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CREATIONS

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When You Come to the Fork in the Road,
Take It

– Yogi Berra

*Do not wait until all the conditions
are perfect for you to begin.
Beginning makes the conditions perfect. – Alan Cohen*

How Your Dentist Can Save Your Marriage ... and Your Life

Trish and Mike have been married for 20 years. Trish can't stand Mike's snoring so they sleep in separate bedrooms and it's really straining the relationship. Mike feels tired and sleepy throughout the day and finds himself easily irritated with every little thing. He is overweight and has high blood pressure. When he came to the dental office for a cleaning, the conversation revealed that he had signs of sleep apnea. After a home sleep test and a diagnosis by a board-certified sleep medicine physician, sure enough he was diagnosed with moderate *obstructive sleep apnea* (OSA).

What is OSA? How common is it? What's the big deal? OSA is a sleep disorder that affects the amount of restful sleep we get and our oxygen intake during the night. It affects 1 in 5 Americans and it increases the risk of death by 46%. When Mike goes to sleep, after a few minutes, his neck and throat muscles relax and the tongue falls backwards. His airway is narrowing and he starts to snore. Then his airway narrows to

the point where it collapses. He stops breathing, his oxygen levels go down and his carbon dioxide goes up. After about 10 seconds of not breathing, he gets aroused but does not wake up completely and gasps for air. Then the whole cycle continues again. This can happen 20 to 50 times during the night and his oxygen level can drop to 85%. In any hospital intensive care unit, if your oxygen level drops down below 90%, there are alarms that go off and a team rushes in to respond to you. So this is a big deal. When we don't get enough oxygen at night, our organs start to fail.

There are multiple symptoms of OSA including morning headaches, acid reflux disease, diabetes, decreased sexual function and drive, irritability, memory loss and dental problems due to nighttime grinding. More importantly, if OSA is untreated it can lead to heart attacks, strokes, congestive heart failure, glucose intolerance, obesity, high blood pressure, cancer, impotence, excessive daytime sleepiness and motor vehicle accidents.

There are a few treatment options available for OSA. Surgical modification of the uvula, soft palate and tonsils to widen the airway is one of them but it is not very successful. The most successful treatment is using a machine that uses continuous positive air pressure (CPAP) and forces air to negotiate an airway obstruction. This is about 80-85% successful. However, not everyone can sleep with a facemask attached to a reverse vacuum cleaner. Therefore, compliance is an issue. The other alternative is using an oral appliance. This is a modified mouthpiece that advances the lower jaw forward, bringing the tongue forward and opening up the airway. These appliances are effective 70-85% of the time. Compliance is significantly greater because patients tolerate them much better.

After using his appliance for 3 months Mike said he felt like a new man. He jump-started his relationship with Trish. He lost 15 pounds, his blood pressure was normal, he was full of energy, he

slept deeper and fuller, he was full of life, he didn't snore and he got his libido back. He was raving about how that little mouth appliance saved his marriage and, quite possibly, his life.



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TALKING OUR WALK

When you come to the fork in the road, take it.
— Yogi Berra



echoed the undeniable: “It gets late, early.”
Forever sit on the sidelines waiting, and
most assuredly nothing will happen—
except for the passing of “twenty years.”

Now, please, a little house-keeping:

Item 1. With our first four monthly
meetings in the books, our Health and
Environmental Group continues to grow.
The next two meetings are August 15 and
September 19 (more details on page 19).

Item 2. Speaking to long-time readers, I’ve
learned that many of you are not availing
yourselves of the additional articles on
www.creationsmagazine.com.

We post a new article online every week, so
by the end of each two-month issue, there’s
another 10 or so new articles that you’ve
been missing. But all is not lost—actually
nothing is lost—every article from every
issue over the past 13 years can be accessed
in our Archives.

We also send out a weekly email notifying
you of new postings. If you would like
to receive these, along with some of the
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If you’re interested in receiving advertising
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Take that fork!

Neil + Andrea

Every now and then Andrea and I happen
upon an image, like the one on this cover,
that is just too irresistible for us to pass
up. The instant I saw this photo, my mind
immediately connected to the “Yogism”
above, proclaimed by the late, great
sage, and NY Yankees legend, Yogi Berra.
Ordinarily, we’ll start with a working cover
title and then conjure up the art that
helps convey the message. This time, the
image absolutely screamed the headline.

Our August-September “Back to School”
Issue is all about “Lessons and New
Beginnings.” What better instruction to
pass along, than to encourage seekers of all
stripes to seize an opportunity (that fork in
the road) when it presents itself.

The push here is for us to be proactive; to
“take” action and make our desires manifest.

On more occasions than not, many of us
wait for the “perfect” time to get started—
when all the conditions are “just right.” We
delay starting a project, taking that trip,
reading / writing a book, exercising, learning
to play a musical instrument, etc. Of course
you know the inherent flaw in this line of
thinking: all the conditions will rarely be
“perfectly aligned” and you just may find
yourself perpetually stuck in neutral.

Our de facto resident “instructor,” Alan
Cohen, advises us that “Beginning makes
the conditions perfect.” In other words,
just get started, and the details will reveal
themselves. Everything starts at the
beginning—obviously, it can’t be any other
way. As many will surely attest, Alan’s
articles are a must-read: please enjoy his
latest offering on page 6, *When Seekers
Become Finders*.

Mark Twain cautioned us a long time ago
that “twenty years from now we’ll regret
the things we didn’t do more than the
things we did do.” As we progress through
our lives, we’ll discover that all those years
tend to pass quickly. The wise Yogi (Berra)

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Believing is Seeing

by Owen K Waters
Texas

Today's massive, ongoing Shift in consciousness is a shift from intellectual awareness to holistic awareness. Intellectual awareness is a function of the solar plexus chakra, where mental ability is developed in a linear direction.

Examples of linear thought include the performing of arithmetic and the operating of machinery. In this mode of consciousness, people have learned to develop a rigid discipline of "seeing is believing" in order to discover what works and what doesn't.

With holistic awareness, the heart chakra is developed, allowing issues of separation to be resolved and integrated. Holistic awareness means that mind, body & spirit are seen as closely related facets of the human being. This heart-centered awareness is a viewpoint of integration or wholeness which heals the fears and discords that come with solar plexus consciousness.

There is a paradox with moving from linear intellect to heart-centered consciousness. While the intellectual phase of consciousness may say that "Seeing is believing," the holistic phase requires quite the reverse. In holistic consciousness, opposites are often both true as they are seen as opposite sides of the same coin or as polar opposites of the same issue.

Awareness that is limited to the intellect is subject to issues of separation; of us versus them, of struggling for resources that are perceived as scarce instead of solving the problem of their scarcity. **Holistic awareness includes the idea that consciousness creates realities,** that something must be created in consciousness – "believed" – before they can become a reality.

So, in holistic consciousness, "Believing is seeing" becomes a statement of truth, even though it is the opposite of "Seeing is believing." Instead, it adds the understanding that reality is created by consciousness. We are not merely observers of what is. We create what is.

Traditionally, people have entered a realm of holistic, heart-centered awareness when they pass on from this life. In the afterlife, their task is to heal the fears and hates of their physical lives and transform them into love and forgiveness, thus integrating themselves with others, rather than feeling separate from them.

Today, due to The Shift, more and more people are embracing holistic, heart-centered consciousness while still alive in physical bodies. As the heart is also the gateway to spiritual consciousness, this global movement is producing a revolution in spiritual unfoldment. Spiritual consciousness is flowering in the global consciousness of humanity as The Shift progresses. Today's pioneers in consciousness are people just like yourself. They are exploring the new territory of unconditional love and experiencing a reunion with their own inner, spiritual connections.

The higher aspect of heart-centered consciousness is fully connected to your inner being, or soul. Your inner being is fully connected to the consciousness of the universe and to that which created the universe. Infinite Being is within each of us. We are Infinite Being.

The daily focus that we apply to our five senses and their connection to the outside world is just like performing a part in a play. We act out the part of being us, along the general theme of the type of events that we planned for this life. We ride along through the journey of this life, gaining the type of experiences that we planned to gain. When you open up to your heart, and through that, reconnect to your own spiritual source, then you have become a part of the very future of humanity.

The Shift is heading towards a world where unconditional love and acceptance is normal, where strife is relegated to the distant past, where the true potential of human beings can express itself in the daily joy of being all that you are. ✧



An international spiritual teacher, Owen K Waters has helped hundreds of thousands of spiritual seekers to better understand the nature of their spiritual potential. For more insights into New Reality consciousness, see Owen's book, Love, Light,

Laughter: The New Spirituality.

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When Seekers Become Finders

by Alan Cohen, Hawaii

Every morning after we walk our dogs, two of them chase each other around the living room coffee table. It's quite entertaining to watch these exuberant spirits tease each other, bark, and run around in circles. The little one eggs the larger one on and keeps slightly ahead of him in the chase. Then she stops short and he catches up to her. The two stand there for a moment with a look on their faces like, "Now what do we do?" Then the little dog runs in the opposite direction and the other guy takes off in hot pursuit.

Watching them, it occurred to me that their fun is in the chase. Once the chase is over, the play is lost. Then, to keep the action alive, they must start the chase again. If this sounds familiar, it is. We humans are in many ways like those frisky canines. We thrive on striving, searching, seeking, and yearning. When we do get what we want, we are satisfied for a moment, but then we are on to the next chase. And the game goes on.

Some of us have been chasing for so long and hard that we have developed identities as seekers. We look for things more than we find them. You may even be proud to proclaim yourself a spiritual seeker. But have you ever thought about proclaiming yourself a spiritual finder? How would



your world change if you started finding more than seeking?

In the clever and entertaining film *Princess Bride*, we meet Inigo Montoya, who is on a lifelong mission to avenge the death of his father, who was killed by an assassin many years ago. Inigo is constantly swirling his sword, practicing his revenge statement: "My name is Inigo Montoya. You killed my father. Prepare to die." Finally Inigo catches up with the assassin and does him in. Afterward his friend asks him, "Inigo, now that you have avenged your father's death, what will you be doing?" Inigo stops in his tracks, a blank look overtakes his face, and he replies, "I have been in the revenge business for so long that I don't know what I would do without it."

That is precisely the predicament in which many of us find ourselves. We have been in the seeking business for so long that we would not know what to do if we found. We have entertained thoughts of lack so consistently that when abundance shows up we don't know how to accept it. We have felt stuck so often that we are uneasy with freedom when it is offered. We have

been searching for a partner so ardently that we don't really believe one is out there, and if he or she showed up, we would doubt that person is real.

Such a position calls us to reexamine, challenge, and grow beyond the old beliefs that have kept us small. Lack, pain, and loneliness are arrows pointing us to discover untrue thoughts about ourselves and life that keep us from having what we want. Rather than simply continuing behaviors that don't work, we must be willing to see ourselves differently and receive what we have kept at a distance. Put simply, we are being called to let life love us.

The quickest and easiest way to get your needs met right now is to shift your vision. Cultivate your ability to find love, beauty, health, success, peace, and abundance right where you stand. Don't wait for conditions to change for you to have enough. Claim enough right here, and enough will expand unto surplus.

Many years ago I was having dinner with Dr. Wayne Dyer when the subject came around to money. Wayne nonchalantly said, "I have enough money. I don't need any more." Hearing that, I jealously thought, "Sure you do. You make twenty thousand dollars for a lecture." Then I realized a deeper teaching was being offered. Wayne had enough money because he decided that what he had was enough. You and I know people who have a lot more money than Wayne Dyer, and they never have enough. They are always worrying about protecting their assets and getting more. We also know other people who have very little, and they are soaring in contentment and joy. So it turns out that finding is less about getting and more about knowing.

A friend told me, "I used to think I was a perfectionist because I would find the tiniest flaws in everything I saw. Now I realize I am really an imperfectionist because I focus on imperfection. If I were a perfectionist I would find perfection everywhere I look, not imperfection."

