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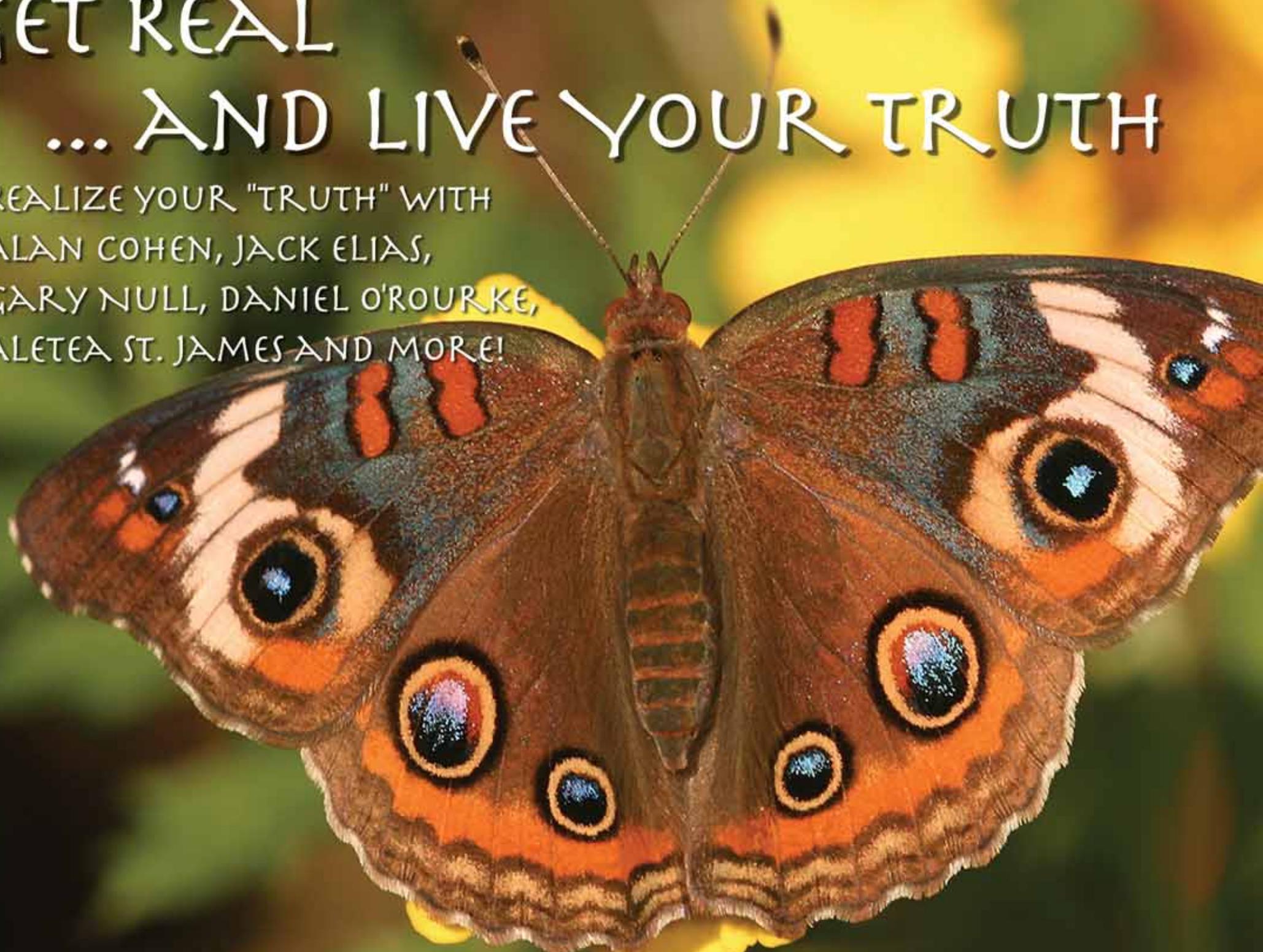
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GET REAL ... AND LIVE YOUR TRUTH

REALIZE YOUR "TRUTH" WITH
ALAN COHEN, JACK ELIAS,
GARY NULL, DANIEL O'ROURKE,
ALETEA ST. JAMES AND MORE!



*And those who were seen dancing were thought to be insane
by those who could not hear the music.*

FRIEDRICH NIETZSCHE

Integrative Dentistry: A New Paradigm In Dental Health

More and more people are turning to alternative medicine over allopathic medicine to help cure their ills.

Many are just tired of conventional medicine's symptom-focused approach.

Instead of focusing on helping the body heal naturally, as in naturopathic medicine, conventional medicine focuses on drugs and surgery. For thousands of years people have used natural medicine such as herbal medicine and energy medicine as healing modalities. Abandoning this ancient wisdom and thousands of years of success in healing seems irresponsible and foolish.

While Naturopathic medicine is an important health care system, we cannot dismiss modern medical advances, technology and techniques. This is why the Integrative Medical model can be a highly successful approach to health care. Today, with our improved understanding of biology and how our body works, we can better understand how natural medicine heals.

Dentistry is no different.

Incredible advances in diagnosis and

treatment have occurred in the past several decades. 3-D low radiation digital x-ray technology allows Dr. Shvartsman to see the full picture and not just extrapolate and guess from a 2-D film. Lasers have literally revolutionized dentistry. Cavity diagnosis, gum disease, tooth decay removal, tooth whitening, TMJ therapy, pain management have all been improved by laser dentistry. Biomimetic restorative materials allow Dr. Shvartsman to reconstruct teeth to emulate nature, so the tooth and restoration act in harmony with each other. However, same as conventional medicine, conventional dentistry is stuck in the symptom-based treatment approach.

Naturopathic Medicine is the study and application of a variety of alternative healing modalities which include homeopathy, herbal medicine, Ayurvedic Medicine, Chinese Medicine, energy medicine, supplementation, diet, as well as other alternative healing modalities. Naturopathic medicine is all about helping the body heal itself. It works with the body, focusing on causes rather than only addressing the symptoms. Our body is used to nature. When we expose our system to unfamiliar,

synthetic medicine, chemicals that our biology has never come in contact with, our body gets confused, inflamed, poisoned and often sicker. It is no wonder that today's modern drugs are full of nasty side effects.

Integrative medicine has emerged as a highly successful healing approach by borrowing the best of both conventional and alternative medicines. Dentistry can also benefit from such thinking. In developing his Integrative Dentistry approach, Dr. Shvartsman recently completed his Naturopathic Doctor degree (ND). While staying current in modern dentistry as well as Naturopathic Medicine, Dr. Shvartsman is convinced that he will be able to more effectively help and heal his patients.

Already Dr. Shvartsman's patients are benefiting from this fusion.

Ozone therapy has saved many teeth from root canal treatment and cleared up infections without antibiotics, Homeopathic anti-anxiety remedies have calmed the nerves of many patients; natural remedies and supplements have helped speed up healing and recovery

after surgery. Energy medicine has helped to select biocompatible materials for the individual patient. Dr. Shvartsman's extensive knowledge of alternative medicine techniques allows him to be "on the same page" with his patients.



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Talking Our Walk

FROM THE PUBLISHERS

When our compassion becomes genuine and deep, our actions for the benefit of others will be effortless and free.

~His Holiness 17th Karmapa

This October/November Autumn "Transitions" Issue, Alan Cohen exhorts us to *Get Real*. He's saying that in a world consumed by illusions, we must live authentically. We hold power over our lives, regardless of the insanity around us.

An integral component of being real and living authentically is offering compassion to others. However, there is a more important aspect that often goes unexamined or is simply disregarded: "Until we experience genuine compassion for ourselves and our own struggles, we are powerless to be of any real help to others." Jack Elias sensitively explores this theme of self-love and compassion for oneself in his reflection of Robin Williams' troubles that ultimately lead to his final "act."

Living a completely real life also involves extending "genuine and deep" compassion to all living beings. This includes ALL animals that walk, swim, fly and crawl. To this statement, many a well-meaning vegetarian and vegan is met with an indignant, but not an all-together unwarranted, "Don't go imposing your values on me!" This is the vegan's dilemma – caught between the desire to promote a more peaceful and compassionate world while not looking to come off as high-handed and preachy.

This past August, we met with Dr. Will Tuttle. Author of the bestseller, *The World Peace Diet*, Dr. Tuttle deftly addresses the vegan's predicament: "As far as imposing values, we would never say that someone who argues and works against rape, murder, and stealing is imposing their values on rapists, murderers, and thieves, and shouldn't do such a thing! We would naturally be grateful for their efforts, because this is the best not only for those who commit these offenses and their victims, but also for the entire society. It is of course similarly true with our abuse of animals. Just because our abuse of animals is culturally approved and mandated (as



was human slavery for many centuries), this in no way makes it acceptable.

"The only reason anyone is paying for killing, raping, and stealing from nonhuman animals is that their cultural programming has imposed these values on them. The primary reason anyone eats animal-sourced foods is that they're simply following orders, and doing what they've been told to do since infancy by every institution in our culture. How ironic for such a person to say to a vegan, 'Don't tell me what to do. Don't tell me what to eat.' The only reason they're eating and doing what they're eating and doing is because they've been told to eat and do that by pervasive damaging indoctrination.

"The vegan is actually helping them to question the fact that they've been told what to eat their entire lives, and to become aware of and question the negative effects of this. In doing so, the vegan is acting as the most kind and helpful friend and ally. As vegans living our lives, we encourage people in their natural quest to be more healthy, happy, and free, and to live in a world that is more healthy, just, and sustainable."

The choice is always ours. Let's make Alan Cohen's truth our own: we hold power over our lives, regardless of the insanity around us.

In Peace,

Neil + Andrea

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PUBLISHERS / EDITORS-IN-CHIEF: Neil and Andrea Garvey
 ASSOCIATE PUBLISHER: Lainie Covington
 EDITORIAL DESIGN / LAYOUT: Ginger Graziano Design (828) 236-2075
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GET REAL

by Alan Cohen
Kapaau, HI

news was *beyond* depressing. It was *ridiculous*. It was unbelievable. Finally, after the closing sortie of auto accidents and snarled traffic, the broadcaster announced, "...and now for a great new book by an author who is going to tell you how to live a happy life."

The camera turned to me. Suddenly I became Neo in the movie *The Matrix*, in which wizard Morpheus extends two open hands, a red pill in one palm and a blue pill in the other. If Neo ingests the red pill, he will awaken to his true self and the real world. If he takes the blue pill, he will remain in a familiar but oppressive world of illusions.

I sat up straight and reached for the red pill. I told the audience that love is our birthright and fear the imposter. I took a stand for living authentically in a world consumed by illusions. I told the viewers that they deserved better than the world showed them, and they held power over their lives regardless of the insanity around them. It was the only news I knew how to broadcast.

After the program, the anchor, a highly-respected lifetime journalist, took me aside and told me, "I agree with you completely. I get depressed coming to this job. There has to be more to life than the world we are telling people there is."

The reality we have been shown by the media and other seemingly authoritative institutions has been twisted into the polar opposite of truth, championed by people more committed to bondage than freedom. You have likely told someone about a valued vision of yours, to which he or she responded, "Get real!" Suddenly your excitement was reduced to ashes and you either gave up your quest or you had to once again build up the courage and momentum to forge ahead. Take care to share your sacred visions with people who will empower you, not attempt to gobble your hopes in the shredder of doubt. If you have even one or two good friends who understand you and believe in you, that is sufficient. And if it seems that no one understands or supports you, Higher Power has your back. Even when you do not have faith in yourself, God has faith in you.

When most people say, "Get real," they mean, "Get small. Get limited. Get stuck. I am trapped in my little fear-bound world, and your expansive vision is threatening to me. So I demand that you grovel in the mud

with me. How dare you rock my tiny world with greater possibilities!" The premise is that success and happiness are unattainable illusions, while struggle and suffering are realities we must adjust to and live with.

Most planetary game-changers were told, "Get real." They were branded insane, shamed, imprisoned, tortured, and killed. The Catholic Church sentenced Galileo to house arrest for suggesting that the earth revolved around the sun. Soon afterward Italian philosopher Giordano Bruno proposed that the sun was a star and that the universe contained an infinite number of inhabited worlds populated by other intelligent beings. Giordano was convicted of heresy and burned at the stake. When the judges issued his death decree he told them, "Perchance you who pronounce my sentence are in greater fear than I who receive it." Jonathan Swift later noted, "When a true genius appears, you can know him by this sign: that all the dunces are in a confederacy against him." Einstein echoed, "Great spirits have always encountered violent opposition from mediocre minds." Every person is potentially great. Are you willing to step into your greatness, claim it, and live it?

This season offers you many opportunities to get real in the presence of people who fear to get real themselves, and call you to play small with them. Regard their resistance as a call for love and an invitation for you to be authentic. When you stand for truth in the presence of illusion, you break the illusion for yourself and for everyone who subscribes to it. Your mission is to remain alive in a world preoccupied with death; to walk tall when others are compromising their integrity; to be who you are while others have forgotten who they are.

