithtownSmiles.com
(631) 361-3577



Dr. Alex Shvartsman

WATER



Enjoy The Finest Spring Water Available

Every drop of **Mountain Valley Spring Water** comes from a single spring surrounded by a protected forest near Hot Springs, Arkansas. Mountain Valley owns and protects over 2000 acres of forest that protect the spring upon which there is no activity except the bottling of spring water.

An **alkaline** spring water (pH of 7.9) Mountain Valley has naturally occurring minerals including calcium and magnesium.

Mountain Valley is available in **glass packaging**, including the larger bottles (5 gallon and 2.5 gallon) that are used with coolers, and are returnable and reusable! Smaller bottles available by the case.

Deliveries can be made to your home, office, store, etc. throughout Long Island and NYC.

Please call 201-896-8000
visit www.HealthWatersInc.com
or email info@HealthWatersInc.com

SPIRITUAL HEALING & DEVELOPMENT



Winter Brook

Winter Brook, Psychic Medium & Reiki Master/Teacher

Psychic & Mediumship Readings

In person (includes recording of session on CD)
Telephone readings available
Available for house parties & fundraisers

Reiki & Guided Meditation Sessions

Individual & Group Meditation available
Reiki Attunement classes for all levels (I, II & Master / Teacher)
Monthly guided meditation / healing circle

Psychic & Mediumship Development Classes

Sign up to take the Summer session classes now! Classes start June 18, 2014.
The Spring session filled up.

Offices located in the picturesque Village of Northport (steps from the harbor)

171 Main Street, Northport, New York 11768 (631) 261-9300 or website www.winterbrookmedium.com

facebook WinterBrook, Psychic Medium



Tori Quisling, M.Ed

Tori Quisling, M.Ed Clairvoyant Practitioner

Are you curious about your relationships, career or spiritual path?

Experience a reading with Tori Quisling, M.Ed, Clairvoyant Practitioner.

Trained at the Berkeley Psychic Institute and in New Orleans, Tori has been a featured expert on the NY Daily News and the Long Island Society for Paranormal Research.

Tori is also founder of the Center for Clairvoyance and Healing.

Offering:

- Reading and Healings
- Classes and Private Training

Offices in Long Island and NYC – 516-423-1794, www.yourpsychicself.net

"I would highly recommend Tori as a gifted psychic. After a session with her you will leave feeling grounded and sure of your path. It is an enriching and healing experience."

- Sonam Kushner, NY

FINANCIAL WELLBEING



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

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

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

- Marriage
- Children
- Divorce

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

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

John Ryan
1001 Franklin Ave
Garden City, NY 11530
516-535-3420
jryan@janney.com
www.ryan-janowsky-janney.com
Janney Montgomery Scott LLC
member: NYSE, FINRA, SIPC

FENG SHUI & INTERIOR DESIGN



Metropolitan Institute of Interior Design

FENG SHUI Certification Classes meet 1 weekend per month

INTERIOR DESIGN CLASSES Beginner & Advanced classes offered Day/Eve - Classes meet 1x per week

Expert Instruction...internships...
small class sizes

OPEN HOUSE

August 21, 2014, 1-8pm
RSVP lisa@met-design.com

Learn about our classes & see current student projects

Metropolitan Institute of Design
200 Oak Drive, Syosset, NY
516-845-4033
www.met-design.com

Est. 1977- Licensed by NYS Dept of Education

visit us online at creationsmagazine.com

Yin Yoga—Let's Move Inside

by Ulrica Norberg
Scandinavia

Yin Yoga introduces us to the natural edges of our beings in a graceful way. If we push our edges or lead a life that is constantly yang, we move into too much yang, burning energy rather than conserving. However, if we draw inward too much or lead too passive of a lifestyle, we start moving away from life and being present, into the past, sliding backward. Too much yin or too much yang creates imbalances. They need to co-exist side by side for us to live our lives in harmony and balance.

Yin Yoga is based on the Taoist concepts of yin and yang, opposing yet complementary forces that can characterize any phenomenon. The earliest reference to yin and yang is in the I Ching (Book of Changes) in approximately 700 BC. In this work, all phenomena are said to be reduced to yin-yang.

Yin and yang can be described as two variables; they are either on the opposite ends of a cycle, like the seasons of the year, or opposites on a continuum of energy or matter. The opposition is relative and can only be understood through relationships between the two. For example: water is yin relative to steam but yang relative to ice. Nothing is totally yin or yang. Just as a state of total yin is reached, yang starts to grow. This is evident in the Yin Yoga practice, since after you have gotten deep into relaxation and mental stillness in a Yin Yoga pose, the blood circulation increases and you can start to feel heat inside. They constantly transform into each other, just as there can be no energy without matter and no day without light. The classics state that yin creates yang and yang activates yin. This manifests in yoga practice when your breath brings stillness to the mind and you start to flow through the poses. You experience inner heat rather than extensive sweat (that cools your body). This way the metabolism and circulation increases, and your body is able to burn toxins and impurities better.



Yin can be described as stable, immobile, feminine, passive, cold, and downward moving.

Yang is depicted as changing, mobile, masculine, active, hot, and upward moving. In nature, a mountain could be described as yin; the ocean, as yang. Within the body, the relatively stiff connective tissue (tendons, ligaments, fascia) is yin, while the pliant and mobile muscles and blood are yang. Applied to yoga, a passive practice is yin, whereas most of today's Hatha yoga practices are yang; they actively engage the muscles and build heat in the body.

If you are accustomed to sweating your way into cool poses, Yin Yoga may at first glance seem too simple, slow, and boring. But this practice of long, passively held floor poses is deeply nourishing and has myriad benefits for any yoga practitioner. After a while of practicing, Yin Yoga is all but boring and easy. In Yin Yoga, we often say, "Let's move inside and have a look at the interesting things we will find." In Yin Yoga you move inside with the mentality as the observer, not as the force of action where you want to change and go to the edge.