This month I invite you to become a true perfectionist by finding perfection. **Look for the beauty rather than the ugliness; love rather than alienation; the whole instead of the broken.** You may be amazed to find that what you have been looking for has been here all along. Perhaps James Allen said it best: "Two men looked out through prison bars. One saw mud; the other, stars." ✨

Alan Cohen is the author the inspirational book, **Enough Already: The Power of Radical Contentment**. Join Alan in Hawaii for life-transforming retreats. For more information about his programs, books and videos, free daily inspirational quotes, online courses, and weekly radio show, visit alancohen.com.

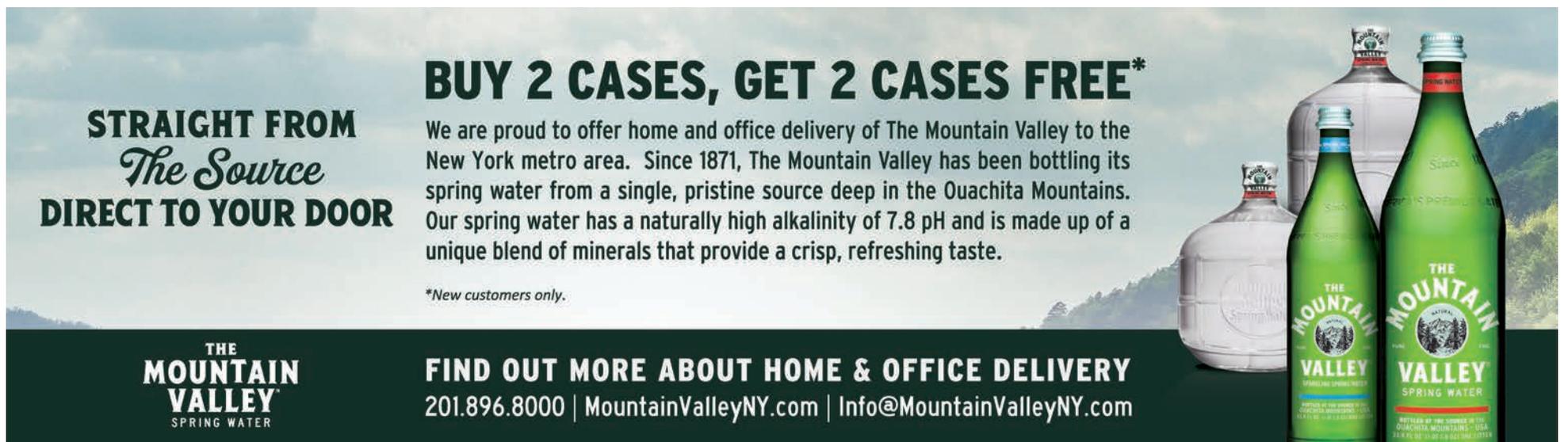
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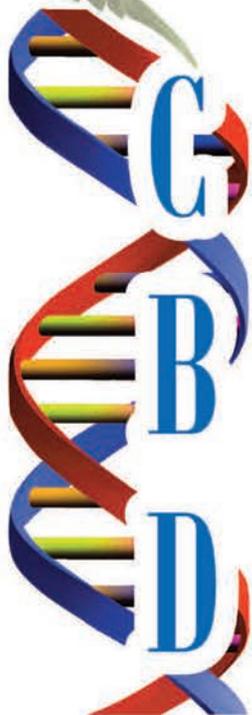
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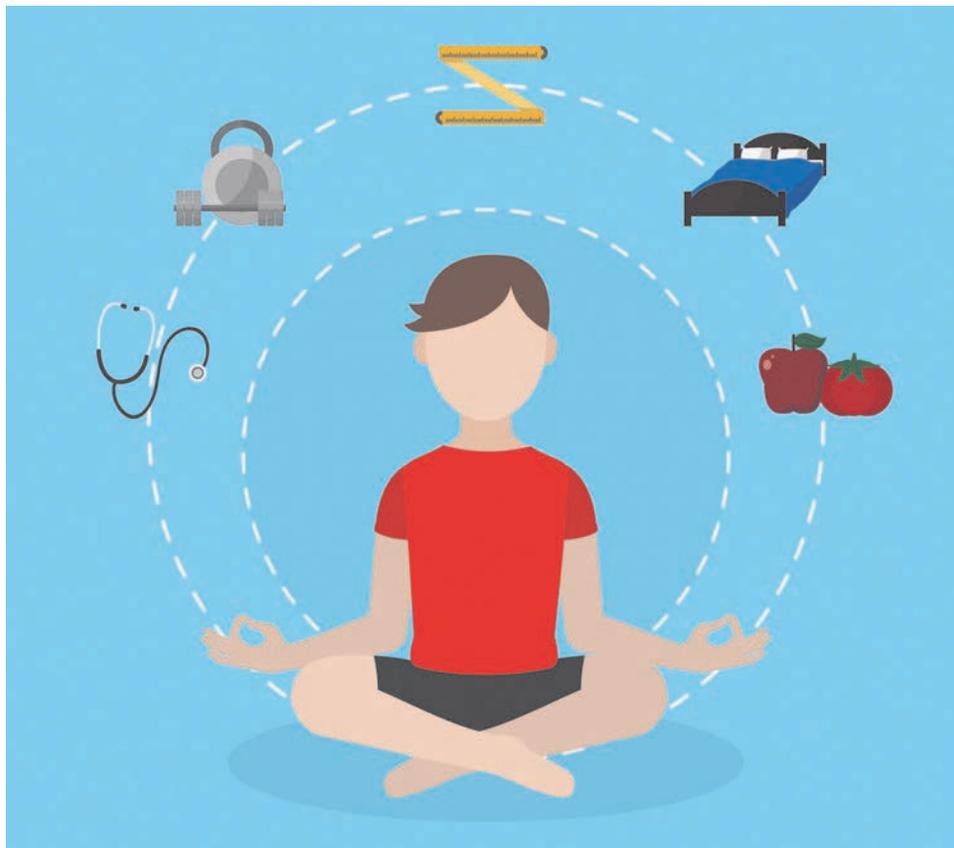
Create Your Own Healthcare “System”

by Marilyn M. Singleton, MD, JD

Kudos to the folks in D.C. who are advancing alternatives to the Affordable Care Act’s over-regulated and expensive health insurance policies. Small business association health plans and expanding health savings accounts (HSAs) are among several tools to increase health care choices.

However, one element in the medical care cost analysis that is rarely addressed is personal responsibility for one’s health. Politicians are reluctant to “blame the victim” (patients) so they criticize the health care “system.” That misses the point: It is not the government’s job to keep us healthy.

Estimates of 2016 U.S. health care spending averages \$10,345-per-person. Purchasing insurance makes up the bulk of the spending: \$3,852 annual insurance premium, \$4,358 to meet the deductible,



for a total of \$8,210. But most of the actual spending on medical care is for 5 percent of the population, mainly for chronic conditions. Eighty-six percent of the nation’s \$2.7 trillion annual health care expenditures

(2010) were for people with chronic and mental health conditions.

It takes more than good luck to maintain good health. Up to 40 percent of lost years of life from each of five leading US causes (heart disease, cancer, chronic lower respiratory diseases, stroke, and unintentional injuries) are preventable according to the Centers for Disease Control and Prevention (CDC). Sadly, opiate use disorder jumped from 52nd on the list in 1990 to 15th in 2016.

Research suggests that behaviors, such as smoking, poor diet and over-eating, and lack of exercise are the most important determinants of premature death. Over the last 25 years the percentage of Americans with healthy lifestyles (exercise, good diet, “normal” body fat, non-smoking) has dropped from 6.8 percent to 3 percent. More than two-thirds of all adults and nearly one-third of all children and youth in the United States are either overweight or obese. The CDC reports that 9.3 percent of Americans have diabetes. Will this problem be solved by expanding government “healthcare” programs? No. In 1965 when Medicare and Medicaid were established, 1.2 percent of Americans had diabetes. This number had doubled by 1975, even with more sources for medical care, and continued to rise at the same rate despite the implementation of the ACA.

The American Diabetes Association estimates that in 2017, diabetes and its related complications accounted for \$237 billion in direct medical costs — a 26 percent increase from 2012. The price of poor lifestyle choices is staggering. For the years 2009–2012, the costs for direct

medical care due to smoking was at least \$170 billion. Medical costs linked to obesity were estimated to be from \$147 billion to nearly \$210 billion per year.

Let’s face it. Many Americans have been duped into ignoring responsibility for their own health. With the drug companies’ relentless ads, prescription drugs have become the equivalent of “As Seen on TV” products. These ads send the unstated message that the latest diabetes or lung disease medication will take care of you so you do not have to take care of yourself and possibly avoid these diseases in the first place. *It’s no surprise that 70 percent of Americans take at least one prescription medication.*

And the same government geniuses that permit food stamps to be used at fast food outlets, mandates over-priced insurance products that include “free” preventive care. But, of course the high-priced cholesterol medication will cancel that out, right?

No sane person would wish a chronic condition on anyone, or deny treatment for such patients. But preventive health begins at home. Changing behaviors requires someone who connects with patients, will take time to listen and help identify personal motivators for change. This requires a physician who will spend time with you. Direct pay practices (DPC) offer quality time, service, and chronic disease management. These physicians are not constrained by insurance companies’ and the government’s paint-by-the-numbers treatments.

Health insurance is necessary for big-ticket items like hospitalizations. But there is no need to pay thousands for services that will never be used. Pre-ObamaCare high-deductible plans and their out-of-pocket costs were generally offset by lower premiums and employer contributions to health savings accounts. Shifting all our personal responsibilities to the government has not improved our nation’s health. Imagine if the \$1,000 spent on designer coffee or manicures were spent on foods and non-sedentary activities that improved health. ✨

Dr. Singleton is a board-certified anesthesiologist. She is also a Board-of-Directors member and President-elect of the Association of American Physicians and Surgeons (AAPS). She earned her MD at UCSF Medical School; completed 2 years of Surgery residency at UCSF, and her Anesthesia residency at Harvard’s Beth Israel Hospital. While still working in the operating room, she attended UC Berkeley Law School, focusing on constitutional law and administrative law. Dr. Singleton interned at the National Health Law Project and practiced insurance and health law, and teaches classes in the recognition of elder abuse and constitutional law for non-lawyers.

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California

John E. Fetzer found as much joy in his quest for *spiritual enrichment* as he did in the wealth he acquired building a financial empire that ultimately put him on Forbes Magazine's list of 400 richest Americans.

And that may be the most valuable lesson that he offers us today. He maintained that these two were not mutually exclusive and, in fact, his connection to a higher consciousness was integral to his success building wealth from the foundation of his radio and TV stations, to his investment in the burgeoning cable television industry and to his culminating acquisition of the Detroit Tigers.

As related in the new biography *John E. Fetzer and the Quest for the New Age*, author Brian C. Wilson shows how Fetzer was a forerunner of the New Age Movement, exploring multiple paths to find true "freedom of the spirit" via the insights of emerging spiritual leaders, movements and approaches—Eastern and Western— including Theosophy, Freemasonry, UFOlogy, parapsychology and Buddhism, among others.