Reality is not for sissies. To live authentically in a world steeped in illusion is the gift of a lifetime, spreading light in ripples from your own life to the lives of everyone you touch. ✨



Alan Cohen is the author of many inspirational books, including *I Had it All the Time: When Self-Improvement Gives Way to Ecstasy*. Join Alan's upcoming Life Coach Training

Program to become a professional life coach or incorporate life coaching skills in your career or personal life. For more information about this program, Hawaii retreats, Alan's books, free daily inspirational quotes, and his weekly radio show, visit www.alancohen.com, email info@alancohen.com.

Sitting backstage at a network television studio in a large metropolitan city, I waited to go on the air for an interview. My segment was scheduled right after the noon news broadcast, which began with a gory account of a murder, then a rape, then

war footage, followed by bad economic news and a political scandal.

I began to feel depressed, but consoled myself that the broadcast would get to more positive reports. It didn't. The entire fifteen minutes was filled with gloom and doom, nothing anyone in his right mind would want to get up in the morning and face. Eventually I just had to laugh. The

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ASSESSING YOUR TRUTH AND LIVING IT

by Lee McCormick and Mary Falkner

“Hell, in my opinion, is never finding your true self and never living your own life or knowing who you are.”

John Bradshaw,
American author, counselor, and theologian

While we all have a family of origin, we don't all have to think of them as totally dysfunctional – perhaps capable of freaky moments is a better description of yours. Regardless of how you describe your family, it's good to know that you can change your *experience* of it. **You can heal the left-over negative memories and your reactions to them.** Identifying the dynamics is the first step in making this transformational journey.

In the late 1980s, counselor and author John Bradshaw began decoding the family-of-origin mystery in his seminal work *On the Family: A Revolutionary Way of Self-Discovery*. This was followed by a host of books defining the “dysfunctional family system” – a group Bradshaw estimated to be 96 percent of the population.

Some of the results of growing up in a dysfunctional family include poor self-image, fear, risky behavior, addiction, compulsion, difficulty focusing, hyper-vigilance, caretaking at the expense of self, perfectionism, being hard-hearted or caring too much, depression, and anxiety. It's fair to say if you grew up in a dysfunctional family, you are not alone!

The family matrix many of us have grown up with resembles the cultural matrix for the most part. Rather than laws, it is passed along in family stories, many of which have been handed down through the generations. These stories shape our thoughts, beliefs, and expectations according to a system of undeclared assumptions. They go a long way toward creating our identity, shaping our dreams, and defining our behavior. It hands us preconceived definitions and declarations.

... Men don't ... Women do ... Grown-ups do ... Children don't ...” You know how this works.

We need to sort through the messages to find our truth. Maybe you aren't “just like your mother” or “just like your father” or “just like your uncle from Nebraska who

drinks too much.” Unless these stories resonate with your core being, they are up for a rethink. Examining these assumptions and discarding those that don't hold up to your scrutiny is a bold step that is ultimately and intricately bound to reclaiming your authenticity.

A good way of making this assessment is to pay attention to how certain family sayings affect your emotions. Do certain stories make you feel embarrassed? Do some make you feel proud? Are you encouraged in your pursuits or do you feel put down? You have a right to feel good about yourself. Validating your experience gives you permission to get more honest. You will be surprised at what you discover about yourself. You don't have to confront your family in the process; you are going for self-honesty.

Transforming the Past: Self-Image Redo

While we can't change the past, we can change *how we feel about ourselves* based on the past. That's an important distinction, and it bears repeating. You can change how you feel about yourself. Regardless of the kind of craziness that went on in your home, you absorbed it and have held yourself responsible for causing it. Kids are like that – they take on whatever is happening around them, and they think it's about them. Feelings of responsibility, anger, guilt, and shame are among the common results of growing up in family dysfunction. It may take professional help to heal, but you *can* heal – and, as you heal, you discover that you are much more than your old beliefs indicate.

Coming to terms with addictions, obsessions, and compulsions that disconnect us from our truth and sabotage happiness is the beginning of building a solid core from the inside out – it's the beginning of authenticity. Being willing to believe in yourself, believe in your basic goodness, and believe in your right to your hopes and dreams are grist in the transformational mill.

Empathy is on our internal compass – not in the codependent sense, but in true caring and connection with our self and with the human family. Empathy creates a moral map that we will rely on for making deci-

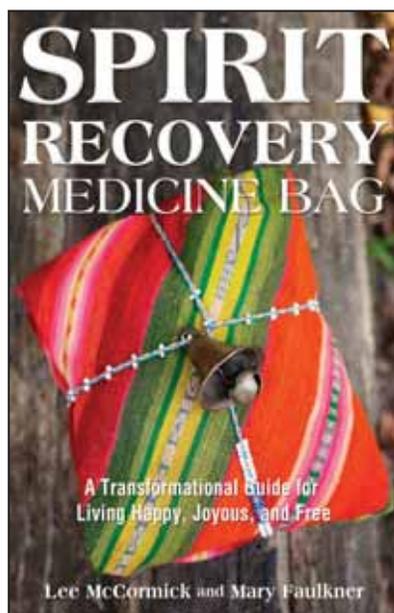
sions throughout life. Empathy is developed naturally through the sensitive and loving care we receive in childhood. If we were not treated sensitively as a child, we can develop empathy later in life by changing our relationship to ourselves and learning to treat ourselves respectfully. That includes cleaning up destructive self-talk, refusing to buy into the negative stories we have heard about ourselves, and beginning to write our new story. While this sounds simple, it is not easy to override the early programming we receive – but it is entirely possible!

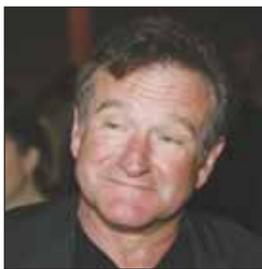
None of this is about blaming your family or yourself; it's about cutting through the inaccuracies – or, more to the point, lies – and finding out who you are when you have the pen in your hand, when you're

telling the story. We often discover that we aren't much different from everyone else – but it's an *important* difference. We became what we were taught to believe we were – now we can become what we believe we are. Welcome to your new matrix. ✨

Excerpted with permission of HCI Books ©2014, from **Spirit Recovery Medicine Bag: A Transformational Guide for Living, Happy, Joyous and Free**

Lee McCormick and Mary Falkner are co-authors of **Spirit Recovery Medicine Bag: A Transformational Guide for Living, Happy, Joyous and Free** (HCI Books), an essential and life-changing resource that is half autobiographical journey and half medicine bag filled with spiritual healing practices for those who are struggling with any aspect of life. The book draws on Native American and shamanistic traditions, Eastern practices, universal spiritual pathways, and other heart-opening methodologies developed by these two seasoned experts. For more information, go to www.SpiritRecovery.com or www.hibooks.com.





by Jack Elias
Seattle, WA

HE "SHOULD" HAVE BEEN HAPPY

Like so many others, I was shocked and saddened, and also drawn into deep contemplation, on hearing that the beloved actor, comedian and social activist, Robin Williams, had taken his own life. As a hypnotherapist who has worked with many people suffering from depression, it reminded me of a shocking, and critical, teaching that I received many years ago, that has stayed close to my heart ever since.

I was a longtime Zen Buddhist practitioner and felt a strong affinity for the philosophy of Aikido. Reading an Aikido publication, my eyes fell on a letter to the editor in which the writer praised the great qualities of a dear friend and fellow Aikido practitioner. He described a truly wonderful man who was a master chef, an accomplished horse trainer, a Black Belt Aikido master, a master carpenter and home-builder, and a longtime meditation student who radiated tremendous warmth and calm. He said, "There was no one who did not like him."

And then he added, "I am talking about my friend in the past tense because on April 10th, he died by his own steady hand." How could someone who had accomplished so much, who was so loved by others, commit suicide? He went on to share that balance and self-love are crucial on the path – that these qualities cannot be replaced by any degree of excellence in any kind of endeavor. *The love of others cannot make up for a lack of loving kindness and compassion for oneself.* You can't enjoy your success if you throw out self-love.

Many bright stars have taken their lives in the years since I first read that letter. These are often people whom we think "should" have been content – people who seemed to have it all. Last month, one of the world's favorite entertainers made the same choice as the Aikido practitioner described in the letter.

Robin Williams had a lion's share of talent and artistic mastery, as well as a huge heart of compassion . . . for others. One of the main things people shared about Robin Williams, beyond his work ethic, his outrageous lightening fast humor, and his generosity in supporting dozens of charities, was that he had the rare ability, when he was relating to you, to make you feel as though you were the most important person in the world.

There was no one who did not like him. So why wasn't that enough to make him want to stick around?

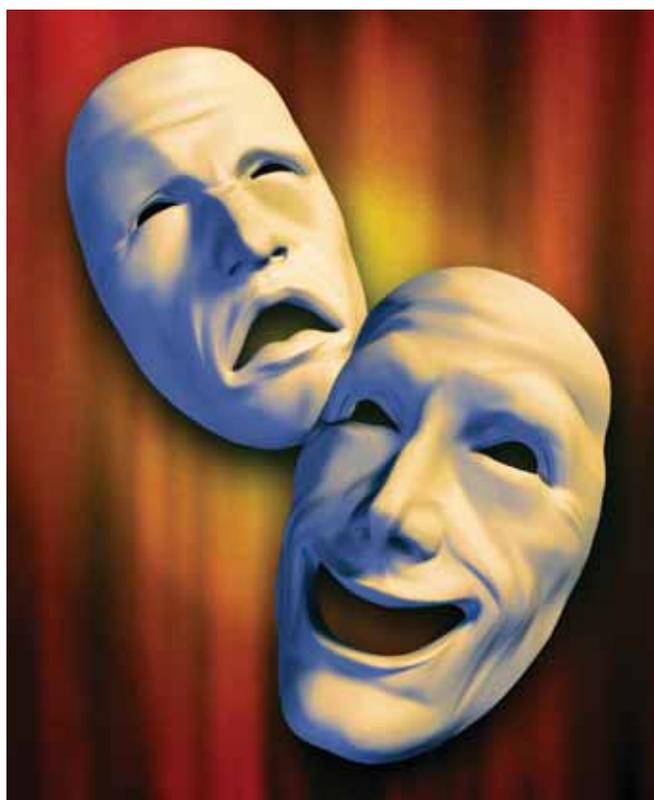
The thought that makes depression and addiction seem immovable

Many of my clients have struggled with depression and addiction, and many of them say one thing that I also heard Robin Williams say in an interview. He said that the alcoholism, the addiction, "isn't connected to anything, and doesn't come from anything. It's just there waiting. It lies in wait for the time when you think, "I'm fine now. I'm OK. And then all of a sudden it's not OK."

This viewpoint, while common, shuts ourselves out of the very real possibility of healing. It treats the condition as a thief that can pounce on us and steal our happiness, even – or especially – when things are going well for us. It treats our suffering as a "thing" that is more powerful than we are, as a monster that can victimize us, rather than as a mutable condition we can actively work with and change. It seems to me that those who accept this view are more likely to take their own lives. I worry about them.

On the flip side, whenever I'm working with a deeply troubled client and they begin to glimpse the possibility of freedom from their depression and addiction, I feel encouraged. I see people choosing to accept this challenge, along with the pain involved in meeting it.

When I see this happening for someone who's been acutely depressed, I know they've had a glimpse of self-love. It only takes a glimpse for us to begin to insist on self-compassion. And when you're intent on dissolving your despair, this is the most powerful protection there is.



How do we know it's possible to overcome depression and suicidal thinking?

We live at a time in which science has revealed to us that the brain is not a fixed or hardwired organ. In fact, the brain has amazing generative powers – its *neuroplasticity*. Our brain is constantly reshaping itself and generating new connections, in this way increasing its own power to learn and adapt. This new science renews my view that nothing is absolutely intransigent – not depression, not addiction.

This doesn't mean that people who suffer from depression or addiction are "to blame" for not overcoming their problem. What it does mean is that there is always the possibility of finding a way in, of nudging the brain to literally learn its way out of a problem that we once believed were hardwired into our gray matter.

Now is the time to let go of our pre-conceived notions about what is possible and what is "impossible." It is a time to explore and experiment with humility. As a therapist, and even as a friend, it can be like walking a tightrope to get the right balance between empathy and offering possible guidance when we're seeking to help someone else.

Helping others: What's self love got to do with it?

Sometimes, especially if you have no deep suffering of your own that helps you to

understand the road the other person is walking, it may be best simply to be present with an open heart, and to bear witness. If you do have a basis to offer some guidance, it is best to do so in a way that will not be received as criticism.

This is a common mistake people make when they try to apply the proposition, "We create our reality." Applying this incorrectly, people diagnosed with cancer often end up thinking that having cancer means they have failed somehow and have made themselves sick.