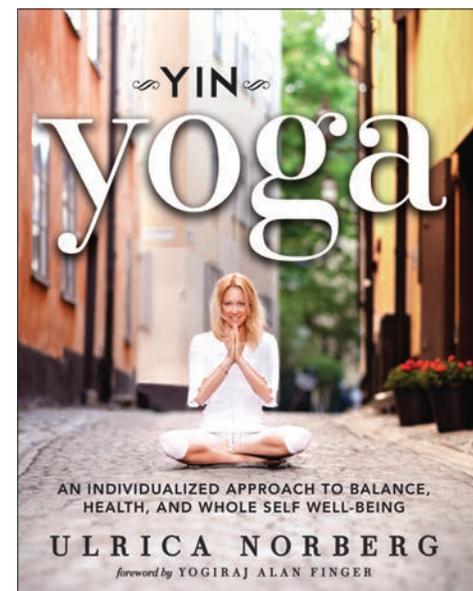
If one does Yin Yoga and aims to push and move away from discomfort, one experiences no effect rather than more frustration and tension and less circulation. With the attitude of the

observer, the opposite happens. So when one practices Yin Yoga, it is valuable to have some techniques like breath and visualization to calm the restless and aggressive mind.

Yang styles of yoga are dynamic and focus on building heat in the body to stimulate, strengthen, and stretch the muscular tissue, and to understand, change, and improve the habitual patterns in the body. Yin is a quiet, more modest form of practice, where we want the muscles to relax to increase circulation in the connective tissue, joints, and organs and to cultivate the ability to yield and observe and accept what is in the present moment. ✧

Excerpted with permission from Yin Yoga: An Individualized Approach to Balance, Health, and Whole Self Well-Being by Ulrica Norberg. Photos by Sebastian Forsman. ©2014, Skyhorse Publishing, Inc.

Ulrica Norberg (E-RYT 500) is a well-known yogi and writer in Northern Europe. Ulrica is one of ISHTA yoga's senior teachers and is ISHTA yoga's Scandinavian representative. She is currently teaching teacher's trainings, workshops, retreats, conventions, and events for yoga, meditation, and personal growth in addition to writing and coaching. Ulrica was one of the first pioneers of yoga in Scandinavia from 1998, and has taught and coached a vast range of yoga students and trained over 500 yoga teachers in Scandinavia. She has made yoga DVDs and written several books, articles and audiobooks. For more info visit www.ulricanorberg.se.



CAROL'S HOLISTIC HEALTH EXPO

Sunday, June 29, at VFW, Albertson, 155 Seeringtown Rd.

11-5:30PM Public, 12-5:30PM Great Holistic Speakers!

Body-mind-spirit holistic health care! **Only \$7!**

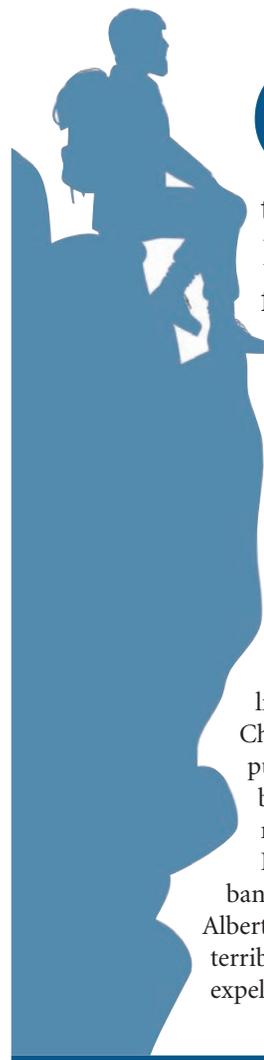
Cardiac testing w/ insurance card, FREE chair massage, holistic health consults, reiki, EFT, etc.

Limited vendor tables and speaking spots available.

Contact Carol Leitner, MBA
carolleitner1@gmail.com or 516-242-8270.

How to Overcome Excuses: 6 Tips to Gain the Edge & Meet Your Goals

by Dan Waldschmidt



Great people throughout history often fail, quite miserably, before finally reaching their goals.

Van Gogh sold only one painting during his lifetime; Winston Churchill lost every public election until becoming prime minister at age 62; Henry Ford went bankrupt five times; Albert Einstein was a terrible student and was expelled from school;

Sigmund Freud was booed from a stage.

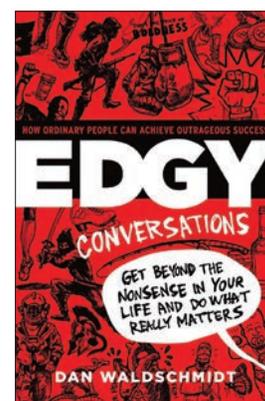
Ideas, brilliance, genius – they all mean nothing without the guts, passion and tenacity necessary to make your dream a reality. But often, people fall back on excuses and give up on trying to reach their goals. Most of us have dreams, and many of us have big ones, but few of us actually see them through.

Here are six tricks for jumping off the excuse train and forging the path to your goals:

- ◆ **Avoid the need to blame others for anything.** Mean, small-minded people know that they are inadequate. That's why they are so cranky and eager to point out others' mistakes. They hope that by causing others to feel inadequate, everyone will forget about how woefully off the mark their own performance is. Don't blame anyone, for any reason, ever. It's a bad habit.
- ◆ **Stop working on things that just don't matter.** Not everything needs to be done in place of sleep. If you work for a boss, then you owe them solid time. You can't cut that out. You can, however, cut out television time, meetings and anything else that gets in the way of achieving your goals. Replace enter-

tainment with activity toward your goal.

- ◆ **Refuse to let yourself wallow in self-doubt.** You're alive to succeed. Stop comparing your current problems to your last 18 failures. They are not the same. You are not the same. Here's something to remember: Your entire life has been a training ground for you to capture your destiny right now. Why would you doubt that? Stop whining. Go conquer.
- ◆ **Ask yourself, "What can I do better next time?" And then do it next time.** If you spend a decade or two earnestly trying to be better, that's exactly what will happen. The next best thing to doing something amazing is not doing something stupid. So learn from your mistakes and use the lessons to dominate.
- ◆ **Proactively take time to do things that fuel your passion.** Exercise is a great example. Living in the moment requires you to live at peak performance. A huge part of mental fitness is physical fitness. A sparring or running partner is a



great way to refresh physical competition. Physical activity accelerates mental motivation.