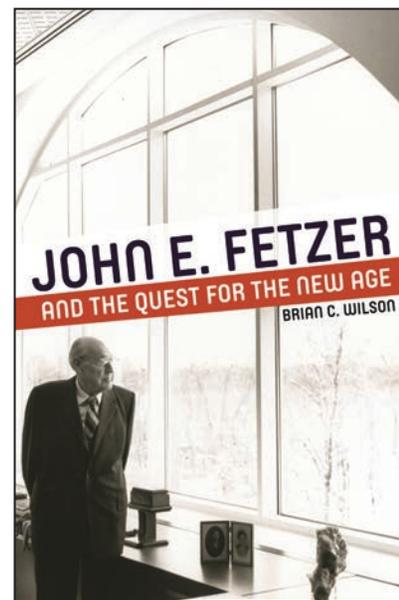
Here are a few tenets that can be gleaned from the John E. Fetzer playbook of success:

- "Money is energy," he often said. For Fetzer, spirituality was a recognition that all is spirit, which he conceptualized as an eternal, conscious energy that, if one were open to it, would inevitably lead one back to the "great central source." Everything consists of this energy—even money. And if one understands this connection and taps into it psychically, then wealth and success, he believed, were within one's grasp. This meant to him that money was to be used in the service of good, since business success and wealth could only be spiritually uplifting if used for love and service. Although immensely wealthy, Fetzer and his wife Rhea always lived very frugally, spending most of their lives in a modest home in a middle-class Kalamazoo neighborhood. For Fetzer, wealth was not for self-aggrandizement, which would have embarrassed him, but rather for the pursuit of a spiritual mission in

service to the world. *John's approach was to serve first, and then money came back to him.*

- Fetzer believed in Karma, and in resolving Karma in order to reach a higher order of consciousness as one passes through the many lives of one's soul ascension. Thus, he sought to refrain from selfish, ego-driven actions that would have negative repercussions—not only in this life, but in future lives. *John's approach was to rein in his ego, seek equitable solutions for all, be generous with his workforce and partners, and do his best to leave a wake of goodwill.*
- Fetzer trusted a higher intelligence in guiding him to good business decisions. He meditated, contemplated and sought to gain insights that he felt came directly from source. And when he needed more guidance in plotting his business strategies, he used pendulums, astrology, and Tarot cards. Or, he would turn to trusted mediums, psychic advisors, dowzers and channelers. He found multiple ways to tap into the infinite intelligence. *John trusted the Universe to provide answers, listened to his intuition, and tapped multiple sources for his answers.*
- Fetzer was still seeking to learn, grow and unravel more of the Universe's mysteries, even as he approached his 9th decade. He never stopped trying to raise his consciousness. And in order to bring others along to a more advanced state of consciousness, so that they, too, could experience the love, compassion, and spiritual connection that creates abundance and peace, he funded some of the seminal spiritual/paranormal/scientific research of the 70s and 80s, to validate the existence of a higher power that can change our lives vibrationally. *John never stopped questing, because it kept him vital—engaged in life and business.*
- Fetzer was a believer in "oneness," that we are all one unified force with the source of creation. So he lived by the "Golden Rule," because he knew that he was connected to each and every one he encountered. He dealt with people with a fair and even hand. He brought respect to the negotiating table. He was beloved by his players on the Tigers and the employees in his company. *John sought the good in all, refrained from gossip or unkind words, treated his employees with love and regard, dealt in good faith and was a positive light wherever he went.*

- For Fetzer, leaving a legacy for the world was paramount. In the 1980s, when Fetzer was beginning to wind down his business activities and sell off his holdings, he used his fortune to endow the organizations that would carry his mission forward, to improve "the human and cosmic condition" through the advancement of the spiritualized science that he felt was so necessary for global transformation, and to support the programs that facilitate building a spiritual foundation for a more inclusive, loving, peaceful world. *The lesson here is to weigh what legacy you can leave for the world—and while it may not be funded by great wealth — it can be the fruits of your time, efforts and gifts from which others can enjoy and prosper in the future.*



For those who are seeking validation that business success and enlightenment can actually work hand-in-hand, Fetzer's extraordinary life stands as evidence. ✦

Jackie Lapin author, speaker and publicist, connects conscious leaders with conscious media and speaking opportunities.

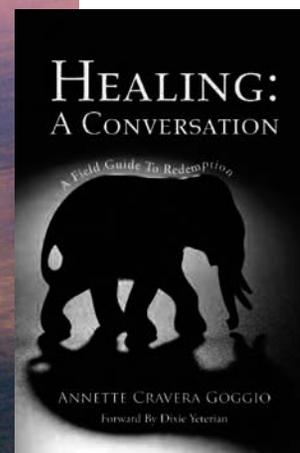
Brian C. Wilson, PhD, is the author of *John E. Fetzer*

and the Quest for the New Age. He is a professor of American religious history in the Department of Comparative Religion at Western Michigan University. To download a FREE CHAPTER of his book and learn more about how John E. Fetzer explored the interconnectedness between science and spirituality, visit infinitepotential.com. (See ad page 15)

Heal Your Soul's Journey

Life presents us with many challenges, including illness, and opportunities to heal – by design. Learn the purpose and meaning of your life story and begin the healing process with *Healing: A Conversation; A Field Guide to Redemption* by Annette Cravera Goggio.

Part personal story, part self-help book, *Healing: A Conversation* shines a bright light on the "mystery" of illness and healing. Annette's honest revelations and heartfelt insights into her personal illness, gives readers hope and permission to examine their own life story. This remarkable book breaks new ground in its account of healing as a platform for understanding the greatest aspects of life such as *relationships, life purpose and the intentional education of the soul.*



"Everyone needs to read and learn from this inspiring and remarkable book."



Available at your local bookseller
amazon.com • barnesandnoble.com • www.aquantummoment.com

5G is NG (No Good)!

by Debbie Persampire
Huntington, NY

Our nation has a new and very serious issue that will compromise our precious health. It is spreading quickly and quietly because few people are aware and no one is speaking up about it.

Unfortunately, it has already begun on Long Island. In 2016, the Town of Huntington and the Town of Oyster Bay approved deals with Crown Castle (on behalf of Verizon Wireless) to add distributed antenna systems to their towns. So far, there are 160 of these antennas in the Town of Huntington, with hundreds more coming. This same thing is happening in the Town of Oyster Bay. They are being placed on new and existing utility poles within brown cylinders, and they can be found directly outside resident homes on right-of-ways.

This is why this is such a pressing issue, and why we need to have the implementation of these distributed antenna systems halted and shut down today:

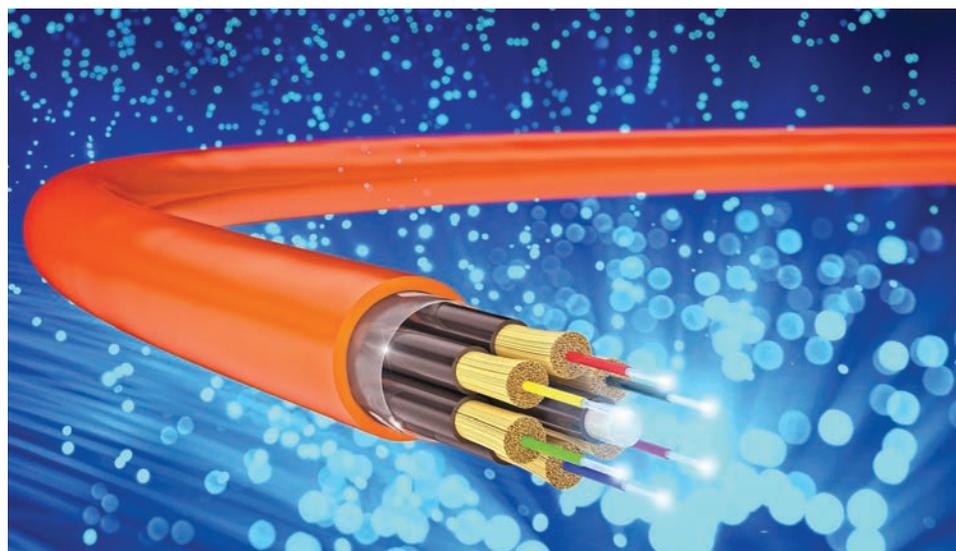
1. These deals made with Crown Castle happened BEFORE the 16-year, 25 million dollar National Toxicology Program (NTP) study on the effects of Radiofrequency (RF) Microwave Radiation results were released. Prior to this study, it was thought by many that the emissions from this equipment were not biologically harmful (although there are thousands of peer-reviewed studies from all over the world that do show biological harm). This NTP study is one of the largest studies ever done on RF microwave radiation and it was done right here in the U.S. Now that these results are finally available and have been peer reviewed, we have absolute and clear evidence that wireless radiation does cause damage to living organisms. An even larger and similar study, the Ramazzini study, also released results in 2018. This study exposed thousands of rats to cell tower radiation, and exposure levels were below those permissible in the US. The results from both of these extensive studies were consistent: they both found heart and brain cancer in the exposed rats. With these cell antennas placed so closely to our homes, we are currently exposing our children to the same type of RF microwave

radiation proven to cause cancer in these studies. It may take up to 10 years to see the damage being done. Should we wait until our children have cancer or other health issues to finally address this?!

<https://ehtrust.org/worlds-largest-animal-study-on-cell-tower-radiation-confirms-cancer-link/>

<https://ehtrust.org/clear-evidence-of-cancer-concludes-the-expert-panel-to-the-us-national-toxicology-program-on-cell-phone-radiation-study-findings/>

2. These new antennas added outside our Long Island homes use 4G (4th generation technology) frequencies that have already been shown by thousands of peer-reviewed studies to cause adverse health effects in living organisms. My



family was told these antennas were added to fill gaps in coverage. At my home, there was no gap in coverage. Was this added antenna necessary? And what about the other 4 in my neighborhood just a couple of blocks away in all directions? Why have they built so many of these antennas, and why are they being placed so closely together? Crown Castle has set up this system for a **5G network (5th generation technology)**. The millimeter waves used by 5G do not travel well through walls and so the antennas need to be located every 5-10 houses to be effective. This is why there are 5 antennas just in my small neighborhood. These new antennas being placed all over Long Island will be “upgraded” to 5G soon, promising better virtual reality, driverless cars, and faster downloading speeds—but at what cost? This new 5G uses much higher frequencies and millimeter waves that have NEVER been tested. We are an experiment. We cannot let this happen.

3. Peer reviewed research has demonstrated a myriad of adverse biological effects from wireless



radiation including increased cancer, DNA mutations, immune system disorders, hyperactivity, damage to brain cells, impaired memory, reduced fertility, increased oxidative stress, and decreased melatonin to name a few. These adverse health effects were

shown in studies using 2G, 3G, and 4G. This new 5G will utilize the current frequencies, but will also use higher millimeter wave and sub-millimeter wave frequencies that are completely untested for long-term exposure. Children are part of the vulnerable population to these emissions because their smaller bodies absorb radiation at higher levels. Pregnant women, the elderly, electro-sensitive, cancer survivors, and the immune compromised are also part of this vulnerable population. We must fight against this. How can we knowingly allow our children to be exposed to these emissions day and night for the entirety of their lives? <https://ehtrust.org/science/research-on-wireless-health-effects/>

4. When we are told that the equipment is FCC compliant, it means NOTHING. Long Island can't wait around for the FCC to change the outdated guidelines for RF microwave radiation exposure and make them safe. In fact, no safe exposure has ever been determined for pregnant women and children. Our U.S. guidelines

for RF Microwave Radiation are based on the 1996 Telecommunications Act that is based on research from the 1980s. This is unacceptable! And when new studies surface, why doesn't the FCC revisit and revise these guidelines? I believe the reason is because there is a tremendous conflict of interest. The chairperson of the FCC worked for Verizon as an attorney, and the chairperson before him was a lobbyist for the telecom industry. Who is protecting us?

I urge our representatives to demand safety for our residents and to take the time to fully understand what we are doing here, and why we are doing it. We need to make this a priority. We can't sit by, knowing that scientific studies have already proven we are all in harm's way and then just allow it to continue. We need to be better than that. I would imagine a contract made by a town can be nullified if new scientific evidence proves that the contract puts people (especially children!) in danger. And I urge residents to make this a topic of conversation with your friends, call your representatives, and go to political meetings to get involved. Raise awareness. Not enough people are talking about this issue and if our representatives don't hear from us, this will never become a priority.

There is a safe alternative: Connect to high speed, high bandwidth Internet by installing fiber-optic cables to every business, home and school. We already have fiber to our poles. The data transmissions are both safer and more reliable. This is far more secure from cyber-attacks, and the cables use a fraction of the energy used for “small cells”.

