

Inspiring the Soul

CREATIONS

MAGAZINE

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Walk Your True Path

The Surprising Truth About Creativity *by Nick Seneca Jankel*
Men: Answering the Questions About Ourselves *by Jim Pathfinder Ewing*
What Do We Need to Be Happy? *by Lee Crutchley*
One Spirit Medicine Q & A with Alberto Villoldo
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HOW TO AVOID ROOT CANALS

One of the most dreaded statements a dentist can make is "You need a Root Canal." Root Canal Therapy (RCT), more than any other procedure, is associated in the minds of the public with agonizing pain and suffering. Most people have heard of at least one horror story of suffering before, during, and after root canal therapy. Some have even experienced this for themselves. In addition, when root canal therapy is done improperly, bacteria and their toxins are left inside the tooth. Over time, an abscess can form destroying your jawbone (cavitation) and spreading bacteria throughout your body. This can lead to disastrous health consequences, pain, suffering and additional need for treatment and accompanying cost. So, avoiding RCT should be on everyone's top 10 list, especially if you are already nervous about going to the dentist.

PREVENTION: Every large filling, crown, root canal or extraction with the exception of trauma or wisdom teeth, had its beginnings as a tiny cavity. Avoidance of diagnosis (regular exams by a dentist or x-rays), delaying of treatment, or your dentist's lack

of available modern technology, such as decay detecting lasers and lights, can result in a cavity getting so big that the nerve becomes infected. When this happens, root canal therapy becomes unavoidable.

PULP CAPS: Placing liners or bases in deep cavities to protect and soothe the nerve is nothing new. However advances in modern dental materials has made it possible to perform "pulp caps" in a much more predictable way. New materials such as Resin Modified Calcium Silicate and Mineral Trioxide Aggregate have increased the probability that pulp caps maintain the vitality of the nerve. These materials disinfect the tooth and release the building blocks of tooth structure into the nerve and softened dentin to help rebuild the tooth's integrity and allow the nerve to heal in a non-toxic environment. In fact, Root Canal Specialist Dr. Jeffrey Etess in Smithtown Long Island, has developed a technique that predictably helps save children's adult teeth from needing Root Canals even when the cavity reaches the nerve. In fact, he is one of the few Endodontists in the country that comfortably treats children.

BIOMIMETIC DENTISTRY: Is the most modern approach to tooth reconstruction based on the latest science and techniques. Its primary tenet is to rebuild teeth to mimic nature's design. Tooth conservation and nerve protection is at the heart of this dental approach. There are currently a little over 250 Biomimetic Dentists trained at the Alleman-Deliperi Center for Biomimetic Dentistry and three of them practice in Smithtown, Long Island. Biomimetic dentistry's inherent minimally invasive decay removal approach can save many teeth from root canal therapy.

OZONE: This cousin of oxygen can selectively kill bacteria while never harming any human cells. It is now possible, in teeth with a healthy nerve, to leave deep decay surrounding the nerve, sterilize it, cover the mineral depleted deep decay with modern pulp cap materials and place a well sealed, bonded biomimetic filling over the pulp cap. Dr. Alex Shvartsman has found that this approach has an over 95% success rate in avoiding the need for Root Canal Therapy. Following smart and timely prevention practices by having regular check ups and

taking advantage of modern technologies, techniques and materials, it is possible to avoid nerve death and the need for Root Canal Therapy.



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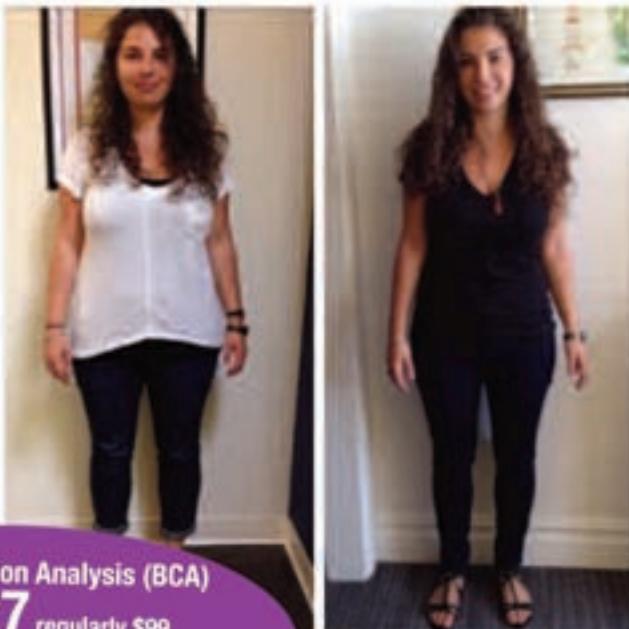


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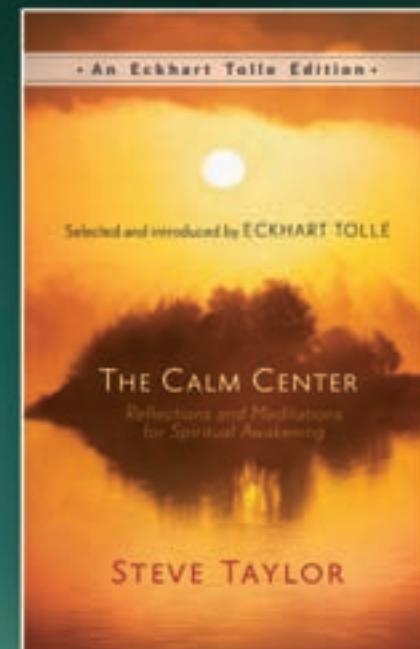
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Talking Our Walk

FROM THE PUBLISHERS

Look at every path in life closely
and deliberately and then ask:
DOES THIS PATH HAVE A HEART?
If it does, then this path is good.
~ Carlos Castenada

In our lead article, *Walk Your True Path*, Salena Migeot writes that to determine your true path, "think about what brings you the most joy, what inspires you, and what you would do tirelessly without pay just for the experience or for the joy it brings you."

The telling phrase here is: *what you would do tirelessly without pay*. It goes without saying that we require income sufficient to insure our survival. However, pursuing a career / life path primarily for the purpose of making more money while sacrificing happiness and health (physical, mental and



emotional) is neither true prosperity nor "success." Perpetually chasing the dollar could ultimately resign you to a lifetime of chasing purpose and fulfillment. May your heart lead you to your true path.

Neil + Andrea

UP NEXT: The August - September "Back to School" Issue

Lessons and New Beginnings

Article & Poetry submissions due June 15th | ADS DUE JULY 5th
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Walk Your True Path

by Salena Migeot
Southampton, NY

Much of what you experience will be counter to what you believe is possible. You will have many reasons to question what is normal because in this expanding universe the new normal will be much more comprehensive than what you currently define as normal.

As such, normal will come to mean average, as the meaning of normal in relation to abnormal will no longer apply. Much that is currently considered abnormal will become quite commonplace. This is neither good nor bad except in your own minds and how you choose to process any given existent. The existence of much that has been hidden from you will emerge. **You will understand that you have been led to believe many things that actually are not as they appear.** There have been great machinations imposed on you to influence you to think in certain ways that do not make sense in broader contexts.

You are free-will beings. If you chose in every moment to emulate those beings whom are widely believed to be exemplary human beings, you would not live in fear. You would not lock your doors, you would not hoard anything, you would not save money "for a rainy day," you would not tolerate war, poverty, or injustices of any kind. You would freely give whatever you had knowing that God is the source of all abundance and *when you give with love, you simply allow yourself to receive more*. Your relationship with God would supersede all other relationships to the point where all of your relations would be blessed by your relationship with God. God is the provider of all. *When you use your power in ways that do not serve the good of all, you are not practicing right stewardship of your God-given gifts.* Because you are free-will beings, you have any and all options and possibilities at your disposal.

It is for you to rethink much of the limit-

ing thoughts you have been harboring, and believe that you can accomplish anything and everything that you desire. There are a number of ways that you can create your desired reality that go beyond what your current belief system holds as possible. You can bring God as Creator into every plan, purpose, intention, visualization, and affirmation. When you begin all endeavors with God, you divinely bless those endeavors and as you carry His / Her presence throughout, you are assured success. You can ask God to assist you in every step of your manifestation no matter how trivial or minute. Do not think in limited ways that God is too great and powerful to attend to your wishes in comparison to all He / She has to tend to. If you live by that belief, you are choosing to keep God distant from you. God is everywhere in every moment – the Supreme, Omnipotent Beingness that knows all. He / She loves you and desires for every one of your intentions and desires to be successful, whatever that word means to you. The word success is for you and you alone to define for yourself. Another person's success might be oppressive for you. Your success might be negligible for another. Success is a very personal value and no one else can define it for you but you.

Generally speaking, if you are happy, have loving relationships, and your needs are provided for, you are successful. There are other factors that contribute to a greater experience of success such as wellness, serenity, peace of mind, a clear conscience, right livelihood, charitable acts, and a sense of gratitude. **Be at peace in your heart, in your mind, and with the world and you are successful.**

We love you powerfully and ask you to remember that you are exceptionally loved and you can do no wrong. All is right along your path of ascension. Each step leads to the next and each path is unique. *It is not for you to monitor another's path.* Know that each being has their own unique path mapped out for them before they become embodied. If one resists this, it simply takes them longer to find their true path. We encourage you all at this time to consider if you are truly walking

your own path or a path that another set you on. If that of another, do you know what your true path might be? Are you willing to consider changing paths to be successful in the truest sense of the word?

If you do not know what your true path is, may we suggest you think about what brings you the most joy, what inspires you, and what you would do tirelessly without pay just for the experience or for the joy it brings you? If you are not clear about that, is there something you have always thought about doing but have not tried? Have you had an insatiable curiosity about a certain subject, part of the world, or career path, yet never thought about it as anything but a curiosity? We invite you to indulge that curiosity a little more, and then perhaps a little more, and so on and see if there is an end. If there is no end to your curiosity, that is likely your right path.

The more you can bring all aspects of your life into alignment with your right path, the more happy and successful you will be. Recognize that the transition may require growing pains. Also recognize that things are changing rapidly all around you anyway. Do you want to support the changes that lead

you to your right path or relinquish choice to the inevitable changes that are happening anyway and may cause you to feel unsettled and unsure of where you are going? We invite you to live your joy through a sense of purpose and meaning in your life. Take care of yourself first and then you are in an infinitely better position to take care of your loved ones. And again, know you can do no wrong. Love Is. Breathe it in, in every moment with every breath.

And so it is. ✶

A channeled message from The Collective of Guides.

Salena Migeot is an Energy Medicine and Reconnective Healing Practitioner. She travels throughout the Northeast and to Sedona, AZ, to do channeled readings at psychic fairs, and is on the Board of Trustees at Rowe Camp & Conference Center in the Berkshire Mountains in Rowe, MA. Salena channels "A Message from Your Guides" every few weeks and e-mails them to an ever growing list of readers for free. If you would like to be added to the list, e-mail her at Salenam2@msn.com with "Guides" in the subject line. To arrange a reading, you can e-mail her or call her at 201-314-6960.

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The Surprising Truth

by Nick Seneca Jankel

Everyone is fascinated by the unique power creativity has to improve our lives (and the world with it). We're not just talking about creativity in terms of art, crafts and the creative industries. We are talking about those everyday acts of creativity that drive a life less ordinary: the new way to respond to our lover so we avoid a fight; a fresh approach to being a leader that inspires the workforce to embrace a new future; a way to play with our kids so that they feel safer.

Creativity, at all levels, is a fundamental driver of evolution, growth, learning and, therefore, thriving.