- ◆ **Apologize to yourself and those around you for having a bad attitude.** Do this once or twice and you'll snap out of your funk pretty fast. When you start genuinely apologizing for being a bad influence on those around you, you learn to stop whining and start winning. ✦

Dan Waldschmidt is the author of **Edgy Conversations: How Ordinary People Achieve Outrageous Success,**

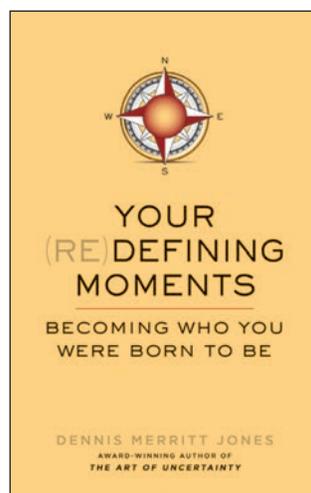
(www.EdgyConversations.com). He is an international business strategist, speaker, author and extreme athlete. His consulting firm solves complex marketing and business strategy problems for savvy companies all over the world.

The Hero's Journey: The Bliss You Seek Is Seeking You, continued from page 7

and I must admit, it was a bit more than scary at the time. I felt very little like a hero knowing (fearing) I had to tell my dad something that could easily provoke the dragon out of his cave. Please note, this is the scenario and conjecture I drew in my own head and had nothing to do with him because, at it turned out, he was overjoyed I was making a conscious choice to challenge the path I was on. It seemed he knew all about the "follow your bliss" thing and had gone through his own version of it long before he heard the term. Who knew? It's quite amazing how often we create our own dragons of limitation based on the assumptions we project on others. That is the hidden power of the fear of disapproval hard at work.

I knew in my heart I would never be happy studying economics and market trends or selling someone else's ideas and products. Taking Campbell's guidance seriously, I began to focus on what I was doing in those moments when I was most happy, and I noticed something

very important: those very same moments were also when my passion and joy were flowing freely and my natural talent was being expressed. Just a few days later, a new door opened for me – my bliss would be found on an entirely different path than marketing. Between classes, while sitting on the grass, playing guitar, and singing with friends I had made on campus, it became obvious where I would find my happiness – it was right there in front of me: for three years, I had been hanging out with people who had nothing to do with the business school. These folks were following their bliss – as music majors. No wonder I was always with them in my free time. They were modeling the life that was calling to me – I just wasn't ready to see it. When I was ready, it forced me to finally



pay attention to that still, quiet voice within me I had been ignoring (or at least avoiding – or more likely, denying) for a very long time. Do you remember the "nudges" we feel within when the creative urge to be more fully and authentically expressed begins to stretch and push out? I had ignored those nudges until they became pushes, and finally shoves, and my friends served as the perfect mirrors I needed to help me look into myself and see that I was not honoring who I was born to be.

This is where understanding your reason for being on the planet comes in and how important it is to honor that purpose. In the self-inquiry process, the natural question to follow "Who am I?" is, "Why am I? ... What is my purpose for being here?"

It's important to remember that it is only through integrating fully with your authentic self that your uniqueness and how you express it are revealed. Your authentic self is continually trying to get your attention so it may be more fully expressed. The lesson to be learned here is that when your redefining moments pop up, be prepared to go where you had no plans on going – because that is where your bliss awaits you. ✦

*Adapted from **Your Redefining Moments: Becoming Who You Were Born to Be** by Dennis Merritt Jones. Copyright © 2014 by Dennis Merritt Jones. Published by Jeremy P. Tarcher, an imprint of Penguin, a division of Penguin Group USA, a Penguin Random House Company.*

Dennis Merritt Jones has been involved in the human potential movement and the field of spirituality for the majority of this life as a teacher, author and keynote speaker. He writes a free weekly "MindfulPurpose e-Message," available through his website and is a regular columnist for the *The Huffington Post*.

POETRY

Three Cheers For Us!

by Meryl Easson, Centerport, NY

That was an Awkward moment!	And science, Each claiming The Truth,
A common expression, And good definition;	And daily horrors, Best left unsaid;
Of human life, On Earth.	We still create, Pure moments Of love,
Stuck on a Spinning rock;	Of tender touch, And uncommon grace.
That's racing around, A ball Of flames;	Hurray for us! Hurray for us! Hurray for us!
With religion	

Art by

Jahn Guarino

631-368-4800 JahnGuarino.com

Now teaching her watercolor techniques
at the Art League of Long Island



Morning spirit sun
Streaming over the mountains
My soul ascending

by Gerald Starlight, Roosevelt Island, NY

Haiku

Sacred Geometry

by Patty Marubbio, Greenlawn, NY

Stem spiraling upward,
Most important function
Supports three leaves
Allowing nutrients, water
Flowing into soft umbrellas

Triangles of green
Prickly edges, thorns of life
Center, veins with two more
Bendable though fragile

My senses awakened
While lifting upward to examine
Each leaf shaped pyramidal
Spun around remains the same

I see the Trinity in leaf shapes
Stem point, the "Eye of God"

In a three leaf clover
Perfect balance... Sacred Geometry!



If We Could See

by Bob Babic

(deceased dad of Roberta McQueen)

If we could see things
As they really are
And with our minds
Perceive them
Would we reach out
And Pluck the Stars
Or walk away
And leave them

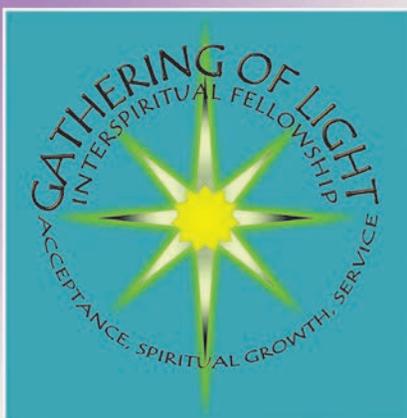
Indifference

by Ian Murdock, Northport, NY

To others is my presence
At best just a nuisance
as
My self assumed brilliance
Is met with utter indifference

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

- From Asphodel that Greeny Flower



Experience the heart of spirituality with
people who strive to live it!
Activities include programs for all ages.

