

 Inspiring the Soul

CREATIONS

MAGAZINE

VOL. 29, ISSUE 5
OCTOBER / NOVEMBER 2015
CREATIONSMAGAZINE.COM

MOVING AWAY
FROM THE DISTORTION

THE HEALTH COST OF LOOSING YOUR TEETH

It may be surprising for you to discover that about 180 million Americans are missing at least one tooth and the overwhelming majority have many missing teeth. More than 35 million of us have lost all their teeth and 10% of them cannot wear dentures and must go around completely toothless. Tooth loss is so common that you, the reader, may be missing at least one tooth yourself!

Missing a front tooth may be emotionally devastating, but missing even one back tooth creates silent havoc on your health. As the number of missing teeth increase, so do diseases and risk of death. Here are just a few of the recent scientific findings: Tooth loss increases your risk of stroke and heart attack, both deadly as well as debilitating diseases. Tooth loss also increases your risk of rheumatoid arthritis, a painful and crippling disease. If you are missing 5 or more teeth your chance of pancreatic cancer (survival 5%) increases by 20%. Did you know that people without teeth live 10 years less than those with teeth? Oh and it also makes you fatter!

The reason for these associations, are both obvious and yet undiscovered. If you think about it, digestion begins in the mouth. It is no surprise then, that improperly chewed food has a devastating and far-reaching impact on our health. Food that is not properly chewed may not be fully processed resulting in half-chewed food and robbing your body of vital nutrition. The digestive tract constantly works overtime trying to digest unnaturally large chunks of un-chewed food. Poor nutrition combined with increased stress on the body leads to diseases, suffering, misery and early death. This is not an opinion; this is according to the latest peer reviewed research.

In view of this information, it seems obvious that preserving your natural teeth for your entire life should be one of our life pursuits – along the lines of eating healthy, exercising, and being happy. Sadly, the odds are against us. Today our teeth have to survive longer than any time in human history simply because we are living longer. This trend will continue, especially

within the health-conscious community, like the readers of this article. The 1800's techniques, still taught as the standard of care in all American dental schools, worked when you died in your 30's or 40's. They may not be the best choice for people living well past their hundreds!

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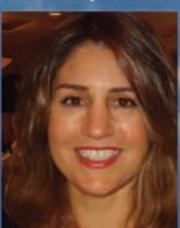
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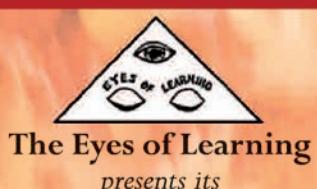


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CREATIONS MAGAZINE

PUBLISHERS: Neil and Andrea Garvey

EDITOR-IN-CHIEF: Neil Garvey

ASSOCIATE PUBLISHER: Lainie Covington

EDITORIAL DESIGN / LAYOUT: Ginger Graziano Design (828) 236-2075

COVER DESIGN / ADVERTISING DESIGN: Jan Guarino, Guarino Graphics (631) 368-4800

DISTRIBUTION: Ray Pesonen, Cecilia Sullivan

WEB DESIGNER: Denise DiGiovanna, Waterside Graphics

SOCIAL MEDIA: Gena Januseski

EDITOR-AT-LARGE: Erica Settino

COVER PHOTO: Human Genetic and Other Elements, ID 21385603 © Rolffimages | www.dreamstime.com

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**ADS DUE November 5th for DECEMBER/JANUARY 2016 ISSUE
FOR ALL ADVERTISING, call: (631) 424-3594 • EMAIL: neil@creationsmagazine.com**

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THE MAGIC OF YOUR MIND

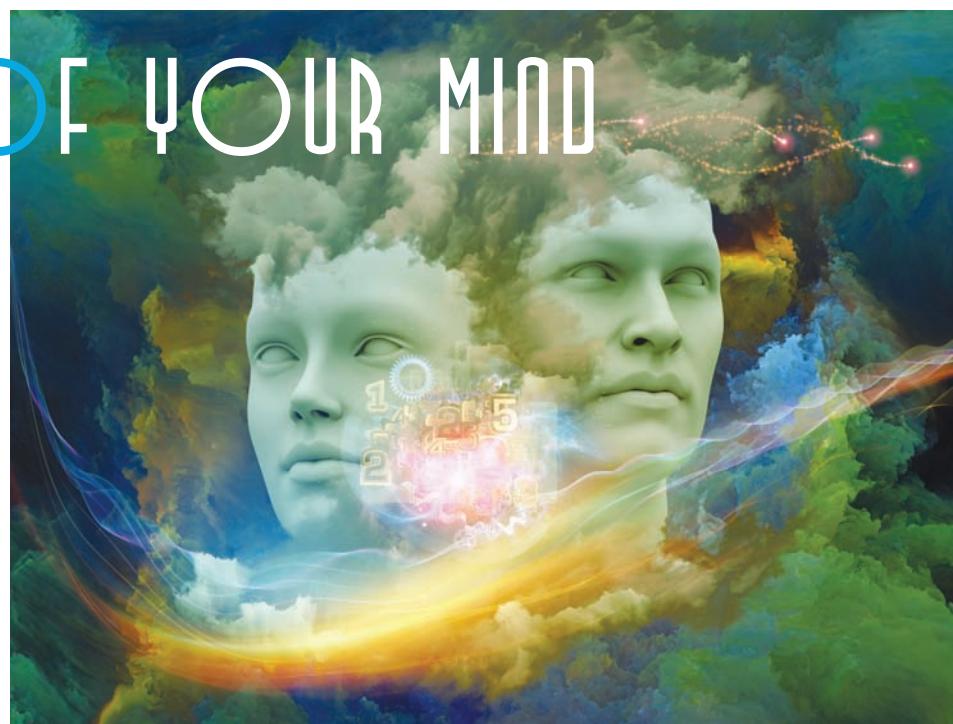
by Lee Milteer
Virginia Beach, VA

Researchers report that 40,000 to 50,000 thoughts enter your mind every day. It has also been shown that up to 80 percent of your thoughts are negative on an average day. That means you are reacting to external programming. Since our thoughts affect our emotions it is important to recognize the numbing effect those negative thoughts have on your outlook, your attitude, your creativity, and your passion for life.

Most people believe that their personal thoughts have no power. Our thoughts have been described as harmless bits of consciousness that hold no substance or energy of their own. Neuroscientists, medical researchers, psychologists, and meta-physicians have proven that thoughts are electrical impulses that trigger chemical activity in the brain. When you think, you are giving your brain an electrical command and it responds by doing several things. Initially the brain reacts by releasing chemicals into the body and directing the central nervous system to take any required action. Your thoughts also trigger the brain to scan your memory and to record any necessary information about that thought that may be of future value. Your subconscious mind records every thought that goes through your conscious mind, as well as all the information automatically brought into the brain through all of your senses. These thoughts and information bits are then classified and recorded so they can be recalled when you need them.

Every time we have a thought—right or wrong, true or false—an electric current travels from the conscious mind into the subconscious mind and creates an image or picture. We literally think in images, and the objective of the subconscious mind is to match the images in your mind with the reality of your life. **All your future success must be envisioned in your personal mind before it can manifest in your life.**

This is probably the opposite of what you have been taught to believe about your brain and about thinking. Since childhood,



you've been taught to look for the evidence, the facts, and the proof *before* you believe something is possible. This limiting mindset certainly eliminates creative thoughts about what you believe is possible in your life. Your brain has been trained only to see and believe what the left-brain states are facts, thereby hampering your imagination and abilities to create a new reality with more personal power.

If you have unhealthy emotions of imagined fears, worry, resentment, or guilt, the body responds with a tense feeling of nervousness, stress-related illness, tiredness, and lack of energy and creativity. Your subconscious mind will produce whatever result you ask for. Shakespeare's statement from hundreds of years ago is still true: *"There is nothing good or bad, but thinking has made it so."*

You are made of energy and your self-image contains the imprinted energy patterns of who you are and what you believe. Think of this self-image as a blueprint from which your life is built.

The brain functions with precision, receiving, processing, storing, and then acting on the information it has stored. Remember that your brain, like the earth, does not discern what you plant. The earth works just as hard to grow weeds as it does beautiful flowers. The only difference is the seed that was sown. Like a seed, we are self-fulfilling prophecies because the mind, like the fertile soil of a garden, will produce what we have planted.

Many of your old self-limiting beliefs have no foundation of truth but they grow like weeds! Instead of empowering your authentic self and purpose, they hold you back from success. If you think or believe that you are destined to be poor, unlucky in love, clumsy, overweight, or average, which are all weed seeds, you will take unconscious actions that make these thoughts become reality. None of these thoughts are actually true, but continuing to think them creates

beliefs and images in your mind, a sort of blueprint, which reinforces these negative and limiting statements until they actually become true for you.

The subconscious mind does not know the difference between factual reality and imagined reality. You know, your subconscious mind doesn't even know right from wrong. It doesn't know current events from past events or even imaginary events. It simply receives and files the thoughts. This powerful subconscious mind has the ability to hold and process massive amounts of data. The mind works upon the information and data you feed into it every day and creates the reality of your life from that information. That's why it's so important to carefully consider the kind of information you feed your mind. Everything that you think—true or false, good or bad—is processed by the conscious mind and imprinted on the subconscious. So, **whatever information you repeatedly program into your subconscious about your abilities, your potential, and your worth is what you believe to be true about yourself and about what you will be able to manifest in your life.**

The average person is so busy reinforcing their own existing limiting mental programs that they cannot connect with their authentic self's real talents and natural skills. Your current self-image, whether real or illusion, is the foundation upon which your entire life and future is built. You will simply act out the type of person you conceive yourself to be, based upon your beliefs about yourself. You will not know any better if you do not become conscious that you, and you alone, have the ability to re-direct the focus of your life by changing the thoughts you think about yourself.

Yet, the majority of our thoughts about our own abilities hold us back from

achieving the quality of life that is available to us. It is human nature to follow the path of least resistance. Your mind also follows the habit of thoughts that create the least resistance. That is why the old thought patterns embedded in your mind (those "weed seed" thoughts) seem to have power to crowd out the new thought patterns or habits of mind that you would like to establish. By becoming truly conscious of this patterning effect and deliberately feeding your mind with thoughts that empower change, you magically create that new *Inner Energetic Blueprint* (IEB) for your mind to operate from in the future.

Buddha said, "*All that we are is the result of what we have thought.*" Your life is the sum total of the information you have programmed yourself to be by your thinking patterns—and for now, you believe it. You are influenced and programmed by the caliber of information that has been recorded in your own self-image, your IEB.

Your IEB is formed by your daily thoughts, and is the core of your being. It determines everything about you from how much money you make, your weight, how fast you age, the success of your relationships, and your risk ability, to how good you are at sports or math. This magical blueprint influences your brain about how to see the world. Are you an optimist, realist, or pessimist? Are you open-minded and curious about life or are you narrow-minded and not interested in learning anything new?

Every day, your IEB sends you millions of messages about WHO you are. Most of us believe that we can't change our potential or our capabilities beyond whatever has been programmed into our IEB by the many external influences we receive each day.