You, me, and everyone around us has creativity written into their DNA. It is a large part of what makes us human. Creativity is a unique characteristic of living things. No matter how powerful a computer, it cannot be creative. It can look as if it's being creative yet every outcome is predictable, driven by a set of *algorithms* (equations that generate solutions based on a pre-determined set of mathematical relationships). No breakthroughs can emerge from linear machines. However, even the youngest child and the simplest cellular organism can create breakthroughs – unpredictable, often non-linear solutions – that simply didn't exist before. Whilst computational theories can account for basic cognition, they cannot account for human creativity.

This is what the field of *Breakthrough Biodynamics* is focused on. Living organisms are the creative products of our own creativity. We are auto poetic. Powered by biological brilliance, life is continuously creating more life from a bunch of seemingly inert chemical building blocks. As we evolve, both biologically and culturally, we open up more and more fields of possibility that were not there before. The result has been everything



from opposable thumbs to Shakespeare's plays. Along the way, nations, political systems, technologies, and enterprises have all been created by our imaginations.

The ruling explanation for what creativity is, is two (or more) previously unconnected ideas that are recombined together into something new. Yes, this does tend to happen. But it is not the key to creativity. Something way more fundamental has to happen first. In a landmark study in the last couple of years, rappers (MCs) were put into MRI scanners while performing. First, they sang lyrics they had written in advance. Then they were asked to improvise in the moment, in flow. The difference between their brains in these two states was enormous. With the scripted lyrics, areas of the pre-frontal cortex associated with control, decisions, and judgment lit up. But when the MCs were free styling, the areas of control, willpower, and attention were all less active. In the moments they gave up being conventionally "smart," they were most creative! Similar results have been found with jazz musicians when they improvise too. People given psychedelics show a muted activity in their brain's control center. The deeper the inhibition of their prefrontal cortex, the more intense their imagination!

I spent years thinking that my job as an innovation consultant – paid to help organizations innovate and teams become more creative – was to help people have ideas. I thought the same as a transformational coach and wisdom teacher working with social workers, celebrities, students and parents. Yet, after hundreds of projects with some of the best companies in the world (and having taught and coached thousands of people), I began to realize something quite revolutionary. **Creativity is not simply about having new ideas. In fact, the most important prerequisite for enjoying a breakthrough is letting go of the old. It's what we are prepared to give up that counts.**

This is quite a challenge given that we rely on our existing assumptions, habits and emotional patterns to survive life; and succeed in the system. There is never a blank canvas to create with. No artist, entrepreneur, leader or parent starts with one. Instead, we all start with notions about what a great company does; how good leaders act and what a great love life should be like. We engage with every problem in life with an idea of what the "right" way to solve it is; and habits conditioned over a lifetime about how to act around them. These old ideas and habits have been burnished into our nervous system over a lifetime of constant conditioning and consolidation of our neurons. So, when faced with an issue or conflict, we fall back on the familiar to deal with it. The canvases of our lives, societies and businesses are chock full of imagery and there is little space to create or room to innovate. *Until we are ready to let go of these assumptions and habits, we simply cannot have a breakthrough. It is a literal impossibility.*

This is why so many large companies fail to spot massive opportunities for innovation, even though they have more consultants, agencies, MBAs on staff, investment capital and resources than the tiny companies that challenge them. It is also why a few, like Kodak or Blackberry, have gone down – even when everyone else can see the writing on the wall. The same attachment to old habits and assumptions locks us into repeated patterns that stop us having consistently awesome relationships. If we always respond to our friends and colleagues in the same way, there is no opportunity for breakthrough. No matter how much effort we expend, creativity cannot occur until we release the old, leaving room for the new to emerge.

Very few people understand this secret. In fact, most people in positions of authority want people - whether employees, school kids, college students or workers – to keep

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About Creativity

As neurologist Antonio Damasio has shown, without emotions we cannot make decisions. Emotions lock in habits and assumptions that seem to be able to defend us against change, danger and uncertainty.

As we go through life, we hardwire a specific neural response to familiar threats.

The more intense the initial emotion was when we created a response, the deeper the programming and the harder it will be to change it. This is the primary obstacle to our creativity: the fear and stress that drives our habits and assumptions to keep on repeating. Fear shuts down our nervous system, foxing us into tunnel vision and tunnel memory. Yet connection and courage open us up to new ideas and new experiences, whilst allowing us the freedom to let go. *Studies show that distance and space can also really help us break through. By consciously taking a break to play ball, go on a vacation, or have a shower, we force our busy brain to stop focusing on a problem and let go of our old ideas long enough to allow new ones to emerge.*

There is a system of brain activity that shows up when the brain is at rest. It fades out whenever we start doing a task. This *Default Mode Network (DMN)* turns out to be more active at rest in people who have more spontaneous ideas. Resting, letting go, allows our body/mind to wander between ideas and connect up the dots, free from tension, habit and pressure. Early studies show that we can use the more focused, “smart” parts of our brain to direct our DMN to wander, carefree, in directions, which might come up with the ideas we are looking for. In other words, we can consciously promote the chances of creative serendipity without trying to control it.

If we don't embrace creativity in all areas, our quality of life soon suffers. The patterns we use to survive life will often create more problems than they solve because the old ways of acting, thinking, and feeling are no longer fit for purpose. What worked in the 1980s to rent movies to customers may not work so well in a digital age. What worked wonderfully on the savannah in Africa doesn't work so well in an office cubicle in Savannah, Georgia. What worked brilliantly when we started our career as an intern at a multinational may not work so well in a Silicon Valley start-up. What worked well as a five-year-old to keep our parents happy may not work so well as a lover or spouse.

If we want creative breakthroughs, we have to engage in a process of letting go before we get to the fun part when we get

to recombine ideas and enjoy the rush of breakthrough. That means surfacing and questioning our assumptions. Spotting and breaking our habits. And, above all, encountering and releasing our fears. This is why true creativity, in whatever area in life, is a whole mind and body thing. We need all our faculties aligned if we want to be creative; as opposed to talk about being creative. This is a way of life, not a title at work. It is a way of engaging with the problems we want to solve and feeling our way, thinking our way and acting our way to solve them with a creative breakthrough. As we practice this art, craft and science, we learn to break through anything that is blocking us at will. The blockages are inside. As soon as we let go of them, things begin to flow. ✨

Nick Seneca is a wisdom teacher, social entrepreneur, and in-demand innovation and leadership expert with a triple First from the University of Cambridge in medicine and philosophy. He has advised multinationals (Nike, Microsoft, Disney) and social organizations (Oxfam, WWF), written for newspapers and magazines (including *The Guardian* and *The Financial Times*), and anchored a BBC TV series. Nick is centered on “switching people on” – helping individuals, teams and organizations break through old patterns and create a thriving future. He is the author of **SWITCH ON - Unleash Your Creativity and Thrive with the New Science & Spirit of Breakthrough**. Nick is also a partner of WECREATE (www.wecreateworldwide.com) and founder of Ripe & Ready: www.ripeandready.com.

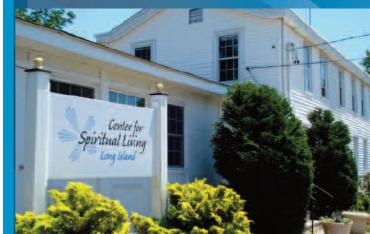


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Ten Principles for the New Awareness

by Owen K Waters
Boulder, CO

The New Reality brings with it a new and expanded vista of awareness. In order to operate successfully in the new environment, you have to apply the new principles, which come with that expanded vision, with that greater vista of reality.

This empowers you to awaken to your expanded potential and to manifest it. Metaphysics is a philosophy of being, a study of the underlying principles of existence. The holistic approach to metaphysics provides a philosophy based upon an integrated foundation of mind, body and spirit. This spirit-inclusive approach is essential in order to understand the wider vista of consciousness, which the New Reality presents.

Without the spiritual component of metaphysical philosophy, the mysteries of life remain forever mysteries. Life did not evolve accidentally from a pool of prehistoric sludge; it was brought into being by the precise intention of the Creator. The key to understanding the grand design of life is, therefore, to seek to understand more about the workings of its designer.

If, for example, you had never seen a jet aircraft and, suddenly, one flew overhead, you might wonder if it was propelled by that loud noise that it makes. The real answer, however, can be better found in the designers' office at the aircraft factory, and so it is with life. If you think about how the designer of the universe could have achieved something, then you will

find answers much more quickly than if you wonder how such an "accident of evolution" could have happened.

Why did the Creator create life as we know it? How did it go about that task? What underlying principles can we learn from this? The greater vista of the New Reality enables us to clearly comprehend principles, which, before, were mysteries.

Here are ten such principles, which will help you appreciate the expanded vista of consciousness offered by the New Reality.

1. All is one

Everything in Creation is an expression of Infinite Being. Infinite Being is the all-encompassing consciousness from which the universe was created. Everything in the universe is made of consciousness. We are all aspects of Infinite Being.

2. Transformation

The world is experiencing a spiritual transformation of human consciousness. It may take many decades to complete, and, when it does, it will bring an end to global strife and suffering. This new era of civilization will be achieved by a widespread awareness of the underlying unity of all people. The world is changed when you bring about spiritual change within yourself. This occurs automatically as you constantly share who you are, and all that you have become, within the shared atmosphere of the global mind belt.

3. Purpose in life

Just as each snowflake is unique, so is each person. Your primary purpose in life is to experience life from one individual, unique point of view. You are an expression of Infinite Being as it experiences itself from all possible viewpoints.

4. Reflectance

Life reflects who you are – your beliefs, your thoughts and your feelings. This is the basic principle behind the teaching of karma and the fact that you reap what you sow by creating a pattern of thought that attracts like experience to itself. Reflectance is often delayed while your circumstances adjust to allow appropriate reflections to manifest.

5. Self-responsibility

You create your own reality and take personal responsibility for it. Your life is a reflection of who you are and the experiences that you, as a soul, planned for this life.

6. Life after "death"

From the point of view of your true, inner personality, passing away from the physical realm is like stepping out of a suit that you have worn for a while. The suit is not the real you. In your spirit body, you move into the spirit realm, which is a place of joy and healing. After meeting friends and relatives who have passed on before, you start to work on resolving any issues which caused inner conflict in your physical life. You remember more about who you really are and experience a joyful reunion with the rest of your immediate and extended soul family.

7. Reincarnation

Reincarnation exists to provide a variety of experience, so that life skills may be gained, and so that, while in a physical body, you can rediscover your spiritual source within.

8. Truth is everywhere

The ultimate truth is to be found within,

yet the study of a variety of sources of information helps you to reawaken and remember your inner truth.

9. Unconditional love

Unconditional love and the acceptance of all life puts your awareness into a higher place, allowing understanding and compassion to develop. This love and acceptance of others is a recognition of the spiritual light within those people and is not dependent upon their outward behavior. Unconditional love also includes a general respect for the beliefs of others, regardless of how much they may, or may not, align with your own beliefs.

10. Inner connection and insight

Inner connection with your spiritual source promotes spiritual transformation and the achievement of your true potential. Developing intuition, both in men and women, provides an essential insight into life's experiences. ☺



Owen K Waters transforms the mysteries of spiritual metaphysics into clarities. As an international spiritual teacher, he has helped hundreds of thousands of spiritual seekers to better understand the nature of their spiritual potential. For over fifty years, he has focused upon gaining spiritual insights through extensive research and the development of his inner vision. As co-founder of the Spiritual Dynamics Academy (www.SpiritualDynamics.net), he offers spiritual seekers a clear understanding and mastery of the spiritual principles of life.