SATURDAY at 10 a.m.

Presbyterian Church of Sweet Hollow
95 Old Country Road • Melville, NY 11746

For more information, please call (631) 265-3822
or visit us at www.gatheringoflight.org

Join us on Facebook: Gathering of Light
Interspiritual Fellowship

A COMMUNITY WHERE **Coexist** IS A WAY OF LIFE.

ATTENTION: ALL LOVING PRACTITIONERS!

New Light Sanctuary

The Perfect Space for Your Workshops and Events.



At very reasonable rates, we offer:

*Chairs, Tables and Pillows

*Water Fall & iPod stereo for ambience

*Hosts for welcoming your guests

*32" monitor for your presentations

*Adjustable lighting

*Plenty of Parking

11 East Main Street, Bay Shore, NY 11706

Call Laura 631-666-0078

Visit www.newlightsanctuary.net



MARKETPLACE

ACUPUNCTURE

E.W. NATURAL HEALING ACUPUNCTURE P.C. – Henry Zhen-Hong Lee, NYS Licensed Acupuncturist, Herbologist, 40 years experience. Long Island (516-822-6722), Queens (718-445-8438) and Manhattan (646-220-5388) locations. (see ad p.9)

BOOKS

THE PAPAL VISITOR Starring: God, Jesus, Mary, Gandhi, Lucifer, the Pope, and more! Ever wonder what would happen if Heaven just revealed itself to Earth? An exciting, inspirational, funny, awesome adventure awaits you! Available on Amazon <http://amzn.to/1gZBwMq>.

BUSINESS OPPORTUNITIES

THE EDGAR CAYCE CENTER seeks an experienced naturopath with an established client base at our convenient midtown Manhattan location to join chiropractor and other health therapists in holistic office. Ideal for part-time/second office. Call Lucas: 917-885-0221.

COACHING

SPIRITUAL LIFE COACH AND MEDITATION – Discover your true authentic self and reconnect to your Spirit. Heal your life from the inside out and unleash your true power that lies within. Create love, joy, freedom, success, in your relationships, job and personal life! Visit me at <http://www.neshaaofthelight.com/>. For more information call 917-742-6287 or email me at neshaaram@yahoo.com.

LIFE & SPIRITUAL COACHING What do you desire? Happiness? Success? Love? Wealth? Let us help you! Email us at info@serenity-healing.org or call us at 631-804-3154 to get started with a program designed just for you. Why call ... because everyone deserves to live the life they desire! TODAY IS YOUR DAY!

COUNSELING/THERAPY

FREE YOURSELF from self-defeating behaviors and beliefs that prevent you from having the happy, fulfilled life that you desire. A psychotherapy program that is tailored to your needs and WORKS is waiting for you. Randi Realson, LCSW, PhD, 516-487-3981 or visit me at www.drRANDIREALSON.COM.

Paul Stein, LMSW, Ph.D. Application of Jung's Archetypal Psychology: "Relational conflict"/Cultural context/"Creativity"/Ethos. Domestic/Int'l Consultation/Gmail visual/Phone. http://youtu.be/O67a8_XXqK4, <https://twitter.com/PaulStein9>. 646-709-8634.

TUNING FORK THERAPY – The universe has been emanating positive vibrational energy since the beginning of time. Tap into it with Acutonics® Tuning Forks. A new paradigm based on non-invasive TCM vibrational sound healing. Classes available. Contact: Donna L. Nesteruk, Licensed Acupuncturist. (631) 848-8856 donna@soundhealingpathways.com

PAST LIFE REGRESSION THERAPY by well-known agency director and author. Certified by Brian Weiss. Watch television feature on website: www.SunriseCounselingCenter.com. Also see

popular new book at SeekingSoul.com and see Richard Scheinberg on Facebook. Bay Shore (631) 666-1615.

FLOATATION

FLOATATION THERAPY: Floating in a high concentration of Epsom Salt water heated to skin temperature rids the body of excess aches, pains and stress. Infinite Floatation Center, 2005 Deer Park Ave, Deer Park, NY 11729. John Papa - 631-487-0424. epsomfloatation.com (see ad p.27)

GREEN DESIGN/FENG SHUI

FENG SHUI CONSULTANT Diane Brancato 631 921-0316. Certified by Master RD Chin, Feng Shui Architect. Member International Feng Shui Guild.

FENG SHUI & SUSTAINABLE DESIGN creates an environment that is beautiful, healthy and balanced for your emotional and physical well being. Residences, Offices, Healthcare. Joan Stigliano IIDA, Interior Designer/ Feng Shui Consultant - BTB 3yr certification. Contact: 516-671-6463 www.joanstigliano.com.

GROUPS/CLASSES

BECOME A LICENSED HEAL YOUR LIFE® WORKSHOP LEADER Train to lead up to 14 different workshops in Louise's Hay's philosophy. Training is approved by Louise. Sept. 20 – 27 in San Diego. Full details:www.healyourlifetraining.com. Or call 800-969-4584

TORI QUISLING, with over 20 years experience, can teach you to use your own intuitive abilities to heal yourself and communicate with others. By the end of the course, students can meditate, work with healing guides, and perform a psychic reading. Classes starting each week. Please see www.yourpsychicself.net or call 516-423-1794.

INTERESTED IN NATIVE AMERICAN TEACHINGS? Journeys Into American Indian Territory offers workshops, activities with Indian elders. For info, call (631) 878-8655; www.indianjourneys.com.

HAIR REPLACEMENT

NATURAL HAIR EXTENSIONS AND WIGS Unprocessed and chemical free Natural European Remi Human Hair extensions and wigs 10 to 36 inches. 917-514-3025. Online catalog at <http://www.malaikashair.com>.

HEALING/BODYWORK

REIKI, KARUNA® & IET® CERTIFICATION CLASSES for all levels offered in Babylon, NY by Master-Teacher Instructors; Terry Lauria (917) 848-0874 (yourenchantedtree@yahoo.com) & Damaris Samolinski (631) 335-8892 (dsamo8@verizon.net).