I have great news for you: You're not stuck with the old blueprint. You were born with a purpose and a reason for living and the truth is, for most people, that "purpose blueprint" got pushed into the back of your mental operations to make space for your survival-in-the-modern-world blueprint. As soon as you embrace these concepts and do the work to repair your blueprint, you will know that you have the choice to either reinforce old programs and beliefs about yourself (letting the weeds grow!) or to plant the seeds of power in your life with positive images. ♦



Lee Milteer is an internationally known bestselling author, award-winning professional speaker, TV personality, entrepreneur, visionary, and intuitive business mentor. She is the author of *Success is an Inside Job* and *Spiritual Power Tools*, and the co-author of ten books. She has authored over 150 educational products, in which she provides success and spiritual advice and resources to people worldwide.

MOVING AWAY FROM THE DISTORTION

by Neil Kramer
Oregon

Billions of people spend their whole lives residing not in a world, but in a mental model of a world—a construct. This construct is at once a description, a simulation, and a set of laws. It is a representational idea about the world, specifically designed to displace the real thing.

Contrary to what many believe, human beings inhabit concepts just as readily as they inhabit houses. Indeed, these two seemingly divergent things are almost identical at their root; only the form is different. One is represented by energy condensed into a form that we call brick, the other into a form that we call thought. The distinction is subtle. It is merely a question of density and oscillation. A dream, a whisper, a zebra, a universe—they are all derived from the same energetic building material.

The control system has fabricated a sanitized and reduced version of reality that it broadcasts as the whole of reality. It is the *distortion*. Popular consent is required for this sliver of ordinariness to properly function as a complete world. Consent is given by willfully feeding one's own consciousness into it. The more consciousness it amasses, the more real it appears.

To properly understand what the distortion is, we have to know how it works. The distortion is a map that is given to everyone when they first arrive on earth. It tells us what things are, how they work, how we interact with them, and what they mean. Babies, children, and adults alike are repeatedly told what a thing is until they no longer question what they've been told. *This is this; it isn't something else.* Politicians, movie stars, doctors, businessmen, plumbers, scientists, teachers, students, mothers, and fathers all agree that the distortion is the way things are. They consent to the idea that the distortion *is* reality. It is this way; it is not some other way. As infants, quite naturally, we follow suit. We continually observe distortion rules, routines, parameters, beliefs, and traditions. Repetition is a very important part of this teaching. By age 14, the foundational conditioning is usually complete. From then on, whenever we see

a thing, or hear a thing, or touch a thing, we are seeing, hearing, and touching the distortion.

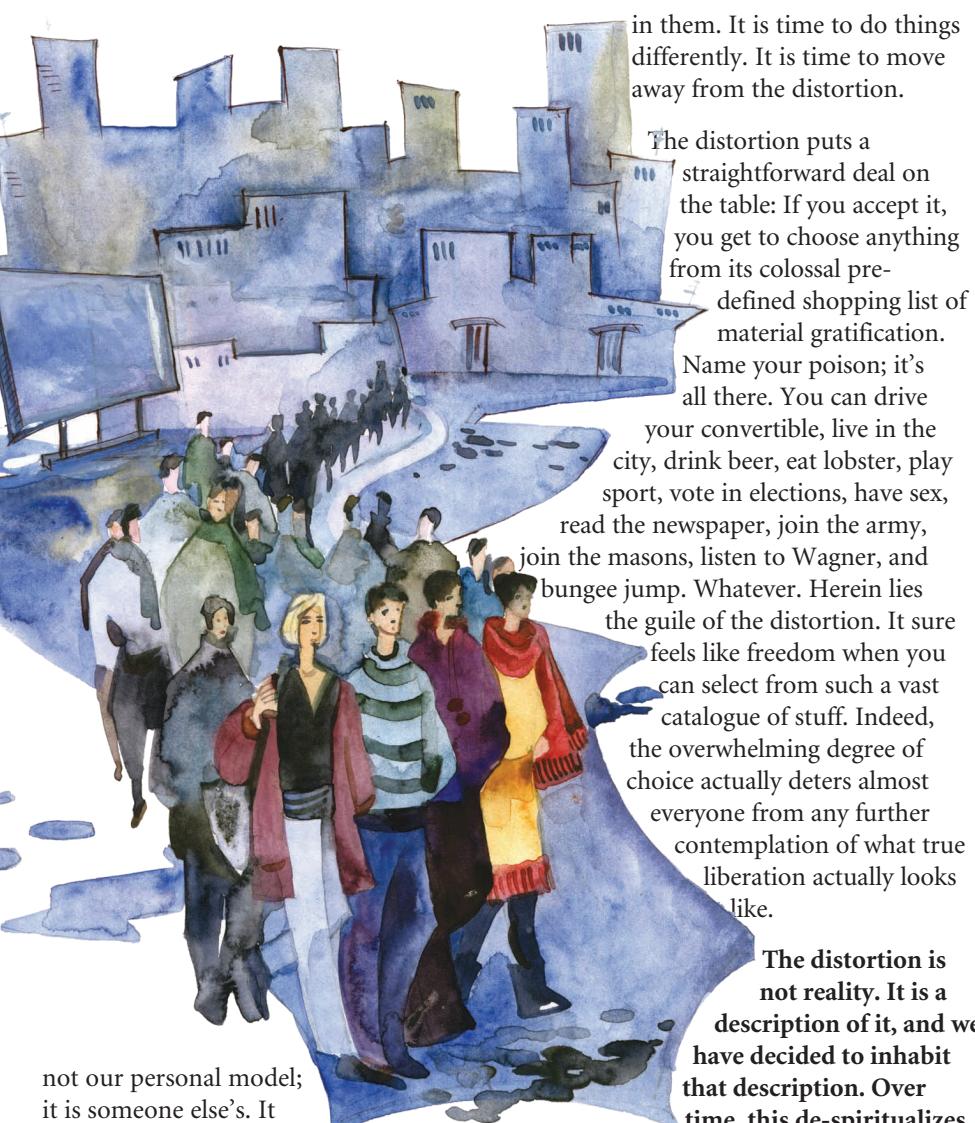
What makes the distortion so utterly compelling and persuasive is that almost everyone on the planet agrees with it. It is the norm. It's just the way things are. We all see things the same way, and that way is the distortion. So potent is this consensus reality, that the tiny minority of folks who don't operate within its parameters are considered to be very strange individuals indeed. They might even be thought of as undesirable or dangerous.

One could say that **normality is the religion of the distortion**. To move away from normality is to risk being shunned.

Most people simply don't have the time, inclination, or awareness to contemplate the nature of the distortion. For someone who has dwelled in the distortion for his or her whole life, the idea of probing it, clarifying it, playing with it, or even leaving it behind, is downright disturbing. This dissonance arises because the questions addressed to the distortion become mirrored back into the heart of the questioner. For the distortion-dweller who is entirely unacquainted with his or her own inner landscape, the prospect of profound philosophical revelation is not particularly inviting. The thundering emptiness perceived in his or her own psyche is simply too much to handle. The knee-jerk impulse is to immediately fill the void with distortion media—voices, images, news, entertainment, anything. The distortion abhors a vacuum. So it's just better to stay put. This is precisely what the distortion relies upon for its structural integrity. It needs high volumes of immobile consciousness to flourish.

So, then, why would anyone question what is commonly considered to be the best possible mode of reality—potentially walking away from the received wisdom of thousands of years of human history? **There are three answers on three different levels.**

1. On a collective level, the mainstream historical record of human endeavor has not been a very peaceful or sane narrative. It is full of violence, pain, and hardship. Indeed, such things have become so commonplace that we are tempted to think that's just how the cookie crumbles so far as the gross ineptitude of humanity goes.
2. On an individual level, we are obliged to acknowledge that the distortion is



not our personal model; it is someone else's. It may not therefore be best suited to our own individual journey.

3. On a metaphysical level, with a little contemplation, it is clear that we have habitually come to confuse one description of reality (the distortion) with reality itself. Hindu spiritual philosophy refers to the fake map as *maya*, a “beguiling concealment.” The genius of the distortion is that it hacks into the organic element of the illusory world—which exists to teach us about spiritual ascendance—and annexes it for its own purposes. What was once a vast and glorious playground for *unfoldment* has been transformed into a shroud of ignorance.

At the inner level, when we are completely authentic with ourselves, we know full well that the human story has gone off track. This is what is important. **The system under which we labor does not serve us; we serve it.** Once more, it has been this way for millennia. But now, that paradigm is shifting. The seasons are changing. The territory of the familiar has become uncertain. The old hierarchies of our governments and institutions are losing their authority as people stop believing

in them. It is time to do things differently. It is time to move away from the distortion.

The distortion puts a straightforward deal on the table: If you accept it, you get to choose anything from its colossal pre-defined shopping list of material gratification. Name your poison; it's all there. You can drive your convertible, live in the city, drink beer, eat lobster, play sport, vote in elections, have sex, read the newspaper, join the army, join the masons, listen to Wagner, and bungee jump. Whatever. Herein lies the guile of the distortion. It sure feels like freedom when you can select from such a vast catalogue of stuff. Indeed, the overwhelming degree of choice actually deters almost everyone from any further contemplation of what true liberation actually looks like.

The distortion is not reality. It is a description of it, and we have decided to inhabit that description. Over time, this de-spiritualizes both one's personal world and the collective world, reducing everything down to biological machines, nuts and bolts, clockwork. The play, the creation, the depth, and the mystery of existence vanish. People live lives they do not want to live. Their families, relationships, jobs, finances, plans, and imaginings become artificial and dysfunctional. The distortion breeds this profound disappointment because it is not a natural formation.

As has been laid out in innumerable classic spiritual texts, it is an explicit observance that if one does not know oneself, then everything on the outside is also essentially unknowable. This is because the outside is misconstrued as a depersonalized realm with no accountable connection to the individual. This is untrue. Outside is mind. It is a direct projection of the inside and is no less ours than our own self. The distortion therefore, like all clouds, has a silver lining. Liberating oneself from the distortion and moving into the real world compels everyone—male and female, young and old—to dive into their own spiritual journey. This is where the solution lies. From a higher perspective, we can even say that the distortion is

actually a gift concealed as a threat—one that actually accelerates our conscious and spiritual evolution.

The pragmatist might reasonably think that this is all very well, but given the colossal and all-encompassing nature of the distortion, how do we move away from that which is everywhere? What can you possibly do to change something that is our whole world, rightly or wrongly?

By design, the distortion normalizes the perception of everything and everybody. It is the default gravitation for those who choose not to generate reality from themselves. The reason most people choose not to generate their own reality is because they do not realize that they can. The information and techniques have not been made freely available. In fact, they have been deliberately hidden. The shards of knowledge that do filter into the public domain are far too oblique and fragile for a mainstream distortion-saturated mind to take hold of, let alone understand. **The first step therefore is to begin decontaminating the mind from the chief broadcasting edifice of the distortion: the mainstream media.**

To move away from the noise of the distortion is to permit the human mind to find its own natural state of equilibrium. This is not possible, however, if the mind is being willfully force-fed the info-sludge of gossip, deceit, and dishonor that characterize the mainstream media. So we must stop feeding it such things. We turn off the television. We cancel the newspaper subscription. We do not go to see the latest blockbuster movie, which we know is rubbish anyway. We don't follow the mainstream fictional narratives that are presented as the hot topic of the moment. We disregard untruth.

Most people you will ever walk past in the street, for the entire duration of their lives, never proactively question the distortion. They do not get the defiant impulse to vault its ramparts or spelunk its hidden caverns. And if, as occasionally happens, one noble heart does dare prod the dragon's tail, there is a tidal upwelling of such perilous psychic discomposure that the inquiry is immediately dropped and rarely, if ever, returned to in any meaningful way. Too weird and too hard. No thank you. Go back to the previous page. This ingenuous failsafe deters nearly all human souls from walking the ascendant path of conscious spiritual evolution.