Join the “No Smart Meters Or Small Cell's LI” group on Facebook because there is power in numbers.

https://m.facebook.com/profile.php?id=151072495506584&ref=content_filter

Please also watch this 6-minute testimony of Michigan Senator Colbert speaking on this topic. Finally, a representative of the people who speaks up on this issue!

<https://ehtrust.org/michigan-senator-testifies-on-health-risks-of-5g-small-cells-and-the-internet-of-things/> ✨

Debbie Persampire is a teacher and a parent. She has become an activist working to bring awareness to the issue of 5G and the dangers of living in a home within close proximity to cell antennas after the Town of Huntington allowed for the placement of cell antennas on a new utility pole just 5 feet outside her backyard fence. As a result, this past year Debbie has worked to raise awareness, coordinate community members, and meet with local policy makers in the hope of preventing 5G and more of these antennas from being placed near homes.

How to Protect Yourself and Your Family

by Devra Davis, Ph.D.

A cell phone is a microwave radio that works on much lower power but at roughly the same wavelength as a microwave oven. More than a dozen countries today restrict the use of cell phones by children and advise precautions regarding their use, including using headsets, speakerphone, and text messaging.

Excepting for emergencies, phones should not be held next to the head. Get in the habit of using landlines and ethernet connected electronics whenever possible. **Instead of waiting for government action, here is what you can do right now to keep you and your family safe.**

PERSONAL ACTION

- ✓ Use a headset or speakerphone to reduce the amount of radiation to the brain.
 - ✓ Your exposure drops more than exponentially as you move the phone away from your head. Even when using the speaker, hold the phone away from your torso when you are talking and be sure that the back of the phone is not close to others, especially nursing infants or other children.
 - ✓ Carry phones away from the body and not in a pocket or bra. Do not keep a phone turned on next to your body all day. When you are not using the phone, if it is on, stow it in a backpack, purse, or bag. If you keep it on your waist, turn it off. Do not keep a wireless headset turned on in your ear or in your pocket when not in use.
 - ✓ Whenever possible, only use your phone when the signal quality is good. The weaker the signal, the more the radio frequency has to boost itself to get connected, increasing your exposure. Minimize use when reception is weak (such as in a rural areas) or when you are in a metal box, such as an elevator, train, or car.
 - ✓ Prefer texting to voice calls and when doing so hold the phone away from your body. Phones typically use less radiation to send text than to speak, and texting keeps radiation from your head. However sharing photos or videos increases your radiation exposure.
- ✓ Use a corded landline at home and not a cordless phone, as these emit radio frequency radiation like that of cell phones. (Having a landline means you will have a working phone if and when electricity is cut off during blackouts or if cell towers are not working.)
 - ✓ Teach your children about this issue. Tweens and teens and the rest of us should not sleep with a cell phone under pillows or next to the bed all night. Use a battery alarm clock.
 - ✓ Pregnant women should keep their cell phone away from their abdomen. New mothers should also protect their babies from the phone. Do not speak on the phone or text while holding the device near the abdomen or the baby's head. A fetus's or baby's developing brain is most susceptible to radiation.
 - ✓ Men, especially those trying to become fathers, should also keep their cell phones turned off when in their pockets.
 - ✓ Be wary of radiation shields and other such protective devices that are claimed to limit exposure to radiation. They may reduce the connection quality and therefore force the phone to transmit at a higher output power.
 - ✓ Avoid using a phone or texting while driving. It's like driving drunk.
 - ✓ Read the "fine print" from the manufacturer's instruction manual which tells users to keep a distance between the phone and your head and body. The fine print warnings for cell phones range from a few millimeters to almost an inch. The fine print warnings on other wireless devices such as Wi-Fi routers, home cordless phone base stations and baby monitors generally state devices should be at 20 cm, or about 8 inches. If people are closer than the manufacturer stated



separation distance, then they can be exposed to RF levels that violate the US government radiation limits.

- ✓ Choose wired Internet (Ethernet cable modems) at home instead of wireless systems, if possible. Use wired computers to do as much as possible of your Internet connection and social media and streaming videos. If you do use wireless systems, unplug them during sleeping hours or when you are not using them.
- ✓ When you connect digital devices with wired Internet connections, remember to turn the Wifi off and the bluetooth OFF in settings and turn the Wifi off the router. (Even if you are using a wired connection, the device will emit if the Wi-Fi antennas are on.)
- ✓ Choose non-wireless options instead of wireless for tech and accessories such as computers, laptops, printers, gaming consoles and handsets, security, mouse, keyboard, video cameras, HVAC, speakers, headphones, microphones and other accessories.

POLITICAL ACTION

More than a dozen countries advise restricting the use of cell phones by children and limiting direct exposures to the bodies and heads of adults. In the United States the Federal Communications Commission (FCC) is responsible for issuing rules on cell phones. The U.S. Food and Drug Administration (FDA) has taken the position that they do not regulate or evaluate cell phone safety before marketing, but they only act if and when a phone is found to be dangerous. The FDA does regulate microwave ovens, which use much higher power than cell phones, because leaking ovens or other uses of microwave radiation at high power have triggered heart attacks in those with pacemakers and are associated with other serious health problems.

Join the Campaign for Safer Cell Phones on our Web site www.ehtrust.org and write to your member of Congress if you want access to better information on these matters. We call on local, state, and national government and the private sector to:

- ✓ Require that warning labels about safer cell phone use be applied to cell phones.
- ✓ Require that phones be sold with earpieces and speakerphones.
- ✓ Increase public awareness about the specific absorption rate of all phones and ways to reduce exposures to radiation.
- ✓ Conduct a major review and revision of safety standards, incorporating state-of-the-art science, and support a major multidisciplinary independent research program on cell phones.
- ✓ Develop specific recommendations about lowering direct radiation to the head.
- ✓ Conduct a national survey of radio frequency radiation exposure (the last one was done in 1980) and develop monitoring of heavy cell phone users by creating access to cell phone billing records to qualified researchers.
- ✓ Require that pre-market testing be done before new technologies are deployed. ✨

Excerpted with permission from Disconnect ©2010, by Devra Davis.

Devra Davis, PhD, MPH, is the founder and President of Environmental Health Trust, a scientific think tank that carries out research on environmental health risks, develops educational resources and works



directly with policymakers worldwide. Davis is currently Visiting Professor of Medicine at the Hebrew University, Hadassah Medical Center

and Ondokuz Mayıs University Medical School. She was Founding Director of the Board on Environmental Studies and Toxicology of the U.S. National Research Council and Founding Director, Center for Environmental Oncology, University of Pittsburgh Cancer Institute. Davis served under President Clinton as an appointee to the Chemical Safety and Hazard Investigation Board and also was a member of the Board of Scientific Counselors of the National Toxicology Program. She has published over 200 articles on environmental health issues. <http://ehtrust.org>.

CALENDAR OF EVENTS

ONGOING EVENTS

MONDAYS

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

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

TUESDAYS

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

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

MEDITATION GROUP Discover the transformative benefits of Inner Peace & Understanding 8/14, 8/28,9/11, 9/25. 7:30 – 9:30 PM Smithtown. Information, Registration: 631-724-9733 lightawakenings7.com.

ASTROLOGICAL INSIGHTS What is your Life Path? Compatible Signs? By Appointment - Smithtown. lightawakenings7.com.

WEDNESDAYS

HEALTH & ENVIRONMENTAL GROUP – We are growing a group who will speak, advocate and take action on crucial issues facing humanity, including the food industry, the medical system, the environment and more. ONE Wednesday each month. The next two meetings: 8/15 and 9/19. **FREE** to attend. **FREE** plant-based whole food served. 6:30PM, The Hilton Long Island in Melville. Info: Steve 516-921-1417 steve@realthruthstalks.com or Neil 631-424-3594 neil@creationsmagazine.com (see ad page 19)

PLATFORM MEDIUMSHIP DEVELOPMENT CLASSES with Winter Brook, psychic medium, beginning **September 26 – November 28** (8 classes) 7:30PM–9pm. 171 Main St., Northport NY. Strengthen your connection to Spirit & boost your confidence in a supportive environment filled with love and laughter. \$300.00 early bird special. After September 16, \$350.00. To register (631) 261-9300 or winter@winterbrookmedium.com.

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.

SATURDAYS

SPIRITUAL FELLOWSHIP – GATHERING OF LIGHT - Are you looking to deepen your spiritual connection? We welcome all faiths, beliefs, and traditions. Come join like minded people in community. Saturday, 10 AM. gatheringoflight.org. 631-265-3822. (See ad p.12)

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.

CHILDREN'S SPIRITUALITY CLASSES 10AM during GOL services at 95 Old Country Road, Melville 11746. Contact Linda Brenner at lbrenn23@optonline.net to confirm.

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

SUNDAYS

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

INNER LIGHT CENTER FOR SPIRITUAL LIVING Are you looking for a meaning to Life and to YOUR life? We are a community of people who are seeking a more fulfilling life through the principles of universal spirituality. Join us for service each Sunday at 11AM. 10 Cedar Swamp Road, Suite 5, Glen Cove, 516-796-0769. www.innerlightcsl-li.org. and https://www.facebook.com/innerlightcsl/

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.23)

UNITY LONG ISLAND – If you like Wayne Dyer and Louise Hay, you will love Unity Long Island's Positive Path of Spiritual Living! Services are held @ 11:00AM, 38 Old Country Road, Garden City, NY 11530, 2nd Floor. 516-823-0940 www.unitylongisland.com UnityLongIsland@gmail.com. (See ad p.19)

SPECIAL EVENTS

JULY 25 & 31

UK INTERNATIONALLY RENOWNED DEEP TRANCE SPIRIT ARTIST, SANDY INGHAM will be working with Winter Brook, psychic medium in 2 Joint Demonstrations in Northport. Wednesday, **July 25** and **Tuesday, July 31** @7pm. Limited seats. \$45.00 RSVP (631) 261-9300 or winter@winterbrookmedium.com.

AUGUST 18

ZENSCAPE YOGA & ARTS FESTIVAL – Long Island Sports Park, Calverton, NY. ZenscapeFest.com, 631-698-6230. (see ad back cover)

SEPTEMBER 8

PSYCHIC, HEALING & WELLNESS EVENT– Saturday, 10:30am-5:00pm, Hilton LI, 598 Broadhollow Rd., Melville, NY. FREE Admission! Readers, Holistic Healers & Vendors. Info: 516-398-6620, www.empoweredpathexpos.wordpress.com, www.facebook.com/empoweredpathexpos.

SEPTEMBER 30

OVER 50 FAIR Part health/wellness fair, part activities/lifestyle expo for adults 50+. Tons of classes and over 80 exhibitors. Spend the day learning about great products and services relevant to you! FREE health screenings. Topics include wellness, psychic readings, weight loss, vitamins, travel, home improvement, and retirement planning. Singles lounge, live jazz and acoustic music. Hilton Long Island/Huntington, 598 Broad Hollow Road, Melville. 516-621-1446. 10AM–4:30PM. Tickets: \$6/online, \$8/door, free for Veterans. Bring one adult child free with your paid admission. www.Over50Fair.com.

OCTOBER 11-14

REBOOT FOOD CULINARY CLEANSE RETREAT at Breakers Montauk. More info and Registration: SBS@Stefaniesacks.com, 516-205-5048. (see ad p. 13)

OCTOBER 11-15

FIND YOUR TRIBE Have friends but haven't found your tribe? Join our community of like-minded women over 50 at **Women At Woodstock** – a Fall weekend of workshops, healthy food, walks, yoga, wine, fireside discussions, and new friends—your tribe! At a beautiful eco-friendly lodge near Woodstock, NY. Visit womenatwoodstock.com and join our email list! https://womenatwoodstock.annvbaker.com

UPCOMING EVENTS

KARUNA FOR KIDS: Yoga & Humane Education. Saturday, **October 27**. Register at: Karunaforanimals.com (see ad p.20)

GLOBAL PEACE THE NEW "CHIC" A thought-provoking evening. A play fusing fashion with spirituality. Fashions that rekindle Rhythms of Humanity. Friday, **October 19**. 7:30 pm. Christ Lutheran Church, 189 Burr Road, East Northport. www.gatheringoflight.org. Tickets: \$35.00, 25.00, 20.00. Limited Seating, book your tickets today!