HEALING ARTS MASSAGE THERAPY, a healing haven in Glen Head! Intuitive, Healing Bodywork for over 20 years! New Clients save \$20! healingartsmassage.com (516) 674-0609.

DISCOVER SACRED PATHWAYS TO HEALTH AND HEALING WITH OWL WISDOM MEDICINE. Highly trained in Ancient Shamanic practices including Soul Journeying and Retrievals, Reiki, Chi Kung, Distance Healing, Intuitive Readings and Native American and

Goddess practices. Every session adapted to the unique needs of the individual with Owl Wisdom Medicine revealing that which is needed to access your highest potential. www.facebook.com/OwlWisdomMedicine. 860 671-9719 or 631 724-8078.

BRING HARMONY, BALANCE, AND PEACE INTO YOUR LIFE: Shamanic Healings and Readings, Reiki Classes (all levels), Crystal Workshops and an array of beautiful healing Crystals and Shamanic Tools offered at **The Sacred Stone in Babylon**. Shamanic Drumming the 1st Sunday of each month, & Reiki/Crystal Healing Circle the 3rd Sunday from 7-10PM. 631-321-7722.

HOLISTIC DENTISTRY

LONG ISLAND CENTER FOR HEALTHIER DENTISTRY (Smithtown Smiles) – Alex Shvartsman, D.D.S., M.A.G.D., 260 E. Main Street, Suite 109, Smithtown, NY 11787, 631-361-3577. (see ad p.19)

ESSENTIAL DENTAL OF ROSLYN – Natalie Krasnyansky, D.D.S., 70 Glen Cove Road, Roslyn Heights, NY 11577, 516-621-2430. (see ad p.19)

NORMAN BRESSACK, D.D.S., P.C. – 1692 Newbridge Road, N. Bellmore, NY 11710. 516-221-7447. (see ad p.19)

HOLISTIC HEALTH

HOLISTIC SKIN CARE Transformational treatments for the skin that address the underlying skin conditions. Healthy skin from the inside out. Facials, Acne Programs, Anti-aging Programs, Non Acid Peels. My phone 631-805-5282. Holisticskinarebypatty.com.

FREE: CONSTITUTIONAL FACIAL REJUVENATION SEMINAR – Thursday, May 1st. Rewind your inner beauty and get back your Natural Youthful Look. Learn how non-invasive modalities enhance a softer, more natural look to the aging process. Limited Space. Reserve Seat: 631-848-8856 or Donna@soundhealingpathways.com.

OPEN CIRCLE HOLISTIC WELLNESS – Celebrating our 1 year anniversary! Check website for specials. Detoxify your body or learn to meditate. We also have NeurOptimal and Cavi-Lipo. www.opencirclewellness.com (516) 406-3005.

GREENETTLES: An All-Natural Herbal Extract from the Nettle Plant! If you suffer from discomfort due to **inflammation, aches arthritis, or injury**, try this holistic patch! Order it today on the web at greenettles.com or call 740-569-4499. (see ad p.25)

HORTICULTURE

PLANTS UNLIMITED Are you interested in enhancing your home or office with the beauty and healing properties of indoor plants? I can help with your selections and transplanting. Free consultation in Nassau and Queens. (718) 739-7890.

INDOOR ENVIRONMENTAL WELLNESS

healthEhabitats™ can make your home healthier and safer. We inform, empower and provide you with the right solutions and services to help ensure high quality **air, water** and **surface** conditions within your home. Visit us at bringhealthyhome.com or call 877.861.3662 for more information. See ad on back cover.

METAPHYSICAL STORES

DREAMS EAST – Futons, Incense, Candles, Books, Music, Footwear, Psychic Readings & much more! 359 Sea Cliff Ave., Sea Cliff. 516-656-4790. www.dreamseast.com. (see ad p.12)

PERSONAL TRANSFORMATION

NOTHING WORKING? Unlock, unstick, and change any and every part of your life that isn't working for YOU. I can help you get results simply and easily with money, business, body, relationships and joy! Call Mary (516) 536-0750. www.AccessUrConsciousness.com.

PHOTOGRAPHY/VIDEO

FINE ART PHOTOGRAPHY - by Mark Maxwell Abushady. Visit: markmaxwellabushady.zenfolio.com.

PSYCHIC/SPIRITUAL

TORI QUISLING OFFERS CLAIRVOYANT READINGS, Psychic Development classes. Over 20 years experience, trained at Berkeley Psychic Institute, Tori assists you in deep spiritual answers, past lives, relationships and energy balance. Port Washington and NYC – www.yourpsychicself.net, 516-423-1794.

SHARON ROSSELAND @ MINDFUL LIVING SENSITIVE INTUITIVE Tarot, Visualization, Feng Shui. Appointments please call (631) 560-6306. Please visit Mindful Living at MakingOurWorldABetterPlace.org.

PSYCHIC MEDIUM JENNIFER WILLIAMSON offers both psychic readings and mediumship readings at reasonable rates. Check out her listing on bestpsychicdirectory.com for more information and reviews. Call (631) 965-8581 to make your appointment today. Phone readings, Skype readings, psychic parties and private sessions are available. reikimaster415@aol.com

PSYCHIC MEDIUM JOAN – can help you heal from losses and find new directions, give you insights into your life's journey – past, present and future, help you heal grief through reconnecting with loved ones on the other side. Call for an appointment 631-672-5413. www.psychicmediumjoan.com.

PSYCHIC READINGS BY ROCHELLE JEWEL SHAPIRO – Health, Career, Relationships and more. Readings are done by phone. By appointment only: 516-829-6648. (see ad p.8)

PSYCHIC PALM/TAROT/MEDIUM READINGS BY RONI TODD– with 40 years experience, Roni can help with life's challenges using clairvoyance, spiritual communication, & psychic insights. Relationship specialist. One of Long Island's only palm readers, now at **3 Long Island locations**. Also available for private readings & parties. (516) 889-3732.