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Men: Answering the Questions of Ourselves

by Jim Pathfinder Ewing

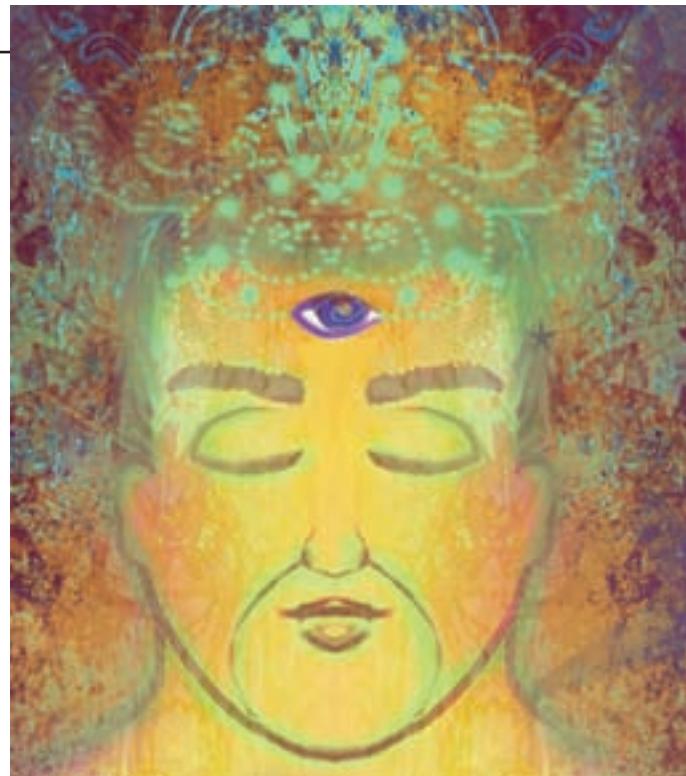
In the 1992 vice presidential debate, Admiral James Stockdale stunned a nationwide television audience by stepping up the microphone and asking: Who am I? Why am I here?

The questions caused confusion and embarrassment because it seemed an odd beginning during the highly charged and carefully orchestrated event that is a modern political debate. The event went on with more expected questions and answers, but these questions remain — perhaps even more pertinent to today than it was then, as millions of people truly seem to be sleepwalking through life with such thoughts nagging in their subconscious.

The fact is that our world is skewed, it is out of balance, it is frustrating and often nonsensical. Adding to the daily grind of violence and insults, anger and brutality that seems exponential in its growth is the very real understanding that we often don't know why we do the things we do or how to change things, or even if things can be changed — both on the world stage and in our individual lives.

Perhaps it's time to do a little reverse engineering. That is, to look at our lives much as one would a working airplane and take it apart to see what parts are extraneous and what parts are essential to its function. I'm reminded of the story about the woman who made meat loaf the same way her mother had made it. She put the ingredients together, formed the loaf, then cut two inches off one end to throw away before putting the loaf in the pan. One day, her young daughter asked her why she threw away the two inches on the end. "I don't know," the woman said. "That's the way my mother did it and I learned how to make meat loaf from her."

Months later, when the mother's mother came to visit, the young girl asked her grandmother why she threw out the two inches on the end when she made meat-loaf. "Oh," the grandmother said, "I did



that because the recipe I learned from my mother was for a 10-inch pan and I only had an 8-inch pan. It was just easier to throw the end away."

Often, we do things in life because that's the way we learned them, whether the conditions that applied in previous times exist or not.

We live in a world that is rapidly changing. The myths and paradigms that men and women adhered to before us no longer apply. The great, untold story of the past 50 years is that women are becoming the major opinion and decision makers in Western society — just as they were for thousands of years in indigenous societies around the globe.

You might even say that we've been living in an experiment of patriarchy for the past 20 centuries that has failed, is finally collapsing of its own weight, and will inevitably revert to a more balanced system. The only question is how destructive is the shift. And that is determined by how we (men and women) evolve with it.

Women are changing in their lives, beliefs, habits and lifestyles; the facts of demographics clearly show it. The facts of socio-cultural profiles also show that men largely are retaining outdated beliefs even in the face of overwhelming change. They are suffering because of it, as are families.

In this time of change, it becomes essential for men — if they are to adapt, if they are to become the men that they can be, engaged, and in the moment, self-

actualized and progressive — to take the essentials of what men believe about what it means to be men and ask them to assess their beliefs, their identities, their way of doing things.

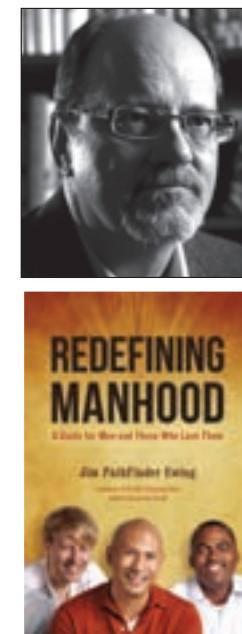
Why do I believe this? Does this serve me? My loved ones? Does it serve society? Does it fit the world I live in? Is it me? To do that, fully and completely, requires a philosophical standpoint of neutrality, not to say men are bad or women are good, or that men must behave one way or another. To be honest and true, it must eschew any particular ideology or political point of view. *It requires a rigorous honesty, that men themselves see how they evolved the way they did and decide if or how they need to change to meet current demands and expectations.*

It is fundamental to men being men as they are that they see that history may, in fact, doom them, that the way of always doing things the way their fathers did, or their fathers' fathers did, has brought them to this impasse. As such, to answer the fundamental questions of men about themselves requires a new look at the history of civilization — a view that is broader than found in the history books. It requires looking at the matrilineal societies of Native America (and ancient Europe) in order to show that what is happening now is not new, radical or to be feared.

Equality in relationships is actually far older than our Western ideas about society, which largely derived from the Roman ideal. **Indigenous peoples around the globe lived for eons in harmony without women being subordinate. Therein lies the secret for a more balanced self and a more balanced world in the emerging definition of "modern" life.**

In order to find proper relationships, with ourselves, with those around us, with our changing world, we must like Admiral Stockdale first ask: Who am I? Why am I here?

And if we find that we have been wasting nourishment with 8-inch meat loaves and throwing the rest away, we can accept that fact and decide to simply change the recipe or buy a bigger pan. ♦



Jim Pathfinder Ewing is an award-winning journalist, workshop leader, inspirational speaker and author in the fields of mind-body medicine, organic farming and eco-spirituality. He has written about, taught and lectured on Reiki, shamanism, spiritual ecology, integrative medicine and Native American spirituality for decades. For more about Redefining Manhood go to www.findhornpress.com,

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CALENDAR OF EVENTS

ONGOING EVENTS

MONDAYS

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

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

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

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. 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.

REIKI HEALING CIRCLE, 2nd Monday of every month, 7:30 to 8:30PM, Love Offering, Contact Elena Calderaro, RMT, 631-339-3726. Center for Spiritual Living Long Island, 17 Maple Place, Hicksville. elenacalder@gmail.com. www.csl-longisland.org.

ROOM TO CREATE WOMEN'S STRESS MANAGEMENT GROUP Gently begin the journey towards stress & pain relief and self-discovery. Learn techniques of meditation, self-awareness, and creative expression in an intimate supportive group setting. 9:00-11:00AM in E. Northport. roomtorecreate@yahoo.com (516) 965-4175. roomtorecreate.wix.com/northport

TUESDAYS

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

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

HOW TO MEDITATE – 5 Week Course. 7:30 – 9:30 pm. Last session until 2016. Call for dates. Now registering. Registration: 631-724-9733, www.lightawakenings7.com.

MEDITATION GROUP – 6/2, 7/7. 7:30 – 9:30 PM, Smithtown. Registration: 631-724-9733, www.lightawakenings7.com.

THURSDAYS

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

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

JAN GUARINO WILL BE TEACHING HER FEARLESS WATERCOLOR TECHNIQUES at the Art League of Long Island. Learn to trust your instincts with color, and allow blossoms, drips and splatters to work for you. Plan to have fun and lose your anxiety of watercolors - hold onto whites, increase contrast and fill your painting with color. 631.462.5400 www.artleague.org.

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

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

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

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.

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.

The LONG ISLAND YOGA ASSOCIATION hosts workshops one Saturday a month, (excluding July & August). Workshops cover a diverse range of yoga styles & topics relevant to

all yoga practitioners & teachers in a supportive & welcoming environment. Time: 1-4 PM, in Farmingdale. Visit longislandyogaassociation.org for details. 631.261.1777.

SUNDAYS

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.11*).

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. (*See ad p.7*).

SUMMERLAND CHURCH OF LIGHT, NSAC

Return to your Spiritual Home each Sunday at 10 am in our loving sanctuary, where all truth and knowledge-seekers are welcomed. 120 Plant Avenue at Oser Avenue, Hauppauge. 631-316-1588. (*See ad p.22*).

SPECIAL EVENTS

MAY 31

NAVIGATING TRANSITIONS WORKSHOP

Join us in a sacred, supported space where you can release fears, and embody passion, pleasure and joy. Sunday, 1:30PM - 6:30PM. www.vanessamoran.com. OM Sweet Om, 12 Irma Avenue, Port Washington. \$125 if registered by May 25th, \$150 thereafter. Contact Karin 212-400-1446, karin@core-relations.com.

JUNE 5

FORGIVENESS THROUGH THE POWER OF BREATH Friday, 7:00pm to 9:00pm Essential Holistics. Call Rita @ 631-878-8228 for Information and to Register.

JUNE 6

HAMPTONS KIRTAN PRESENTS: HuDost – Saturday, 7:30PM. St. Johns Episcopal Church, 100 South Main St., Southampton, NY. 631-287-6538. For info: www.hamptonskirtan.com.

JUNE 7

REIKI I ATTUNEMENT Sunday, 10:00am to 3:00pm Essential Holistics. Call Rita @ 631-878-8228 for Information and to Register.

JUNE 11

SOUND HEALING ON INTUITION AT TEMPLE OF METAPHYSICAL SCIENCE with Andrea Garvey. American Legion Hall (corner of Baker St. and South Ocean Ave.), Patchogue, NY. 7:30PM - 9:30PM. Space is limited. Please email Joan at JoanRRosenberg@aol.com to reserve your spot. You can come without reservation, but once the room maximum is reached, no one will be allowed in over the fire code max, and reservations have priority.

JUNE 12

"THE INNER WEIGH": FILM SCREENING AND DISCUSSION – Friday, 7:00 to 9:00 P.M. Free Admission, Center for Spiritual Living Long Island, 17 Maple Place, Hicksville. 516-822-9314. www.csl-longisland.org. Come and join us for this exciting evening filled with a great movie and lively discussion. The Inner Weigh™ features Bob Proctor, Mary Morrissey, Dr. Gay Hendricks, and many more! IMAGINE ... LOVING your body, EATING what you want, And NEVER DIETING again! This Amazon bestselling film challenges the \$70 billion weight loss industry and shows us that the true solution to weight loss lies within.

LECTURE: THE HIDDEN HISTORY OF THE HUMAN FAMILY WITH SID PRINCE,

author, lecturer, extra-terrestrial and hidden history extraordinaire! www.facebook.com/sid.prince. Friday, 8:00 PM. Members \$10.00 Non-Members \$15.00. Levittown Hall, 201 Levittown Pkwy, Hicksville, NY 11801. 516 731-0909. www.eyesoflearning.org

JUNE 12 - 14

BREAST CANCER YOGA TEACHER TRAINING – A unique flowing restorative yoga aimed towards helping women in cancer recovery. At A Jewel In The Lotus Yoga & Wellness Center located at 560 Main St. Islip, NY (616) 807-9819. Fee: \$450.