List Your Event Here

Calendar Listings start at \$35 per issue*

*TWO months in print and online

neil@creationsmagazine.com 631.424.3594

Come create peace in the world, one consciousness at a time.

Gathering of Light Interspiritual Fellowship
is a dynamic (spiritual but not religious) community that focuses on
the heart and honors your personal understanding of the Divine.

We bring peace to the world, one consciousness at a time.

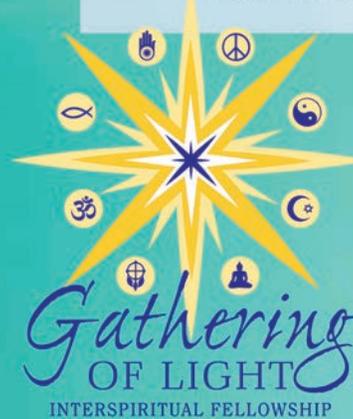
All are welcome to experience the awakened aliveness we are meant to live!

WEEKLY SATURDAY SERVICE at 10am

Includes a Children's Spirituality Program

WEEKLY WORKSHOP ON TUESDAYS & THURSDAYS at 7pm

Visit our website to view our calendar listing



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Coexist
IS A WAY OF LIFE.

95 Old Country Road, Melville
at the Presbyterian Church of Sweet Hollow

631-265-3822

GatheringOfLight.org

The Healthiest Sick Person I Know

by Stephanie Sacks
Montauk, NY

About a decade ago, the head of nephrology at Stony Brook University Medical Center, Dr. Edward Nord, uttered this during my quarterly check up, “You are the healthiest sick person I know.” I laughed. “I’m serious,” he added. “You made a diagnosis nearly impossible because of the way you eat and live.”

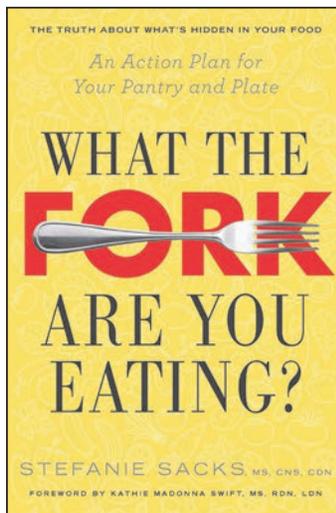
Beginning in the late 1980’s I spent summers working at Naturally Good Foods & Café in Montauk. My passion for cooking ran deep. For four years this kitchen was my *food as medicine* crash course, and the beginning of a persistent itch that shaped my life personally and professionally transforming me into the healthiest sick person that my doctor ever knew.

Being a survivor of childhood sexual abuse, among other traumas, took its toll. Without acknowledgement and proper support to heal, life inevitably became tumultuous, inside and out. Many in my position don’t get out alive. Most turn to destructive behaviors. With a stroke of good luck, I turned to food. Despite living a healthy lifestyle from a young age, tools to manage the emotional tidal wave that trauma can cause were limited. Gasping for air in my college years, the Student Counseling Center became my

temporary life raft. But as a confused teenager with no real comfort zone at home, physical illness ensued—my pain was silenced having nowhere to go but inward.

My late teens and 20’s were marked by bizarre symptoms from urinary tract and kidney infections to incessant aches and pains to chronic hives. Autoimmune disease was discussed amongst doctors but there was no real resolution. I forged ahead, eating well and pawing at every self-help book possible. In the late 1990’s culinary school offered shelter, and under the tutelage of many gifted teachers, I thrived. However, my despair was smothering. Self-help wasn’t cutting it anymore. Facing deep inner pain is ugly but the only way to get to the other side is to walk through. And so it began...

I entered trauma-centric therapy. I tried EMDR, group therapy, past life regression, energy work, acupuncture and so on. Money earned and gifted went towards blindly trying to help myself. I liken life at that time to being under deep dark water, seeing the light of the surface but not knowing how to reach it. And yet, in spite of it all, I just kept swimming towards the glimmer.



At around the same time, I entered graduate school for nutrition and folded myself into caring for others through my profession. As an innate empath, my desire to heal others was my own disguised cry for help.

Physical ailments returned with a vengeance marking the beginning of a decade long medical nightmare—too many doctors and diagnostics to count, two unsuccessful surgeries and multiple misdiagnoses—landing me at Stony Brook University Medical Center where it was determined that a rare kidney disease was the culprit. In the end, without an alkaline diet, I could have compromised my health beyond repair possibly risking losing my kidneys. My food choices saved me.

The work never stops—psycho emotionally and physically. Turns out *I do live with an autoimmune condition that went undiagnosed for 30 years*. The renal disease is a common complication. Regardless, I feel incredibly blessed. Life could have turned out much differently. My wellbeing is a full time job, one that I take seriously so I can be healthy for my kids as well as my husband and myself.

I have finally reached the surface of that deep ocean. And being able to pass healing forward is central to who I am, both personally and professionally. We all have the power to be the healthiest sick people our doctors know. ✨

Nourishment Warrior Stephanie Sacks, MS, CNS, CDN is a Culinary Nutritionist, author of What The Fork Are You Eating, founder of REBOOT FOOD™, speaker and consultant. She transforms the way people eat by using hands on experiences to inspire, educate and offer practical tools for food lifestyle change. Visit stefaniesacks.com.

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Does that mean you are consciously sabotaging yourself? No, not at all, but what we have found is that we all have these unconscious things going on that end up sapping our creativity and squelching our projects.

Here are 5 tips to stop stopping you and to unleash your creativity:

1: Stop judging yourself as wrong

Every judgment defines you and stops positive energy and opportunities from flowing into your world. Every time you judge yourself negatively or harshly it's like putting the brakes on whatever you're

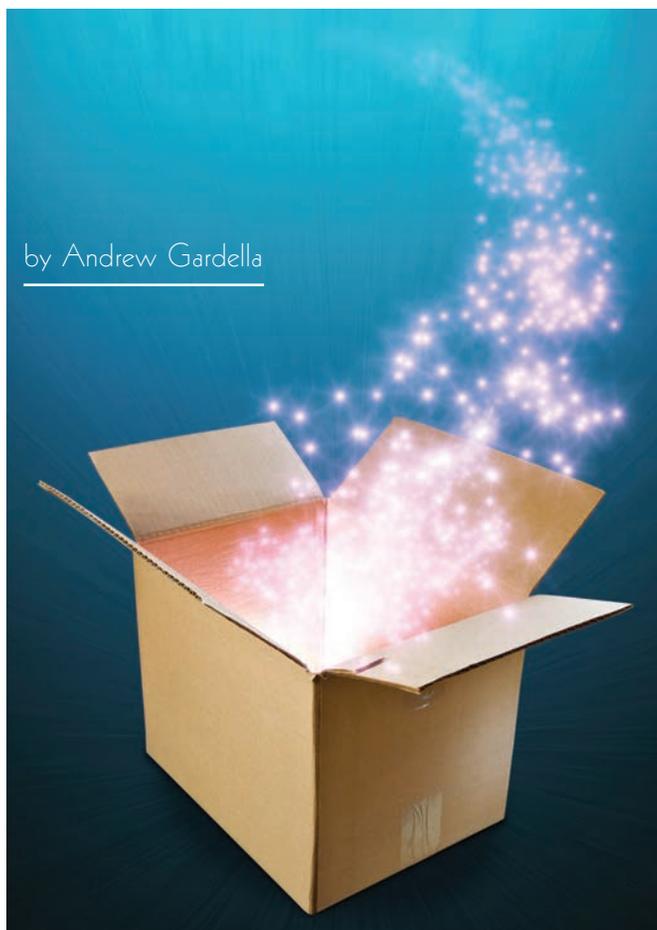
trying to create in your life. Every time you think something isn't working or you would like to make yourself wrong, instead ask, "How does it get any better than this?"

2: Tune in to your body's wisdom

You are an infinite being of energy; your physical body is the conductor of your life force. To experience the truth of this, try the following: Close your eyes and take some deep breaths in. Feel into the outside edges of you (not the outside edges of your body). It will most likely sit outside your physical self. Can you expand to fill the room you're in? Your home? Your whole suburb? The city? The whole earth? When your energy can be that big in the world, your self-judgment or the judgement of others, has little ability to impact you.

3: Combatting the stress response

Every day, practice saying: All of life comes to me with ease, joy and glory. Say it 10 times every morning when you wake and 10 times every evening before



by Andrew Gardella

5: Learn how to be flexible with your point of view

Your point of view creates your reality so if you think life is stressful, you'll only see the stresses in life. If you think no one listens to you, or no one will buy your stuff, you're right. When you take a fixed point of view, it narrows your vision and you only see what you have already decided. If you can loosen your fixed perspective and allow for alternative points of view to be true, you will create new possibilities for yourself and your life. One way to do this is to ask, "What else is possible here that I haven't considered?"

These tips may seem simple. They are, but so is creation. The more I use these tips and play with them as blocks and challenges come up, creation gets easier and faster. And I have seen this show up in others as they use these tips. So, I invite you to play with them and see what you can create. ✨

bed. When you've programmed a belief like this into your system through daily repetition, you can call on it to shift your energy when you find yourself in a state of stress or fear.

4: Fear and excitement feel the same

Fear and excitement feel very similar in the body. People often interpret excitement as fear and rob themselves of growth promoting and invigorating experiences. Learn to do the opposite. Start asking is this fear or excitement, to start breaking the conditioning of where you interpret fear as excitement. This way you can start to reframe your perspective to see how exciting and invigorating it will be to go on that date, speak publicly or whatever it is you're wanting to achieve.

Dr. Andrew Gardella graduated from Case Western Reserve University Magna Cum Laude with degrees in Biology, Psychology, and Cognitive Science. He graduated from Palmer College of Chiropractic in Florida to become a Doctor of Chiropractic. Along with various chiropractic techniques, Dr. Andrew is a certified practitioner of BodyTalk and an Access Consciousness facilitator. He facilitates Right Voice for You classes, a specialty program of Access Consciousness. Follow on Twitter at @RightVoiceForU.



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Setting Healthy Boundaries

by Yvonne Tally
California

Constant availability, unyielding accommodation of others, and unrealistic expectations can easily morph into time-zapping habits. Busy has no boundaries; you just keep going and going.

It's like treading water with no shore in site — you keep doing it in hopes that someone will show up and rescue you. If this sounds familiar, it's time to set some new boundaries.

Boundaries are not designed to keep others out; rather, they're meant to protect personal space so that each of us can develop, protect, and maintain our sense of self. Setting healthy boundaries is fundamental in maintaining healthy relationships and personal wellbeing. Most people understand this and respect the boundaries that we

set. However, if we have not established consistent boundaries, others won't have a clue as to when they are crossing them. When this happens, frustration and anger are often the result, pushing us over the line of our ill-set boundaries. Understanding your limits before you reach them will help you set good boundaries and give you the confidence to enforce them. You may get pushback from others when you set new boundaries; this is often a reaction to the changing dynamics that new boundaries bring. Setting and enforcing boundaries comes with a learning curve, and once you get on the other side of that, you'll be in a better position to manage your time.

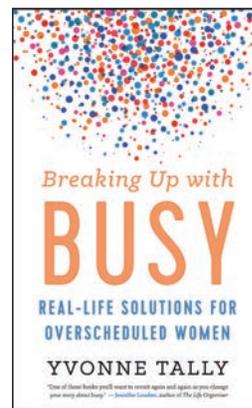
The Solution

- Flag your feelings. Be aware of feeling resentful or uncomfortable. These feelings are likely signals that you've reached the limits of the boundary you have set. A yellow flag means pause and evaluate. Evaluate whether you really need to do what's being asked of you. Is it too close to a limit that you've set for yourself? Or is there some way you could modify the situation or request so that you feel more

comfortable? A red flag means stop and communicate. A red flag is a sure sign that you have reached your limit and that it's time to communicate that. Be firm and kind while clearly stating why you won't accept whatever is causing you the discomfort, and follow it by restating your boundary and what you will accept.