QIGONG

QIGONG FOR HEALTH AND CULTIVATION – Qigong encompasses gentle stretching, movement, breathing, meditation and self-healing techniques. Regular practice brings improved health, clear and focused mind and increased energy. New classes forming, beginners welcome. John Scalice M.S., Licensed Acupuncturist, Medical Qigong Practitioner, Reiki Master. 516-381-5290. TryAcupuncture@aol.com

REFLEXOLOGY

ACHIEVE HOMEOSTASIS THROUGH REFLEXOLOGY. Certified reflexologist here to help you revitalize your energy/reduce stress/activate the healing power of your body. Denise 516-313-6003.

RETREATS

SWIMMING WITH WILD DOLPHINS. The ultimate Human-Dolphin Connection. Meditative, Healing Caribbean Island Retreats. Yoga, healthy food, Atlantean legends. www.wildquest.com, 1-800-326-1618.

SOUND HEALING

SOUND HEALING GUIDED MEDITATIONS – with Andrea Garvey, CHHC, RYT, utilizing toning, quartz crystal singing bowls and breathwork. Please email: andrea@creationsmagazine.com or call: 631-351-0308 for dates/locations.

SPACE/PROPERTY

SPACE AVAILABLE for acupuncturist, homoeopathist, energy healing practitioner in well-established integrative wellness and yoga center. Beautiful with plenty of natural light, located in Southampton Village. Call for details. 516.702.2921.

PSYCHOTHERAPY OFFICE TO SHARE in Yaphank. Perfect for individual therapy and small groups. Contact Laura at 516-476-8291. Asking \$320 per month.

OFFICE SHARE/GLEN HEAD – Holistic Therapists/Professionals. Join and network with like-minded businesses. Clean, quiet, professional building. Busy road & good parking. Great for second location or new business! Flexible: by the day, half day or hourly. Room also available for lectures/workshop. More info: (516) 674-0609 aghealingarts@gmail.com.

FULLY FURNISHED SHARED OFFICE SPACE. Available all evenings, all day Monday, Wednesday, Friday. Great location north of 25A on route 106. Energy Work/Counseling. 516 677-1994.

TRS INC. PROFESSIONAL SUITE - The Right Space for Healing, Teaching and Business in NYC. 40 Exchange Place, 3rd Floor. 15 minutes from Penn Station. Easy access from all NYC transport, Long Island, Westchester & NJ. Discount parking. Helping to build careers for

27 years. Private offices/group/conference rooms available by the hour. Seven days. No lease. Complimentary office services. Free WIFI, Massage tables and much more. 212-685-2848 or www.trsincreprofessionalsuite.com for Calendar of Events, practitioner directory, etc.

SPIRITUAL SINGLES

SPIRITUAL SINGLES: The largest holistic, conscious, dating site on the Internet! Meet your life partner by tapping into our pool of conscious singles! www.SpiritualSingles.com.

SPIRITUAL EVENTS: Make new friends! Have fun! Find local conscious events, sacred retreats, travel to power spots, singles workshops, mediations, celebrations, gatherings, yoga... www.SpiritualEvents.com.

YOGA

INNER SPIRIT YOGA CENTER Warm and welcoming. Authentic Yoga practice from beginner to advanced. Introduction to Yoga "Beginner Yoga series". Vinyasa Flow. Donation Classes. 24 Vernon Valley Rd., E. Northport, NY 11731. (631) 262-9642, www.innerspityoga.com.

REVOLUTION YOGA Beginners, Vinyasa Flow 1, 2, Master Class, Restorative, Meditation, Pre/Post-natal, Mom & Me, Teen, Kids-party/camp/classes, Yoga Library, Art Shows, Film Screenings. 7 N. Village Ave., Rockville Centre, NY 11750. 516-457-6977. www.revolutionyogaspace.com.

HARBOR LIGHTS YOGA – Hatha, Vinyasa, Children's, Hot Yoga, Pilates, Meditation. Massage. 125 West Shore Rd., Huntington. 631 223-2533. Danielle@HarborLightsYoga.com. www.harborlightsyoga.com.

How to Meditate-5 Week Course

Now Registering. Last session until late Fall: begins 6/10

Meditation/Intuitive Development Group

Ongoing group. Expand your Inner Light, Improve your Life

Astrology 101-Call if interested

Understand Yourself & Others Workshop

Astrological Insights

Charts/Relationships

Private Sessions, Reiki, Signature Cell Healing
Past Life Regressions, Guided Meditations

Information/Registration:

Judith S. Giannotti, M.A., R.Hy.

631-724-9733

www.lightawakenings7.com

★ Enjoy true plant-based ★

comfort food in the relaxed atmosphere of our original location.



1307 Third Ave at 75th
212.472.0970

★ www.candlecafe.com ★

In Food We Trust™

ADVERTISE HERE

ads due July 5th

for August/September issue

631-424-3594

ads@creationsmagazine.com

JUST GRAB THE DUST RAG

(Confessions of A Deluded Zen Student Who Never Learned A Thing)

by Brenda Eshin Shoshanna

This book is a Personal Journey through forty years of rocky Zen Practice with a wild and beautiful Japanese Zen Master. Filled with live encounters and daily wisdom.

Available at:
www.grabthedustrag.com
and amazon.com

in Soft Cover & Kindle

www.drshoshanna.com



creationsmagazine.com

ALL NATURAL

GreenNettles™

AN HERBAL EXTRACT OF NETTLES IN A CONVENIENT PATCH!

Aches, Pains, Swelling, & Discomfort

- Abdomen
- Ankles
- Arms
- Arthritis
- Back
- Chest
- Elbows
- Fingers
- Headaches
- Heels
- Hips
- Knees
- Legs
- Muscles
- Shoulders
- Tendons
- Toes
- Wrists



For more information, or to order:

www.GreenNettles.com

US Patent # 7,018,663

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, prevent, or cure any disease.