JUNE 18

DISCOVER THE POWER OF THE BREATH - LETTING GO OF FEAR Thursday, 7:00pm to 9:00pm Essential Holistics. Call Rita @ 631-878-8228 for Information and to Register.

JUNE 19

LECTURE: MONEY WISDOM – STEP INTO ABUNDANCE BY CREATING THE VIBRATIONAL ENERGY OF WEALTH WITH KAREN GARVEY, MBA, Author, International Speaker, Intuitive, Personal and Professional Coach. TheAnswersUnlimited.com. Friday, 8:00PM. Members \$10.00 Non-Members \$20.00. Levittown Hall, 201 Levittown Pkwy, Hicksville, NY 11801. 516 731-0909. www.eyesoflearning.org.

JUNE 20

HOW DO WE FIX OUR BROKEN WORLD? Join us for a FREE day of inspiring talks and multimedia presentations: Share International NY Expo. Saturday, 1-7PM. CRS, 123 4th Ave., (12th-13th St.), NYC. www.share-international.us/ne, 718-200-7965.

HAMPTONS KIRTAN PRESENTS: Wynne Paris – Saturday, 7:30PM. St. Johns Episcopal Church, 100 South Main St., Southampton, NY. 631-287-6538. For info: www.hamptonskirtan.com.

JUNE 23

9 STEPS TO A PASSIONATE LOVING PARTNERSHIP TELECLASS For women in a relationship looking to transform it. Free Class, Tuesday at 7:30PM. Call Nanci at 516-897-0649 or go to passionate-loving-partnership.com for more information.

JULY 10

FINDING INNER PEACE – The Miracle of Breath. Friday, 7:00pm to 9:00pm Essential Holistics. Call Rita @ 631-878-8228 for Information and to Register.

JULY 11

HAMPTONS KIRTAN PRESENTS: Catherine Moon Mystical Kirtan – Saturday, 7:30PM. St. Johns Episcopal Church, 100 South Main St., Southampton, NY. 631-287-6538. For info: www.hamptonskirtan.com.

JULY 18

REIKI LEVEL 1 CLASS Saturday, 9:30 A.M. to 6:00 P.M., 1/2 hr. lunch. Center for Spiritual Living Long Island, 17 Maple Place, Hicksville. 516-822-9314. www.csl-longisland.org. Tuition: \$150 (includes workbook and certificate); Review tuition: \$50 + \$15 for workbook (those reviewing must show Reiki Level 1 Certificate) To register contact: Elena Calderaro, RMT (Reiki Master Teacher) elenacalder@gmail.com. Preregistration by July 6th is required.

JULY 24

FOCUSING ON YOU! Presented by the Long Island Center for Business and Professional Women. Find Peace of Mind & The Beauty Within Without the Struggle. Includes Networking Luncheon, photo shoot opportunities & wellness lectures. Vendor tables available for healthcare & wellness businesses. Sponsorship opportunities. Tickets \$75.

10AM-2PM. Hofstra University Club, Hempstead, NY. For info & photo shoot reservations: 631-673-0209 or info@licenter.org.

THE SACRED GEOMETRY Part #1 Class. Friday, 7:00pm to 9:00pm Essential Holistics. Call Rita @ 631-878-8228 for Information and to Register.

AUGUST 7 - 9

ANCIENT WISDOM RISING 2015. Join us at the Blue Deer Center in the Catskill Mountains of NY for an extraordinary weekend of sacred wisdom. Experience the joy of gathering by the fire with traditional elders from around the world. Children welcome! For more information visit: sacredfirefoundation.org/ancient-wisdom-rising. (see ad page 15)

AUGUST 15

HAMPTONS KIRTAN PRESENTS: Sri Kirtan – Saturday, 7:30PM. St. Johns Episcopal Church, 100 South Main St., Southampton, NY. 631-287-6538. For info: www.hamptonskirtan.com.

UPCOMING EVENTS

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

LEVEL I & II: RECONNECTIVE HEALING TRAINING PROGRAM – Join Dr. Eric Pearl in Philadelphia July 24-28. Whether you're looking to affect a change in your own life or want to

facilitate healing for others, step into a new expanded awareness and learn how to more fully become the healing instrument you truly are. Contact Rob Koenig @ 631-338-9400 or visit www.thereconnection.com

7TH ANNUAL GATHERING OF LIGHT WELLNESS EXPO is on November 7th. Vendors wanted, email golwellnessexpo@gmail.com for more details. Sponsored by CREATIONS MAGAZINE.

THE SACRED WALK STUDY PROGRAM -

Two year experiential learning focusing on advanced hands-on healing techniques, personal transformation, developing intuitive skills, energy psychology, and establishing relationship to the soul. Modalities such as Acupuncture, Naturopathy, Sound Healing, Chiropractic, etc., will be presented to encourage a broad-spectrum knowledge in the world of complimentary and alternative medicine. Meeting dates and Suffolk County hotel location TBA. Contact Theresa Walsh @ 516-851-2745 or Theresa@thesacredwalk.com, www.thesacredwalkstudyprogram.com

THE TUSCAN WORKSHOPS Watercolor painting, cooking & cultural excursions, September 12-19. Paint in Tuscany for a week in this all-inclusive artist's workshop. Stay in a 14th century villa, dine on gourmet cuisine, sample the wines, travel among like-minded company. Receive personalized instruction from Jan Guarino, artist and teacher of "Fearless Watercolors" classes. When not painting, enjoy art history tours of Siena and Florence. Tuscan cooking classes available on site. Practice your Italian. Space is limited. Call Jan Guarino 631-368-4800 and visit tuscanworkshop.com.

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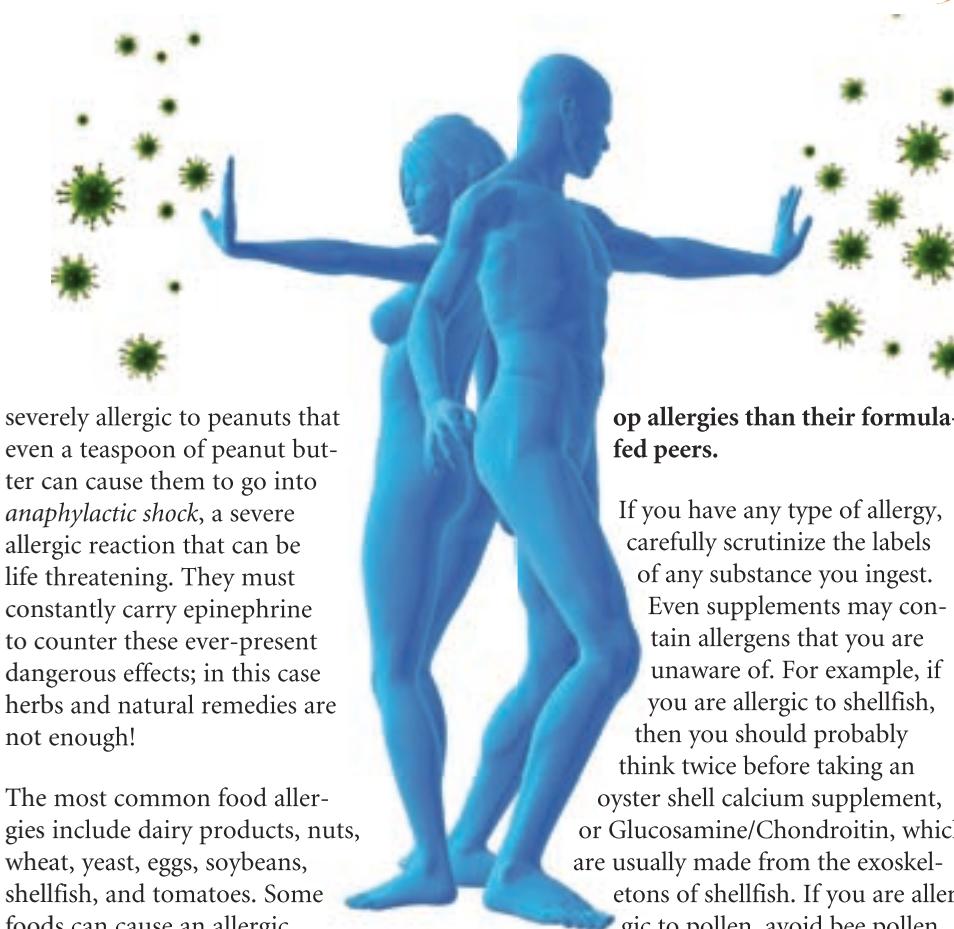
Allergies: The Natural Approach

by Ellen Kamhi
PhD, RN, AHN-BC, AHG

Allergies are abnormal reactions to everyday substances such as pollen, dust, dander, house dust, mold or common foods. When a person with an allergy to foods or environmental factors encounters an offending substance, the immune system interprets it as the enemy.

To help ward off the intruder, the human body activates antibodies, and releases a substance called *histamines*. Allergy medications are referred to as *anti-histamines* because they attempt to turn off this natural, although overzealous, body reaction. The immune system readies for battle with a vengeance, and attacks the offending substance, along with other body tissues, imposing an uncomfortable variety of symptoms on the allergy sufferer. These can range from annoying but bearable conditions – such as rashes, scratchy throats and toothaches – to more frightening reactions like a closed throat and difficulty breathing. Frequent bouts of bronchitis, asthma and severe eczema – conditions that can be physically and emotionally painful – are all the more common in allergic individuals.

In rare cases, food allergies can even be deadly. For example, some people are so



severely allergic to peanuts that even a teaspoon of peanut butter can cause them to go into *anaphylactic shock*, a severe allergic reaction that can be life threatening. They must constantly carry epinephrine to counter these ever-present dangerous effects; in this case herbs and natural remedies are not enough!

The most common food allergies include dairy products, nuts, wheat, yeast, eggs, soybeans, shellfish, and tomatoes. Some foods can cause an allergic reaction as soon as you take a bite, while others can take hours or even days to elicit an allergic response. Immediate food allergies are moderated by a group of immunoglobulins in the body, referred to as IGE, while the delayed allergies are related to a different immunoglobulin called IGG. Conventional allergy screening often looks for IGE mediated allergies, while ignoring IGG based allergies. Interestingly, **babies who are breast-fed are less likely to develop**

op allergies than their formula-fed peers.

If you have any type of allergy, carefully scrutinize the labels of any substance you ingest.

Even supplements may contain allergens that you are unaware of. For example, if you are allergic to shellfish, then you should probably think twice before taking an oyster shell calcium supplement, or Glucosamine/Chondroitin, which are usually made from the exoskeletons of shellfish. If you are allergic to pollen, avoid bee pollen supplements such as royal jelly

and honey. On the other hand, honey made from the exact flower pollen that a person has a sensitivity to, can sometimes help the allergy by de-sensitizing the immune system.

In the 30+ years that I have been working with allergic patients, I have seen them make remarkable progress once they commit to tracking down the “triggering” substances (including stress inducing thought patterns) that set off their symptoms. The use of nutritional supplements and herbs can be an extremely helpful, non-toxic adjunctive therapy to dietary and life-style changes.

ANTI-ALLERGY COCKTAIL:

2000 mg powdered, buffered Vitamin C
100 mg Vitamin B-6
1000 mg Magnesium
1000 mg Calcium
250 mg Bioflavonoids

Mix all into 1/2 glass water up to 2 times / day during an allergy attack.

Bromelain (a digestive enzyme from Pineapple) and **Quercitin** (one of the bioflavonoids) work well together to offset an allergic reaction

Allergic reactions involve many different organ systems of the body, besides the area that manifests symptoms. These include

the respiratory system, the liver and the adrenal glands. Using herbs to strengthen these systems will give your body a preventative edge over allergic reactions, and will further help decrease the severity of uncomfortable symptoms.