- Review your Need/Want Connection. Determine what you need to get done before you accept any requests from others. Be sure you really have the time to do what's being asked without it affecting your positive mood.

- Use clear communication. Don't beat around the bush when you express a boundary. Do be mindful of the relationship you have with the other person and the style in which she communicates. Doing so will make what you have to say easier for her to hear. And that's key in getting your point across in a direct and compassionate manner.



- Keep it simple. Don't overthink whether or not you should do something—go with your gut!

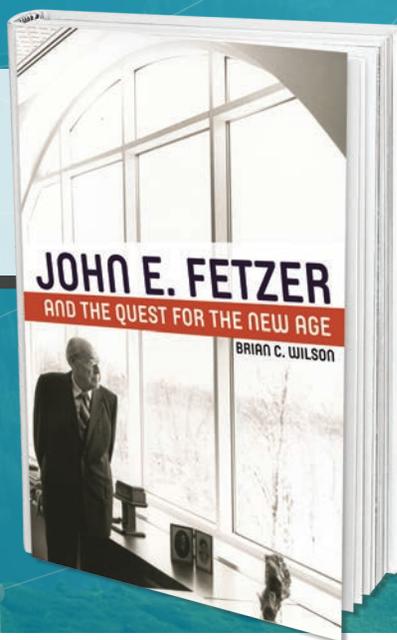
- Consistency is key. Establish healthy boundaries by sticking to them. Those around you will stop expecting so much when you stop doing so much.

Think of boundaries as the handrails on a staircase; everyone feels better when they're there.



Excerpted from the book **Breaking Up with Busy**. ©2018 by Yvonne Tally. Printed with permission from New World Library — newworldlibrary.com.

Yvonne Tally is the author of **Breaking Up with Busy** and leads meditation and de-stressing programs for corporations, individuals, and private groups in Silicon Valley. Visit her online at YvonneTally.com.



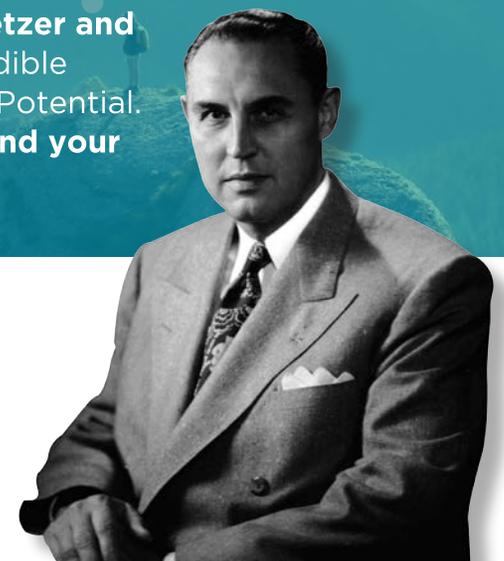
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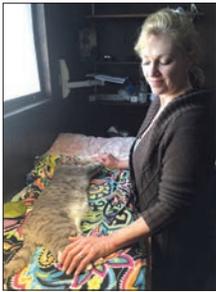
-Arthur Versluis, professor of religious studies at Michigan State University and author of *American Gurus, Magic and Mysticism*



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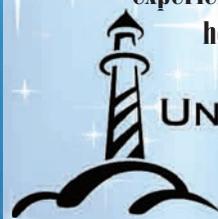
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The Greatest Beauty in Life

by Annette Cravera Goggio
Oakhurst, CA

Are you a manifester? Are you surprised when something or someone you desire “suddenly” appears in front of you? Or do you wait for outcomes from lists of needs that you draw up in the back of your mind without relief?

I am here to tell you that *all* in your life, whether specifically what you’ve desired or generally thought needed, are appearing in front of you, albeit in different and sometimes unrecognizable form. We need only decode the symbolism of the objects, people and circumstances to see that we really are at the center of our own personal universe and in control of it.

How can I be so sure of this proclamation? Let’s look at the evidence:

Before you were born, you or your council of “elders” set out a life path of learning for you and in that discussion you chose the circumstances that would bring about that learning. Other souls came forward at that time and agreed to be a part of those circumstances for you. Lucky for you, all this discussion is lost upon entering the Earth dimension, otherwise it would be like having the answer sheet to all the test questions. Having the answer sheet would definitely ruin the fun of living here, wouldn’t it?

However, it is not necessary to live here blind to the path or the lessons one is supposed to learn, so here is a big hint: **your soul urges you to use the circumstances that are created for you to learn your lessons.** The soul urges you in certain directions, causes you to increase your interest in certain people, places and activities, and so you desire them specifically in your waking life and when you’re asleep at night. At some point in time, they appear (whether you like it or not!). I say, at some point, because the bringing forth of the person, the place, the activity or the object of your soul’s desire may be compromised by other, competing thoughts and feelings in you, like feeling undeserving of such a person, place, activity or object, and in putting forth such counter valence you slow the process of manifestation of what you primarily desired or nullify the primary

desire all together. The universe responds to these competing desires/avoidances by manifesting non-movement for you instead of movement. *The universe always responds to your thoughts and feelings, the outcome may not be recognizable as what you think you’re wanting.*

Here is a case in point: Let’s say you desire more money in your life so you can go places and do things that are perceived by you as beyond your reach. You tell everyone, “I can’t go to Tahiti because I don’t have the money,” or “I can’t get a new car because I haven’t got the money,” or “I can’t buy that dress because I haven’t got the funds.” At night you pray to God, “Please God, give me more money, I need a new dress, or I need a new car, or I want to go to Tahiti with my friend.” The universe responds to both. *Not sufficient funds. Things I need.* The thoughts don’t produce money to buy the dress, the car or take you to Tahiti because you have repeatedly said you don’t have the money, so no new money will appear. The universe will just repeatedly show you what you desire and what your bank account tallies up to. You create non-movement because you set up that equation: no money = things I want that require money. The beauty of this situation is its confirmation of what the universe does deliver, non-movement.

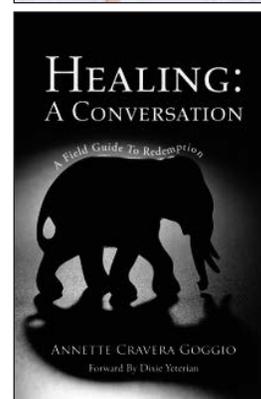
So, as you look at your wardrobe, your unreliable car, and the travel catalog for that trip to Tahiti you can be sure that you will continue desiring new and better circumstances such as these things for yourself, for that is what you desire and perhaps not money at all. It helps if you stop obsessing about your perceived lack of money, for you are telling the universe you don’t need any more money for the lacking of money is what you are desiring (and who would think *that!*?). The new car, new dress or trip to Tahiti may come in a way surprising to you, not through more money if your soul urges you to move forward and the car, the dress, the trip are ways in which you are to do so. For instance, the new car can arrive as a gift from a deceased relative, the dress a prize for leaving your business card in a jar in your favorite dress shop, or the trip to Tahiti, your honeymoon. Each have in them *promise*, the promise of a new beginning, a new turn in your life, which is the design of manifestation.

If it truly is money that you desire and that fits with your life path (perhaps to be a philanthropist some day) you will get it if you don’t think you are undeserving of it, of course. If you think that, *snap out of it!*

Look around you. What do you see? How do you feel about what you do day-to-day, who is in your life right now? How do you feel about the place you live in: the country, the town, the neighborhood, the house or apartment (or lack of permanent address)? *What you see and feel about your circumstances is your personal universe that you have created for yourself, in compliance with your desires as a soul and the slate of lessons you set out for yourself before coming.* No use blaming anyone else or the universe for it. You are in charge of it. Wise advice given to me many years ago: **If you want differently, do differently,** meaning, start manifesting something else.

If you feel uncomfortable about any of your life circumstances and you find yourself wanting something else, visualizing something else, that is a big clue as to what is coming or what is *not* coming. Be clear on your thoughts and desires—are they consistent or in opposition? Change means change, so are you ready for it? Whether or not your life circumstances are uncomfortable, change or not, your current life circumstances were created by you to learn something—it’s the *something* that’s important.

What do all these circumstances: the place, the daily interactions with your friends, your partner, people you work with, your reactions to them, tell you about yourself?



What are the challenges to you *emotionally*? Therein lies the lesson. Without understanding the lesson in each part of your life, you will find yourself in similar circumstances in other towns, other social circles, other workplaces, in order to get the opportunity to see it, learn it, again.

Actually, you get this practice over and over as circumstances change, so don’t get the idea you can create a perfectly comfortable life. That’s not the point of being here! The beauty of living here in this dimension is seeing how the universe presents the specific circumstances (you

desired) that your soul begs you to be in for your soul growth and fulfillment of your lesson plan. ✨

Annette Goggio, MPH, EEMCP, holds graduate and undergraduate degrees in the health sciences and is the author of Healing: A Conversation. Her practice in energy medicine is based on the teaching of Dixie Yeterian, renowned clairvoyant and healer, and Donna Eden of Eden Energy Medicine. To learn more please visit: aquantummoment.com. See Anntte’s ad on page 9.

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The 432 Frequency

by Jill Mattson
Oil City, PA

Throughout the ages, mankind has tuned music to a variety of frequencies, getting extra doses of tuning notes that massaged the sacral, solar plexus and heart *chakras*. Each tuning note helped mankind evolve.

Of all of the chakras, the heart is the most powerful. The heart connects us to our Higher Self, other realms and opens emotions such as compassion, forgiveness and love. When we are calm, this chakra pierces and connects to higher dimensional information.

The frequency of **432 hertz (Hz)** massages the *heart chakra* with a warm and calming tone and opens the intuition. This frequency lightens the aura, adjusts emotional states, while inducing calming and centering. The best testimony of why anyone should seek out this frequency is simple: to listen and relax into this heart centering tone.

The world has accepted 440 Hz as the standard frequency for the musical note A, and not 432 Hz. (There can be hundreds of tiny variations in the speed of sound, in-between our smallest musical intervals.) The difference between A=440 Hz and A=432 Hz is only 8 hertz; it sounds slightly lower. However, music lovers claim that music tuned in A=432 Hz is more harmonious and induces an experience that is felt inside the body, especially at the spine and heart. Music tuned to A=440 Hz offers an outward and mental experience, and is felt on the side of the head and then projects outwards.

The 432 tone is not readily available—it cannot be heard on our pianos, as this frequency is in-between our smallest interval of musical notes. A tuning fork is required to hear this beneficial frequency. *The 432 Hz tuning fork* creates natural harmonics to resonate with the mind and body, allowing for a deeper and more nourishing experience. Think of the song, *Stairway to Heaven*, which is written to include this frequency. This song stands apart from others and creates a deep experience.

Each frequency creates *sympathetic resonance* with thoughts, emotions and items in our physical bodies and worlds. Therefore, the frequencies used in our musical scales unconsciously dictate precise experiences for listeners. How

much we receive of each frequency impacts us much more than we are consciously aware. **Every frequency serves a purpose.** For example, the 440 Hz frequency creates outward activity. The A=440 is like “aural caffeine.” This frequency produces an industrial spirit in people. Countries in the world become more industrious (literally) while listening to a musical scale with A = 440. In contrast, those countries who used ancient scales (accessing calming frequencies), like India, advanced in spiritual and meditative practices. With the Internet, India now has a huge diet of aural caffeine via Western music and A = 440 scales, while her industrial capacities have simultaneously expanded.