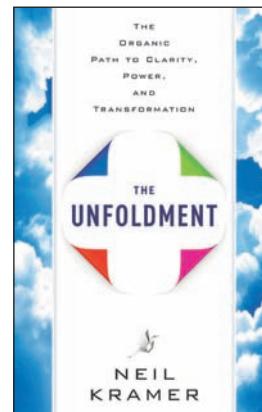
People can feel the distortion, even though they may not know what it is. Not infrequently, people will reach the halfway mark of their lives, after they've been immersed in the 9-to-5 distortion game for

a good long while, and instead of feeling deeply fulfilled by all their marvelous achievements and realizations, there is a faint but definite suspicion that they are still somehow off course. On paper, everything may look okay and be proceeding very much according to the plan of what grown-ups are supposed to be doing with their lives. But the feeling remains: Something is wrong. There has to be *more*.

Should one feel guilty about this? Is it ungrateful? Is it wrong? Is it important? The knee-jerk response is often to upgrade one's resources and see if that helps. Get a bigger house, a new car, a better-paid job, some new clothes. Lose 20 pounds, redecorate the spare room, go on vacation. Though these diversions take the edge off things for a short time, they do nothing to address the root of the problem. It is a seemingly insoluble predicament, and there is usually very little effective help from friends, family, or medical professionals, because they don't understand the root either. All the while, the mind continues to struggle for freedom and clarity. The result? People go a bit crazy and do impulsive things.

This state constitutes a psychic moratorium on untruth and a special occasion for honesty, re-evaluation, and course correction. At this time, there is often a strong accompanying desire to throw oneself into *real experience*, as opposed to running through the same old predictable tasks and neurotic calculations of everyday life. It is a desire so potent that it can displace all other aspirations and suspend standard operating procedure. Vividness of experience rapidly becomes more valuable than anything else. At last, life and self begin to transform. Old things break up, and new things blossom.

The conveyor belt of endless productivity that the distortion uses to captivate its subjects is slowing down, day by day. It is slowing down because a critical mass of conscious humans is discovering that what is being produced is not beneficial to humankind. In fact, what rolls off the production line is entirely arbitrary; it is a hollow negativity that diminishes the human spirit. All the blood, sweat, and tears that go into this flaccid industriousness need not be spilled. Honor is as valid a tool in this forswearing, as is wrath. All ideas of deriving self-worth from the workplace must be abandoned. It is notable that men and women of high spiritual attainment are never seen in positions of traditional power. They are not in the White House or Downing Street, nor are they investment bankers, media



moguls, or visionary businessmen.

The impulse to say no must be backed up by *not doing*. **To not believe a thing is to not put consciousness into it.** To not do a thing is

to reroute consciousness back into one's own pool of knowing. Where dishonor and untruth are encountered, no further belief or deeds need go there, should we so wish. The damaging protestant work ethic that ties labor to godliness is counterfeit. The divine creator of the universe does not require anything from anyone.

The origin of truth is divine; it can only be known through spiritual endeavor. There is no meaningful success outside the unfoldment of one's own being and the joy of the ascendant journey. **The only measure of value—in oneself, in others, or in anything—is truth.** How true are we to who we are and what we know we are capable of? Are we healing old deceitful patterns? Are we creating new harmonious ones? Do we consistently move with integrity and honor? Are growth and discovery part of our everyday experience?

It is never too late to begin the journey, no matter how long a mind has slumbered in the distortion. Some people become conscious early on, some mid-way, some toward the end. Some do not become conscious at all, at least not this time around. Awakenings occur at precisely the right time, when the most favorable energies are aligned. We can only know when that is for ourselves. When we do, it is time to act.



In realizing that we are our own authority, we permanently free the mind from the delusion

of servitude. We bring more and more consciousness into everything we do and accept nothing within the distortion at face value. We discern. We choose. We determine what is fit for our conscious attention and what is not. To not engage—to content oneself with watching others go about the business of running reality—is not an option. There is nobody acting on our behalf and with our best interests at heart. There cannot be. It is something we can only do for ourselves. Indeed, to be content to do nothing is to consign oneself to a state of conscious limbo and forfeit the most precious and powerful gift in the universe. ☀

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Neil Kramer is a writer, philosopher, and teacher specializing in the fields of consciousness, metaphysics, shamanism, and ancient mystical disciplines. He has made a lifelong study of philosophy, indigenous wisdom traditions, inner alchemy, occultism, and esoteric world history. He shares his path of transformation in writings and interviews, and travels the world giving seminars, workshops and teachings. He has spoken at numerous international conferences on the nature of human consciousness. Neil is recognized for his message of empowerment, lucidity, and spiritual insight. www.neilkramer.com.

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by Milissa Castanza Seymour, M.S., C.H.

BE PRESENT...CHANGE IS INEVITABLE!



here. But, how many of us waited for the cool breezes of Fall while suffering summer's humidity, or dreamed of the warmth of spring as we shoveled the last bit of snow from our walks last winter?

Just like the seasons come and go, we have transformative moments in our lives that bring change. During these times, our thoughts take many twists and turns.

Sometimes, we are stuck ruminating in the past. We think about what might have been, what we should have said or done, and ask "why is this happening to me?" We have no power over what was, yet we spend so much time there,

going over the possibilities that no longer exist. We give up our power and waste our energy. Other times, we worry about the future. We are stuck in our heads exploring a long list of worries as anxiety fills our body-mind. We persevere over the "what ifs" until we are exhausted and drained of our vitality. In these moments, we dream the future and contemplate the past, losing ourselves in the process.

Life is fluid. Historically, we lived by the rising and setting sun. We were connected in a deeper way to each moment and we experienced life in *real* time. Change was natural as we transitioned from moment to moment. Today, we live within the artificial structure of time. Our thoughts bounce back and forth from today to tomorrow in the blink of an eye. Each thought carries energy and gives rise to emotions that are often fear-based. Worry, dread, and anxiety abound. When our thoughts are undirected, our energy and emotions are undirected. There is a "disconnect" within us and we become ungrounded. We can't focus, lose sleep and are not present.

Change becomes a bumpy ride.

So, how do we release fear and racing thoughts? How do we become grounded? How do we accept change gracefully and allow personal transformation into our lives? We do so by being in the *present moment*. The present moment is the most under-rated, least appreciated place, yet it is the most valuable. The present moment is where awareness lives and our journey lies. Living in the present moment helps us to develop the awareness that brings us peace and healing. It allows us to accept "what is" by bringing focus to the experience. It's all we have. When we live in the present, experiencing each moment, we become part of the life we are living. We slow down. We participate fully. We learn gratitude. We become mindful. We accept change. This grounds us.

The Buddhist monk, Thich Nhat Hanh, teaches being present through mindfulness. He explores being in the present moment through this poem:

*Breathing in, I calm my body.
Breathing out, I smile.
Dwelling in the present moment
I know this is a wonderful moment.*

He reminds us that the simple act of focusing on the "in and out" of our breath brings our awareness to the present. The simple act of smiling brings us into the present as well, bringing peace and equanimity to our body-mind. He

teaches us that contemplating the future or lamenting the past will not enhance this moment but rather make our lives a hodgepodge of anxious transitions. If we can't find peace in the present moment, it will always be fleeting and unattainable.

So, in the spirit of being present, practice being in every moment whether it is washing dishes, driving to work, brushing your teeth, cooking dinner, or playing with your kids. Breathe into the moment, focus on what you are doing, and gently bring your attention back if distracted. Take time each day to sit and breathe mindfully. This will set the foundation of calm that we need when change comes into our lives.

Try this exercise for five minutes:

Sit comfortably in a quiet place. Turn off your phone. Eliminate distractions. Close your eyes. Notice your breath entering and leaving your body. Pay attention to the quality of your breath. Is it smooth or choppy? Deep or shallow? Allow your breath to become calm, drawing it in slowly as you relax your face and shoulders, allowing your belly to expand naturally. Exhale and relax your belly. Focus on your breath and imagine your belly is a balloon, filling and emptying as you inhale and exhale. Choose a point of focus. Perhaps, the sound of your breath or the sensation and movement of your belly as the breath enters and leaves your body. Re-direct your attention back to the breath if you become distracted by your thoughts or environment. When ready, bring your attention back to your surroundings. Open your eyes.

This is the practice of "being." As Deepak Chopra says, "You are a human being, not a human doing." That is something to be mindful of every day. So, develop the practice and watch yourself transform. ☺



Milissa Castanza Seymour M.S., C.H. is a N.Y.S. certified teacher and has been involved in the healing arts for over twenty-five years. She is a professional, practicing Numerologist whose accomplishments include certifications as a Prana Yoga Teacher, Integrative Yoga Therapist/Holistic Health Educator, Consulting Hypnotist, Reiki Master Teacher, and Inner-Soul Coach. www.inner-soulcoaching.com.

The transformative signs of autumn are upon us. The falling leaves, cool breeze, and early setting sun are

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A MINDFUL GLASS OF WATER: A PHYSICAL AND SPIRITUAL FLUSH

by Jeff Cannon
New York City

One of the simplest ways to start and end your day, while ensuring you remain on the right path, can be as simple as sipping a glass of water mindfully. When you wake up, it starts your body working with the idea of cleanliness, health and calm. When you go to bed, it helps you flush all the events of that day out so that your body and mind can process them while you get a restful night of sleep.

Physically, a mindful glass of water helps you flush out the impurities you have acquired living in our modern world. Mentally, a mindful glass of water helps you release the stress and worries of your day, so that you can literally put it all to bed. It is a reminder that whatever happened, happened. That there is nothing you can do about it except to let the waters work their magic, as you move on to the next adventure that awaits you.

The best part is, you do not need to buy anything special. All you need is a glass and some water. You can even create a small ceremony for yourself after your



evening sip by filling and covering your glass with a clean napkin at night, putting today to bed, and giving yourself a gift to wake up to in the morning as you welcome the new day before you.

When you drink, do not simply pour the water into your mouth. Sip it mindfully. Take a moment to look at the glass as you slow your breathing down and become aware of your breath. Let go of any thoughts in your mind as you see the glass, see the water, and drop in on the image

before you. Breathe in and appreciate the clarity of the water. Breathe out and feel whatever stress or tension you may have, flow out with it. Breathe in and feel your mind accept the clarity. Feel the temperature of the water through the glass. Feel yourself smile at the calm it creates.

Take your time and think of the water as a doorway into your day. Smile into it as you sip and feel that smile opening up into your heart. Do not drink it all at once, but give yourself permission to stop and breathe between sips. Remember the mindfulness that is within you as you start and end your day. Think of the glass of water as a mirror for your own intentions as you allow them to fill your body. Whether those intentions are for a good night's sleep, or to re-fortify and recharge yourself for the day ahead, accept them and welcome them.

When you are done, gently place the empty glass down and continue to breathe in and out, down and up. Take your glass over to your sink and wash it out, breathing in and out to yourself as you wipe it dry for the next use.