Licorice - the most widely studied adrenal herb. Licorice has anti-inflammatory actions similar to the glucocorticoids (which are produced by healthy adrenals) and are involved with resolving allergic reactions. It also preserves the effects of cortisol, the adrenal hormone involved in clearing allergies (avoid with high blood pressure).

Milk Thistle - acts as both a protector and regenerator of the liver. This herb helps repair damaged tissue and support the actions necessary for dealing with allergens and their accompanying symptoms.

Nettles and Eyebright - work well together to calm nasal congestion, watery eyes and stuffiness often experienced by allergy sufferers. They are appropriate remedies for short-term relief, and may also be taken before the season begins as a means of prevention for pollen allergies.

Ma Huang - contains natural ephedrine. Psuedo-ephedrine is the active ingredient in prescription and over-the-counter allergy medications. Ma Huang acts to open the bronchial passageways. Due to its stimulating nature, use Ma Huang with caution if you have high blood pressure, heart disease, etc.

Mullein and Fenugreek - traditionally used for upper respiratory problems. Helps to clear mucus and support the lungs.

Echinacea and Goldenseal - combat both the discomfort of allergies as well as reduce excess mucus from the nasal and respiratory tract. ☀

Ellen Kamhi PhD RN , AHG, AHN-BC, The Natural Nurse® is the author of



The Natural Medicine Chest, and many other books. She is on radio daily, offers on-ground and online Herbal Certification Courses, Natural Career Counselling, and individual consultations.

800-829-0918, www.naturalnurse.com.

Psychic Readings by Rochelle Jewel Shapiro

Written about in
Redbook Magazine, New York Times "Lives"

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

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



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Got Bone Problems?

by Brian Clement
West Palm Beach, FL

Dairy industry media marketing campaigns tell us that “no matter what your age, dairy’s nutrients are an essential part of promoting good bone health,” the National Dairy Council’s website claims.

There is “overwhelming scientific evidence,” says the Council, that consuming milk, cheese and yogurt throughout your life “may delay or minimize age-related bone loss and thereby decrease the risk for osteoporosis.”

The reason cited, of course, is that dairy contains calcium. Parents are urged by the dairy industry to feed children ages two to eight a minimum of two cups of milk or equivalent milk products each day to insure adequate bone growth. This amount is a lot of dairy for little bodies to absorb!

In answer to these industry claims, scientists at the Harvard School of Public Health posted on its website this rebuttal: “Calcium is important. But milk isn’t the only, or even best, source.” These experts note how high intakes of dairy “can increase the risk of prostate cancer and possibly ovarian cancer,” and how “dairy products can be high in saturated fat as well as retinol (vitamin A) which at high levels can paradoxically weaken bones.”

Hip fractures may be the most common type of bone injury experienced by the elderly, particularly women at any age. Yet, not only is there little persuasive evidence that milk and dairy protect against fractures, the weight of study evidence shows just the opposite. To illustrate what I mean, a 2003 study published in the *American Journal of Clinical Nutrition* followed 72,337 post-menopausal women for 18 years to chronicle their dietary habits and incidence of hip fractures. Neither the women’s total calcium intake nor their level of milk consumption “was associated with a lower risk of hip fracture.” Still another study, this one involving 77,761 women ages 34 through 59 years, who were monitored over a 12 year period, “found no evidence that higher intakes of milk or calcium from food sources reduce fracture (hip or forearm) incidence.”

Nor does milk consumption, despite what the dairy industry implores us to believe, improve the bone health of children. This was the conclusion of a 2005 review of the

evidence published in the authoritative journal, *Pediatrics*. Physically active adolescent girls who consume the most dairy products actually experience double the risk of stress fractures compared to young women who aren’t big dairy consumers. The bone degeneration disease known as osteoporosis is a significant problem in the U.S. and many other countries. More than one in three British women, for instance, currently suffers from osteoporosis. Even



though American women are thought to consume as much or more calcium as any group of women in the world, they still record some of the highest osteoporosis rates. For people over the age of 50, one in two women will break a bone as a result of osteoporosis having weakened them.

“To assume that osteoporosis is due to calcium deficiency is like assuming that infection is due to penicillin deficiency,” said Harvard University professor of nutrition, Mark Hegsted. Over several decades of testing the bodies of hundreds of thousands of people for minerals, it has been rare for us at The Hippocrates Health Institute to find persons who lack sufficient calcium in their bodies. Silica and strontium are common deficiencies relating to bone loss. Lack of resistance exercise, combined with these nutrient deficiencies, are paramount factors in creating hard tissue degeneration.

Something else the dairy industry fails to alert consumers about is that the animal

protein found in dairy products has an amino acid called methionine, with a high sulfur content. This protein also harbors massive amounts of phosphorous. Together, these elements impair the human body’s ability to keep calcium levels in balance, thus contributing to bone loss.

So how can you protect your bone health throughout life without dairy products? According to the Physicians Committee for Responsible Medicine: “You can decrease your risk of osteoporosis by reducing sodium, increasing your intake of fruits and vegetables, exercising, and ensuring adequate calcium intake from plant foods such as kale, broccoli, and other leafy green vegetables and beans.”

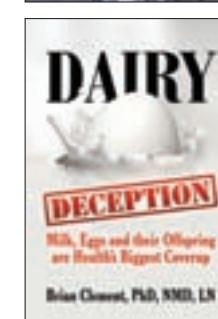
Calcium from plants is much more easily absorbed by your body than calcium from dairy products. Calcium isn’t “cowcium,” I’ve heard it said, and you can get rich and nutritionally absorbable levels of it from not only kale and broccoli, but from sunflower seeds, almonds, and pistachio nuts.

In China, with its relatively low dairy consumption rates, most calcium in the diet comes from vegetables and as a consequence, osteoporosis hasn’t come close to the levels seen in Western dairy-diet cultures. As Professor Colin Campbell has observed in his landmark book, *The China Study*, “the association between the intake of animal protein and fracture rates appears to be as strong as that between cigarette smoking and lung cancer.” **The more dairy and meat you eat, the more this protein load strains your kidneys, and that will leach calcium from your body.** You should also know that certain foods and drinks high in oxalic acid

(such as coffee and chocolate) impede the absorption of calcium by your body.

Also keep in mind that natural sunlight providing vitamin D is important to proper calcium absorption. So absorb some sunlight in modest amounts whenever you can, and while you are doing that, engage in some form of fast walking and other vigorous muscle and bone enhancing exercises.

If this had been a trial of dairy industry marketing claims and the evidence for a link between various dairy products and bone health was weighed by a jury, I think the verdict would be: **Guilty** of false advertising. If this had been a trial of evidence associating hip and other fractures along with osteoporosis to dairy consumption, once again I know a jury would return a verdict of **Guilty** as charged. ☀



Excerpted from **Dairy Deception** ©2014, with permission of The Hippocrates Health Institute.

For more than four decades, **Brian Clement** has been Co-director (along with his wife, **Anna Maria**) of **The Hippocrates Health Institute** in West Palm Beach, FL, which had been lauded by *Spa Management magazine* as “the number one wellness spa in the world.” Nearly 400,000 people from over 50 countries have been guests in the health and wellness program at Hippocrates. Many were there to recover from illnesses and diseases that mainstream medicine had failed to treat. With training as a PhD nutritionist, naturopathic medical doctor, and health consultant and lecturer, Dr. Clement makes appearances dozens of times a year before national and international audiences speaking on health, healing, nutrition and longevity. Learn more by visiting the Institute’s website at: www.hippocratesinstitute.org.

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Q & A with Alberto Villoldo, Author of One Spirit Medicine

Part I

Q: Why did you leave a more traditional medical background to a more spiritual path?

A: My training is as a medical anthropologist versus a medical doctor. As a medical anthropologist, I was curious about other healing systems around the world. Modern medicine, which is wonderful for healing trauma (such as injuries from an automobile accident) is terrible for healing chronic conditions. At a laboratory at San Francisco State University that I directed, we were studying how we create psychosomatic disease and whether we could create psychosomatic health. I realized that to find the answer I had to go study with the experts who were in true primitive societies without technology – all they had was the mind's ability to heal the body.

Q: Why is One Spirit Medicine important to the average person?

A: Nature selects for the longevity of the species and not the individual, investing all of its resources in reproduction. After our reproductive years we are useless to the species – human growth hormone production and free radical scavenging systems shut down. Our bodies' self-repair systems have been shut down by western diet and western belief systems. One Spirit Medicine details ancient methods for rebooting the *biofield* – detoxifying the brain and body, while clearing and repairing our Luminous Energy Field. We learn the keys to prevention and longevity practiced by the shamans of old: Super foods and customs that switch these systems back on again, repair mitochondria and unlock password-protected regions in DNA that activate the Sirt1 genes. We are not slaves to our genetics. The neural networks in our brains will determine how we age, how we heal and how we may die. And we can change that. One Spirit Medicine teaches us how we can get our health span to equal our life span.

Q: What is wrong with the western diet?

A: With the discovery of agriculture 10,000 years ago the human life span was reduced in half. We stopped eating proteins and fats and began to eat carbs, giving rise to a new social class of masters and slaves, religions ("give us this day our daily bread") and warfare. There is no archeological evidence of warfare prior to the

invention of agriculture. Grains are carbs that turn into sugars. Sugars feed our lower brain, which is predatory, violent, greedy, and needs 10 commandments so we do not kill or steal. Proteins and fats – the diet of our Paleolithic ancestors – fuel the higher brain of creativity and innovation. Wheat contains Gluten, a protein that is not recognized by the bodies of 90%

of the human population. Gluten cleaves the tight junctions of the GI tract, allowing food particles and micro flora to get into the bloodstream and create massive inflammation and autoimmune diseases. The incidence of allergies in non-agricultural peoples is 1 in 1,500. In agricultural societies it is 1 in 3.

What is worse is that by losing the ancient Paleolithic belief systems – oneness of spirit, oneness of life – we become disconnected, disenfranchised (in the earth, not of the earth). We ignore the voice of spirit and nature and we look at the bounty of nature merely as resources for human consumption. We become commercially driven and forget about stewardship and sustainability – the price of which will always be too high. The damage we have wreaked on the ecosystem is irreversible, and has doomed the human race to early extinction.

Q: Why is fasting important?

A: Eating three meals a day is killing us – we used to feast and fast. At the heart of One Spirit Medicine is an age-old practice called the Vision Quest. Through fasting and meditation, a Vision Quest awakens the body's self-repair and regeneration systems and reconnects you to Spirit and your own deepest purpose. We fast to turn on the body's repair mechanisms and clear brain fog. Even during a very short fast, amazing things happen to the body and



brain. In just 24 hours, the production of human growth hormone increases by 1,500 percent, repairing cells that make up our tissues. Not eating sugars for as little as 18 hours wakes up the body's system for self-repair, detoxifies cells, and switches on the longevity genes.

Q: What is the problem with modern health care?

A: We do not have a health care system in America, we have a *disease care system*. Americans are being killed by the food we eat, the thoughts we think, and the medicine we take. Between the food industry and the medical profession, they get us from cradle to grave.

The "health" statistics are alarming:

- Close to 70 percent of Americans are overweight, and one in three children born in America today will develop type 2 diabetes by the age of 15.
- Fifty percent of otherwise healthy 85 year olds are at risk for Alzheimer's disease. Alzheimer's is being called type 3 diabetes, linked to a gluten-rich, wheat-based diet and a stressed-out brain.
- One in 60 children is diagnosed autistic.
- Millions suffer from insomnia, stress, depression, autoimmune disorders, soul loss, disempowerment, destructive patterns and behaviors.