Rudolph Steiner declared “Music based on C=128 Hz (the C note in a scale in which A=432Hz) will support humanity on its way towards spiritual freedom. The inner ear of the human being is built on C=128 Hz.” **The 432 frequency is a serious awakening tool for the spiritual aspirant.**

Many energy healers use the 432 frequency for precise benefits. Meditating with 432 Hz music can be a powerful and effortless way to reach a deep cleansing experience within your consciousness. Using a 432 tuning fork held above the head clears energy pathways, allowing finer and greater amounts of High Energy to enter the crown chakra. It is like “cleansing the information and energy coming into the body and distributing it throughout all energy fields of a person.” A deep healing occurs once the fork is struck and the base of it is placed on the heart chakra and slowly moved all the way up to the base of the throat.

According to Ananda Bosman, international researcher and musician, ancient Greeks tuned their instruments predominantly to 432Hz as well. Orpheus, the Greek god of music, used music incorporating 432 hertz for “transformation and harmonizing with nature.”

Why did many Ancient Masters value the frequency 432?

In much of the ancient world, “Magical” sounds were numbers that resonated (exchanged energy) with frequency patterns found on Mother Earth and in the Heavens. A 432 frequency resonates and shares energy with anything close by that is also 432 Hz. *Resonance* or energy-exchange, also occurs to lesser degrees with harmonious musical intervals and harmonics (an after ripple pattern of sound). Musical intervals and harmonics are mathematical, and the “chain of resonance” can be figured out for any frequency.

Pythagoras said, “All is Number!” Just what does that mean? Everything is energy. Energy vibrates. Pulsations of energies



can be counted and are called *frequencies*. Modern physicists’ *String Theory* is based simply on different vibrations of infinitesimal strings. With this thinking, “all is number” expressed as different vibrating strings (or frequencies), creates our world.

Ancient man strongly believed that numbers and mathematics found in nature and the heavens “tuned” us to the Earth and the Heavens, empowering our awakening, and “quickenning us” to be closer to God. The 432 frequency is reflected in ratios of the sun, Earth and moon, as well as the procession of the equinoxes, Stonehenge, and the Sri Yantra, among many other sacred sites. For example, the sun is roughly 864,000 miles in diameter ($432 \times 2 = 864$) and the diameter of the moon is 2,160 miles ($432 / 2$). Further, there are 864,000 seconds in a day. Many traditional schools of yoga teach that all living beings exhale and inhale 21,600 times per day. ($21,600 \times 2 = 43,200$) There are 108 beads in a mala prayer necklace. ($108 \times 4 = 432$). According to science, the optimal number of dimples on a golf ball is 432.

According to Egyptologists, archaic Egyptian instruments were usually tuned to A=432 Hz. They placed great importance on hearing this frequency. Furthermore, the 432 number is used in the design and construction of sacred places, such as the

Great Pyramid of Egypt. *Special number energy was incorporated into sacred spaces to create powerful and transformative experiences for people in the temples.*

When the famous late rock star, Prince was asked thousands of questions on his website, he chose this single one to answer: “Please address the importance of ALL music being

tuned to 432 Hz sound frequencies?” to which he replied, “The Gold Standard.”

Since pianos, flutes, clarinets, trumpets and most musical instruments are tuned to A = 440, musicians must have these and other instruments remanufactured to incorporate this frequency. There are free software apps available that digitally lower your music so that A = 432. This is the easiest way to listen to a diet of this frequency. ✨

Jill Mattson is a prolific Artist, Musician and Author. Jill is a widely recognized expert and composer in the field of Sound Healing. She has produced nine CDs using ancient & modern techniques, & special healing frequencies to achieve profound benefits. Jill is a four-time author. (**The Lost Waves of Time** – Best Book of 2016 and Best Alternative Science book of 2016, *Deep Wave Body Healing CD*– Best Sound Healing CD of 2016, *Contacting Angels & Masters CD* – Best CD of 2015 and *Deep Wave Beauty CD* – Best New Age CD – Silver Award). Jill has participated in many hundreds of teleseminars, radio shows, and magazines! She offers an online Sound Healing School. Jill presents new ways of approaching health and everyday issues using the benefits of sound! Free music & School of Sound Healing at jillswingsoflight.com.

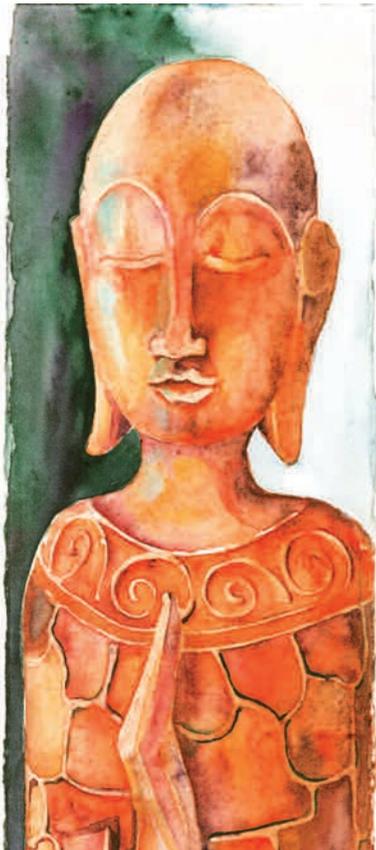
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POETRY



The Buddha's Shadow

by Don Pfeifer, Hempstead, NY

A line of human shadows emerge from the shade.
From all perspectives, they are different.
Distinct shapes and angles.
From one perspective, they are all the same.
Undifferentiated as they ripple in waves,
over the bright green grass.
Then blend, once again, into the shade.
From the source, returning to the source.
From shade, to shadow, to shade.

Wayfarer

by Elaine P. Morgan, Warrenton, VA

It's all one long road,
an uphill test.
Weary on the journey,
I pause to rest,
watching precious rays
of sunshine slip through
spidery veins of leaves
above my head.
A traveler's lamp in every tree,
to light the path ahead of me
as I continue to follow the call.

I step forward, backward,
walk forests, deserts, twists
and turns, losing my way,
finding the path again.
Wolves howl in the dark night.
Birds sing and take flight in the
light as I watch and long to fly.
Over my shoulder, the old way.
I see youth, health, love,
laughter, vitality.
So many footprints in the clay
of a wandering soul on her way
to somewhere.

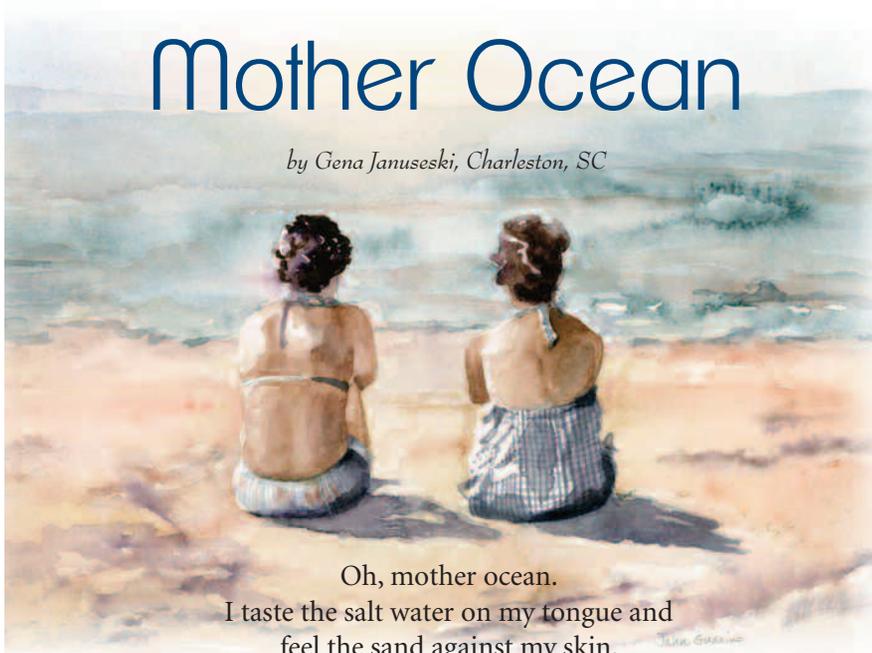
HAIKU

by Jacqueline Neus
Fresh Meadows, NY

Dawn brings a fresh start,
With sleep acting as healer.
All things possible.



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Mother Ocean

by Gena Januseski, Charleston, SC

Oh, mother ocean.
I taste the salt water on my tongue and
feel the sand against my skin.
I see the waves come and go and
hear the rhythmic reminder of crash and calm.
I am one with you and all of my senses,
your beauty is now my peace,
my balance, my joy.

A Bee Market

by Dolores Cinquemani, Central Islip, NY

blooms on the railings of my deck,
radiant flowers in colorful pots
lure bees dressed in striped fur vests
to come and taste the wares,
balanced with closed wings
and a vibrating motion
they ping pong between florets
loosening tiny grains of dust
from pollen-tipped stamens.

When full these blossom shoppers
laden with treasure
fly back to the hive with the promise
of honey to come.

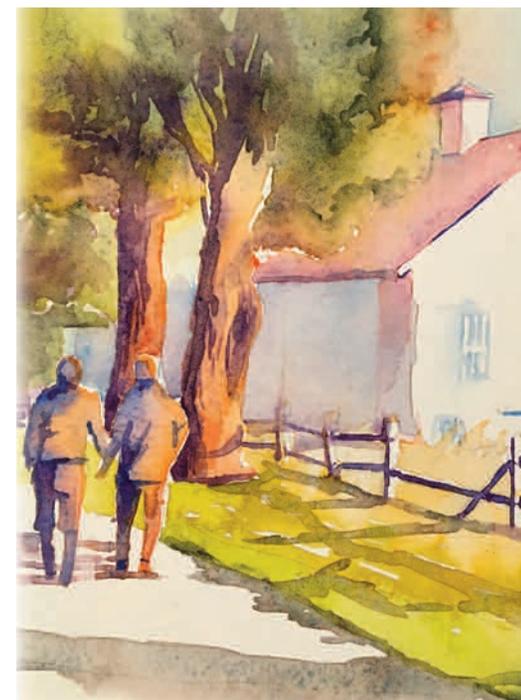
As We Go

by Dave Frieman, Huntington Station, NY

As we go through life the path we walk will certainly curve and climb,
The effects of unexpected events that bring us over the borderline,
How should we handle these roadblocks taking us out of our way?
Well, first remember to respect yourself through each and every day.

As we go through our years we should learn to avoid diversion and lies,
And to say to people, "No!" when they are disrupting our lives,
Unexpected epiphanies can be found around each and every bend,
Magical moments that can change our karma from now until the end.

As I bask in many beautiful sunsets of yellow, orange and gold,
It takes me back to distant memories from thirteen billion years ago,
Always move on with contentment, respect, and love within your heart,
And let every day bring to you a new and refreshing start.



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

Poetry Can Be Dangerous

by Roger Housden

Poetry is a concise and elemental means of expressing the deepest of human emotions: joy, sorrow, grief, hope, love, and longing. It connects us as a people and a community; it speaks for us in a way few other forms of writing can do.

When I was in the process of moving to Manhattan in 2001, in the weeks after 9/11, poems appeared on every available wall in the city. Yet even though I was so aware of poetry's power, over the next ten years, while sitting alone in front of my computer, finishing up another volume in my *Ten Poems* series, I would wonder at times whether I was wasting my time.

After all, the world is in trouble. It has always been in trouble. Not only that, but we are often in trouble personally, too.

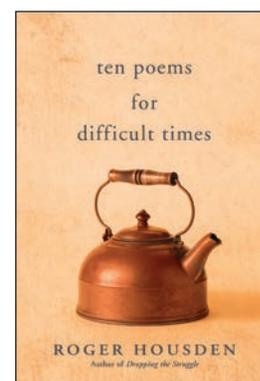
Surely there must be something more useful, more pressing, to give my time to than reflecting on poetry? Couldn't I go start a project in Africa, or at least do some small thing to prevent climate catastrophe, start reducing my own carbon footprint, for example, and begin a movement to encourage others to do the same? But no; I wrote more poetry books, wondering all the while whether they and I were doing little more than making ourselves progressively irrelevant.