Drinking a glass of water mindfully creates a boundary through this simple ceremony that will help you separate your day from your night, your work from your dreams. It will also help to ensure that you are drinking enough water throughout your day. And in time, it will help you turn every glass of water, whether drunk at your desk or at a restaurant, into a reminder to slow down and appreciate that moment for what it is. ✦

Jeff Cannon is a Modern American Monk, and the author of numerous books on meditation, spirituality and wellness. He is a member of NYU Medical Center's Patient Advisory Council as well as a contributor to the Huffington Post, MindBodyGreen and countless other blogs and websites. Following his last of nine brain surgeries, Jeff could not see, speak or stand. Over the years, he has watched his brain reboot itself again and again, giving Jeff a unique, first hand view into the inner-workings of the brain. It also stirred him to dedicate his life to integrate Western Science and Eastern Philosophy in a way that makes sense for the modern world. Learn more at www.simple-truth.com.

Because life doesn't come with an instruction manual.

Wouldn't it be nice if we were issued an instruction manual upon our arrival on earth? Instead, we have to figure things out for ourselves, and we solve life's problems by trial and error.

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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>.

SAY YES TO YOUR LIFE Monday Evenings in NYC 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: October 12, 19, 26 • November 2, 9, 16, 30 • December 7, 14, 21; Location: Skyline Hotel, 725 Tenth Ave. at 49th Street, Penthouse Ballroom; Fee: \$20. Visit www.TransformationMadeEasy.com/Mondays to pre-register. Walk-ins welcome.

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

TUESDAYS

YES! ACHIEVE INNER PEACE IN A HECTIC WORLD If you are reading this, you need to enroll: 5 sessions. Last time in 2015: 10/13, 10/27, 11/10 7:30–9:30 PM Smithtown. Information, Registration 631-724-9733, www.lightawakenings7.com.

MEDITATION GROUP Continue the Journey to Inner Peace ... 10/6, 11/3. Newcomers welcome. 7:30 – 9:30 PM, Smithtown. Registration: 631-724-9733, www.lightawakenings7.com.

PSYCHIC DEVELOPMENT GROUP Psychometry, Angels, Partner Readings & More. 10/20, 11/17. 7:30 – 9:30 PM, Smithtown. Registration: 631-724-9733, www.lightawakenings7.com.

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

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.

WEEKLY WORKSHOPS on a variety of spiritual topics. Email for changing schedule. GatheringLT@aol.com. Everything from Past Lives to Getting God all Wrong! 7-9PM. Each one is unique. 95 Old Country Rd., Melville at PCSH. Or call 265-3822.

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.

YOGA FOR ARTHRITIS is a gentle movement program for individuals living with rheumatic disorders such as Osteoarthritis, Rheumatoid Arthritis and Fibromyalgia. Yoga safely exercises the muscles, ligaments and joints with an emphasis on moving slowly and with respect for one's abilities. Chairs or yoga mats are provided 11:45-1:00. Harmony Yoga and Dance. Contact Adrienne 917-250-8392, northshoreyoga@aol.com. Private sessions available.

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

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

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

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

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

NEW: CAROL'S HOLISTIC HEALTH SOCIALS, OPEN TO ALL Are you fascinated by the Mind-Body-Spirit connection? Do you want to improve the quality of your life by experiencing/becoming educated on cutting-edge holistic health modalities? By meeting others who truly share your passions and interests? Each Sat. night, great guest speakers and demonstrations of fascinating Holistic Health/Energy Medicine modalities. The Graphic Eye Art Gallery, 402 Main Street, Port Washington, 7:30-9:15pm, Healthy refreshments. \$25. RSVP required. carolleitner1@gmail.com or 516 242 8270.

SUNDAYS

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

SUMMERLAND CHURCH OF LIGHT, NSAC

Return to your Spiritual Home each Sunday at 10 am in our loving sanctuary, where all truth and knowledge-seekers are welcomed. 120 Plant Avenue at Oser Avenue, Hauppauge. 631-316-1588. (See ad p.11).

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

SPECIAL EVENTS

OCTOBER 9

LECTURE: INTRODUCTION TO QUANTUM ENERGETICS STRUCTURED THERAPY™ with Elizabeth Tomboulian. Friday, 8:00PM. Join us this evening to learn about Quantum Energetics Structured Therapy™ (QUEST™). www.QETherapy.com. Members: \$10.00 Non Members: \$15.00. No pre-registration required. Levittown Hall, 201 Levittown Pkwy, Hicksville, 11801. www.eysoflearning.org, 516 731-0909.

OCTOBER 10 & 18

TRANSFORMATIVE BREATH WORKSHOPS at Yoga for Life on Saturday October 10th and Sunday October 18th from 2:00pm to 4:00pm. Learn how good it feels to Breath correctly while clearing the mind, calming emotions, and balancing the body. Call Rita at 631-878-8228 for more information and to register.

OCTOBER 15

AN EVENING OF SPIRIT COMMUNICATION WITH PSYCHIC MEDIUMS Stephen Hermann an internationally known medium from New Zealand and Winter Brook. Doors open at 7:30pm, event starts at 8pm; limited to 30 seats, \$40.00 advance registration or \$50.00 at the door. Held @ the Offices of Winter Brook, 171 Main Street, Northport. Contact winter@winterbrookmedium.com or (631) 261-9300. Also trance & transfiguration seance on Friday, October 16.

OCTOBER 17

BECOME A REIKI PRACTITIONER Reiki class, Level I class, Saturday, 9:30am to 5:30pm. \$150 fee includes Reiki manual and certificate of completion, Review class at a discount rate. Inner Light Center for Spiritual Living, Suite 5, Glen Cove. Email Elena at elenacalder@gmail.com.

MELCHIZEDEK ORDINATION Rev. Dan Chesbro, Saturday, 12:00pm to 3:00pm, Manorville; Visit www.essentialHolistics.com for more information about Rev. Chesbro, call Rita Wild @ 631-878-8228 to register.

OCTOBER 24

ENJOY A STELLAR EVENING OF SPIRIT COMMUNICATION conducted by evidential medium & TV personality Kim Russo, star of "The Haunting Of.... & Psychic Intervention." Kim, certified by Forever Family Foundation in 2005, will be joined by Certified Medium Joe Perreta. A magical night with 2 spectacular mediums! Advanced reservations \$25 members/\$35 non-members/www.foreverfamilyfoundation/events. For more information 631-425-7707. Event location is Long Island University/PostCampus - Hillwood Lecture Hall, 700 Northern Blvd, Brookville, N.Y.

OCTOBER 30

LECTURE: A NIGHT WITH THE ONE AND ONLY DANIEL AKNER Friday, 8PM. As is our yearly tradition, the much anticipated, Pre-Halloween Presentation from Daniel Akner, Psychic/Medium & Fine Artist. Daniel's Web Site: <https://www.facebook.com>. Members: \$10 Non-Members: \$15, No pre-registration required. Levittown Hall, 201 Levittown Pkwy, Hicksville, 11801. www.eysoflearning.org, 516 731-0909.

NOVEMBER 4

REIKI I CLASS Taught in the Traditional Usui style. 4 sessions including the full day Attunement followed by three, 2 hour practice sessions. All held at Essential Holistics in Manorville; Contact Rita Wild @ 631-878-8228 for more information and to register.

NOVEMBER 6

MEET THE PSYCHICS Tonight the evening's program is designed to bring you the opportunity to get up close and personal with our gifted readers, mediums and psychics. Friday, 8PM. Members: \$10 Non-Members: \$15, No pre-registration Required. Levittown Hall, 201 Levittown Pkwy, Hicksville, 11801. www.eysoflearning.org, 516 731-0909.

NOVEMBER 7

7TH ANNUAL WELLNESS EXPO FOR PHYSICAL, SPIRITUAL, & PLANETARY HEALTH will be held on Saturday at 95 Old Country Road, Melville, NY 11747 from 11AM-5PM. This event is jointly sponsored by Gathering of Light Interfaith Fellowship and *Creations Magazine*. Contact us at: golwellnessexpo@gmail.com or (631) 265-3822.

NOVEMBER 8

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

UPCOMING EVENTS

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

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Positive Thinking, Affirmations and Rock and Roll

"I know you have the means and wings that spread the width of dreams"; "I am tough and smart, worked from the start, till I could see, what I have in me ..."

If phrases like these could swim around our subconscious minds and randomly surface at any given moment, how we would think and feel would be, amazing! They would likely enable us to more easily achieve our goals and to ultimately live our dreams.

As personal experience has taught us, positive re-enforcement in the form of meditation, yoga, music, exercise, affirmations, etc... greatly improves the way we feel and act and allows us to project our highest self to the world. Understanding that what we outwardly project is what we receive in return, our opportunities, good fortune and our achievements will certainly increase if we are positive and happy. So our goal is to feed our minds with positive thoughts and our bodies with positive energy as much and as often as possible.

In order to achieve this, I combined two of the most powerful methods known for creating happiness or anything else one would like to create. Together, the effects seemed to multiply. Based on feedback and personal experience, the whole was definitely greater than the sum of its parts. They are, two of the things I know best, Rock and Roll, and Positive Affirmations, like those in the beginning of this article, which are of course, lyrics.

It is common to find mellow music without lyrics, or meditations that repeat affirmations in a quiet setting. Both are excellent ways to create anything from peace to achieving a specific goal. But what if we are out driving, or jogging or just feel like having fun and want to still feed our minds and soul with good positive energy?

Combining positive phrases along with music is extremely effective. In addition,

affirmations imbedded into music of greater intensity seem to be retained, at least as easily as those delivered in meditative music. All that is required is to listen and enjoy. At some point, you may unsuspectingly be singing to yourself, as we've all experienced when a song is stuck in our minds or pops up at random times. Well, if that were to occur with these songs, we would, in effect, be repeating positive phrases. In time, as these lyrics are absorbed into our subconscious minds, we would feel more confident and happy and will find it easier to achieve whatever it is we are focusing on.

These songs are designed with different goals in mind and focus on particular areas, such as building confidence, setting goals, creating freedom, etc... Well thought-out affirmations as well as music, can each make us feel good. The combination of

the two has so far shown impressive results and more is being written, with new releases expected in 2016.

Along with other methods that we have available to us, such as yoga, meditation, music, physical activity, etc., *Positive Thinking Music* is an additional self-help tool and one that can be combined with other activities. It is a fun and effortless way to feel good and helps us to continue to improve in whatever areas we wish to improve.

Robert Littera resides in Dix Hills, NY and is author of *Positive Thinking Music*. He is a musician and songwriter who has studied positive thinking for the past 25 years. *Positive Thinking Music*, for confidence and success, is available on I-tunes, Amazon, CD Baby and on some internet radio stations.

www.positivethinkingmusic.com;
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www.positivethinkingmusic.com/#/buy-digital-series/

SEEING CLEARLY THROUGH YOUR THIRD EYE

by Susan Shumsky

What is your “third eye”? And how can you open it?

Through the window of your eyes, you can view the ever-changing landscape of your beauteous, miraculous world. You can delight in beholding the glorious manifest creation around you—both the natural world and man-made objects. You perceive this magnificent world with your five senses: seeing, hearing, tasting, smelling, and feeling.

But there is a sixth sense. With this sixth, higher sense perception, you can open the gateway to subtler realms of existence. You can develop an inner eye and view an invisible world, consisting of multiple dimensions, alternate realities, subtle planes, spiritual worlds filled with light, and parallel universes of indescribable wonders. This eye of wisdom, knowledge, illumination, and intuition is aptly named “the third eye.”