In the few hunter-gatherer societies that still exist, autism, dementia, diabetes, and cancer are very rare or nonexistent. My research with Amazonian pre-agricultural societies shows that these people have none of the diseases of western civilization – no cancer, no dementia, no heart disease, because of their diet and communion with

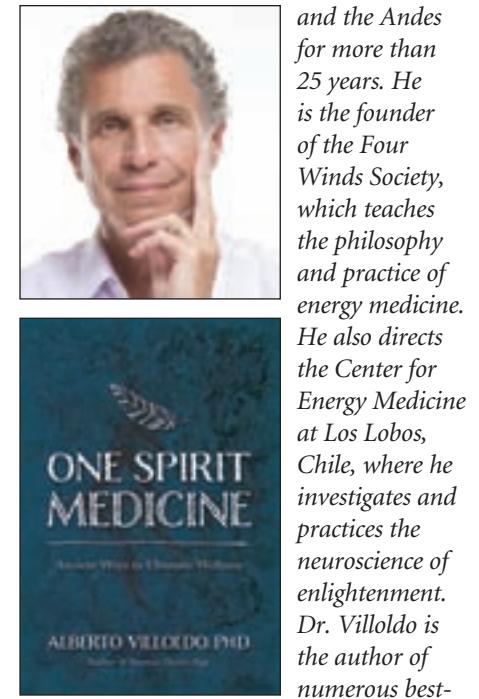
the spirit of nature. What accounts for their health and well-being? A primarily plant-based diet and One Spirit Medicine.

Q: Why are so many people unable to find happiness?

A: Our brains cannot produce the bliss molecule (tryptamine) if they are busy producing stress molecules (adrenalin and cortisol). These "fight or flight" molecules are a constant part of modern culture, but when we can't fight and we can't flee we are paralyzed. Stress hormones are also deadly to the region of the brain that is responsible for new learning, so we cannot recreate ourselves. The religious experiences reported throughout history, are the product of endogenous psychedelics manufactured by the brain for its own pleasure and joy. Meditation, babies, puppies, sex and joy increase the methylation of tryptamines, which in turn become dimethyltryptamines generated by the pineal gland. This is the direct equivalent of the brain producing its own Ayahuasca. ☺

Please read PART 2 of this Q & A on creationsmagazine.com (June-July Issue, posted June 1st.)

Alberto Villoldo, Ph.D., is a medical anthropologist and psychologist who studied the shamanic healing practices of the Amazon and the Andes for more than 25 years. He is the founder of the Four Winds Society,



which teaches the philosophy and practice of energy medicine. He also directs the Center for Energy Medicine at Los Lobos, Chile, where he investigates and practices the neuroscience of enlightenment. Dr. Villoldo is the author of numerous best-selling books, including *Power up Your Brain: The Neuroscience of Enlightenment* (with David Perlmutter, MD), and *Shaman, Healer, Sage*. His new book, *One Spirit Medicine* (Hay House ©2015), merges the ancient healing traditions of the Peruvian shamans with modern scientific breakthroughs. www.thefourwinds.com; www.onespiritmedicine.com.

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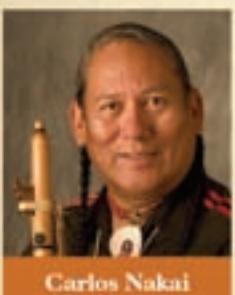
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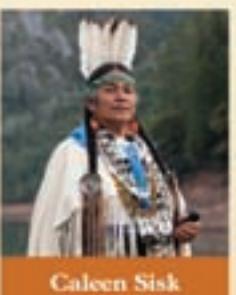
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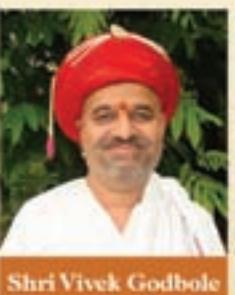
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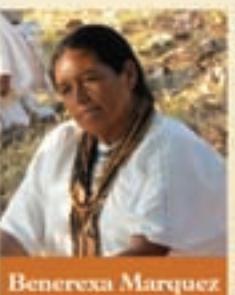
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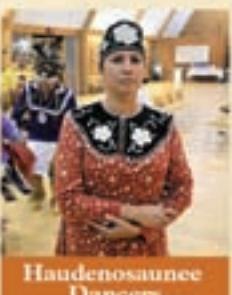
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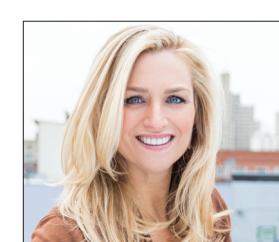
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DIAMONDS ARE FOREVER

by Reverend William L. Marcus, LCSW
Glen Cove, NY

"I am a perfect expression of perfect love, here and now."

~Richard Bach, Illusions II.

Many years ago my spiritual mentor told me a story. A simple story really, almost what you might call a fairy tale. As you know, fairy tales always have happy endings. This one does. And we all know how fairy tales start: Once upon a time, in a land far, far away. This fairy tale was no exception. It goes like this:

Once upon a time, in a land far, far away, a beautiful diamond came into this world. It was clear and brilliant, flawless in every way. The light shown through it and seemed to actually come from within the diamond itself.

But soon after, some garbage was thrown onto the diamond. Some of it stuck to the diamond. And the diamond being very new to this world thought the garbage must be part of him. He was so afraid others would see his garbage that he painted over it. It was a beautiful paint job.

But like all paint jobs, every once in awhile the paint was chipped, and when it was chipped the garbage could be seen. In order to avoid detection, the diamond, quickly painted over the places that were chipped and faded. Thus it was that in a few years the diamond had several layers of beautiful paint jobs, and he had completely forgotten that we was a diamond. He identified himself with his paint jobs, and was also unavoidably aware of the garbage underneath the paint.

This little story is actually the story of your life and the story of my life. Each one of us is a beautiful, brilliant, flawless diamond that has been covered with garbage, and painted over with the loveliest of paint jobs. Yet we are aware of the garbage underneath, and we quake in fear at being discovered.

After reading this story, is there an inner knowing that says, "That's true, I am a diamond; what can I do? How do I start expressing my diamond self, my authentic self?"

I thought for a long time that psychotherapy was a way, a path to living authentically. I still believe it can be, provided you find a therapist that sees

your diamond self, and has done his own work to live authentically. However, it is my experience that too many of you go into therapy only to get a better paint job, and we find therapists only too happy to oblige our wishes.

So then some of us have turned to religion. And I do believe that at the core of all religions is the understanding that we are all diamonds, perfect expressions of perfect love. But unfortunately, that core understanding has been covered up with garbage called dogma, politics and judgmental attitudes. So in many cases, religions have become exclusive rather than inclusive. Their motto has become: All diamonds are equal, but some are more equal than others. Many have focused on the garbage and come to the conclusion that what we really are is the garbage, our flaws; thus, we are sinners.

Sin is an interesting word. It is actually an ancient, Egyptian archery term meaning a "mistake, or missing the mark." The ancient Egyptians also knew that human beings learn by making mistakes. That's how we grow. The more mistakes we make, the more we learn. The more we learn, the more we grow.

Spirituality, on the other hand, is totally about recognizing our diamond Self, our authentic Self, and learning how to live from that place within us. At the **Inner Light Center for Spiritual Living**, it is about becoming established in that authenticity 24/7.

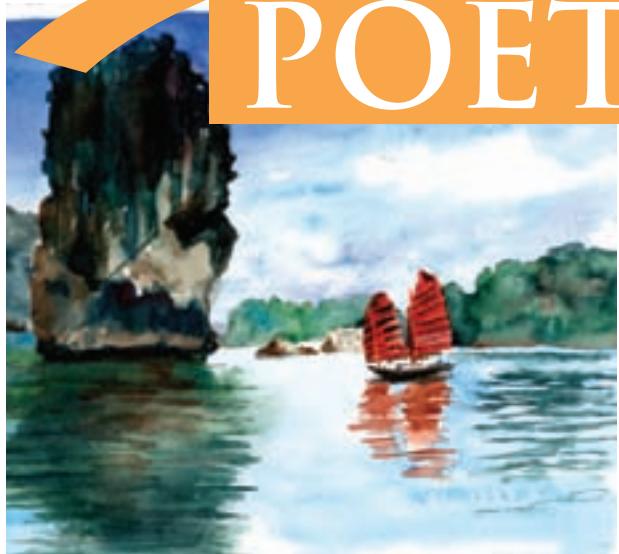
This takes practice and support and a safe place to make mistakes as we learn spiritual principles and how to apply them. That is what we are about; remembering that which we already know: we are diamonds, we are meant to be free. Come to Glen Cove, and learn and grow with us. Celebrate Life. Celebrate your life.



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POETRY



Ode to an Ocean

by James E. Marsh, Long Island, NY

I stand before your turbulence in which

I'm gripped

Your force holds me

Locked

I don't think beyond
Your eons of being

I stand before you,

the tide withdraws my fears

Stripped down as

The very shells scattered
along your shore

Like mine,
your eyes stare green and white
My arms spread out
bent to my knees

I'm swept away
my shell remains
Heart and soul
Soars above you
Only occasionally touching
Your soft spraying fingers.

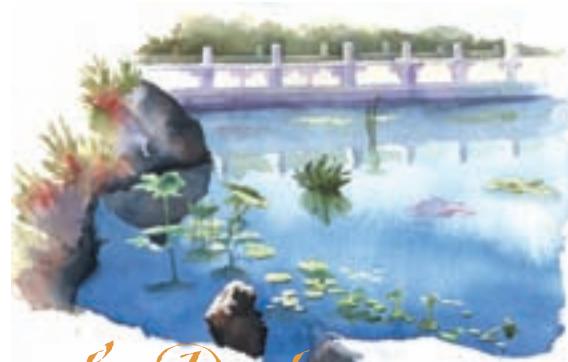
Your mist

my tears

Your gift to me

I humbly thank you,
again.

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Enlightenment's Dust

by Loren Camberato

You are the end, the beginning,
and this moment, dissolved into the illusion of time.

An epiphany revealed to an opening of the mind,
offering vision toward the vast galaxy,
gazing from a dome perched alone at its knee.

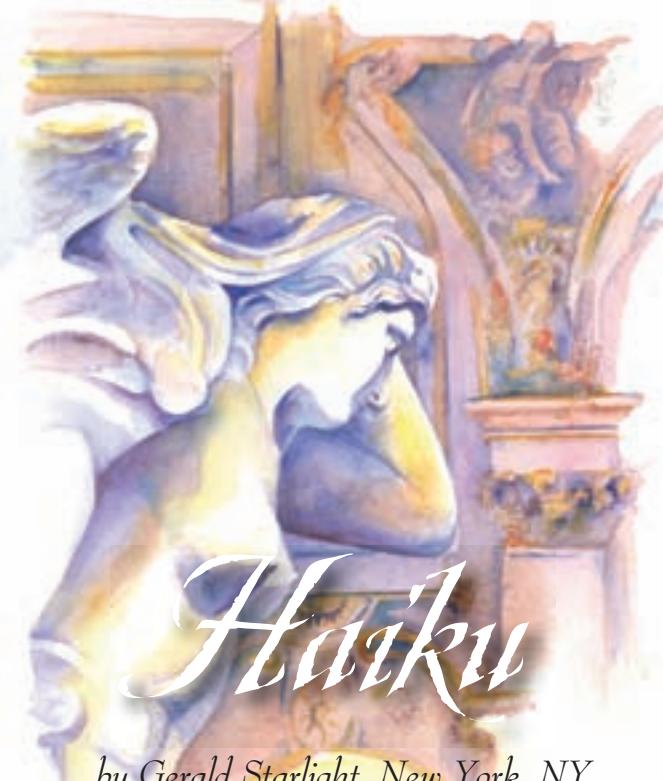
As your marvel reaches the great night sky,
a humble exhale shoots roots to the earth
from your thigh.