740.569.4499

BOOK REVIEWS

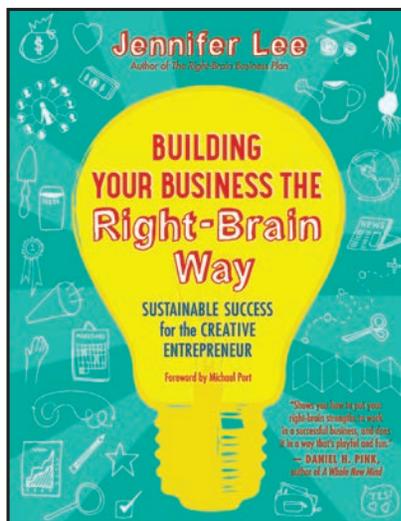
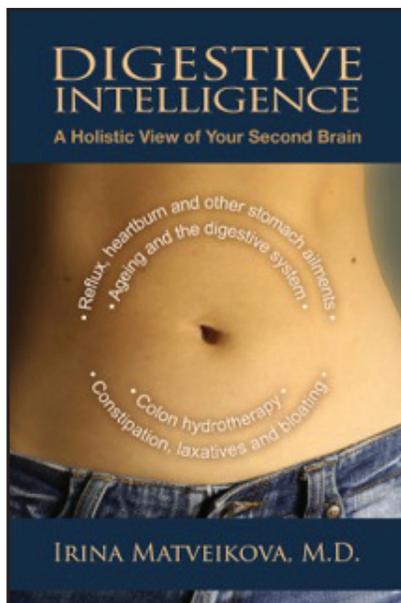
DIGESTIVE INTELLIGENCE: A Holistic View of Your Second Brain

Irina Matveikova, M.D.
Findhorn Press
findhornpress.com

With over 90 million Americans suffering from one kind of digestive disorder or another, including IBS, heartburn, acid reflux, chronic constipation and peptic ulcers, etc., a new area of medical study, Neurogastroenterology, is beginning to flourish.

In her book, *Digestive Intelligence: A Holistic Vision of Your Second Brain*, Dr Irina Matveikova explores the link between “the brain in our skull and its brother down there in our gut”, the connection between emotions and digestions and how our digestive system can play an important role and influence our mood and character. Dr. Matveikova writes as a traditionally trained medical doctor who also embraces much of the wisdom to be found in “complimentary” forms of medicine; the result is a combination of medical science, psychology and natural health.

Digestive Intelligence takes the reader on a fascinating journey through the digestive system explaining how it operates as a second brain and how we think and live our emotions via our stomachs. Approximately one hundred million neurons are found in our digestive tract. These neurons produce serotonin, the “happy” hormone, and so it makes sense that when our digestive system is “out of sorts” we too feel irritable, lacking in energy and in a bad mood and vice versa. Dr. Matveikova makes the connection and gives practical advice to assist readers in gaining a better sense of and understanding of the “intelligence” of the gut. The goal is to help readers identify digestive problems and resolve them.



BUILDING YOUR BUSINESS THE RIGHT-BRAIN WAY

by Jennifer Lee
New World Library
newworldlibrary.com

In her new book, *Building Your Business The Right-Brain Way*, Jennifer Lee offers a strategic, informative, and most surprisingly, fun and creative method for entrepreneurial success.

As a yoga teacher who has struggled to turn my love for sharing yoga with others into a sustainable business, I personally appreciate Lee’s insight into the unique challenges I, and so many other not-so-business-minded types, face. Her guidance offers a roadmap to which creative types can relate, providing opportunity for understanding and growth, which in turn, results in a more confident business owner. This also serves as solid preparation and practice for personal navigation through the more challenging aspects of operating a successful, long-term business. Throughout the book, Lee utilizes creative-based exercises, which help readers relate to time-tested business techniques in their own unique way. The exercises provide what many creative type business owners are ultimately looking for in their daily operations: a way to express themselves and connect with others. Right-brain or left, all business owners will benefit from Lee’s motivation, inspiration, and creativity.

(Reviewed by Erica Settino)

THE HERO’S JOURNEY

by Joseph Campbell
Edited by Phil Cousineau
newworldlibrary.com

The Hero’s Journey: Joseph Campbell on His Life and Work is based on the documentary about his life. Editor Phil

Cousineau rescued hours of outtakes from film vaults and organized it into this volume that was originally published in 1990. In what amounts to Campbell’s only spiritual autobiography, this collection of conversations and interviews reveals and illuminates Campbell’s personal and intellectual journey.

“After more than fifty years of teaching and more than twenty books, Campbell felt that his contribution was simply that he gave people “the key to the realm of the muses, that marvelous realm beyond the visible one from which imagination and inspiration could guide us in shaping our lives,” writes Phil Cousineau in the book’s introduction. Behind the man who spent his life journeying through the mythologies of the world was someone whose life was a deep personal quest for his own immortal hero. *The Hero’s Journey* follows the footsteps of Joseph Campbell as he tells stories of his life, his love, and his passion.

This book interweaves conversations between Campbell and some of the people he inspired, including poet Robert Bly, anthropologist Angeles Arrien, filmmaker David Kennard, Doors’ drummer John Densmore, psychiatric pioneer Stanislav Grof, Nobel laureate Roger Guillemin, and others. Campbell reflects in *The Hero’s Journey* on subjects ranging from the origins and functions of myth, the role of the artist, and the need for ritual, to the ordeals of love and romance.

HAPPY@WORK: 60 Simple Ways to Stay Engaged and Be Successful

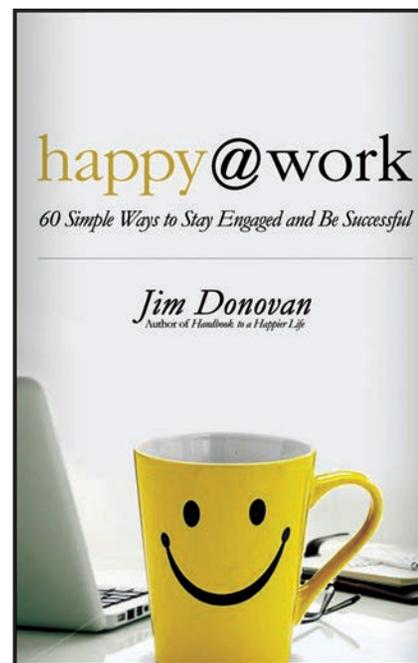
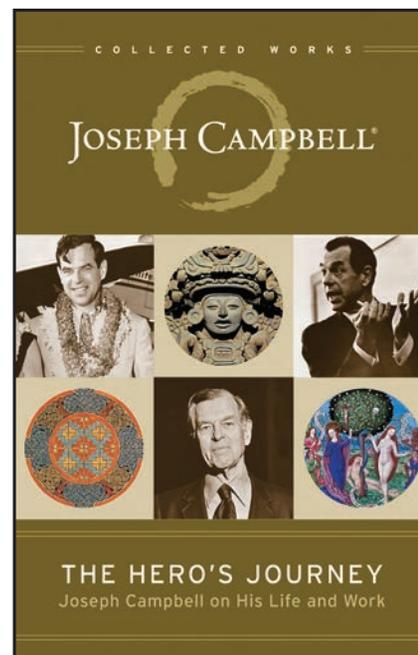
by Jim Donovan
New World Library
www.newworldlibrary.com