The mechanism of sight, according to science, is a marriage between the object of perception, your two eyes, and your brain. It is believed the mechanism of inner sight (insight or intuition) uses an inner third eye, seated in the **pineal gland**. This gland, somewhat of a mystery to modern allopathic medicine, is well known to Ayurvedic medicine of India, to Chinese medicine, to Druidic, Judaic, Islamic, Taoist, Mayan, Tibetan, Aboriginal and other cultures, and to ancient Egypt, Sumeria, Assyria, Babylonia, Greece, Rome, and Mesoamerica.

In India, this third eye is known as *ajna chakra*, a subtle energy plexus in the center of your brain. It is the portal of higher vision, where you can see what is not evident to your eyes. The ajna chakra is not in your physical body. If you were to dissect a cadaver, you would not find it anywhere. It is located in your subtle body.

Throughout the ancient and modern world, this third eye has been named “divine eye,” “all-seeing eye,” “mind’s eye,” “eye of the soul,” “inner eye,” “eye of illumination,” “eye of wisdom,” “Eye of Horus,” “eye of providence,” “eye of God,” “sixth chakra,” “*ajna chakra*,” and “brow chakra.”

Calcification of the Pineal Gland

Babies and children have large, pristine pineal glands. As they approach puberty, the gland shrinks. With that contraction,

the child-like sense of wonder also diminishes. Clairvoyant experiences of children disappear with age. This might be the result of pineal gland calcification, which begins as early as 5 years of age.

Over time, the pineal gland accumulates calcium deposits: *corpora arenacea (acervuli)* or “brain sand”. These are composed of calcium phosphate, calcium carbonate, magnesium phosphate, and ammonium phosphate, and have been linked with aging. Research shows the degree of pineal gland calcification is significantly higher in patients with Alzheimer’s disease versus other types of dementia.

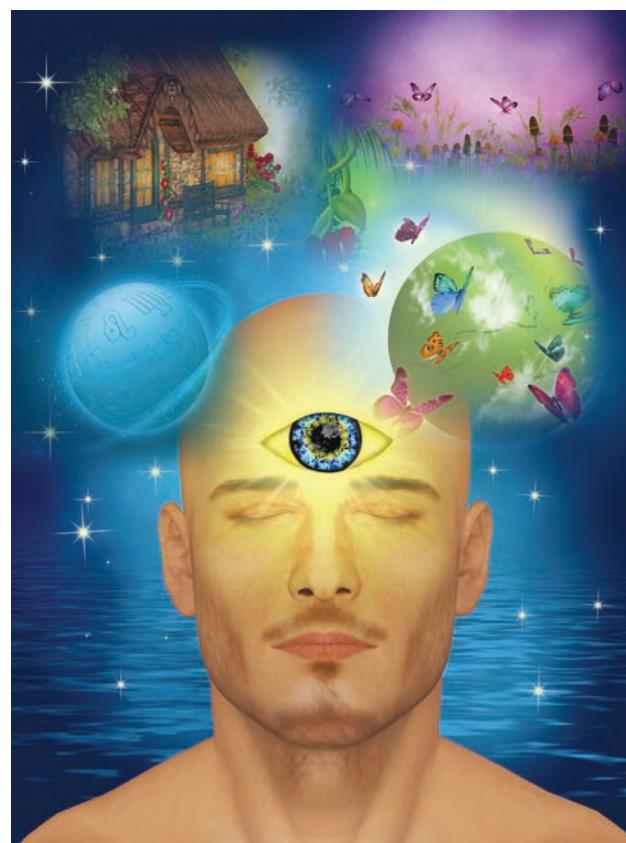
The pineal gland calcifies with the introduction of halides, such as bromide, fluoride, and chlorine. Thus, **pineal gland calcification and decreased enzyme production has been linked to sodium fluoride, which is added to 90 percent of United States drinking water, bath water (absorbed by our skin), beverages, food, toothpaste, Prozac (fluoxetine), fluoroquinolone antibiotics, and non-stick cookware.**

In 1997, Jennifer Anne Luke of the School of Biological Sciences, University of Surrey, Guildford, UK, The Royal London Hospital, was first to study the effects of fluoride on the pineal gland. Fluoride does not accumulate in the brain, and the blood-brain barrier obstructs fluoride from passing into the central nervous system. However, the pineal gland is not part of the brain. It is outside the blood-brain barrier.

In Luke’s study on elderly pineal glands, she showed for the first time that fluoride accumulates in the pineal gland, and by old age an average pineal contains 300 mg per kilogram, as much fluoride as teeth. The pineal has the highest concentration of fluoride in the body—enough fluoride to inhibit enzyme production.

Most developed countries do not allow fluoride in their drinking water. However, more people in the United States drink fluoridated water than the rest of the world combined. Countries with high fluoride levels in the water are now taking measures to remove the fluoride because of potential health problems. Check the website www.fluoridation.com for 50 reasons to eliminate water fluoridation.

In 2006, the National Research Council (NRC) released a study: *Fluoride in Drinking Water: A Scientific Review of EPA’s Standards*: “...fluoride exposure



results in altered melatonin production and altered timing of sexual maturity... Recent information on the role of the pineal organ in humans suggests that any agent that affects pineal function could affect human health in a variety of ways, including effects on sexual maturation, calcium metabolism, parathyroid function, postmenopausal osteoporosis, cancer, and psychiatric disease.”

Decalcifying Your Pineal Gland

You can well imagine what effect calcification of the pineal gland has on your third eye. Therefore, you may use some of the following methods to decalcify your pineal gland. **IMPORTANT:** Check with a physician before doing any of the following:

Diet

Some foods reported to aid in pineal gland decalcification include: garlic, lemons, Bragg’s raw apple cider vinegar, raw cocoa, tamarind, goji berries, cilantro, watermelon, bananas, honey, coconut oil, hemp seeds, nigella sativa (black seed), seaweed and chaga mushroom. **Avoid the following:** processed foods and drinks, GMO foods, pesticides, artificial sweeteners, mouthwash, cleansers, refined sugar, sodas, caffeine, alcohol, tobacco, mercury in fish, tooth fillings, and vaccines.

Water

Drink fresh, pure water that has not been fluoridated. That would include fresh spring water, distilled water, and reverse osmosis water. Most water filters do not remove fluoride. Avoid tap water and cooking with tap water.

Supplements

Recommended supplements include hydrilla verticillata (freshwater plant), chlorella (green algae), spirulina (blue-green freshwater algae), ginseng, Vitamin D3, Vitamin K1/K2 (Jarrow Formulas), MSM, bentonite clay, chlorophyll, iboga root bark, wild oregano (OregaMax), neem extract. Avoid calcium supplements.

Boron

Boron can effectively remove accumulated fluoride. It naturally occurs in organic beets. The Homeopathic company Boiron also makes a completely safe Borax medicine. Or make a concentrated solution by dissolving 1/4 teaspoon or less of Borax in 1 liter of pure water. Start with a dose of 1 tablespoon per day mixed with drink or food, and continue with 1 to 2 doses daily. Keep out of reach of children.

Minerals

Iodine (Lugol’s iodine solution) helps to remove fluoride from the pineal gland, and magnesium helps to flush out fluoride from your body. Iodine naturally occurs in seaweed. Zeolite (Zelite Pure) and black mica extract (Adya Clarity) are effective toxin removers.

Toothpaste

Avoid fluoride in toothpastes to avoid further pineal gland calcification.

Yoga

Yoga practices, including khechari mudra, help to awaken and decalcify your pineal body.

Sleep Cycles

Sleeping in the dark stimulates melatonin production in the pineal gland. Get an effective, comfortable eye mask and use it every night for deeper sleep and wellness.

Sun Gazing

Under the guidance of a qualified guru, build up slowly, starting with a few seconds, until you can gaze at the sun for a few minutes, during the first 15 minutes after sunrise and last 15 minutes before sunset. Do not attempt this without permission from your physician.

Essential Oils

Recommended oils include lavender, sandalwood, frankincense, parsley, davana, pine, pink lotus, and mugwort. These can be inhaled directly (except mugwort), burned in a diffuser or nebulizer, and added to bath water.

Continued on page 22

YOU ABSOLUTELY NEED IODINE!

by Maggie Martakis
New York

Medical textbooks contain several vital pieces of misinformation about the essential element Iodine, which may have caused more human misery and death than both world wars combined.

Dr. Guy Abraham

The present situation we find ourselves in demands that we quickly reengineer not only mainstream allopathic medicine but all branches and alternatives.

It has become increasingly clear that the majority of humans are suffering from chronic poisoning. Aware or not, we are exposed daily to radiation, fluorine, chlorine and bromine chemicals, that are found in many of our foods, soft drinks, toothpastes, pools, water, air and household chemicals. These chemicals and heavy metals accumulate in our body interfering with thyroid function, the endocrine glandular system, and also cause calcification of our pineal gland (aka third eye) lowering our IQ.

Healthy levels of iodine detoxify the body of these toxic chemicals and, along with proper diet, assist our cells in the uptake of proper nutrients and minerals. **Iodine is used by every organ and tissue in the body.** It is absolutely necessary for a healthy thyroid as well as healthy ovaries, breasts and prostate. These are just a few of the reasons to become interested in iodine.

Iodine has bactericidal activity, e.g. a 1% tincture will kill 90% of bacteria in 90 seconds, a 5% tincture in 60 seconds and a 7% tincture in 15 seconds.

Gershenson, 1968

In an age of increasing toxic exposures we all need more, not less iodine because it provides very specific, protective effects against several common poisons like fluoride, bromide, and to a lesser extent it helps eliminate lead and mercury from the body. Dr. Sebastiano Venturi, in Evolution of Dietary Antioxidants: Role of Iodine, makes it clear that iodine is a crucial antioxidant and

Government's RDD of iodine is 150mcg – a far cry from the Japanese daily diet of 13,800mcg (who have dramatically lower cancer rates).

Iodine deficiency is a major cause of under-functioning intellect. Dr. Flechas agrees – *in newborn children, iodine is responsible for the development of the babies'*



apoptosis-inductor with anti-tumoral and anti-atherosclerotic activity.

When we supplement with iodine we will see increased antioxidant activity and immune system function.

Mark Sircus Ac., OMD

Iodine is an essential primary mineral and those who are deficient, suffer from a wide variety of afflictions. Iodine used to be considered much more important and, up until 20 years ago, it had been routinely added to bread and table salt as a supplement. Today's research presently shows that 3 billion people worldwide are iodine deficient. In addition, the U.S.

I.Q. Recent research shows iodine deficiency is felt to be the source of ADD and ADHD in children.

We have an absolute epidemic of Autism in this country, said Representative Dan Burton. Iodine and magnesium logically should be some of the first things parents should reach for before, during and after pregnancy.

Iodine usage from seaweed can be found as far back as 3600BC China. First discovered by French chemist Bernard Courtois in 1811, Iodine received the name "iode", from the Greek word ιώδες (iodes) for violet (because of the color of iodine vapor). It has been successfully used

throughout history to treat a variety of health issues: 1860 Dr. Rowen, Dr. Condet (goiter), 1900's Sunkar Bisey and Dr. Regnault (malaria), 1920's Dr. Marine and Edgar Cayce (goiter). Today we have Drs. Abraham, Flechas, Brownstein and Tullio Simoncini (skin & breast cancer) just to name a few that realize the benefits of iodine and understand that "this salt is our salvation."

Iodine is utilized by every hormone receptor in the body. The absence of iodine causes a hormonal dysfunction that can be seen with practically every hormone inside the body.