I often contemplate how to be skillful in this way. How to refute the notion that something cannot be changed – "It's just there waiting" without offending the person who believes this? Without harming their sense of self-worth? Without giving them the impression that you don't care about their suffering?

Along with millions of others, I wish, powerlessly, that Robin Williams had not taken his own life. But in the grief that follows, so many have risen to the occasion, to celebrate Robin's gift for bringing comedy and laughter to millions, as well as his kindness and generosity to those in need. And to acknowledge that those around us who are suffering with depression and addiction need more from us. They need our awareness of their struggle, our compassion for their pain, and our listening ears.

Until we experience genuine compassion for ourselves and our own struggles, we are powerless to be of any real help to others. So, if you're someone who believes in dedicating your efforts to improving life for "all beings," make sure you're including yourself in the big picture. ✨



Jack Elias, CHT, is the author of **Finding True Magic: Transpersonal Hypnosis and Hypnotherapy/ NLP.** Jack is planning to present a

powerful weekend seminar entitled "Finding True Magic" in the Spring 2015. <http://FindingTrueMagic.com>. Please contact William Marcus, LCSW, MH, for more information: 516 456-6555.

DEATH IS NOT THE END OF LIFE

by Guy Finley
Oregon

There is an unspeakable gem whose light comes seemingly from all around us, but in truth is an upwelling from within us. Our relationship to that upwelling light – to that source of love – is really where we find the meaning of life, and we discover this relationship in the mirror of the present moment.

But when we are caught up in imagination, whenever we are lost in thought, we can't see the purpose of life that is right in front of us.

For example, when we look out a window we can see the grass, the trees, and the seasons rotating around everything we see. But can we see that death is not the

end of life? That tree, even when it withers and falls to the ground, isn't the end of the tree. It's the end of the form of the tree. And everything that constitutes the tree becomes part of the grass, everything that's part of the grass becomes part of the soil, everything that's part of the soil becomes part of the next tree. It is an inescapable fact that death is not the end of life.

But for us, life has an end, doesn't it? What is death, then, for us? Death is the end of the known, like the lyric from an old Bee Gees song: "It ended when you said goodbye." How many times have you already "died" in this life? The "my life is over" drill is so old; it should have died itself by now! "He left me, she betrayed me, I lost this, I'm not handsome any more ..."

We've all died a thousand deaths, and yet we're still here ... because the deaths that we've died have not served us at all. They've served that which continues to create something that will once again come to an end, and then we will go through the process of discovering – over

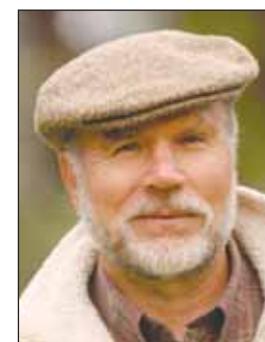
and over again – that there is something that lives within us that has a beginning and an end.

There is no end to real life, but within us dwells a nature that keeps running into what it says is the "end" of me. What do we serve in the moment when we suddenly find ourselves faced with something we regret? What do we serve when we're faced with the onset of a depression? What do we serve in the moment when we realize we've done all of this again ... for nothing? What do we serve when our heart and mind are as barren as a winter's tree, and all we can do in those moments is turn on ourselves with a vengeance for not being what we imagine we should be? What do we serve in those moments? We serve in those moments a part of ourselves that believes in death, a nature that believes in the end instead of the beautiful real-life process of transformation.

Stop trying to fulfill a purpose for your life through imagined ends. Begin to spend a little bit of time in your body, present to things instead of pursuing things; the first step to finding your true

purpose: being present to life instead of pursuing it.

Life wants us to know the meaning of it. It is an innate urge in us to know the meaning of our life, and it is right before us in the mirror of the present moment.



Guy Finley is the best-selling author of more than 40 books and audio albums on self-realization. He is the founder and director of Life of Learning Foundation, a nonprofit center

for self-study where he gives talks four times each week. Guy is a faculty member at the Omega Institute in Rhinebeck, New York and is a regular expert contributor to Beliefnet and the Huffington Post. For more information visit www.GuyFinley.org, and sign up to receive a free helpful newsletter emailed to your desktop once each week.

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OF EVENTS

ONGOING EVENTS

MONDAYS

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

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

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

MONDAY NIGHT ALIVE! WITH ARIEL & SHYA KANE – You can have a stress-free, utterly successful, satisfying, and easy – that's right, *easy* – life. These fun, lively and interactive seminars will show you how: October 13, 20, 27 • November 3, 10, 17; Location: Skyline Hotel, 725 Tenth Ave. at 49th Street, Penthouse Ballroom; Fee: \$20. Call 908-479-6034 or visit www.TransformationMadeEasy.com/Mondays to pre-register. Walk-ins welcome.

TUESDAYS

REIKI HEALING & MEDITATION CIRCLE with Dr. Carrie McDermott 6:30-8:00PM, East Norwich, NY. Call 631-804-3154 or email info@serenity-healing.org to RSVP.

MEDITATION / PSYCHIC DEVELOPMENT GROUP Newcomers welcome: 10/7, 10/21, 11/4, 11/18. 7:30 – 9:30 PM, Smithtown. Registration: 631-724-9733 www.lightawakenings7.com.

SPIRITUALITY CLASSES ON VARIOUS TOPICS given by Dr. Rev. Lucille Rosen and Rev. JoAnn Barrett. 7-9:00PM in Melville. 631-265-3822. Please visit GatheringofLight.org for details.

THE JOY OF ASTROLOGY; UNDERSTAND YOURSELF, OTHERS! A One Night Fun Event. 10/28 7:00-10 PM. Handouts, Q&A, Discover your True Sign! LIMITED SEATING. Payment Due Upon 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.

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

HOW TO MEDITATE - 5 WEEK COURSE CLASS III – 10/14, IV – 11/11, Registered students and make-ups. 631-724-9733, www.lightawakenings7.com.

DARING WAY GROUP starting Oct 14. Based on the work of Dr. Brene Brown whose TED talk struck a deep nerve. Her research found vulnerability to be the seat of joy, compassion, authenticity and a fuller life. Join us in this unique workshop towards a fuller life. Call 516-229-1299 or serenitymentalhealthcounseling.com/the-daring-way/ for further info.

THURSDAYS

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

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

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

SPIRITUAL DISCUSSION with Dr. Carrie McDermott. 6:30 – 8:00PM, East Norwich, NY. Call 631-804-3154 or email info@serenity-healing.org to RSVP.

FRIDAYS

MEDITATION, GUIDED IMAGERY AND SELF DEVELOPMENT SERIES BEGINS OCTOBER 3RD 6-7:30PM IN HUNTINGTON. Gain tools to awaken the hidden powers within to train your mind. Become more effective in all areas of your life. Discover inner realms that rejuvenate your spirit and soul. Call Liza Johnson Licensed Marriage Family Therapist, Certified Meditation Teacher and author of *Take Me Home: Walking on Sacred Ground in the Last Stage of Life*. www.lizajohnson.com, 631-804-2128 for more information.

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

SATURDAYS

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

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.

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

CARLOS CASTANEDA'S TENSEGRITY® PRACTICE IN NEW YORK CITY. For more details and location contact us at nyintent@gmail.com or call us at 917-498-1071. In this weekly practice we explore and practice the Magical Passes® – modernized forms of body movements developed by Carlos Castaneda which open us to our energetic core, giving us vitality and physical prowess, concentration and purpose, overall wellbeing of body, mind, emotions and spirit, and enhanced awareness. Suggested donation \$8.00. For more information visit: www.cleargreen.com.

SUNDAYS

INNER LIGHT SANGHA at The Living Room Studio, Port Washington. 9AM, 30 min, partially-guided meditation, short teaching and brief discussion. www.livingroomstudio.org.

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*)

SEARCHING FOR YOUR LIFE'S PURPOSE? We provide tools to transform your personal life & help make the world a better place. Center for Spiritual Living Long Island, 17 Maple Place, Hicksville. 10:30AM. 516-822-9314. www.csl-longisland.org. Children's Activities (Ages 4-12), 2nd and 4th Sundays, 10:30 to 11:30 The Junior Center will be held twice a month starting in October. (*See ad p.21*)

WAY OF THE ILLUMINATED WARRIOR - A men's empowerment and Rites of Passage program beginning Sunday, October 19. Ancient rituals combined with modern practicality. Contact Waska for more information 631 366-2100. www.IlluminatedWarrior.com.

SPECIAL EVENTS

OCTOBER 1

BUFFET DINNER AND GALLERY PSYCHIC READINGS with Jennifer Williamson, 7PM (Readings start at 8PM), Tickets \$30. Vito's of Port Jeff, Commons Shopping Center, 4747 Nesconset Hwy, Port Jefferson Station, (631) 642-8555. Tickets must be purchased in advance.

OCTOBER 2

CD RELEASE PARTY: "AFRICA YOU BELONG TO ME" WITH TOBY TOBIAS – Celebrate this new album with the band, Live! With performances from Kirsten Maxwell and Josh Tobias. Thursday, Madiba Restaurant, 195 Dekalb Avenue, Brooklyn, NY 11205. 8PM. The pre-eminent South African music venue in Brooklyn.

OCTOBER 4

REIKI I AND REIKI II WORKSHOP with Jennifer Williamson. 10AM – 6PM, Fee \$300. 1150 Portion Rd, Suite 17, Holtsville. (631) 965-8581 to Register. Last day to register is September 29th. Cash/credit card / Paypal accepted. Payment in full is expected at the time of registration. Workshop includes Reiki attunements, certificate, and textbook. Workshop also includes discussion, music, meditation, games, lecture, and practice. Each student will leave with a complete understanding of Reiki. Check out my website Roomfullofangers.org for more information.

ANIMAL RIGHTS & VEGAN EDUCATION CONFERENCE presented by Karuna For Animals: Compassion in Action at Molloy College Suffolk Center, 7180 Republic Airport, Farmingdale, NY. 11-6PM. Register at karunaforanimals.com/conference-registration. Vegan lunch included in registration.

OCTOBER 5

BODY, MIND AND SPIRIT: WORKSHOP WITH DR. MARIA HUGHES Sunday.1:00 to 3:00PM, Workshop Fee: \$25, Center for Spiritual Living Long Island, 17 Maple Place, Hicksville. 516-822-9314. www.csl-longisland.org. In this workshop you will learn how to listen to your BODY, train your MIND and enrich and empower your SPIRIT. Dr. Maria will also be guest speaker at our 10:30AM service speaking on the topic "Bring Out the Magic in Your Mind."

CAN THE PRINCIPLE OF SHARING save our planet? Join us, free talk, Q&A, Sunday, 2PM. Stony Brook University, SAC Ballroom B. Learn about Maitreya, the World Teacher, his emergence, and how sharing can transform our world. 516 729-0664 www.share-international.us/ne.

OCTOBER 10

INTUITIVE TURKISH COFFEE READINGS Saba, a gifted reader, brings ancient Turkish tradition to Edgar Cayce, 7-9PM. Learn to read grinds and techniques to energize psychic abilities. 917-658-1660 SelfEmpoweredMinds.com.

OCTOBER 15

THE WOMEN'S WAYS MYSTERY SCHOOL OF LI Interested in Personal Power Programs for women? Looking for like-minded, like-hearted women with a purpose larger than life? Join us for a FREE TeleConference. Guest speaker: author, Olivia St. Claire. WomensWays@optonline.net 631-287-9000.

OCTOBER 17 - 26

PAC MAC FESTIVAL 2014 presented by the Patchogue Arts Council. A downtown-centric, multi-day, multi-venue festival encompassing Music, Arts and Cinema. PatchogueArts.org.

OCTOBER 20

BALANCED LIVING EVENT The Entrepreneur Center in Melville, 1800 Walt Whitman Road, 6-9PM. Services and speakers to make life easier, reduce stress, and make your days more efficient. Admission \$10.00, includes all workshops and services. For more information, call Tami (631)793-1945.

MIND-BLOWING DEMO: HIGHER BRAIN LIVING® Higher Brain Living® creates an energy surge to the Higher Brain, opening a gateway to expansive higher living like no other! Learn to activate this by attending a live, mind-blowing demonstration. New York Marriott Marquis, October 20, 6:30-8:30PM (FREE if pre-registered) <http://higherbrainlivingevents.com/ny-expo/>

OCTOBER 22

BUFFET DINNER AND GALLERY PSYCHIC READINGS with Jennifer Williamson, 7PM (Readings start at 8PM), Tickets \$30. Vito's of Port Jeff, Commons Shopping Center, 4747 Nesconset Hwy, Port Jefferson Station, (631) 642-8555. Tickets must be purchased in advance.

OCTOBER 24

LECTURE: A NIGHT WITH THE ONE AND ONLY DANIEL AKNER, Friday, 8PM. Daniel's Web Site: <https://www.facebook.com/danielpsyche> Members: \$10 Non-Members: \$15, No Pre-registration Required. 201 Levittown Pkwy, Hicksville. 516 731-0909. eyesoflearning.org.