When you hear people whistle or hum while they work, you can’t help but think they’re enjoying themselves. Jim Donovan, author of *Happy@Work*, provides readers with easy-to-implement ideas that can

be used to create a fully satisfying career and life. Jim advocates that it is our right to enjoy everything – especially our work. However, doing so requires us to take ownership of our circumstances and define what we want. He offers 60 simple tips that will help anyone discover the reasons they selected their chosen career.

Each short chapter offers concise instructions. Some of these are: “Break Your Patterns,” “Define Your Success,” “Don’t Gossip,” and “Arrive at Work Early.” The reasons behind our attitudes, along with behavior adjustments and workplace examples, illustrate how small changes can make a big difference. Donovan provides tools for us to take charge of our feelings and emotions, and develop strategies to become more engaged, fulfilled and productive both at work, and in our personal lives. The Dalai Lama once said, “The very purpose of our life is happiness which is sustained by hope. We have no guarantee about the future, but we exist in the hope of something better.”

It is confirmed; let us strive to be Happy@Work!
(Reviewed by Ann Marie Perciballi)



VISIT

www.creationsmagazine.com

for more Articles,
Media Reviews,

Updated Listings and
Advertising Information

Natural Pleasant Painless Dentistry



Norman Bressack

D.D.S., P.C.

1692 Newbridge Rd

N. Bellmore, NY 11710

516-221-7447

Member of The International Academy of Oral Medicine & Toxicology

Member of the International Association of Mercury-free Dentists

Trained At The Huggins Diagnostic Center

Member of the Holistic Dental Assoc.

Mercury Free • Holistic Dentistry Bio-Compatibility Testing for Non-Toxic Fillings

Safe Mercury Removal with full protocol, UV Air Cleaners, Ionizer Air Purifiers, Specialized Vapor Removal Vacuum (to assist in the removal of mercury vapors during treatment)

- Mercury Free & BPA Free Composite Fillings
- 90% Less Radiation with Computer X-Ray Imaging
- Over 35 Years Experience Dedicated to our Patients Needs
- Non-Surgical Periodontal Treatments with Scientifically Proven Results
- Improve Your Smile with Cosmetic Dentistry Porcelain Laminates with No Removal of Sensitive Tooth Structure & Metal Free Crowns
- 1 Hour In-Office Teeth Whitening "Sapphire" System including Take-Home Continued Care
- Patient Comfort System for Pain Control without Novocaine
- Oral Pathology Screening with Velscope
- Tens Cam Treatments - Energetic Healing for Pain & Inflammation
- Free consult for 2nd Opinion of proposed treatment



IF YOU ARE YET ... TO EXPERIENCE WHAT
FLOATING IS,

It's a must!



- PROMOTES PHYSICAL AND MENTAL HEALTH
- RELIEVES STRESS, ACHES AND PAINS
- BOOSTS METABOLISM
- BURN EXCESS CALORIES THROUGHOUT THE DAY
- HARMONIZES THE BRAIN
- SPEEDS UP YOUR RECOVERY TIME IN THE GYM

631 487-0424

2005 DEER PARK AVENUE DEER PARK NEW YORK 11729
WWW.EPSOMFLOATATION.COM

protect your family

Our wide range of indoor environmental services and products are available to improve the air, water and surface quality within your home. If we find a problem, we can fix it and prevent it from returning.

\$189⁹⁹

Regular price \$340

A Whole Home Evaluation
Includes Air, Water, Surface & EMF testing:

877.861.3662
bringhealthyhome.com



scan to watch
how we can
make your home
healthier & safer.



* Limited time offer.



healthEhabitats[™]
bring healthy home

The Afterlife: A Scientist's View

10 More Years of Research

PRESENTED BY FOREVER FAMILY FOUNDATION

JULY 29, 2014

7:00 PM - 10:30 PM *Doors open at 6:15 PM*

LONG ISLAND UNIVERSITY

Hillwood Lecture Hall
Hillwood Commons
720 Northern Boulevard
Brookville, NY 11548

ADVANCED SALE *Ends at midnight 7/28*

Members Only: \$15
Non-Members: \$20

AT THE DOOR *Space permitting*

Members Only: \$25
Non-Members: \$30

A LECTURE BY PIERO CALVI-PARISETTI, MD

Dr. Piero Calvi-Pariseti, a medical doctor who is an afterlife researcher and author of *21 Days Into The Afterlife*, presents an overview of the scientific evidence suggesting that we do indeed survive our physical deaths.

The second part of the evening features extraordinary Forever Family Foundation certified medium, Laura Lynne Jackson, who will conduct spirit communication as further evidence of an afterlife.



Dr. Piero Calvi-Pariseti
Speaker



Laura Lynne Jackson
Certified Medium

To purchase advance admission, please call 631-425-7707 or visit www.foreverfamilyfoundation.org
Or mail your check payable to Forever Family Foundation, 222 Atlantic Avenue, Oceanside, New York 11572

MEMBERSHIP IN FOREVER FAMILY FOUNDATION IS ALWAYS FREE!

Forever Family Foundation is a non-profit, non-sectarian organization that supports the premise that life does not end with physical death, furthers the understanding of Afterlife Science and survival of consciousness, and offers support to the bereaved. Among the active members of the organization and the executive board are scientists, researchers, medical doctors, philosophers and educators who have devoted substantial parts of their careers to the investigation of the survival hypothesis - an existence beyond this physical world.