Dr. George Flechas

We might go as far as to conclude that there is a concerted effort to keep us iodine deficient – if we are iodine deficient, our intellect, energy and vitality are all compromised and we are significantly more vulnerable to thyroid malfunction, endocrine/hormonal imbalances, breast cancer, ovarian cancer and prostate cancer. The medical truth is obvious and as plain as day, but most of the time it does not line up with conventional thinking. However, given time, mass consciousness and medical science will catch up to the obvious.

Daring to think out of the box through the past decade has resulted in curing myself of goiter and my son is "off the spectrum" and has been an "A" student for the last four years, along with being tree nut allergy free for the last year. I credit my Holistic practices to my new found knowledge that I now share with the world.

Knowledge is Power and Applied Knowledge is Freedom. ✨

Maggie Martakis is the founder of Maggie's Holistics, and is a Certified Holistic Health Coach. www.MaggiesHolisticsNY.com.

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AYURVEDA: A MATTER OF BALANCE PART 1

by Michelle Fondin
Herndon, VA

Ayurveda is mind-body medicine that originated in India at least five thousand years ago. The name *Ayurveda* comes from two Sanskrit (an ancient language of India) words: *ayus*, meaning “life,” and *veda*, which means “science” or “knowledge.”

The name literally means the “science of life.” Ayurveda is a complete medical system or science that includes observation; diagnosis, treatment, and prevention of disease; detoxification and rejuvenation of the body; surgery; and herbal medicine. Ayurveda is called a consciousness-based system of medicine because the practitioner seeks to understand the patient fully before recommending or administering treatment, and because the practitioner works not only on observation but also on intuition. The Ayurvedic practitioner knows that the patient is not simply flesh and bones but a dynamic being with a mind, a body, emotions, a soul, and a spirit. As the *Charaka Samhita* states, the physician needs to enter the heart of the patient “with the flame of love.” If she does not, she cannot help him. I believe this statement points to what has been lost in allopathic, or Western, medicine, and to what can be found in Ayurvedic medicine.

Why Ayurveda Rather Than Another Healing Modality?

Ayurveda is all-encompassing. The practice of Ayurveda addresses diet, lifestyle, seasonal and daily routines, herbal medicine, massage or touch therapy, detoxification of the body, energy work, spiritual practice through yoga and meditation, and surgery. The philosophy behind Ayurveda says that if it works, then you should try it. Even if you apply the principles in this guide, you can still continue to follow your physician’s protocol, take prescribed medications, and make use of other methods used in allopathic medicine.

Another reason to follow an Ayurvedic practice is that it’s the most complete medical system on the planet. Other disciplines of Ayurveda, which I don’t have

space to examine here, include Ayurvedic astrology and the study of object placement and space.

Finally, Ayurveda focuses on the practice of preventive medicine first. Awareness of the body, mind, and intellect can lead you to recognize subtle changes that occur before full-blown illness erupts. Reversing subtle changes in the body is much easier than curing a disease. By learning little things and applying them, you can make a big difference in your health.

Balance versus Imbalance

One major difference between Western medicine and Ayurveda is that Ayurveda looks at health and illness as a matter of balance and imbalance. If a person is balanced, she is healthy, vibrant, energetic, alive, happy, and motivated, and her skin and eyes glow. When a person is out of balance, she is dull, achy, tired, lethargic, worried, nervous, or depressed. Whether or not physical symptoms are present, Ayurveda can detect that a person is out of balance, and this imbalance will ultimately lead to a manifestation of symptoms and disease if not corrected. Discovering this imbalance before the patient becomes ill gives the Ayurvedic practitioner a little more wiggle room to help the patient. Patients go to the doctor because they are uncomfortable. And if the doctor doesn’t detect any physical symptoms or abnormalities, then all too often he sends the patient home in exactly the condition he arrived in. But the Ayurvedic practitioner, through observation, palpation, and a series of questions, can easily detect the state of imbalance and help tweak the patient’s health back into balance by recommending alterations in



The Ayurvedic Definition of Health

Often, clients come to me for Ayurvedic consultations who claim to be completely healthy. On the questionnaires I send them before the first visit, they write, under the inquiries about their physical health and emotional health, that they are in “excellent” or “very good” shape. These same clients may be notably overweight or addicted to alcohol, or they may struggle with insomnia or anxiety or some other complaint that prevents them from living their lives to the fullest. Upon further questioning, they admit, “Yes, I have a few pounds to lose.” Or: “I can’t end my day without a drink.” Or: “I haven’t slept more than five hours a night in ten years.”

The shift I will ask you to make in your definition of health is from one that is typical of a Western mind-set — “If I have no symptoms, I am healthy” — to an Ayurvedic definition: “Health is an integration of my mind, emotions, soul, spirit, physical body, and purpose in life.” If one of these is out of balance, they are all out of balance, rest assured.

The Mahabhutas: The Great Elements

When Ayurveda was in its infancy, sages called *rishis*, or seers, observed people and nature. What they noticed was that people reacted differently to similar stimuli. For example, if you walk into a room with a friend, you may find yourself freezing while your friend complains that it’s too

warm. Or if you and your spouse walk outside into the bright sunlight, he or she may need to immediately put on sunglasses to appreciate the outdoors, while you enjoy allowing the sun to penetrate your face. These differences, the *rishis* realized, occurred because each person has a unique dynamic, a different mind-body type based on the five elements that exist everywhere. Those five elements are space (*akasha*), air (*vayu*), fire (*tejas*), water (*jala*), and earth (*prithivi*). In Sanskrit, these elements are called the *mahabhutas*, or “great elements,” and they influence all other elements. The five elements make up the three principal *doshas*, or mind-body types, in Ayurveda.

An Introduction to the Doshas

The three principal doshas, or mind-body types, are Vata, Pitta, and Kapha. The **Vata** principle (pronounced VAH-ta) is composed of the elements space and air. “Space” means the vast open space, or ether, but also the space in a room, the space in a box, or the space between your cells. In order for air to move and circulate, it needs space. So these two elements work harmoniously together. The **Pitta** principle (pronounced PIT-ta) is composed of the elements fire and water, which together have transformational qualities. And the **Kapha** principle (pronounced KAF-fa) is composed of water and earth. These elements exist everywhere on our planet and in the universe, in different quantities. Since we are part of the planet and universe, the elements exist within each of us too.

Each person has all three doshas in his or her mind-body constitution. But the proportion of these doshas is different in everyone. General trends in doshic makeup usually exist in families, since genes are shared. But sometimes that’s not the case, since environment, geographical location, date, time, and season of birth often influence a person’s *prakruti*, or true nature.

To determine your prakruti, please take the Mind-Body Type Test on www.creationsmagazine.com (OCTOBER-NOVEMBER 2015 ISSUE, posted October 1st). When you assess each of the statements, think about how you’ve acted, reacted, or been for your whole life. If a statement has been true some of the time or during certain periods of your life, decide how accurately it describes you on average. The test will yield accurate information only if you are truthful to yourself. The results will guide you as you improve your health and come back to what is a naturally balanced state for you.

The purpose of the Mind-Body Type Test is to identify your natural state of being, not to make sure all three doshas are equally strong in you or to choose the traits you think you might like. When a person is in balance, he or she possesses all the positive traits of all the doshas. For example, a Kapha type is naturally trustworthy and faithful. That does not mean a Pitta or a Vata person cannot have those traits too. It simply means that trustworthiness and faithfulness come easily for a Kapha type, and that when in balance, Pitta and Vata types also tend to be aligned with these positive traits. However, when a person is out of balance, he or she usually shows the negative traits of the dominant dosha first; if the condition continues, negative traits of the other doshas appear, too. To return to my example of the Kapha person (who is naturally trustworthy and faithful), a negative outcome for an imbalanced Kapha is possessiveness and greed. And if the imbalance continues, the possessiveness can also lead to anger, which is a normal Pitta imbalance, or to anxiety, which is a normal Vata imbalance.

Once you determine your mind-body type, or prakruti, read the description of each dosha. Keep in mind that each description represents a classic example of that mind-body type and may apply to you only in part. It's common to see several traits of your dominant dosha in yourself, a few traits of your secondary dosha, and maybe one or two traits of the dosha for which you scored the least number of points.

Vata Dosha: The Wind Principle

Possessing a dosha composed of space and air, the Vata person is thin and light and has angular features. Imagine the qualities of space: vast, open, infinite, and cold; and the qualities of air: moving, cool, changing, unpredictable, rough, drying. A Vata type has these qualities in his body and mind. Vatas are quick. They move fast, talk fast, walk fast. They think and learn fast but also forget fast. Vatas are easily excitable, engaging in the latest activities, fads, or fashions. They are fun, creative, communicative, and enterprising. Like the wind, they stay for a time then move on to the next location. Being with a Vata type keeps you young and laughing, because they are playful, funny, and witty. But they can also be unpredictable and unreliable. Often they are accused of being "airheaded." Vatas resist routine, even though they need it, and forget to eat or sleep at times. It is typically Vata to start a project and not finish it, change jobs or relationships often, and spend money on trivialities.

When in balance, Vata types keep you on your toes with their boundless energy. But when out of balance, Vatas suffer from anxiety, panic attacks, weight loss, constipation, dry skin and eyes, aches and pains, and fear.

Pitta Dosha: The Fire Principle

Fire and water may seem like opposite qualities at first glance, but they work together to transform one thing into another. For example, if you make a batch of brownies, you mix together the dry ingredients and the wet ingredients. When you've finished stirring them together, you have a thick, wet, gloppy mixture. Factors that contribute to the wetness are generally eggs, water, and oil. Then you put the mixture in a pan and stick it in the oven to bake. Forty-five minutes later, you have brownies. But if you were to dig through the baked brownies to find the eggs, water, or oil, you would be unsuccessful. The reason is that the "fire," or the oven in this case, transformed the ingredients into something else. That's the transformative effect of Pitta.

Pitta types have a medium build. A Pitta has beautiful eyes with a penetrating gaze and a healthy glow to her skin. It is Pitta to want things to be in order, to be a perfectionist about details, and to not like having her time wasted. A Pitta is driven by education, learning new skills, gathering facts, and then sharing the knowledge with anyone who will listen. To others, Pittas are interesting, attractive, well spoken, and intense.

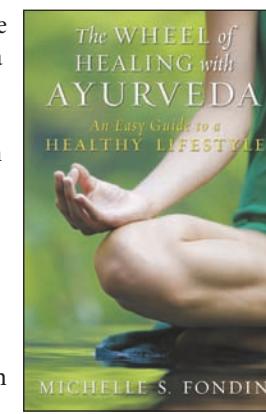
Physically, Pittas are like goats. They can eat anything they want, owing to a strong digestive fire, and will usually be fine. But they also tend to abuse their great digestion by overeating or eating too many spicy or fried foods, all of which aggravate Pitta.

When Pittas are in balance, they are strong leaders, passionate lovers, informative educators, and beautiful. But when a Pitta is out of balance, she spews fire, criticizing and judging everyone in her path. She's irritable, unpleasant, and furrows her brow a lot. She gets acid indigestion or irritable bowels and has a hard time digesting any type of food. Her skin gets red with anger and often breaks out.