CD RELEASE PARTY: "AFRICA YOU BELONG TO ME" WITH TOBY TOBIAS – Celebrate this new album with the band, Live! With performances from Kirsten Maxwell and Josh

Tobias. Friday, XO Lounge, 69 Wall St, Huntington, NY 11743. 8PM, co-produced by Steve Wurtzel of Music Ovation Entertainment.

OCTOBER 25

CORINA BARTRA & HER PRISMA PROJECT

Pioneering Cosmic Pop with Andean & Oriental Influences. Saturday, 7:30PM - 9PM, \$15. St. Michael Episcopal Church, 225 West 99th St. 212 222-2700 (trains 1 & 9 to 96th St.) See ad p.11.

NOVEMBER 1

CARVE CHANGES IN STONE 11AM-4PM.

Complete interactive workshop to reinforce and solidify positive change. Develop your inner coach with the resilience and fortitude to keep on track. 917-658-1660 SelfEmpoweredMinds.com.

NOVEMBER 6

SOUND HEALING AT TEMPLE OF METAPHYSICAL SCIENCE

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

NOVEMBER 6 - 9

BUDDHIST CONTEMPLATIVE CARE SYMPOSIUM:

New York Zen Center for Contemplative Care and the Garrison Institute, Garrison, NY, www.garrisoninstitute.org or 845-424-4800.

NOVEMBER 7

EVENT: MEET THE PSYCHICS Friday, 8PM. This evening's program is designed to bring you the opportunity to get up close and personal with our gifted readers, mediums and psychics that will read, at our Sunday November 9, 2014 Festival. Members: \$10 Non-Members: \$15, No Pre-registration Required. 201 Levittown Pkwy, Hicksville. 516 731-0909, eyesoflearning.org.

NOVEMBER 8

EXPERIENTIAL HOLISTIC HEALING AND SPA DAY

by Carol's Holistic Services 1-5:30PM. FREE: Acupuncture, Intuitive Coaching, Mini-Labyrinth Walks, Reiki, Laws of Attraction, Emotional Freedom Technique, Holistic Dentistry, Gentle Chiropractic, Neuro-Emotional Balancing, Financial Wellness, Yoga, Essential Oils, etc. Nicely priced: Psychic Readings, Dream Interpretations, Sacred Jewelry, etc. Great speakers 12-5PM: Keynote: Nanci Deutsch, LCSW, CHT, 1:00PM. The 3 "Must Know" Secrets to Creating Extraordinarily Healthy and Joyful Relationships and 3:30PM: The Power of Intuition to Totally Transform Your Life, 3PM: Marie Regis, M.S., L.Ac: Brain Health: Acupuncture to Slow or Reverse Alzheimer's, Parkinson's and ADHD. Also Kinesiology, Creating Miracles, Reiki, EFT, LOA, etc. *Limited Vendor and speaking spots available.* \$10, VFW, Albertson, 155 Searingtown Rd. Carol 516 242-8270, carolleitner1@gmail.com.

NOVEMBER 9

SPECIAL EVENT - THE ANNUAL EYES OF LEARNING FALL FESTIVAL 11AM, Sunday.

Please join us for our most popular and important event. Wonderful raffles, vendors, free lectures, food, camaraderie and the option to purchase your own psychic reading. 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 gains access to all while helping to fund our operations. 201 Levittown Pkwy, Hicksville. 516 731-0909, eyesoflearning.org.

MOVIE SCREENING: Song of the New Earth; Tom Kenyon and the Power of Sound. BTE Center for Conscious Living, Muttontown. To purchase tickets go to: btesongofthenewearth.eventbrite.com. Contact debbie@betheexample or 516 233-8255.

NOVEMBER 15

THE ART OF INTIMACY & THE INTENTIONALLY INTIMATE RELATIONSHIP

One Day Workshop, with Jackie Major, LCSW. For couples and singles. Discover how to end power struggles and the secret for being loved forever! Saturday, 10AM to 3:30PM. Stony Brook. Includes Fabulous Mediterranean Buffet Lunch. Call 631-291-5800 or visit www.jackiemajor.com for details.

FENG SHUI & HEALTH

Internationally known Author & Feng Shui Expert Nancy "Andie" SantoPietro. Learn how our physical bodies and our home environments are intrinsically connected and what you can do to enhance health and well-being. Nassau County. Saturday, 10:00 - 5:00PM. 631-513-0059. Luminous Spaces MASTER Series. Luminous-Spaces.com.

NOVEMBER 21 - 23

CHEMISTRY OF CONNECTION - INDIVIDUAL AND COLLECTIVE

Tara Goleman and Daniel Goleman with Bob Sadowski and Aaron Wolf: Garrison, NY, www.garrisoninstitute.org or 845-424-4800.

NOVEMBER 22

THE WOMEN'S WAYS MYSTERY SCHOOL OF LI

is having an Open House in Southampton. Since 1995 our Rites of Passage e-Course has helped women of all ages discover their untapped potential; reawaken the sacredness of their sensual bodies; regain their own authority; reclaim the almost forgotten and greatly needed Power of the Sacred Feminine. Tired of the superficial drone? Join us at our Open House. WomensWays@optonline.net 631-287-9000. http://womensways.typepad.com/ritesofpassage/

DECEMBER 6

MANIFESTING ABUNDANCE WORKSHOP

with Jackie Major, LCSW. Creating Wealth and Success in Any Economy! Saturday, 10AM to 1PM. Stony Brook. Call 631-291-5800 or visit www.jackiemajor.com for details.

DECEMBER 12

LECTURE: "ASTROLOGICAL FORECAST FOR 2015"

with Montgomery Taylor. Friday, 8PM. Monty's Web Site: http://astrologydemystified.com. Members: \$10 Non-Members: \$15, No Pre-registration Required. 201 Levittown Pkwy, Hicksville. 516 731-0909, eyesoflearning.org.

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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a leader in holistic education for over 30 years, offers accredited undergraduate & graduate degrees and CE in Massage, Acupuncture and Oriental Medicine. Attend an **Open House** at the **Syosset, LI**, campus or one of their **Manhattan** locations: Uptown at The Riverside Church, Midtown at the NY Open Center on East 30th St. or in SoHo on Houston & Bowery. **Call 800-922-7337** or go to NYCollege.edu for dates. **Now enrolling for October & January.** (see ad p3).

AWAKEN WELLNESS FAIRS ... Awaken to Your Best Self ... Sunday **October 5** in fort Lee at Double Tree by Hilton Hotel, 2177 NJ Rte. 4 NJ 07024 and Sunday **November 23** in Tarrytown at Double Tree Hotel, 455 South Broadway 10591. Amazing Speakers, Healers, Vendors and Readers. *Over 100 exhibitors, 1000 guests!* Pre-book readers or healers online; **discount** bookings and entrance fee online. Exhibitor spots available. www.AwakenFair.com.

THE WOMEN'S WAYS MYSTERY SCHOOL OF LI

Women's Rites of Passage, a Personal Power Program for women of all ages, is having a FREE Intro TeleConference, Oct.15, and Open House in Southampton, Nov. 22. WomensWays@optonline.net 631-287-9000. http://womensways.typepad.com/ritesofpassage/

YOUR SHORTCUT TO A HIGHER VIBRATIONAL STATE

Paramahansa Jagadish, the globally renowned Master Healer, teacher and spiritual leader has *six different events* from **December 4-9** at A.R.E. of New York - Edgar Cayce Center (241 West 30th Street, NYC) - that are destined to change your life! **Wednesday, Dec. 3**, 7-9 PM (Free), Kirtan/Satsang/Sacred Energy Healing. **Thursday, Dec. 4**, 7-9PM, Divine Light Transmission. **Friday, Dec. 5**, 7-10PM, Ancestral Healing. **Saturday, Dec. 6**, 12-5PM, Divine Father/Divine Mother Transmission. **Sunday, Dec. 7**, 12-5PM, Sri Ganesh Prosperity Transmission. **Tuesday, Dec 9**, 7-10PM, Sacred Heart Activation. Fees vary from Free to \$120. For registration go to www.stewardshipofthesoul.com or call 877-838-1133.

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SATURDAY, OCTOBER 25, 7:30PM - 9PM, \$15
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Corina Bartra: Vocals / Clara Cooper: Vocals and keyboard
Juan Castillo: Charango, and Quena / Ariel de la Portilla: Bass
Sergio Pantazatos: Indian Tabla / Seth Johnson: Guitar
John Mota: Electronic Drums

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- insomnia
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- nail fungus

- immune disorder
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- trigeminal neuralgia
- T.M.J.
- tinnitus
- lumbar pain & sciatica
- Carpal tunnel syndrome
- pinched nerve
- sport injuries
- Lupus
- hair loss

- arthritis
- menopause
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Manhattan on Mondays: 143 E. 34th St., New York, NY (646) 220-5388

OUR POWER IS IN HOW WE APPROACH LIFE'S CIRCUMSTANCES

by Jeanmarie Wilson
Long Island, NY

Dementia is a cruel disease – stealing those we love from us slowly; step by step, memory by memory. It is heartbreaking to watch as someone you love disappears right before your eyes. Dementia is an insidious disease that starts slowly; forgetfulness that we chalk up to aging, over-scheduling or becoming distracted.

We witness changes in personality - the one we love has irrational outbursts, periods of anxiety or depression, or alienates themselves. This disease leads our loved one and us down a slippery slope if we don't understand the path.

What is dementia? Is it a way for someone to transition to the next phase slowly, as I have been told? Is it a way for someone to relinquish life and the challenges it often brings? Is it a form of denial? Is it a medical disease? I am not sure of the answer. I only know it is a difficult journey.

I have watched my mother slip away before my eyes, beginning with forgetfulness and accidents, which led to concerns over her physical safety. It led me to the decision to take away her ability to drive, which was hard for both of us. It led to my sister and I taking over the responsibilities for her day-to-day care, including all financial and healthcare decisions. The decisions



we had to make and still have to make are complicated, life altering and important. We do not take them lightly and we always ask each other what we would want in each circumstance. I watched my once fiercely independent mother who had an active social life and job as an artist and teacher become relegated to her home with limited outings and the need for twenty-four hour assistance. The people that we have encountered to help us with her care have been angels that were sent to us, I am sure. We would not have been able to provide the excellent care she has received without these individuals who were often presented to us just when we needed them. I know that is no coincidence and for that, I am forever grateful.

I feel the loss of my mother deeply. Although we had a tenuous relationship while I was growing up, the birth of my children brought us closer and I have to

come to appreciate and respect her many wonderful qualities. She is an amazing mother, grandmother, sister and friend.

Dementia changes things; that cannot be disputed. However, we can change as well to adapt to the new relationship. *But could this circumstance hold gifts for us that we may have overlooked?* The ability to care for someone we love, the opportunity to make decisions with integrity and to focus our attention on what really matters in life are presented to us. Will we view this as an opportunity for our growth, a way to deepen our current level of love and compassion, and to practice patience, understanding and tolerance? This is where our choice lies, as well as our power. This is our opportunity to turn the experience from a painful one into a beautiful one, letting go of what was and accepting what is with the gifts and treasures we now choose to see. Does that mean it is neither

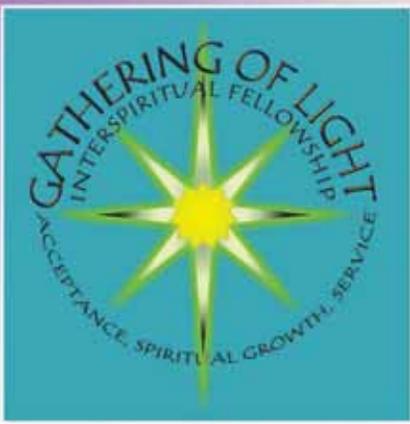
hard nor heartbreaking? No, however **our power lies in the way we approach all of the circumstances in our life and this one is no different.**

The obstacles in our lives are gifts; ways to learn and grow, push ourselves out of our comfort zones, and to demonstrate who we really are beneath what life has shown us. A diagnosis of dementia for a loved one is just such an opportunity. It is important, though, to experience the sadness, loss, feelings of abandonment, fear, anger, and guilt this process brings; they are normal and necessary to feel as we let them pass through on our way to love and acceptance.

The essence of our loved one is still there, just in different form. If we look closely and are patient, we will find it. We can meet every circumstance in our life with love, for ourselves and for others. This one is no different. We have a choice and this is where our power lies.

Am I a child of dementia? Maybe, but more importantly, I am a child of Camille: a soft-spoken, sensitive, kind, and loving soul, an exceptional artist and teacher, the most wonderful grandmother any child could ask for and a mother that is deeply loved. ✨

Jeanmarie Wilson is the author of **Parenting from Your Soul: A Spiritual Approach to Raising Children with Compassion and Wisdom**, and has been a school counselor in the New York public school system for over twenty years. Previously, she worked as an alcoholism counselor and as a career counselor. Jeanmarie is also the co-founder of a college consulting company, *Your Journey To College*.