I knew better, which is why I kept writing. I knew that great poetry has the power to start a fire in a person's life. It can alter the way we see ourselves. It can change the way we see the world. You may never have read a poem in your life, and yet you can pick up a volume, open it to any page, and suddenly find yourself blown into a world full of awe, dread, wonder, marvel, deep sorrow, and joy. Poetry not only matters; it is profoundly necessary. Especially in times of darkness and difficulty, both personal and collective. To read or write poetry is a powerful, even subversive, act, and it is one small thing we can do that can make a very big difference.

It can make a difference because at its best poetry calls forth our deep Being, bids us to live by its promptings. It dares us to break free from the safe strategies of the cautious mind, from our default attitudes and beliefs. It calls to us, like the wild geese, as Mary Oliver would say, from an open sky. It is a magical art, and always has been—a making of language spells

designed to open our eyes, open our doors, and welcome us into a bigger world, one of possibilities we may never have dreamed of. This is also why poetry can be dangerous: we may never be the same again after reading a poem that speaks to our own life directly. I know that when I meet my own life in a great poem, I feel opened, clarified, confirmed, somehow, in what I always sensed was true but had no words for. Anything that can do this is surely necessary for the fullness of a human life.

The word *poet* means a "maker"—someone who crafts language into a shape. The word *maker* has the same etymological



root as the words *matrix*, and *magic*, and it's true that the sound, the rhythm, of good poetry is literally spellbinding. It lulls, it sways, it rises and falls, and our hearts and minds rise and fall along with it. Poetry literally entrains us into the energy, the mood, the vibration, even, that the poet conjures with her words and images. The subtler and more refined that energy is, the more it can raise

us to the best that we are. That it does so is another reason poetry is so necessary today, when we need our best selves more than ever. ✨

Excerpted from the book **Ten Poems for Difficult Times** ©2018 by Roger Housden. Printed with permission from New World Library — newworldlibrary.com.

Roger Housden is the author of the new book **Ten Poems for Difficult Times**, the most recent addition to his best-selling *Ten Poems* series, which began with **Ten Poems to Change Your Life**. He offers writing workshops, both live and online. Visit him online at RogerHousden.com.

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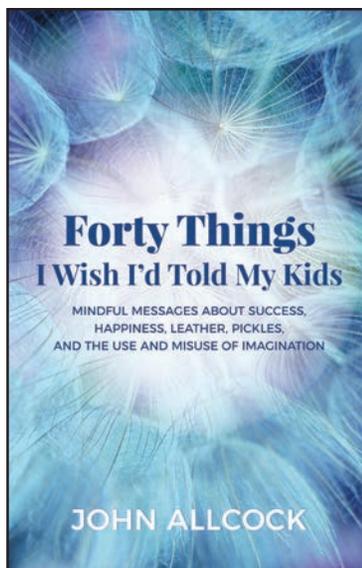
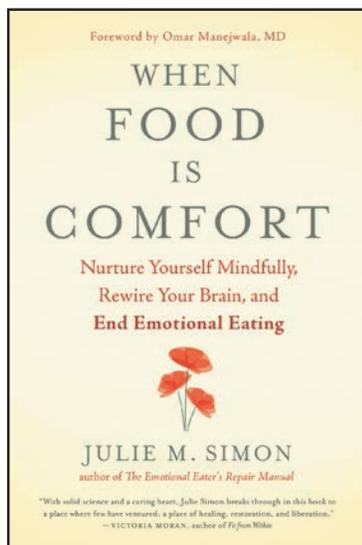
BOOKS

WHEN FOOD IS COMFORT
Nurture Yourself Mindfully, Rewire Your Brain, and End Emotional Eating
 by Julie M. Simon, MA, MBA, LMFT
newworldlibrary.com

If you regularly eat when you're not truly hungry, choose unhealthy comfort foods, or eat beyond fullness, something is out of balance.

Recent advances in brain science have uncovered the crucial role that our early social and emotional environment plays in the development of imbalanced eating patterns. When we do not receive consistent and sufficient emotional nurturance during our early years, we are at greater risk of seeking it from external sources, such as food. Despite logical arguments, we have difficulty modifying our behavior because we are under the influence of an emotionally dominant part of the brain.

The good news is that the brain can be rewired for optimal emotional health. *When Food*



Is Comfort presents a comprehensive, step-by-step program developed by the author who was herself an emotional eater. In Part 1, Simon discusses how we develop self-regulation, or the ability to manage emotions, moods, thoughts, impulses, and behaviors. Part 2 presents seven skills that make up what Simon calls *inner nurturing*, along with information, tools, and special tips that readers can use to practice self-connection and self-nurturance. She helps readers learn to relate to themselves and others in ways that create and support brain connections that facilitate learning and growth. Part 3 offers strategies for attracting nurturing others into their lives, as well as four habits to cultivate in order to better nurture others. With practice and patience, you'll learn how to nurture yourself with the loving-kindness you crave, and handle stressors more easily so that you can stop turning to food for comfort. Improved health and self-esteem, more energy, and weight loss will naturally follow.

FORTY THINGS I WISH I TOLD MY KIDS
 by John Allcock
MorganJamesPublishing.com

The eastern practices of mindfulness and meditation are becoming ever more crucial for those of us mired in the stress and anxiety that accompany our fast-paced, digital lives.

Unlimited access to social media, news articles and a seemingly endless number of amusements on our phones allow us to sleepwalk through our lives, never truly engaging with the world or the people around us. For this reason, veteran mindfulness practitioner John Allcock sought to engage his own children with easy-to-understand mindfulness concepts. *Forty Things I Wish I Told My Kids*, Allcock offers this essential wisdom to parents and children alike, breaking down each lesson into memorable chapters. Practical, universally-applicable lessons cover:

- How to let go of the "I'll be happy when ..." fallacy
- How to identify the false narratives that prevent us from achieving our goals
- How to drop the mental habits that do not lead to genuine happiness
- How to change our thoughts, not control them
- How to separate our intrinsic value from our achievements
- How to become a student of pain, not a victim of it

Forty Things I Wish I Told My Kids is an invaluable guide for those seeking stability, happiness and self-acceptance.

PRODUCTS

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wonderfueldrink.com

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CUROXEN
curoxen.com



CUROXEN is a topical, organic wound care antibiotic, made with only two active ingredients: ultra-pure, organic, oxygenated olive oil from the Mediterranean and calendula. With the addition of natural lavender essential oil, it's a brilliantly simple, organic product that outperforms even the so-called "triple acting" antibiotic ointments without the risk of allergic reaction. How can something so simple

work toward killing bacteria and microbes? The fact is, olive extract and calendula have proven healing components that have been used for generations—long before the advent of chemical-based ointments. As olive oil can soften the skin, oxygenated olive oil is outstanding at killing bacteria on a cut or scrape, providing a safer alternative to petrochemical and drug-based wound care that actually works, CUROXEN does NOT contain synthetic drugs, including antibiotics, petroleum-derived products, artificial chemicals, or silver.

LIFESTRAW FILTRATION BOTTLES FOR KIDS
lifestraw.com

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Money, Your Life and Happiness

by Mark Anielski
Alberta, Canada

There is a long-standing debate about whether money buys happiness. Some argue that money cannot buy happiness. Some researchers have found that there may be a threshold of income and self-rated happiness, somewhere around \$70,000 per household.

Others would disagree, arguing that incremental increases in income secure marginally more happiness. I'm not sure there will ever be an objective way of measuring the sufficiency of income or money relative to life needs. More often than not, most of us live life wanting more stuff and thus more money. This may vary over time and diminish as we age. For some, there can never be enough money.

If there is no objective measure of an optimum level of money and well-being, perhaps we need to rely on perceptions instead. In the well-being surveys I've conducted, I ask people how they feel about the sufficiency of income or money and life satisfaction. The question is, do you feel your current level of income is sufficient to meet your life needs? I have found that only about 30%–35% of a population feel their income is insufficient to meet their needs. It turns out that this

is often identical to my estimates of the percentage of the population who is not earning a living wage—enough income to participate fully in an economy or society.

Recent studies of happiness and money suggest that more money increases your well-being only if you spend it on the right things. Research by Harvard Business School has found that spending more money on buying more free time by hiring a cook or house cleaner increases a person's perceived well-being, while spending more money on material possessions does little to improve happiness. The researchers (including Dr. Ashley Whillans at Harvard Business School and Elizabeth Dunn from the University of British Columbia) surveyed more than 6,000 adults in the United States, Denmark, Canada and the Netherlands. They found that “people who hire a housecleaner or pay the kid next door to mow the lawn might feel like they're being lazy. But our results suggest that buying time has similar benefits for happiness as having more money.”

In my own life I have experienced the benefits of having more free time to pursue things I enjoy, including writing books or spending time mentoring a young business person or social entrepreneur. Too often we lament not having enough time to pursue the things that might make us happier.

One of the most important contributors to my own well-being and happiness has been my relationship with money. Money may be only a social invention that we have

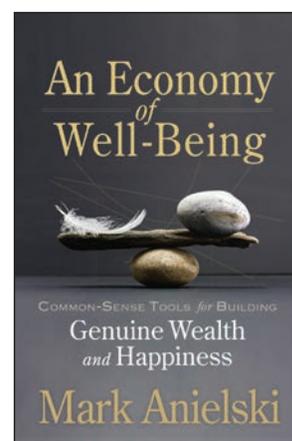
created out of our imagination to serve as a tool for exchange of goods and time in our economy, but it has one of the most mysterious and profound influences on our lives. We cannot live without money. We say “we make money,” when in fact banks create money as the life-blood for our lives.

We exchange our time through work for money so we can buy the things in life that we hope will make us happy. We never seem to have enough money, or rather never *feel* we have enough money. We know in our hearts that money will not buy us happiness, yet we buy lottery tickets hoping to get rich quick. On our deathbeds we are unlikely to use our last breath telling those we love how much money we made.

One of the most important books I have ever read is *Your Money or Your Life* by Vicki Robbins and Joe Dominguez (1999). It profoundly changed my understanding of time and money. I realized that each moment in our lives is a choice of how we will spend the most precious of all things, time. We choose how we spend the roughly 740,000 hours we have to live from birth to death (with an average life expectancy of 84+ years). We spend a good portion of that time sleeping and a large portion of our waking hours working for money.

Each day we give up some of our time for money. Some argue that most of us are not “making a living” but “making a dying.” Certainly those of us who are mortgaged would agree. For most of us there seems to be no choice between money and our lives.

Making money and stressing about our debts and how we will pay the bills dominates our waking hours; life is what we fit into the few remaining hours in the day. In my own experience as a small business owner and economic consultant, I have learned the precious value of discretionary time. I've had to learn how to balance the need to make



sufficient income from my economic consultancy with the discretionary time I chose to spend with family, friends, in nature and mentoring others. I experienced the joy of having extra time once all of our financial debts (mortgages, car loans, credit card balances) were paid in full.

When my wife and I had paid off our mortgage and found ourselves with more discretionary income, we had the choice of either working less for money or spending our new discretionary income on a bigger house or more material things. We opted to enjoy our first and only home, maintain our current

possessions, live relatively frugally and enjoy more discretionary lifetime energy on our children and with family and neighbors. In many ways I experienced the same positive well-being impacts (i.e., more free time) as those in the Harvard study. We paid ourselves in terms of more discretionary time.

I've learned that there is great freedom and joy in living unencumbered by financial debts. Spending less of our earned income on interest payments means we have more time to dedicate to the things that bring life joy and greater personal and family well-being. I envision a world where we all may experience the joy of more free time, less debt, and thus greater well-being. ✨

*Excerpted from **An Economy of Well-Being** ©2018, by Mark Anielski, with permission of New Society Publishers.*

Mark Anielski is President and Chief Well-Being Officer at Anielski Management Inc. He has served as an economic advisor to China and Bhutan in their efforts to adopt new measures of well-being and happiness. He is also the author of the award-winning **The Economics of Happiness**.

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