A murky pool is revealed at your toe,
blessing you to know as above is below.

Either way which you gaze,
you see the great depth of space
is your soul's reflection that you face.

A thought so great, your lungs reach deep,
its wind ignites a dormant seed.

The stars lean in to greet an old friend,
and time's hand gently shifts the moon again.



Haiku

by Gerald Starlight, New York, NY

Admiring you
In praise of all heavenly
Our hearts align now

Surrender

by Maureen Hadzick-Spisak

Huntington Station, NY

Give yourself over
to the shimmering sea
to the moonlight and stillness
Simply wait, soon you too shall be still
In this sacred place
betwixt and between
where land, water and sky embrace
the spirits abound
Surrender to the secrets
of this sepia world
Reach to the earth
take what it offers
Listen as it spills its knowledge
in an endless soliloquy of thought

The Singing Bones

(Dedicated to all Fathers and Sons)

by John A. Brennan

Long Island, NY

Inside my father's bones lie a million secrets.
Secrets passed down the long chain from the
beginning of time and the vastness of space.
In the glorious mix of diversity, endlessly
coursing through the shrouded mists of the
Holy Island, he breathes still. The memories
of his people, absorbed by the stones and the
very earth herself, exhale all that ever was.
Their essence still permeates, insisting that it
be never forgotten.

From Cessair, through Fomorian,
Nemedian, Fir Bolg, Tuatha, Milesian,
Celt and Viking, I inhaled that cocktail of life
with eager lungs and magnificent surprise.
I am inside my father's bones and my father
is inside mine.

He is the beggar-man, the holy man, the master
and the freeman. He still walks the fields, sure of
foot.

He still wades the stream, fearless. He still lures the
trout, with quiet assuredness.

He still charms the goldfinch from her tree-top
perch, ever gently.

His bones sing loud enough for me to hear
even in the darkest, deepest reaches of the
night. On a quiet evening I still hear his melodic
whistle floating on the air, calling to me.
Yes, I am inside my father's
bones, and he is inside mine.

"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

Awakening the Healer Within: A Man's Journey of Discovery and Transformation

by Rob Koenig
Mt. Sinai, NY

For many men, approaching their "mid-life" years, it is a time of reflection, angst, or perhaps a trip to the sports car dealership. For me, it was an unexpected awakening to a new definition of "reality", one in which I would realize my true human potential.

As 2012 drew to a close, amidst the chatter of "End of the World" prophecies, little did I know, a new world was indeed dawning for me.

While neither religion nor spirituality had factored significantly into the first 40 years of my life, I found myself increasingly drawn to existential inquiry and wanted to believe that there was more to life than that which I had come to know. Then in

the Spring of 2013, my daughter sustained a significant concussion requiring months of therapies and rehabilitation. When a stagnant plateau in her progress was reached, my wife was encouraged by a friend to consult with a medical intuitive who did "distance healing" from his home overseas. The idea of this seemed absolutely ridiculous to me at the time but I reluctantly agreed to give it a shot as my daughter's recovery had nearly come to a halt. In the weeks that followed, I watched incredulously as real change began to occur and my daughter's healing commenced. From that point forward I was determined to understand how one human being was capable of such miraculous ability. I read everything I could get my hands on including books on quantum physics, metaphysics, and even spirituality. Then, in the Summer of 2013, I was encouraged to read "The Reconnection: Heal Others, Heal Yourself" by Dr. Eric Pearl. This stunning account of a chiropractor's inadvertent discovery of mankind's access to a new and profound level of healing ability fascinated me and stirred a desire that had laid dormant. Proclaiming that every one of us can

awaken our healing gifts and share them with the world, Dr. Pearl has spent the past two decades traveling the globe offering weekend trainings in what is now known as Reconnective Healing. It was an offer that I could not refuse. I just had to know, could I access this ability too?

Accompanied by my wife, I boarded a plane to meet Dr. Pearl in Canada in November of 2013 for a weekend journey into the unknown. It was a trip that would change everything! Over a period of only days, I witnessed the miraculous everywhere I looked. I learned how easy it truly is to become the healing instruments we were born to be. Without the need for fear-based rituals or the use of techniques, I learned to access my capacity to simply "listen" with a new awareness and connect with the expanded vibrations of energy and light that are now available to us. As we do so, we begin to allow these healing vibrations to resonate within us and those with whom we interact. Through this process, information is communicated that enables us to raise our vibration and restore balance and harmony. I experienced this firsthand that weekend and was amazed how palpable the feelings were throughout my body. During training exercises, I held my hands several feet away from my partner and watched in amazement as their body registered that it had gone into a receiving mode for healing. Their fingers twitched and rapid movements in their eyes indicated that a communication exchange was taking place. From that moment, I knew that I wanted to share this work with the world.

A true evolution had occurred that weekend. I left for my training in curiosity and returned with confirmation that our human potential is truly limitless and that we live in a divine universe where "ordinary" is the only illusion. Opportunities for transformation await each and every one of us around every corner. When we allow ourselves to explore the unknown that's when true awakening can occur. ✦



Rob Koenig, and his wife Anessa, established Reconnect Long Island, Inc. in 2013 and offer Reconnective Healing to clients in their Commack and Westhampton offices. See the Calendar of Events page for upcoming training opportunities or visit: www.thereconnection.com. Reconnect

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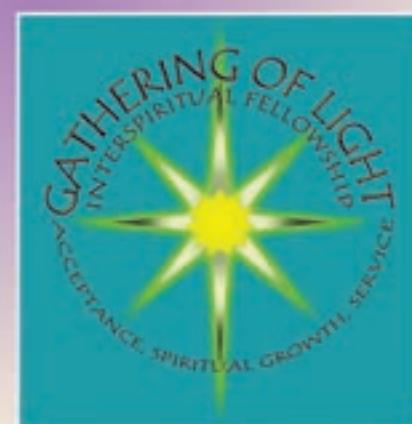
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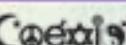
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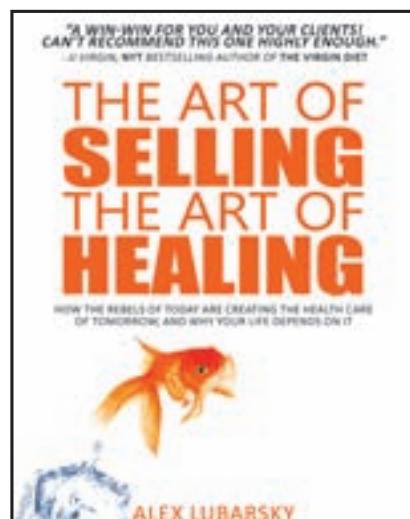
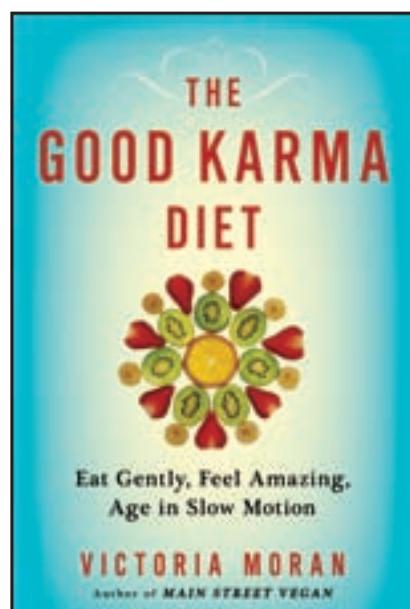
& PRODUCTS

The Good Karma Diet: Eat Gently, Feel Amazing, Age in Slow Motion
by Victoria Moran
Tarcher/Penguin

Victoria Moran realized that, in her 20 years of writing books, she had yet to address directly the most rewarding element of going vegan: by not eating animals or animal products, you are inherently treating other fellow living beings better. You are, through your diet, practicing good karma. In her new book

The Good Karma Diet: Eat Gently, Feel Amazing, Age in Slow Motion, Victoria goes beyond restrictive diet plans and obsessive calorie counting. "You'll be doing something revolutionary," Victoria writes, "making food choices based on kindness and love instead of preferences formed in childhood. With warmth and humor, Moran encourages non-vegans, vegetarians, and everyone in-between to start basking in the health, joy, and personal gratification of a "karmically good diet."

Moran explores: True "Good Karma Stories" from non-vegetarians about the upgrades they saw in their own lives after they began to eat kindly; the "dollars and sense" of a good karma diet; 30 delicious recipes; and the anti-aging, beauty, and weight loss results that begin almost immediately once you recognize the divinity in yourself and in other animals; and how to adhere to your good karma diet even when going vegan gets tough—and sustain your new enlightened outlook on yourself, your relationships, and the world around you. **The Good Karma Diet** reveals that the secret to treating ourselves well (and, in turn, dropping those persistent last ten pounds!) is actually quite simple: treat our planet and all its inhabitants with love and kindness.



to do so for as long as we're welcome. Readers will greatly enjoy, and benefit from **The Art of Selling the Art of Healing**.

Z-SCORE:
How a Statistic Used in Psychology Will Revolutionize Baseball
by John Cottone, PhD and Jason Wirchin
www.storybridgebooks.com

Whose single-season home run record total is really the greatest?
a) Barry Bonds - 73 HR, 2001; b) Roger Maris - 61, 1961; c) Babe Ruth - 60 HR, 1927; d) none of the above. The answer may surprise you!

Have you ever wondered how the feats of today's baseball stars – playing in an era of rampant steroid use, smaller ballparks and "juiced" baseballs – compare with those of the old-time greats? **Z-score** presents a game-changing approach for comparing the greatest achievements in baseball history using a statistic common to psychological testing: the z-score. The authors claim that the main benefit of using z-scores to analyze and evaluate performance, whether in baseball, academics or anything else, is that it enables you to compare things that are evaluated using different metrics or forms of assessment – meaning you can *compare apples to oranges*. In the context of baseball, this means we can compare pitching and hitting statistics.

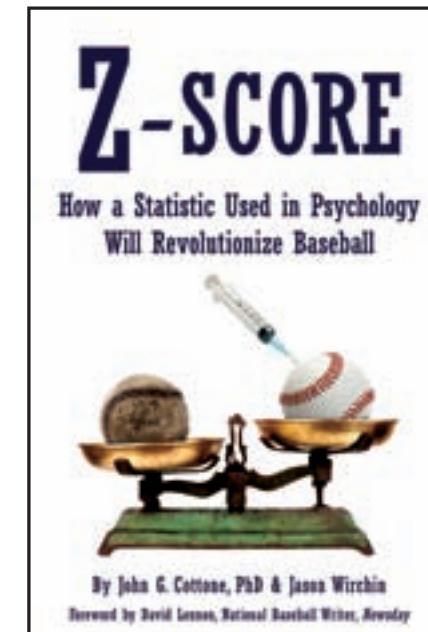
Written by John Cottone, a clinical psychologist, and Jason Wirchin, a TV news producer and baseball enthusiast, Z-SCORE provides analyses and insight that will fascinate old school baseball fans and new wave

sabermetricians alike. (BTW, the answer to the question above: d) none of the above. The z-score for the 29 homeruns Babe Ruth hit in 1919 tops them all!