Kapha Dosha: The Earth Principle

Composed of earth and water, which together create mud, Kapha is slow, wet, cold, thick, viscous, compact, and heavy. A Kapha type has a large build, big bones, and more fat under his skin than the other dosha types have. He has large, loving eyes

and rosy cheeks. Kaphas move like the tortoise. They walk slowly, talk slowly, think and process things slowly, and don't worry much. It is Kapha to resist change, enjoy routine, and be methodical and affectionate. To others, Kaphas are grounding, steady, loving, and trustworthy, and they are great listeners. Kaphas have a difficult time understanding why they love food so much and gain weight easily. When in balance, Kaphas are the solid foundation of a family or company. Once a Kapha is out of balance, he gains weight, refuses to move off the couch, accumulates clutter, becomes possessive in relationships, and has excess mucus in his body. While all three mind-body types are at risk for depression when out of balance, a Kapha type is the quickest to become depressed, especially in late winter. ✦



For fun, and for better self-understanding, please remember to take The Ayurvedic Mind-Body Type Test in PART 2, on www.creationsmagazine.com (OCTOBER-NOVEMBER 2015 Issue, posted October 1st).

Excerpted from the book The Wheel of Healing with Ayurveda ©2015 by Michelle S. Fondin. Printed with permission of New World Library. www.newworldlibrary.com

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People have patterns of living and relating, and many of these patterns operate unconsciously in our lives. **Consciousness** is an incredibly powerful tool that helps us make informed, intelligent choices at all levels of life, rather than repeating the patterns of our past. The more dysfunctional and unconscious the patterns, the more damaging they can be. They can insidiously permeate our relationships with others and ourselves creating anxiety, depression, frustration and grief.

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

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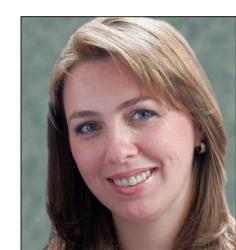
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Dr. Michael Gruttaduria is one of only 700 Board Certified Chiropractic Neurologists in the world. He follows a holistic approach to treating patients with many different chronic health conditions. He is uniquely trained in neurology, functional medicine and spinal biomechanics and has been successfully treating patients for over 20 years.

Dr. Gruttaduria's passion for neurology takes him to conferences continually to maintain the latest understanding of the brain and nervous system and how to treat problems that may arise with medication or surgery.

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Dr. Michael Gruttaduria

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& Wellness Education

HELLO!

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

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

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

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

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"My vision actually improved after an adjustment!"

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of the most direct methods for acquiring a deep understanding of ourselves, our issues and our mission in this lifetime. Clients typically come out of sessions with a dramatically enhanced sense of self and often are able to heal longstanding physical and emotional problems.

Sessions are very illuminating and last up to five hours, of which around two hours is dedicated to the hypnosis itself.

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POETRY

THOSE I'VE KISSED

by Maureen Hadzick-Spisak, Huntington Station, NY

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

HAIKU

by Gerald Starlight, New York, NY

Falling maple leaves
Mirrored in a lily pond
The autumn moonlight

TWO HAIKU

by Patricia Rossi, North Merrick, NY

autumn minuet
leaves waltz in November wind
ember glow cascade
autumn palette hues
nature's amber draped canvas
masterpiece of leaves

SPIRITUAL AWAKENING

by Keith A. Simmons, Bay Shore, NY

Snow day
open blinds
flakes waffle slowly
tender victims of gravity

I languish in bed
drifting in and out of meditation
when your shimmering white figure
glides into the room

to my side
on a chair
you sit on my lap
wrap arms around my neck
lay your head against mine
and send a message
of health
and gratitude
and love
and blessings

I cherish this moment

five months ago I laid your body in
the ground

I miss your body
miss You

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LIMPING INTO PARADISE

by Dr. Seena Russell Axel, Plainview, NY

Taking a while to arrive
if we get there at all,
paradise seemed a world away.

Eons of inner work,
consciousness and clear vision required.
Yet to this life journeyer,
paradise became possible.

Aging, soft-tissue damage
to both knee and hip
mandated cane accompaniment.

So I hobbled entering the queendom.
Wanting to appear regal,
settling on an aided limp.

Accompanied by a partner
who after traveling,
even to paradise...
needed a nap.

This pageantry, so unlike
my imagined vision,
yet ... all that was available.

"Wanting different than what is ...,"
the source of suffering,
the noble Buddha teaches.

So I extricate from my travel bag
journal, pen, and latest
Thich Nhat Hanh wisdom book.
I sit ... I breathe ... I write.

I write ... I write ... I write ...
Opening myself. Inviting divine wisdom
to pour through heart to hand.

I remember ... I.
I remember ... I am.
I remember ... I am here ... now.
I remember ... I am Her. I am home.
I am grateful ... and humbly smile!

Mexico: 68th birthday



OLD HANDS

by Kat Smith, Selden, NY

I look down at my hands
Grown wrinkled and sapped with age
I think of old trees
They resemble these hands
Sturdy branches that bend
And sometimes break
With the weight
Of tangled nests of fate...

"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

WHAT DO MIGRAINES, CHRONIC FATIGUE, HEART DISEASE & AUTISM HAVE IN COMMON?

by Michael A. Gruttaduria, DC, DACAN,
Functional Neurologist

If you are struggling with a chronic health condition, you may have this mutation as well.

This is amazing ... just a short time ago it was thought that your DNA was your destiny. That is, if your father had prostate cancer, you were almost predetermined to have it as well. We now know that this is only partially true. Your DNA does predetermine certain things; like your height, eye and hair color. However, it probably does NOT predetermine disease states. Over the past decade, a new field in genetics has emerged called *Epigenetics*. This is basically the interaction of the environment with your genes.

I like to explain genetic issues to my patients like this: there are 2 types of genetic "problems" that someone can have – I call them "Hard" and "Soft Genetic Lesions." A Hard Genetic Lesion is a defect that you are born with which causes permanent physical problems due to a lack of or too much genetic material present. Down Syndrome and Cystic Fibrosis are examples of these defective genes with altered DNA Sequences. A Soft Genetic Lesion, on the other hand, is also an inherited modification of DNA function, WITHOUT a change in DNA Sequence. Basically, all of the genetic material is present in the right amounts, but the way the gene functions, is altered.

You see, your DNA isn't just there to determine your gender and height ... it is actively controlling EVERY single cell in

your body every second of the day. We all have these minor DNA dysfunctions and would not necessarily know about them unless we ran specific lab testing to find out. It is within these minor alterations called SNPs (or Snips) that our genetic expression is determined. If the genes have no SNPs, they can function normally by making proteins and enzymes that allow for healthy body function. If a SNP is present in a certain gene, the ability of that gene to produce the proteins and enzymes it is supposed to make is reduced. Each gene has two *Alleles* and you get one from your mother and one from your father.

If one is mutated and you are relying on only one good one to make a particular enzyme, you can see how the reaction will be compromised. It doesn't cause disease per se, but over time the reduced function of that pathway will cause poor health.

For example, it takes a chemical reaction in your body to create certain necessary substances from building blocks. In this case, A and B are those blocks. But, A and B can't just stick together to form C, they need an enzyme or protein molecule present to make it happen. That enzyme is created by a gene.

A + B = C

When the gene is functioning properly, it makes 100% of the enzyme, which makes 100% of the product C.

Now, if the gene has a SNP, it can't make as much C as it normally would.

A + B = 50% of C

The reason I tell you all of this is if YOU have a SNP in genes that function in

the methylation pathway, you could end up with the health issues associated with decreased methylation. BUT YOU WOULDN'T KNOW!

One of the most common SNPs we know about happens to be a gene that functions to support methylation. It happens on 2 different versions of a gene called MTHFR; one called C677T and another called A1298C. These genes produce an enzyme called *Methylenetetrahydrofolate Reductase*, which is involved in converting folic acid from your diet to the bioactive form called 5-MTHF. Folic acid must be converted to be used. Without enough 5-MTHF, your methylation process slows and homocysteine levels could be altered.

This SHOULD mean a lot to anyone who is serious about their long-term health. Understanding these gene reactions and to be able to compensate for the chemical weaknesses they create is the future of health care! ☀

Seeing Clearly Through Your Third Eye
Continued from page 12

Meditation on the third eye will fill it with prana and increase its health and size.

Affirmation

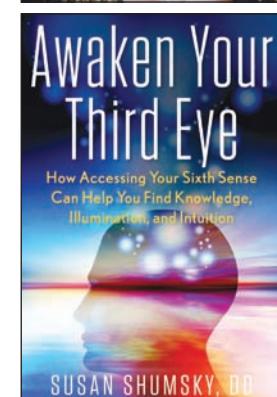
Using affirmative prayer can help you decalcify your third eye. ☀

For more detailed information and product recommendations to help you decalcify your third eye, please visit <http://decalcifypinealgland.com/how-to-decalcify-the-pineal-gland>.



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Dr. Susan Shumsky is the best-selling author of 11 books. A pioneer in the human potential field, she has spent

more than 47 years teaching thousands of people meditation, prayer, affirmation, and intuition. Her book titles include *Miracle Prayer*, *How to Hear the Voice of God*, *Ascension*, *Instant Healing*, *The Power of Auras* and *The Power of Chakras*. Dr. Shumsky is a highly respected spiritual teacher and founder of *Divine Revelation®*. For 22 years, her mentor was Maharishi Mahesh Yogi, guru of the Beatles and Deepak Chopra. A sought-after media guest and acclaimed professional speaker, Dr. Shumsky has done over 650 speaking engagements and 700 media appearances. www.drsusan.org.



Dr. Mike Gruttaduria specializes in complex chronic conditions and uses functional medicine and functional neurology to help people regain their health.

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LIVE YOUR HIGHEST POTENTIAL

by Salena Migeot
Southampton, NY

There are many who have evolved to the point that they can now see, know, and experience much that we have said you would all be able to experience.

As these ones are able to let go of the current, very human tendencies to blame others, feel shame, experience guilt, resort to anger, hold onto unforgiveness, diminish their own light through going along with the status quo instead of questioning incongruencies, they are increasing their light more and more. As this happens, others benefit from their greater output of light and that resets the energetic blueprint of others so that those others are then able to recalibrate to the new blueprint.

As this happens more and more, you will all come into a greater sense of knowing what is possible for you. You will be able to let go of limiting beliefs more easily, embrace higher vibrational energies more consistently and expand your personal lives in ways that seemed highly improbable even a short year ago. You will more readily let go of those habits, thoughts, past-times, and so much more that does not serve you. You will not be as easily swayed by marketing campaigns or misinformation designed to keep you from reaching your greatest human potential. Potential is a powerful word because its root means power. So, what we are saying is, you all have the ability to tap into your own personal power more and more as you embrace more light and eschew those

things that at the core of your being, you know do not serve you.

We invite each of you to dream the best possible dream for yourselves, living at your highest potential – not in terms of societal values – in terms of your own personal best: extreme wellness, optimal agility, speed, flexibility, complete lack of pain (physical, emotional, mental, spiritual), agelessness, self-sustaining energy and balance, perfect bodily functions, clear thinking, perfect recall, full memories, the ability to learn anything you choose in a shorter time than you could previously imagine, the ability to communicate with any realm you choose, if you choose, all psychic abilities available to you as surely as the ability to walk and talk, all handicaps being healed, all disabilities becoming a thing of the past, all desires that do not serve your highest good being eliminated, all desires for connection, upliftment, purpose, validation, right livelihood, right relationship, and any other soul satisfying desire or need being met fully. This is what is possible for you. This is your divine birthright. Creator intended for you all to live in peace, joy, harmony, abundance, and most of all love.