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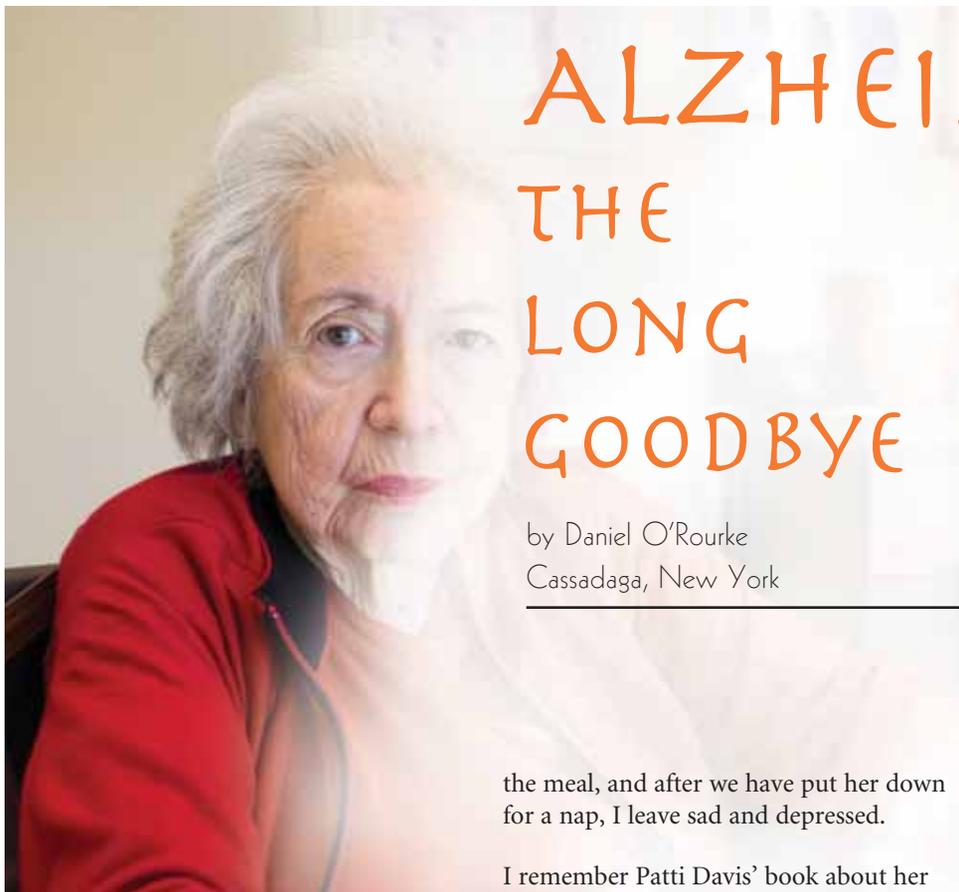
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ALZHEIMER'S — THE LONG GOODBYE

by Daniel O'Rourke
Cassadaga, New York

the meal, and after we have put her down for a nap, I leave sad and depressed.

I remember Patti Davis' book about her father, President Reagan. She called it, "The Long Goodbye." In her book she describes losing her dad to Alzheimer's as saying goodbye in stages. She writes, "All you can do is watch, cry and whisper a soft stream of goodbyes." I am crying as I type this; I can relate fully to what she says.

Jay Gilbert, who watched his loving, vital and intelligent father sink further and further into this dementia, called the disease "progressive, incurable and ruthless." He knew well of what he spoke. Alzheimer's is ruthless, cruel and callous.

There is another book on Alzheimer's, "Still Alice" by Lisa Genova. In some ways, Marie is still Marie. Gentle, affectionate.

Recently, my wife Marie, because of advancing Alzheimer's, was moved from the memory unit of an enriched housing facility, to a county facility with complete nursing care. She has made the adjustment well, but I have not.

Now, I go in regularly to the county facility to help feed her a daily meal. The over-worked staff appreciates my help, but after

Even as the disease progressed, she has never been angry, nasty or profane. That is not true of all patients.

Forty some years ago, I married Marie "for better, for worse, for richer, for poorer, in sickness and in health." We had many, many blessed years in health. I strive to remember them in the midst of this sickness and the long, sad goodbyes it demands.

I have the greatest admiration for the staff in both of the facilities where Marie has been. And I am grateful for friends and family who have supported me. I could not have carried this without them. The staffs are underpaid, often over-worked and with rare, rare exceptions are loving and caring to those whom they bathe, toilet and clean, dress and feed. I am often in awe and am reminded of the words of Jesus about the last judgment:

"Come, you blessed of my Father, inherit the kingdom prepared for you from the foundation of the world: for I was hungry and you gave me food; I was thirsty and you gave me drink; I was a stranger and you took me in; I was naked and you clothed me; I was sick and you visited me; I was in prison and you came to me.

"Then the righteous will answer Him, saying, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? When did we see you a stranger and take you in, or naked and clothe you? Or when did we see you sick, or in prison, and come to you?' And the king will answer and say to them, 'Assuredly, I say to you,

inasmuch as you did it to one of the least of these my brethren, you did it to me'" (Mt. 25: 35-40).

Alzheimer's patients are the least of these brothers and sisters. In this long goodbye, my faith has helped and continues to help me greatly. I meditate and pray often on all this, but I think practically too.

As I feed Marie, I remember the tens of thousands of meals she once prepared for our three children and me. I remember the years she put the children down for naps or put them to bed at night. And how, as I wrote when I dedicated my last book to her, that she read every word of my newspaper columns carefully, criticized them gently and supported me even when I didn't deserve it.

Some will find this column overly personal and emotional, but I meant it to be. I wrote it deliberately with aforethought. I hope my experiences will help other caregivers deal with their pain and sadness as they struggle with their own long goodbyes. ✨

Retired from the administration at State University of New York at Fredonia, **Daniel**



O'Rourke's columns once appeared regularly in *The Observer*, Dunkirk, NY. A grandfather, Dan is a married Catholic priest. His book, "The Living Spirit" is a collection

of his previous columns. To read about that book or send comments on this column visit his website www.danielcorourke.com.

Psychic Readings by Rochelle Jewel Shapiro

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

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

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19 NON-DRUG SOLUTIONS FOR PAIN RELIEF

by Joseph Mercola, MD

Narcotic painkillers are a driving force in the rise of substance abuse and lethal overdoses.

In 2012, 259 million prescriptions for opioids and other narcotic painkillers were written in the US; 46 people die from opioid overdose each and every day. As painkiller addiction and overdoses continue to rise, pharmaceutical companies are sued for inciting epidemic. Chicago and two California counties—Orange and Santa Clara—have filed a lawsuit against five drug companies that manufacture OxyContin, charging them with contributing to an epidemic of drug abuse. Santa Clara spends millions of dollars to treat overdoses and addiction in its public hospitals, and wants the drug makers to pay for these costs, as they purposefully downplayed the risks of their narcotic painkillers.

I strongly recommend exhausting other options before you resort to a narcotic pain reliever. The health risks associated with these drugs are great, and addiction is a very real concern. Below I list 19 non-drug alternatives for the treatment of pain. These options provide excellent pain relief without any of the health hazards that prescription (and even over-the-counter) painkillers carry. This list is in no way meant to represent the only approaches one can use. These are just some of the best strategies that I know of. **If you are in pain, please try these first, before even thinking about prescription painkillers of any kind:**

- 1. Eliminate or Radically Reduce most Grains and Sugars from your Diet.** Avoiding grains and sugars will lower your insulin and leptin levels and decrease insulin and leptin resistance, which is one of the most important reasons why inflammatory prostaglandins are produced.
- 2. Take High-Quality, Omega-3 Fats.** My personal favorite is krill oil. Omega-3 fats are precursors to mediators of inflammation called prostaglandins. (this is how anti-inflammatory painkillers work, they manipulate prostaglandins.)
- 3. Optimize your production of Vitamin D** by getting regular, appropriate sun exposure, which will work through a variety of different mechanisms to reduce your pain.
- 4. Emotional Freedom Technique (EFT)** is a drug-free approach for pain management of all kinds. EFT borrows from the principles of acupuncture, in that it helps you balance out your subtle energy system. It helps resolve



underlying, often subconscious, negative emotions that may be exacerbating your physical pain. By stimulating (tapping) well-established acupuncture points with your fingertips, you rebalance your energy system, which tends to dissipate pain.

- 5. K-Laser Class 4 Laser Therapy.** If you suffer pain from an injury, arthritis, or other inflammation-based pain, I'd strongly encourage you to try out K-Laser therapy. It can be an excellent choice for many painful conditions, including acute injuries. By addressing the underlying cause of the pain, you will no longer need to rely on painkillers. K-Laser is a class 4 infrared laser therapy treatment that helps reduce pain, reduce inflammation, and enhance tissue healing—both in hard and soft tissues, including muscles, ligaments, or even bones. The infrared wavelengths used in the K-Laser allow for targeting specific areas of your body, and can penetrate deeply into the body to reach areas such as your spine and hip.
- 6. Chiropractic.** Many studies have confirmed that chiropractic management is much safer and less expensive than allopathic medical treatments, especially when used for pain, such as low-back pain. Qualified chiropractic, osteopathic, and naturopathic physicians are reliable, as they have received extensive training in the management of musculoskeletal disorders during their course of graduate healthcare training, which lasts between four to six years. These health experts have comprehensive training in musculoskeletal management.
- 7. Acupuncture** can also effectively treat many kinds of pain. Research has discovered a “clear and robust” effect of acupuncture in the treatment of back,

neck, and shoulder pain, osteoarthritis, and headaches.

- 8. Physical and massage therapy:** has been shown to be as good as surgery for painful conditions such as torn cartilage and arthritis.
- 9. Astaxanthin:** is one of the most effective fat-soluble antioxidants known. It has very potent anti-inflammatory properties and in many cases works far more effectively than anti-inflammatory drugs. Higher doses are typically required and you may need 8 mg or more per day to achieve this benefit.
- 10. Ginger:** This herb has potent anti-inflammatory activity and offers pain relief and stomach-settling properties. Fresh ginger works well steeped in boiling water as a tea or grated into vegetable juice.
- 11. Curcumin:** In a study of osteoarthritis patients, those who added 200 mg of curcumin a day to their treatment plan had reduced pain and increased mobility. A past study also found that a turmeric extract composed of curcuminoids blocked inflammatory pathways, effectively preventing the overproduction of a protein that triggers swelling and pain.
- 12. Boswellia:** Also known as boswellin or “Indian frankincense,” this herb contains specific active anti-inflammatory ingredients. This is one of my personal favorites as I have seen it work well with many rheumatoid arthritis patients.
- 13. Bromelain:** This enzyme, found in pineapples, is a natural anti-inflammatory. It can be taken in supplement form but eating fresh pineapple, including some of the bromelain-rich stem, may also be helpful.

14. Cetyl myristoleate (CMO): This oil, found in fish and dairy butter, acts as a “joint lubricant” and an anti-inflammatory. I have used this for myself to relieve ganglion cysts and a mild annoying carpal tunnel syndrome that pops up when I type too much on non-ergonomic keyboards. I used a topical preparation for this.

15. Evening primrose, black currant, and borage oils: These contain the essential fatty acid gamma linolenic acid (GLA), which is useful for treating arthritic pain.

16. Cayenne cream: Also called capsaicin cream, this spice comes from dried hot peppers. It alleviates pain by depleting the body's supply of substance P, a chemical component of nerve cells that transmits pain signals to your brain.

17. Medical cannabis has a long history as a natural analgesic. At present, 20 US states have legalized cannabis for medical purposes. Its medicinal qualities are due to high amounts (about 10-20 percent) of cannabidiol (CBD), medicinal terpenes, and flavanoids. Varieties of cannabis exist that are very low in tetrahydrocannabinol (THC)—the psychoactive component of marijuana that makes you feel “stoned”—and high in medicinal CBD. *The Journal of Pain*, a publication by the American Pain Society, has a long list of studies on the pain-relieving effects of cannabis.

18. Methods such as yoga, Foundation Training, massage, meditation, hot and cold packs, and other mind-body techniques can also result in astonishing pain relief without any drugs.

19. Grounding, or walking barefoot on the earth, may also provide a certain measure of pain relief by combating inflammation. ✨

Dr. Joseph Mercola finished his family practice residency in 1985 and was trained by the conventional model. In his first years of private practice, he treated many symptoms with prescription drugs and was actually a paid speaker for the drug companies. But as he began to experience the failures of this model in his practice, he embraced natural medicine and has had an opportunity over the last thirty years to apply these time-tested approaches successfully with thousands of patients in his clinic. Over 15 years ago he founded *Mercola.com* to share his experiences with others. The site is the most visited natural health site in the world for the last seven years with nearly two million subscribers. He's also written two *NY Times* bestselling books, and has had frequent appearances on national media.