PRODUCT REVIEWS

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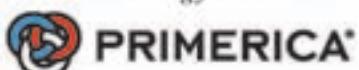
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What Do We Need To Be Happy?



by Lee Crutchley, England

This can be either the most difficult or the most simple question to answer; unfortunately it often feels like the most difficult. When we're asked what we need to be happy, most of us have a tendency to think about the future. We start to imagine all of the "whens" that will make us happy: when we have a bit more money, when we land a dream job, or when we finally meet The One. The word "need" can also encourage us to think in material terms. We begin to wonder what stuff we would need to be happy, as if owning the right combination of that stuff is a secret cheat code.

Happiness is increasingly seen — and presented — as an external thing that can be bought or found, a destination that we can reach and inhabit, or something that we all deserve to feel, forever and ever. If you stop for a moment to think about it, being relentlessly happy forever is at best unachievable, and at worst really creepy. But it's still tempting to get locked into the pursuit of those things that *will* give us lasting happiness, because it takes the pressure off us in the present. We feel safe in the knowledge that if we are not happy

right now, it must simply be because we don't have the right stuff, we are not with the right person, or we are not living in the right city or town.

But we will never be truly happy by thinking that way, because the pursuit of stuff can be never ending. Once our new car gets a little beat up, we'll start to want a better one. Once we land our dream job, we'll start thinking about that promotion. And once we meet The One, we'll start trying to change them. Nothing is ever enough. The pursuit of happiness can be fatiguing, frustrating, and misguided — but it's much easier to be happy than we think because happiness is an emotion that we experience, just like fear, pride, jealousy, or gratitude. It fluctuates, and comes and goes. It's not something we can acquire and cling to.

A good way to assess your actual needs for happiness is to make two lists. On the first, put everything that you think will make you happy. This is where you imagine the future and list all those things you are chasing, no matter how big or small. On the second, write everything that definitely makes you happy. This is where you think about now, and only include things that have been proven to make you happy. Now take a moment to look at the lists. Is the first list a few big things and the second a lot of small things? Does the first seem more dreamy and the second more practical? Is ice cream on both?

I'm fairly certain that your second list will contain plenty of things that are within your

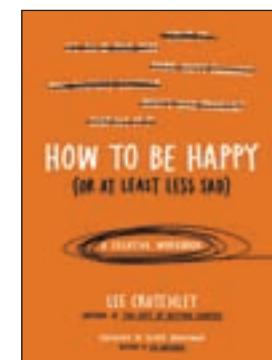
grasp. Things that you know will make you happy, for certain. So you could easily make yourself feel happier right now if you wanted, even if it's only in the smallest of ways. But it's easy to get so consumed by the big idea of eternal happiness, that we completely forget about all the small things which make us feel happy. I reached that point recently. I was severely depressed, and I couldn't imagine anything making me happy ever again — unless it was a huge life-changing event. I had forgotten about all those things that definitely made me happy, and worse still, they had begun to lose their powers of happiness. That's when I read this quote:

The things you need for happiness aren't the things you think you need ~ Irene Mueni

Irene Mueni is a woman who lives in a slum in Nairobi. It feels patronizing to say that because she lives in a slum this quote becomes more powerful, but it does. Because that is the whole point. In the west, we have this tendency to complicate our happiness way more than we need to.

Studies suggest that we spend approximately 50% of our time imagining the future or remembering the past. We forget about the present, even though we know that seeing a friend, reading a book, or looking at the sky will definitely make us feel happier.

But the only moment we can ever live in — and therefore the only moment we can experience happiness — is this one, right now. We can never be happy forever, and we shouldn't be aiming for that. We can, however, be happy for now, and that is more than enough.



So if ice cream was on both of your lists, you should definitely eat some [vegan] ice cream. ♦

Lee Crutchley is an artist and author from a small town in England that nobody has heard of. He has written three books. His latest, *How to Be Happy (Or at Least Less Sad)* (Perigee Books), is an interactive self-help book for people struggling with depression. Find out more about his books, or his art, at www.leecrutchley.com. He is also on Twitter and Instagram as @leecrutchley. He is taller than average.

MEDIA REVIEWS

by Mark Maxwell Abushady, NYC

MUSIC

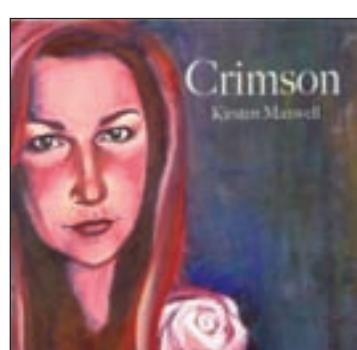
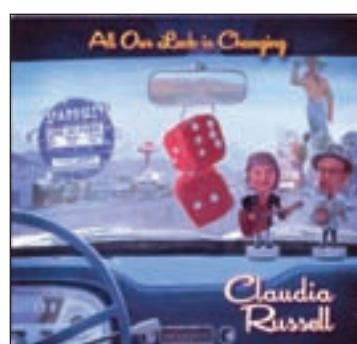
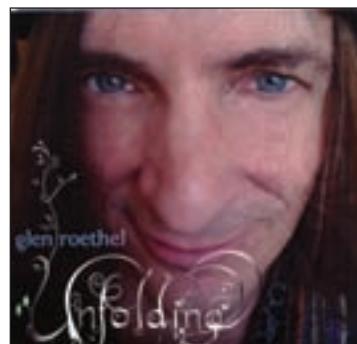
UNFOLDING

Glen Roethel

Inspireline Records/Graphics

glenroethel.com; inspireline.com

Universal, philosophical thoughts and questions about life are the stuff of opening number "Unfolding As I Go." But Glen continues this pondering in one way or another throughout the offerings of *Unfolding*, often in the form of storytelling. His pleasant, rangy and expressive voice is backed up by some talented guitar work and an ensemble made up of Dan Hickey (drums), Mark Dann (bass, roto-electric Guitar), Sloan Wainwright, Penny Nichols, Amy Soucy, Sharon Goldman, Chris Kunstadter (vocals), Sue Riley (piano and vocals). The recording has a live, present feel, and some beautiful vocal harmony work, especially evident in "Beautiful Now" and "Dandelion Dreams." "No Problems Today" is fun and lighthearted, while "Life's Too Short" finds Glen as a bee, a piece of bread, then a fan, pondering the worries and joys of such states of existence having in common the feeling that life's too short. A fun, thoughtful, inspirational, and talented songwriter and a great offering!



songs like 'Silver Bird,' and the surprising "I Remember the Wind." "Hey Hey" is another standout on this excellent album.

Claudia is backed up by Carl Byron (Hammond organ, piano, accordion), Peter Case (guitar, harmonica, banjo), Debra Dobkin (drums and percussion), Paul Eckman (acoustic bass), Danny Frankel (drums and percussion), Bruce Kaplan (mandolin, electric and acoustic guitar) and Tom Tally (viola and fiddle). Recommended!

CRIMSON
Kirsten Maxwell
Produced by
Kirsten Maxwell
and Fred Guarino
kirstenmaxwell.com

Joni Mitchell and Gordon Lightfoot had a love child, raised with the help of godmothers Judy Collins and Maria Muldaur. Surely this is how singer/songwriter Kirsten Maxwell got her start. A listen to her voice and turn-of-phrase/lyrics, and these luminaries will be brought to mind. All songs on *Crimson* are original compositions. The first standout element of this recording is the purity of Kirsten's voice. Sweet, with a presence and intimacy rarely found in today's crop of American

Idol-type singers trying to best each other within the same narrow singing criteria. Kirsten, on the other hand, seems confident and sure of her own lyrical style which, while reminiscent of some of the greats, is clearly and distinctively her own. Expressive, and beautifully ornamented vocal phrases never sacrifice a melodic line for vocal gymnastics or showmanship for the sake of showmanship. And the melodies are indeed beautiful. Especially noteworthy are "All I Am," which exquisitely showcases her musicality, "Goodbye," and the relationship epic/anthem "We Always Miss." The very last, titular song "Crimson" holds a tenderness and poetic baring of the soul;

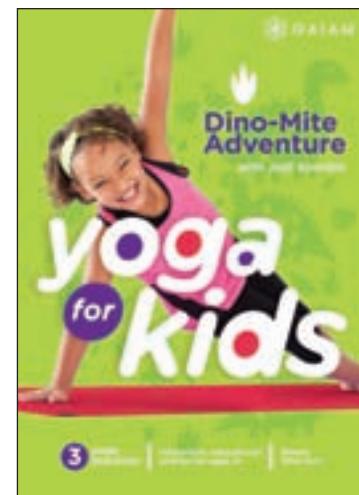
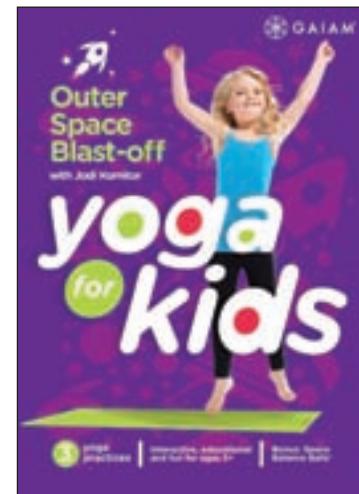
a poignancy and universal sadness over the relationship which seems *meant* to be yet never seems *able* to be. On it Kirsten relinquishes her excellent backup musicians, and even her sweet soprano for an earthier alto, which, with her own simple guitar accompaniment, accentuates the beautiful, intense and intimate relationship with her audience. Her backup musicians include Mark Newman (Guitar, Dobro, Lap Steel and Mandolin), Shawn Murray (Drums) Don Celenza (Electric Bass), Bill Heller (Piano), Mike Hall (Upright Bass), Mauro Refosco (Percussion) and Sierra Knotts (Violin). A highly recommended, beautiful debut album from an artist to watch!

FILM

YOGA FOR KIDS:
Outer Space Blastoff
with Jodi Komitor
[Gaiam.com](http://gaiam.com)

The modern investigation into the practice of yoga and its many benefits is by no means a new one. What was once often misinterpreted as a highly esoteric and religious practice that made its way to the West as a means of enlightenment for the elite is finally being seen, now more than ever, as what it really is: a process of integration and connection. For thousands of years practitioners of all ages, regardless of religious, ethnic, cultural and monetary backgrounds, have experienced the life-enhancing effects of simply moving and breathing in a mindful manner – one in which kids yoga teacher, Jodi Komitor, explains, "Allows for a deeper connection with the inner self and our surroundings."

In addition to this connection the benefits for children who practice yoga, and more specifically, the themed yoga routines found in *Outer Space Blastoff* with Komitor, vary from building strength and coordination to increasing body awareness and concentration. And what's even better than all that is how much fun the kids are having while doing it!



Remarkably imaginative, *Outer Space Blastoff* consists of three interactive and highly educational yoga sessions that promise to take your child all the way from their yoga mats to a galaxy far, far away, while gaining the physical, mental and emotional benefits of practicing traditional yoga postures and breathing techniques, moving spontaneously, creatively and instinctively, and learning to express themselves openly and freely.

Komitor's enthusiasm and passion for working with children through the teachings of yoga is evident in her every gesture and word. Her thoughtful class planning allows for the children to explore and express themselves in new ways while at the same time, feeling completely supported and unconditionally accepted. This is a

video and a practice every child should have the opportunity to experience and enjoy. Plus, it is one that moms, dads, sisters, brothers and best friends can do together, further instilling and fulfilling the desire for connection that is inherent in all of us. In addition to *Outer Space Blastoff*, Jodi and Gaiam have also collaborated to create the kids yoga DVD, *Dino-Mite Adventure*. To learn more, visit Gaiam.com.

Reviewed by Erica Settino



Mark Maxwell Abushady
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