The time of experiencing lack, limitation, suffering, and pain is ending as you recalibrate yourselves to the Christ Consciousness reality of truly living in a state of brotherhood and sisterhood with all beings, conscious stewards of Mother Earth and all of her resources, taking nothing for granted, least of all each other. The more you can embrace this through each and every thought, word, and deed, the sooner you will experience it as your reality. It is not for you to leave it to others. This is a collective effort. Each one of you affects the whole more than you can possibly know or understand. The

more you live in oneness, the greater your understanding will be. The greater your understanding, the more powerfully you will be able to achieve that reality.

Those who choose not to participate are free to do so. They will simply remain in a state of lack, limitation, and disconnectedness. You are free will beings after all. You each create your own destiny and no one else is responsible for your reality. You create exactly what you need to experience your soul's evolution. The easiest way to evolve is to go with the flow. If you resist, you make it more difficult for yourselves. You can flow along with a few turns and dips in the current or make it much more difficult and strenuous through your resistance.

Know that regardless of your choices, you are surrounded by loving guides who only want what is best for you. The more you help yourself and go with the flow, the more they can help you. If you are resisting and fighting the current, that is where you are focusing all your energy and so you are missing their messages, their guidance, their encouragement. When you focus more on the flow – the ease,

the synchronicities, the everyday magic and miracles that occur all around you, you become more open to receive more love, support, guidance, blessings, and opportunities. Go with the flow of love. Love is the most powerful force in the universe. Be love.

A channelled 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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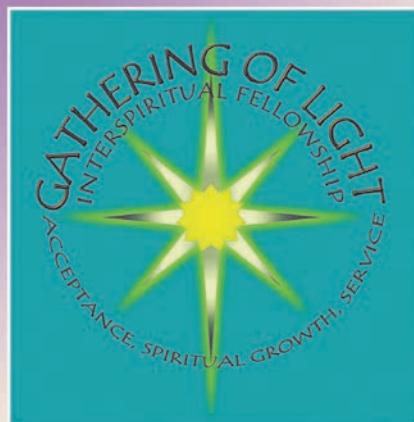
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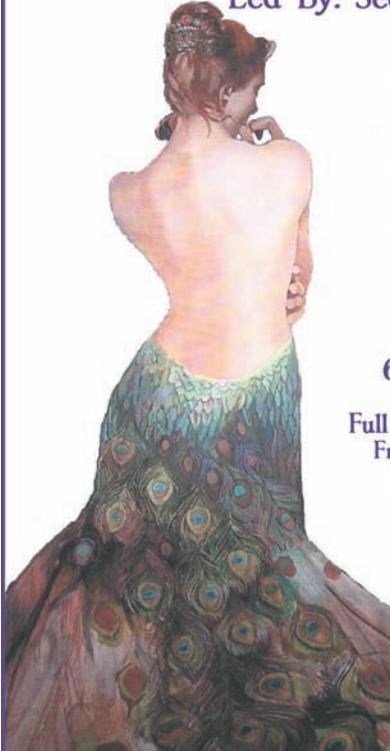
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BOOK REVIEWS

A DEEPER PERSPECTIVE ON ALZHEIMER'S AND OTHER DEMENTIAS: Practical Tools and Spiritual Insights
by Megan Carnarius
www.findhornpress.com

Do we need to revise our current methods for taking care of people with Alzheimer's disease and other dementias? How do we create a quality life for each person during the various stages of the illness? Does this disease, that initially appears hopeless and destructive, actually provide opportunities for insight, inspiration and a greater understanding of ourselves, and those we love?

In her book, Megan Carnarius urges a move away from ageism and *dementia* to the recognition that as we age we are all still essentially timeless beings within our physical packages. The book is written both for those diagnosed with Alzheimer's and other forms of dementia, and their carers. It provides practical information about creating a supportive environment around the various stages of the disease as well as its spiritual dimensions. Carnarius, who has worked for years as a carer, provides a clear understanding of the various forms of dementia and what to expect from the patient as the disease progresses.

What's new here is Carnarius' take on the "fall-out blessings" of Alzheimer's. She compassionately describes various opportunities for reframing the disease. For example, she describes it as a way of living more than one life experience within a lifetime, as allowing matriarch and patriarch roles to transition to the next generation. This book is designed to assist those caring for loved ones and patients with Alzheimer's to be conscious and open to the blessings of the journey of the disease, explaining

how an openhearted approach, nurtures compassion, and ultimately enables each of us to be better human beings. It is also written for those individuals living with memory loss illnesses, so that they can be supported and allowed to live their experience fully in their own unique way; to express themselves, to love and be loved, and to be sheltered from harm.

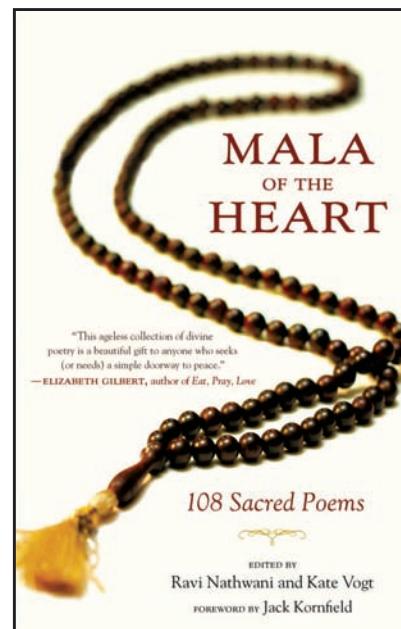
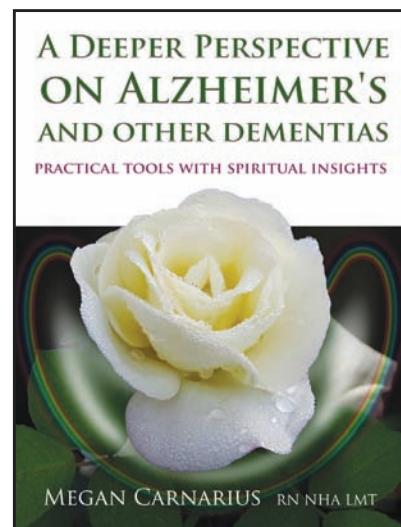
MALA OF THE HEART: 108 Sacred Poems
Edited by Ravi Nathwani and Kate Vogt
www.newworldlibrary.com

Ancient texts remind us that what is within the heart space "should be longed for and realized." This unending inner space, the spiritual heart, is spoken of as "the lotus of the heart" and "smaller than the smallest atom, greater than the vast spaces."

The poems in *Mala of the Heart: 108 Sacred Poems* create this space for the reader, offering timeless jewels of insight to spark awakening and enrich spiritual practice. Filled with crystalline wisdom from the great poets, sages, saints, and mystics, *Mala of the Heart* is a collective expression of universal heart-filled wisdom. Spanning a wide range of cultures and civilizations – from India, to Europe, Japan, and the Middle East – each poem in this collection offers a unique perspective about the path to awakening. Some of the poems express belief in a higher being. Some convey instantaneous awakening. Others lead the reader down a disciplined path of contemplation. The poems are ordered according to a broad interpretation of the

heart-centered chakra model, guiding the reader toward realization.

The editors have included 108 poems since that number has symbolized sacred connections and the divine since ancient times. At the highest level, 108 represents the nameless supreme that is beyond



worldly existence, which is why there are 108 beads in the traditional meditation mala used by spiritual practitioners throughout the East. Most of the poems in *Mala of the Heart* are from saints and mystics who lived and died before 1900.

Although Rumi appears most often, the editors intentionally selected poems that offer a balanced representation of gender as well as a range of cultures and civilizations.

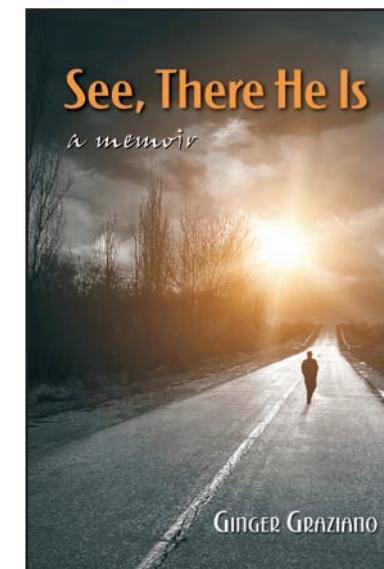
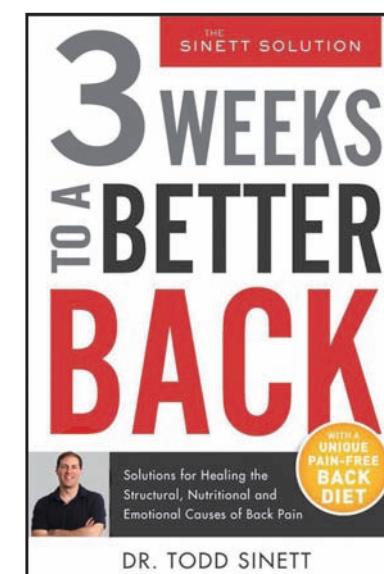
3 WEEKS TO A BETTER BACK: Solutions for Healing the Structural, Nutritional and Emotional Causes of Back Pain
by Dr. Todd Sinett
East End Press

Most doctors typically only address structural issues when assessing and treating back pain – ignoring the rest of the body. In *3 Weeks to a Better Back: Solutions for Healing the Structural and Emotional Causes of Back Pain*, chiropractor and pain expert Dr. Todd Sinett reveals his unique perspective on back pain: very often back pain doesn't stem from the actual back itself. He elaborates on the three main causes of back pain—one's physical body, nutritional habits, and emotional state—to help readers find their unique cause and solution.

As 33% of all people over the age of 18 have sought treatment for back pain in the last five years, it is clear that many of us suffer from, or will at some point suffer from, back pain—whether minor or excruciating. In fact, it is second to the common cold as a reason people visit their doctors; the third most common reason for hospitalization; and the fifth most common cause for surgery. Many simply accept this as an inevitable part of life. In fact, those suffering may be focusing on a physical solution or strategy for their pain without addressing the *actual* root cause of the problem. After many years, Dr. Sinett developed a three-pronged approach that works to eliminate back pain by targeting aspects of the body and mind that people have been ignoring.

Dr. Sinett guides readers through the proper steps for self-diagnosis, and provides the strategies and tools

to create a customized plan. Taking nutritional habits and emotional state into account, readers first determine where their source of back pain stems from, using the Back Pain Inflammation index. Based on their score, they are directed through a personalized approach to treat their particular type of back pain and needs. *3 Weeks to a Better Back* is a lifestyle guide that goes beyond just 21 days to set readers on the path to being pain-free for life.



When nothing is familiar anymore, the stakes for truth-telling are raised. At the time Ginger Graziano took her son and daughter and left her marriage, she had no job and no plan. She only knew she was dying inside. She persevered, recovered from a mental breakdown, and learned to confront challenges and to fight. Still, Ginger was not prepared for what she later faced when her teenaged son was diagnosed with an aggressive brain tumor. During his illness, and after his death, Ginger followed the urgings of her heart and turned to art and the natural world to save her sanity and to heal the wounds of both past and present. Her creativity saved her, and nature demonstrated that even after great destruction, new life arises. Readers of this compelling memoir will understand how from disaster and despair the possibilities for true self-recognition are created, and how we can ultimately learn to thrive.

Incidentally, Ginger is the long-time Editorial Designer of *Creations Magazine*. (See ad on page 20).

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