REGAIN AND MAINTAIN YOUR MEMORY: A NATURAL APPROACH, PART 1

by Gary Null, PhD
New York City

People may joke about “senior moments”—those times when their memory suddenly fails, and they are unable to come up with the name of their boss or the time they are supposed to meet for dinner.

The truth is that throughout our lives there are always times when our memory fails us. But because we have been taught that memory decline is a natural consequence of aging, and because we fear the onset of serious mental conditions often related to advancing age, such as dementia or Alzheimer’s disease, lapses in short-term memory as we age can result in ongoing stress or worry.

Ironically, stress and worry are two factors that contribute to continued lapses in memory. The fact is, bouts of forgetfulness are usually unrelated to Alzheimer’s disease, and there are simple and natural ways to prevent and impact memory loss and even maximize your memory as you age.

The Blood–Brain Barrier

It is important to understand the importance of the entire body’s circulatory system in relation to the health of the brain. Blood carries nutrients to every part of the body, but the delicate tissues of the brain require a specialized security system. This tightly woven net of endothelial cells is called the blood–brain barrier (BBB) and acts as a filter, permitting only certain substances to travel from the blood to the brain. The BBB is responsible for providing neurons with glucose and other nutrients and also maintaining proper neurotransmitter balance.

The function of the blood–brain barrier is crucial, as it protects the brain from foreign substances in the blood that may be toxic to the brain, maintains a constant environment for the brain, and protects the brain from hormones and neurotransmitters in the rest of the brain.

The blood–brain barrier can be weakened in several ways, including high blood pressure; hyperosmolality (or high concentration of a particular substance in the blood); microwave exposure; radiation exposure; infection or exposure to infectious agents; as well as trauma,

ischemia, inflammation, pressure, or injury to the brain.

Age-Related Alterations in the Blood–Brain Barrier

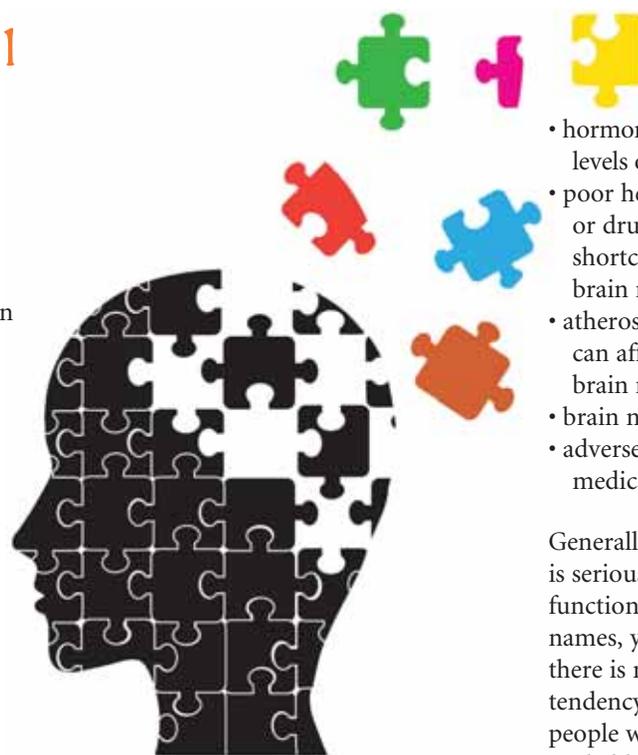
Studies have shown age-related alterations in the blood–brain barrier transport function, including a decrease in choline transport and a decrease in brain glucose influx. Choline, one of the B vitamins, is critical in the manufacture of the neurotransmitter acetylcholine. Glucose is the primary fuel for the brain and supports many of the cognitive functions of the brain.

It is important, therefore, that the blood circulating throughout your body and brain is nutrient-rich and full of antioxidants, such as NADH or N-acetylcysteine, and amino acids, such as acetylcholine.

As Dr. James LaValle says, “When you restrict blood flow you restrict oxygen delivery to a very vital area in the brain.” Problems with our circulatory system start to surface when we have a deficit of blood and nutrients going to the brain because the arteries are clogged, due often to eating foods that are not promoting proper circulation or not exercising enough which also promotes proper circulation. According to Dr. Martin Feldman, “The improvement of circulation to the brain can actually make the brain more efficient and even reverse some of the potential problems we associate with aging of the brain.”

The Role of Hormones

Though memory loss affects both genders, it can be particularly devastating to women during and around menopause. In the book *Female and Forgetful: A Six-Step Program to Help Restore Your Memory and Sharpen Your Mind*, authors Elisa Lottor, PhD, ND, and Nancy Bruning explore the uncharted waters that link memory loss to menopause. Estrogen has a powerful influence on the brain, playing an important role in functions such as memory, language skills, moods, and attention. The authors describe case studies of women who, in the beginning of menopause, suddenly cannot remember simple things, such as their social security or phone numbers. The authors posit that the sharp decline in hormonal levels during menopause wreak havoc on memory. Fortunately, as the reported incidences of menopause-linked memory loss increase in scientific literature, so do the reported efficacies of treatment.



- hormone imbalances, especially decreased levels of DHEA, thyroid, and testosterone
- poor health habits, such as smoking, or drug or alcohol use, which can shortchange the amount of oxygen the brain receives
- atherosclerosis or heart disease, which can affect the amount of oxygen the brain receives
- brain neurotransmitter levels
- adverse side effects of prescription medications

Generally speaking, a memory problem is serious when it affects your daily functioning. If you sometimes forget names, you should not be worried, and there is much you can do to correct this tendency. In fact, researchers suggest that people who are aware of their memory loss probably do not have a serious problem.

Diagnosing Memory Loss

It is difficult to know exactly when memory failure is a simple lapse on the part of your brain in processing known information, and when it is indicative of a more serious condition, such as dementia or Alzheimer’s disease. It is this uncertainty, perhaps, that makes these episodes of forgetfulness so stressful to the older population.

Let’s start with the important distinction doctors make between normal, age-associated mental impairment and conditions such as dementia that signal a disease process. Not all memory difficulties or cognitive complaints indicate the presence of Alzheimer’s disease or other mental disorders. Many changes in memory or cognitive function in older adults are temporary and are linked to environmental factors, such as stress or poor nutrition, rather than to physiological processes.

A doctor evaluating a patient who complains of memory loss will have to consider underlying factors, such as illness or medications, head injury or trauma, the possibility of stroke or heart disease, or drug or alcohol abuse. These factors can make it unclear whether their patient is suffering the “inevitable” memory decline associated with aging, or experiencing symptoms that indicate the onset of a serious condition such as dementia or Alzheimer’s disease.

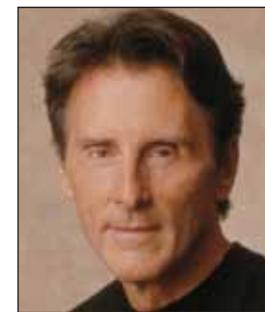
Your doctor should also consider:

- essential fatty acid deficiencies
- chronic inflammation of the brain, which can damage cerebral blood vessels or neurons
- nutrient deficiencies

If you have trouble remembering how to do things you have done many times before, or a place you visit often, or difficulty in understanding the order in which to do things (e.g., following a recipe), your doctor should be notified. ✨

Please read **Part 2: Combating Memory Loss Naturally**, on creationsmagazine.com.

An internationally renowned expert in the field of health and nutrition, **Gary Null, Ph.D** is the author of over 70 best-selling books on healthy living and the director of



over 100 critically acclaimed full-feature documentary films on natural health, self-empowerment and the environment. He is the host of

“The Gary Null Show”, the country’s longest running nationally syndicated health radio talk show, which can be heard daily on ProgressiveRadioNetwork.com. Gary has made hundreds of radio and television broadcasts throughout the country as an environmentalist, consumer advocate, investigative reporter and nutrition educator. More than 28 different Gary Null television specials have appeared on PBS stations throughout the nation, inspiring and motivating millions of viewers. He originated and completed more than one hundred major investigations on health issues resulting in the use of material by 20/20 and 60 Minutes.

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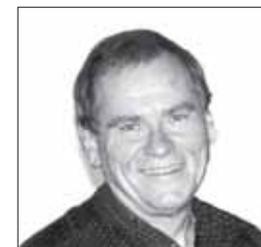
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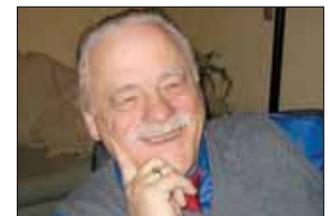
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John Ryan is a Senior Vice President of Investments with Janney Montgomery Scott LLC. John studied for his Bachelor's and Master's degrees in Economics and Finance at St. John's University, and received a Master's Degree in Gerontology and a Thanatology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

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

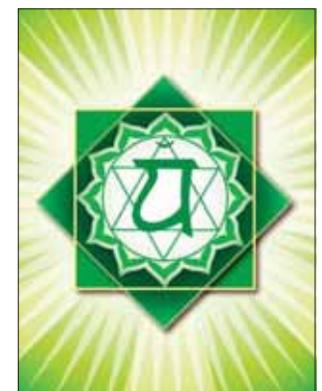
We all need to remember that family change usually involves making important money decisions that require thoughtful planning. Some important areas that need attention are:

- Marriage
- Children
- Divorce

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

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

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Bookends

by Ellie Dolgin, Santa Fe, NM

Last week I was visiting family, the first half in Michigan babysitting for my toddler grandchildren and the second half visiting my 86-year-old mother in Philadelphia. Bookends to life, but similar in ways. The toddler waddling on unsteady feet, and my mother learning to steady herself with a walker. The children wanting a cohort in their imaginative play, and my mother needing compassion as she sorts through her choices for a healthy, meaningful life. I can still feel the warm grasp of my grandson's hand in mine as he reached out for protection, and the sweet embrace of my mother's hand, wrinkled wisdom of shared memories and continued love. Both so very special. Cherished bookends of promise and experience.

Ellie Dolgin has been a sculptor for over thirty years. Her work is in the private collections of Oprah Winfrey and Boomer Esiason. Artist turned writer, Ellie now writes an inspirational blog that explores life's precious moments and her adventure of moving from New York to Santa Fe. www.elliedolgin.com.

THE GATEWAY TO HEAVEN ON EARTH EXISTS IN YOUR MIND

by Dr. Michael Cotton

Lately I have been thinking about “heaven on earth” and I am wondering how many of us really truly believe this to be a possibility.

We say things like, “we want to transform”, and “the world can become a place of joy and abundance and possibility for all”.... But do we believe it? Do we truly believe it? What if it were true? What would we do then? What if...

The demanding and complex modern world we live in has exceeded the capacity of our lower primitive brains processing system. The result to this overload is quite naturally increased stress, anxiety, foreboding and apathy in our daily lives. This is tragic.

It's tragic in light of modern neuroscience. You and I (and all of humanity) have brain

structures, referred to by esteemed brain researcher Dr. Paul McLean as *angel lobes*. The name was given to this newly evolved area of our brain, due to the association in these brain structures with higher consciousness, deeper meaning in life, joy, spiritual connection and purpose. When engaged and energized these dormant new brain areas lead to a profoundly enhanced way to experience the world. We, modern humans, have a brain designed for transcendence, joy and meaning and yet, we aren't even happy... what's wrong here?

Alexandrian philosopher, Plotinus stated; “mankind is poised midway between the gods and the beast.” I think modern neuroscience confirms it. The lower survival-based brain (having evolved at a time when the environment was predator-rich) is primitive and outmoded, but is still the major influence on the experience and direction of our lives. Fear-based lower brain mechanisms arrest our forward momentum, cycling us back into a life of familiar habits (even if they are negative) because to the lower brain, sameness equals safety... In our 21st century lives, these primitive lower brain survival mechanisms are at war with

higher brain growth and evolution. The higher brain wants to change and grow, but below our conscious awareness, the old lower brain says: “Oh no you don't, change is scary, let's stay the same.”

We are indeed “poised midway between the gods and the beast,” midway between the higher and lower brain. Stuck. We see glimpses of our transcendence and yet are pulled back down into old familiar patterns. We are living from a state of fear, sameness, stress, anxiety and apathy, instead of joy, purpose, passion and meaning. Enough is enough. Isn't it time we bring our awareness to this uniquely human predicament and take up a path that awakens our dormant higher brain? Imagine a world where the highest part of our brain was awakened in all of humanity and we brought that empowered state to all areas of life. Could we create heaven on

earth? **If enough of us committed to this shift from the lower stress brain to the higher enlightened brain, not only would our own lives transform, but the ultimate result could only be a beautiful new world for all of us.** I am on fire with this possibility! Will you join me? ✨

Dr. Michael Cotton is the Founder of Higher Brain Living®, which helps shift energy into the prefrontal cortex, awakening human potential for a lifetime of lasting joy, and purpose. Learn how you can activate your higher brain and see a mind-blowing demonstration at the New York Marriott Marquis - Times Square, Monday, Oct. 20, 6:30-8:30PM (FREE if pre-registered, \$97/door) Go to: higherbrainlivingevents.com/ny-expo/ (See ad back cover)

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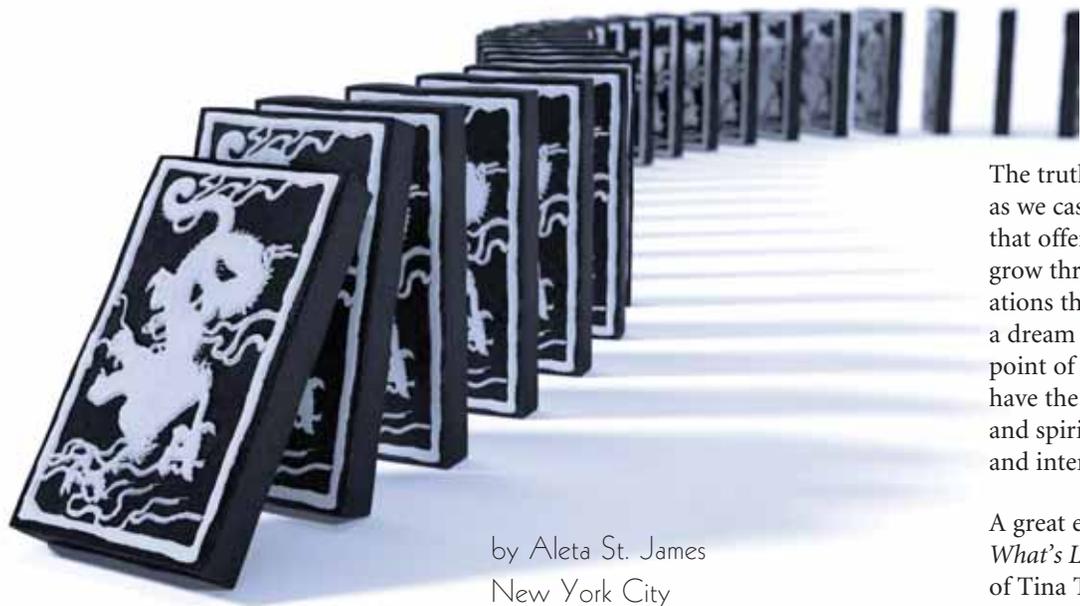
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by Aleta St. James
New York City

LIFE SHIFTING THROUGH CHANGE & TRANSITION

The saying goes, “Be careful what you ask for, you just might get it!” I say, “Be ready for what you wish for, in case you get it!”

The human myth is that once we have obtained what we so deeply desire, The God of our understanding, Angels, and the Universe have answered our prayers and it’s clear sailing.

However, a deeper understanding warrants that with every desire and dream fulfilled comes a cartload of new challenges

to address. I have a very successful client who believed her dream was to become a top fashion designer. After working with her to achieve that great accomplishment, she realized she had an even deeper desire to get married and have a family. We immediately began working to magnetically attract the right man into her life. A year and a half later, I had the great joy of watching her walk down the aisle at a secret destination wedding.

One might believe that at this point in life she “had it all”. However, one year later she was faced with a new set of challenges - balancing a demanding successful professional life, a fabulous husband and a welcomed new baby.

The truth is our challenges become greater as we cast a bigger net. Life is a continuum that offers us the chance to evolve and grow through the circumstances and situations that come into our lives. Achieving a dream is not the ultimate goal or endpoint of happiness. The ultimate goal is to have the ability to keep your mind, body and spirit in a flow of creative possibility and intention.

A great example of that is in the film, *What’s Love Got to Do With It*, the story of Tina Turner’s life. For me, the most memorable part of the movie was the courtroom scene during Tina’s divorce from her abusive husband, Ike. Before the judge closes the case, he says to Tina, “I want you to be sure about this. This means you’re gonna walk out of here with absolutely nothing,” in which Tina replies, “except my name.”

The scene ends with her leaving everything behind. Tina experienced her dream of being a great performer, but it came at a tremendous personal expense. She realized she had a deeper dream to love herself and be happy. This set off a chain of events that challenged her to create something even greater than what she had before ... and she did.

It’s imperative to access the mental, emotional, and spiritual resources needed in order for our dreams and desires to become a “way of life.” It must become an embedded philosophy that helps us overcome the uncertainties and insecurities that change and transition bring.

Fearlessly hold the vision of what you want. Keep working on releasing the emotional, mental and spiritual blocks that tell you, you can’t. Our power is in the strength of our faith, trust and belief that we can be victorious over the inevitable challenges that life presents.

In 2004, I was one of the first women in America to give birth to twins at the age of 57. My deepest dream and desire had come true. As I held my beautiful babies, Gian and Francesca, I was so happy. Going forward, I felt that nothing would be as challenging as what I had gone through to get there; meditating in fertility temples in Southern India, working with Shamans in the Amazon, and going to great lengths to

combine the best of Western and Eastern medicine. Little did I know the daunting road I travelled bringing them into this world would also serve to prepare me for the challenges to come.

In 2008, my son Gian was diagnosed as high functioning Asperger’s. With this diagnoses, it opened me up to how the world is learning about Asperger’s and children on the Asperger’s spectrum. People with Asperger’s brains are wired to function differently than the typically developed brain.

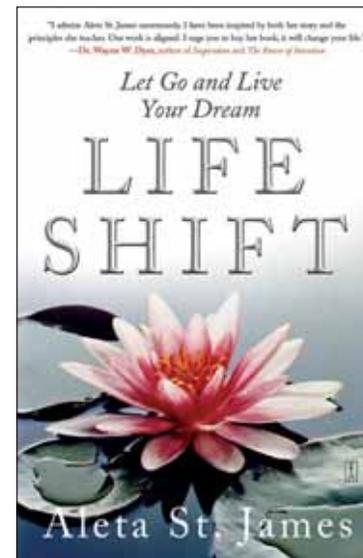
Like any parent, I want both of my children to reach their unique highest potentials and be able to make their own decisions and have many options when the time comes. To accomplish this, I can tell you it is a daily journey of drawing from all the Life Shifting psycho-spiritual resources and techniques that I have worked with over the years.

Today, I need to hold the dream of what I want to accomplish, as Gian and

Francesca’s mother, even stronger in my heart than ever before. I know deep in my heart that Gian and Francesca were meant to be here with me. I also know that facing these new challenges enables me to bring more insight and healing to other families and loved ones about how to empower children on the spectrum and with Asperger’s.

Who knew this was part of the course my life would take? Thankfully, I was ready for what I

wished for, because I got it. ✨



Aleta St. James is an international leader in agelessness, defying limitations and fulfilling dreams. She’s the successful author of **Life Shift: Let Go and Live Your Dream**. Brilliantly, she’s combined her mastery of Eastern and Western practices to create powerful Life Shift techniques. Aleta has not only graced the cover of *New York Magazine* for best alternative medicine practitioners, but was named 2013’s *Top Energy Healer*, as well as *AARP Magazine*’s “People Who Inspire”.



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While you listen to the dee-dee-dees
They know you always fed them
They miss you too.
Your chipmunks and squirrels, wonder where you are.
I'll tell them that you are waiting for them in heaven,
with bushels of walnuts.

GRIEF

by Carol Purdy, Bay Shore, NY

Grief does this sometimes...
laughs at bad jokes,
dresses up to go dancing
then throws the clothes
In a heap on the floor
and stomps on them,
sends trains roaring through your brain
at night,
pretends
he or she is sitting in the back seat
of your car,
waits silently
at the tops of stairs
or at the other end of the phone,
tricks you into seeing
rainbows in your tea
or flowers
in the hollow of your heart...

"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*

BOOMERS

by Larry Feigelman, Plainview, NY

Gone is the spontaneity and
careless attitude of youth
replaced by the pragmatism of experience
that dictates behavior and overrules
all night parties and helter-skelter bar hopping
and continuous flirting and hot pants
and one night stands and loud concerts
and free love and vagabond wandering
and disdain for conformity
and the comfortable skepticism
of those under thirty
who are now mired in debt and excess
fraught with ailments and worry
awaiting the future with quiet resolve

POST-MORTEM PAPERWORK

by Ken Kenigsberg, Glen Cove, NY

Today, I spent hours working
on a project that will be when I am not.
It was a task for a moral man,
a husbandly man, a fatherly man.

The job involved instruments
legal, federal, personal, and marital
dealing with wills, trusts and codicils
in the event of death, dementia or debt.

It was my first visit to immortality.
The paperwork today will outlive me
and enforce my elaborate plans.
I won't have to lift a finger

YOU ARE WITH ME

Dr. Seena Russell Axel, Plainview, NY

Early morning beach majesty,
Soft sunlight glistening
On ocean's horizon.

Sandpipers peck at the shoreline,
Scavaging for a hint of
Leftover seaweed.

And you are with me.
'Though you chose to sleep in,
Apart from me and morning's magic.

You are with me.
Like the life-force pulsing within,
You live in the bone marrow of my soul.

When I feel grounded and centered,
I think of you
And the solid foundation you provide.

When feelings of loss or hurt emerge,
You are with me,
Compass, map and pocket hanky ever-
ready.

The playful, intense irreverent
That often inhabits me
Finds you an appreciative audience, a
devoted fan.

And when travel adventure beckons,
You are my favorite guide
And hand-holder on the journey.

Yes... Though you sleep longer
And deeper these days.
You are with me.

My thoughts, emotions and decisions
Abound with
The fullness of your presence.

The grace, gifts and gratitude
I experience in life,
Are infused with your sweet, generous
spirit.

At 80, surely you have changed.
And the gregarious, energy-driven man I
married,
Is someone we both love and miss.

Yet, my love,
Your pure soul lives on.
Your gentle heart smiles deeply in love's
face.

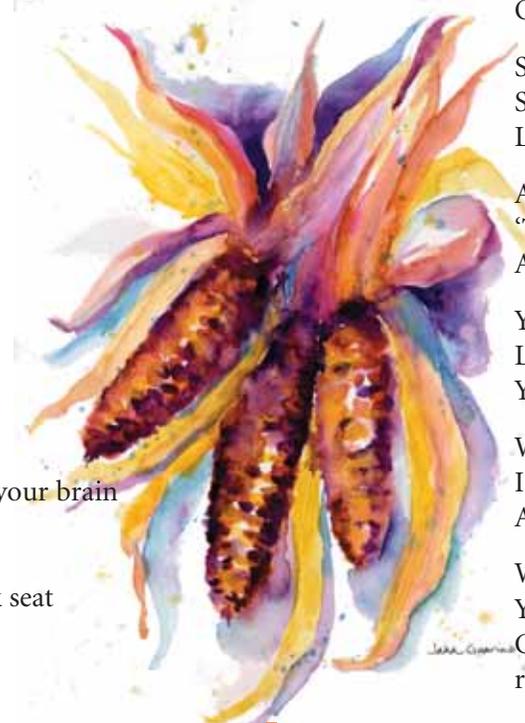
You, who were always so lonely,
Are now surrounded by
Loving, admiring friends and family.

Food, wine, flowers and feathers lovingly
abound.
And (to date), we have made it through
The many climactic storms of life's changes.

Today we celebrate you!!!!
The lost child, the grieving widower,
The dedicated father, the devoted
grandfather,
The loyal friend, the self-made man,
The retired Jewish accountant,

The gentle man whose muse I am blessed
to be...

My husband ... My hero.
To you Gerald ... at 80 ... and always,
Happy Birthday.
I love you.



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EXPANDING *the* CIRCLE

by Erica Settino • Huntington, NY

"Change is not something that we should fear. Rather, it is something that we should welcome. For without change, nothing in this world would ever grow or blossom, and no one in this world would ever move forward to become the person they're meant to be."

BKS Iyengar

On August 20th, at the age of 95, one of my earliest yoga influences and greatest teachers, Dr. BKS Iyengar, died. Although I never had the great pleasure or honor of meeting him in person, like so many others, I have been profoundly impacted by his life's work and the ripple effect of his teachings. Though I am saddened that the opportunity to study with him has passed me by, I am reminded that sometimes the best way we can reach and teach others is to simply live a life of example, just as Dr. Iyengar's life has been for me.

Yoga, like life itself, is an ever-fluctuating process of change, growth, and evolution. It begins with our inner work so that we can awaken to our innate compassion,

kindness and joy. We work on liberating ourselves from mental slavery and confusion so that our thoughts, words and actions can be a means of liberation for all others. This is a process not of creating a new way of thinking or behaving, but of waking up to, that which already exists within each and every one of us. Yoga asana, meditation, conscious breathing, chanting, are all practices within a greater systematic process of awakening. It is remembering our (and all others') basic, innate goodness and consciously choosing to live and act from that place within. Once we are back in touch with this place within, our outer world begins to mirror our inner world. It is there that we can honestly assess our impact on others and choose to stop harming anyone with our thoughts, our words, and our actions.

But maybe you don't do yoga. Maybe even if you do, you don't identify as a yogi, you just like how practicing the poses makes you feel. No problem! Call it what you like, awakening or changing, the fact

is, every one of us at some point in our lives – probably more often than not – has resisted the inevitable and constant promise of change. Ironically, it is not the change itself, but that very resistance that ends up causing so much of our pain and suffering. And all things being connected, our suffering, just like Dr. Iyengar's teachings, creates a ripple effect.

It wasn't until I began what I like to call my spiritual activism work that I was able to recognize just how resistant we tend to be to change — most notably, changing the way we view and treat those who we see as different than ourselves. Advocating for and promoting nonviolence and harmlessness for all beings is usually met with enthusiasm, until I mention the word, veganism. But the fact is, choosing to reject the notion that other living beings, other animals, are commodities for us to do with what we please, is one of the most profound changes we can make in this life. And it will lead to even more peaceful decisions that benefit all of life

on this beautiful planet; a declaration of our unwillingness to condone a broken system of violence, dominion, and exploitation. There is no greater teaching, no greater example of a life well-lived than that of one who chooses to do no harm to others, thus recognizing their highest potential. ✨



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

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

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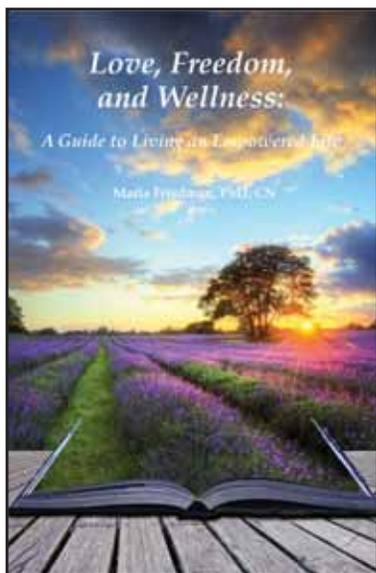
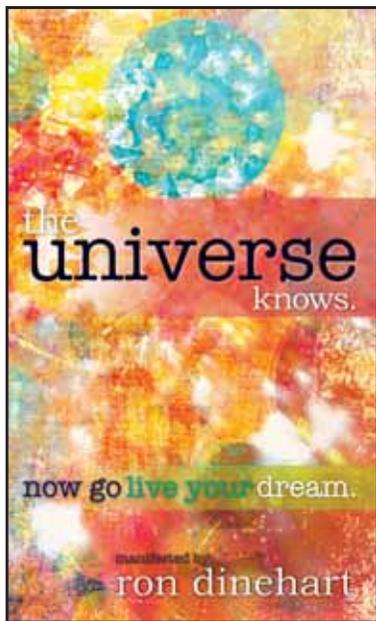
THE UNIVERSE KNOWS

by Ron Dinehart

The Universe Knows, Inc. Publishing Co.
theuniverseknows.com

The Universe Knows is a short and ever-so-sweet inspirational and affirmational guide to living the life of your dreams. Through each vignette – aptly referred to as pearls of wisdom – Dinehart explores the various challenges with which we are often met in this game of life. It is with great insight and motivation that he encourages the reader to move through these obstacles, letting go of old patterns of thinking and behaving that stand in the way of our growth and evolution. The result is an awesome manifestation of one's higher Self, and an awakening to our truest, most basic potential: happiness.

Reviewed by
Erica Settino



LOVE, FREEDOM, AND WELLNESS: A Guide to Living an Empowered Life
by Marla Friedman, PhD, CN
Integrative Wellness Publishing

In addition to being exactly what it claims to be: a guide to living

an empowered life, Dr. Marla Friedman's book is also a wonderfully practical resource for anyone looking to attain real and lasting health and wellbeing, along with all that encompasses. Her's is a holistic approach, investigating

psychological, nutritional, and spiritual patterns and processes that determine our state of overall wellness.

Through her easy-to-follow Empowered Life Program, Dr. Friedman explores topics as diverse as Self-care, brain health, a whole foods, plant-based, organic diet, addiction and co-dependency, and spiritual wellness. As promised, this little book is packed with all the information and inspiration necessary to finally finding the love, freedom, and wellness each of us deserves.

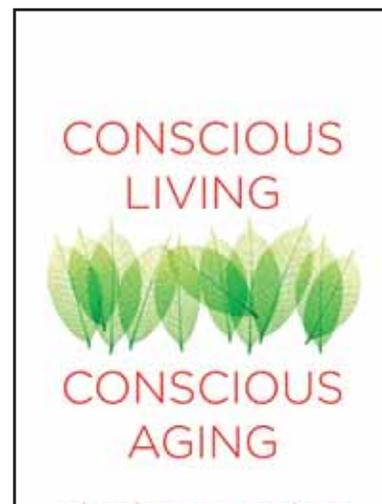
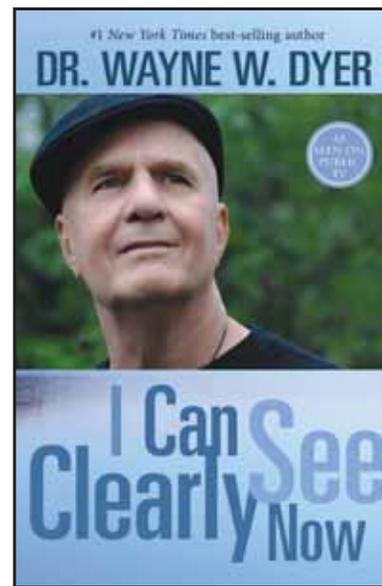
Reviewed by
Erica Settino

I CAN SEE CLEARLY NOW
by Dr. Wayne W. Dyer
Hay House, Inc.
hayhouse.com

Rather than a typical memoir, Wayne Dyer has gathered together quantum-moment recollections. In this revealing and engaging

book, Wayne shares dozens of events from his life, from the time he was a little boy in Detroit up to present day. Then he views the events from his current perspective, noting what lessons he ultimately learned, as well as how he has made the resulting wisdom available to millions via his lifelong dedication to service. In the process, you'll be inspired to look back at your own life to see how everything you have experienced has led you to where you are right now. Wayne has discovered that there are no accidents. Although we may not be aware of whom or what is "moving the checkers," life has a purpose, and each step of our journey has something to teach us. As he says, "I wasn't aware of all of the future implications that these early experiences were to offer me. Now, from a position of being able to see much more clearly, I know that every single encounter, every challenge, and every situation are all spectacular threads in the tapestry that represents and defines my life, and I am deeply grateful for all of it."

I Can See Clearly Now is an intimate look at an amazing teacher, but it also holds the key for seekers on a personal path of enlightenment. Wayne offers up his own life as an example of how we can all recognize the hand of the Divine steering our individual courses, helping us accomplish the mission we came here to fulfill.



CONSCIOUS LIVING, CONSCIOUS AGING

by Ron Pevny

Atria Books/Beyond Words

beyondword.com

As the Boomer population is retiring with a dramatically increased life expectancy than any generation before them, aging

is looking a whole lot different. Ron Pevny, Founder and Director of the Center for Conscious Eldering, presents readers with a new model for aging that is contemporary yet grounded in time-honored wisdom, focusing on aging's potential for growth, passion, purpose, service, and spiritual exploration. Pevny encourages readers to stop viewing aging as the twilight of their lives and welcome in a new dawn by not just growing old, but by aging consciously – and as the subtitle suggests: *embrace & savor your next chapter.*

A great many seniors are no longer satisfied with their retirement years being defined by the personal and societal belief that our days of contribution and passionate engagement with life are over. *Conscious Living* gives readers a way to rekindle the

passion of their younger days and find new purpose in life after retirement including to: identify unfulfilled goals and put plans into action; navigate grief and loss; identify and transform beliefs, attitudes, and habits that stand in the way of realizing goals and achieve a sense of inner wholeness.

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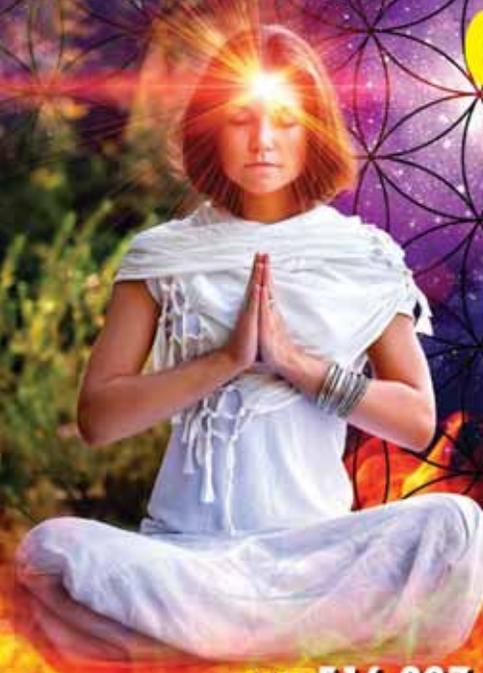
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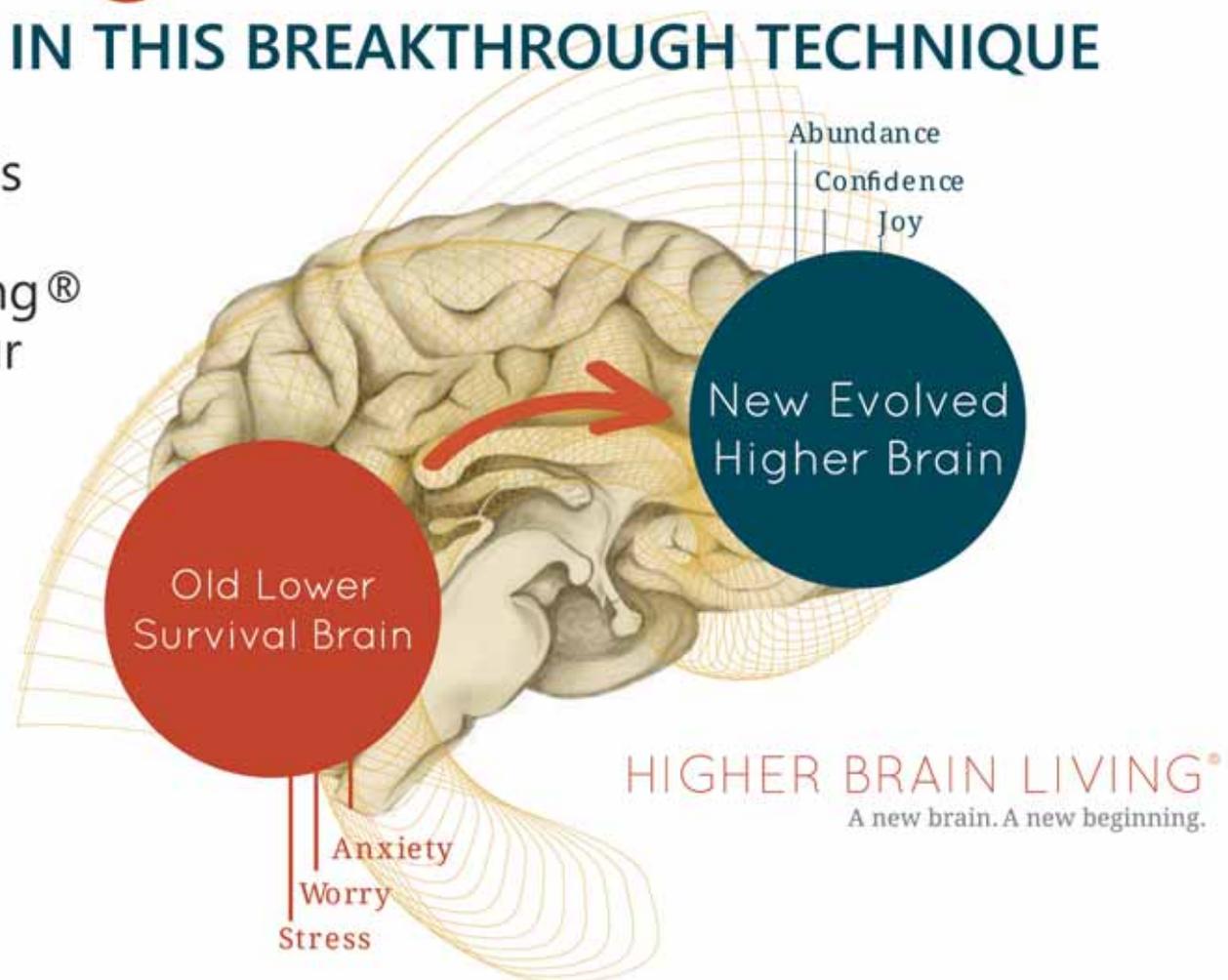
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