

INSPIRATION | HOLISTIC HEALTH | PERSONAL GROWTH



CREATIONS

MAGAZINE

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A More Beautiful World We Know is Possible

*How Time is Changing
The Great "Upwising"
What I Learned from Pain
What Doesn't Turmeric Do?
Giving the Final Gift
A Heartbeat to Remember*

Every negative experience holds the seed of transformation.

Alan Cohen

Teeth Are Like Trees

Miners brought canaries into the coal mine because it was an accurate yet, sometimes sad way of predicting disaster. The mouth has a similar ability to predict a person's overall wellbeing, not only to detect a preventable disaster early on, but as the beginning of the digestive process, it can help us fine tune things to provide optimal function. From inflammation, biome and acidity level, to bone integrity, immune function, and even brain health, your mouth is the first place to look for cause-focused healing and structures for life at its very peak level of expression.

"Teeth are like trees, gums don't lie" a quote from my mentor and friend, Dr. Fred Ferguson. I'm sure you've heard about how the rings within a tree's core represent its years of life. Sometimes you will see a bump, a gash, a scar, a hollow or a bare area on it. These things can tell us if the tree was attacked by animals, insects, woodpeckers or if someone was using it as a home. They may tell us a story about how sick the tree was and how it got better.

Well, teeth can tell us a person's story just like trees do. Teeth may have dark spots, white spots, stripes, bands or internal stains. A dental professional may look at these things and play detective. Did you have a high fever for a week when you were three years old? Did you take doxycycline as a child? Did your family use well water when you were little? By knowing exactly when teeth develop we can go back in time and figure out what these tooth scars tell us. When a child has a high fever, the body prioritizes all of its energy and focuses on the task at hand. All secondary things like permanent tooth development, for example, screeches to a halt. That results in a white horizontal line or band on a molar or premolar. Similarly, if a child takes doxycycline, it gets incorporated in hard structures like bone and teeth, and permanently stains them intrinsically. Depending on where we grow up, our water supply may have certain minerals in high concentration. Oftentimes well water will have high levels of fluoride, calcium or magnesium

and these can affect tooth development, rendering irregularities in shape and color of certain teeth and certain parts of teeth.

What about diets rich in acid? The acid causes a phenomenon called *erosion*. This creates an even wearing away of tooth structure wherever the "chemical" touches the tooth.

Gums are supposed to be pink and stippled. When there is inflammation, they are puffy, red and bleed easily. This inflammation goes all over the body. Gingivitis and periodontitis are gum diseases linked to mini strokes, coronary heart disease, lung infections in the elderly, premature and low birth weight babies. It is also linked to poor blood sugar control in diabetics.

Today we can conduct some simple salivary analysis tests, periodontal exams and use advanced oral diagnostics like lasers, enhanced oral cancer detection, advanced intra oral cameras, transillumination cameras as well as

biome testing to identify the true cause of someone's disease. **Early detection is too late! If we see markers that predispose someone to a disease, making them high risk, we can prevent the disease from appearing in the first place.**



Jimmy Kilimitzoglou, DDS, FACD, FPFA, DABOI, MAGD, FAAID, FICOI
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STOP! Before you do any other weight loss program read this now!

Have you tried all the latest fad diets and lost that unwanted extra weight – only to put all those dreaded pounds back on again? What if someone told you that you could lose weight – permanently – and that you could do it without exercise, hunger, cravings and none of those costly pre-packaged foods that popular diets offer – and that the weight-loss program is 100 percent guaranteed? You'd probably be very skeptical. If you're ready to finally shed those pounds forever ...

Hello, I'm **Dr. Michael Berlin** and I'm tired of all the weight loss ads promising all-natural, long-term results that really do not deliver the whole solution to permanent weight loss. Yes, they have part of the solution, but without the **whole** solution, you cannot get truly permanent results. This is why weight loss is so difficult. You see, there are 10 things in the right proportions that you need to heal in order to get truly permanent and healthy weight loss, and if a program does not deliver all 10 then your weight problem will return. This is because your weight problem is not a weight problem; it is a health problem. Extra weight is a symptom of deeper physical and/or emotional imbalances that **all** must be resolved to get permanent results! The 10 factors are related to: nutrient absorption, stress levels, sleep quality, food combining, liver function, toxicity, hydration, emotional eating, food sensitivities, and hormones. If any one of them is left unresolved, your weight problem will return. It's that simple. You see, people think that you need to lose weight in order to get healthy; but the truth is that you need to get healthy to lose weight! Think about it ... most of us when we were children could eat anything and not gain weight. But over the years, from junk food, toxicity, and stress, our insides get ruined very slowly. As this happens our hormones will very slowly shift from *fat burning to fat storing* — until we reach about 40 years old — and nothing we do can really cure our weight problem. We say that "I'm just getting older" or "it's my hormones," and you are right. However, what **CAUSED** your hormones to change? It was that your insides got run down. And these days it

is happening to everyone, including our children, much faster than ever before because of our toxic, fast paced world.

So, if the **CAUSE** of our weight problems is because our bodies got run down on the inside, then the only permanent cure is to reverse the damage, clean the slate, and heal your weight problem for life! In our office we guarantee healthy, permanent weight loss because we don't treat your weight problem, we heal you completely on the inside. We rebalance all 10 factors and we reverse the damage and sluggishness that occurred in your organs, naturally, safely, and efficiently, with only wholesome foods and some supplements. We teach you how to shop, cook, and eat for life in a way that is the healthiest for your whole family. The result is that you will go back to your natural, healthy weight within 3-6 months and *stay there!* Your body will be lean and efficient. Our patients lose about a pound a day the first month and are completely healing and preventing diabetes, cancer, heart disease, sleep problems (including apnea), digestive problems, high blood pressure, cholesterol, neuropathies, and more! Plus, we have incredible all-natural spa treatments to help people de-stress, detoxify, and lose 4-14 inches in one hour. For free information go to: <http://drberlin.weightseminar.com>.



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TALKING OUR WALK

The October-November Autumn Issue: Transitions, Cycles, Death & Healing. Change is good! Yeah, maybe...

Over the last several issues, my staff and I have marveled at how genuinely smooth and drama-free the process of getting this publication off to the printer has been. However, through many years of conditioning, we had grown accustomed to expecting a not always smooth ride.

So, all the while benefitting from this new-found relative ease, Andrea & I would mildly angst that something had to be wrong: an ad, a listing, a serious typo—something must have slipped by, somewhere. It couldn't be this "easy," could it?

Well, we have printed in these pages, and on the cover in fact, that we need to "Drop the Struggle." It's been said that our good flows to us naturally and effortlessly when we are open and trusting. So what else could it be? *Logically*, I concluded that, at least in terms of the magazine, I had mastered the practice of the "non-struggle." Publishing ease and nirvana as far as the eye can see. Oh boy, I'm on my way to enlightenment!

Well...raise the curtain on the October-November Issue. Enter the devil (demanding his due). *Change is good*, eh? Maybe not *always*.

It started imperceptibly. A week prior to deadline, we had to scrap our completed cover. While it looked wonderful on screen, the photo just wasn't working for print. Nothing crazy, but we had put in the time; paid for the image and design. Same day, we receive an email from my sister-in-law, Evelyn, announcing the launch of her new photography website. I promptly paid a visit; found a replacement cover photo. All good there.

The rest of the week was not so "good." The prolonged rainy, dreariness outside mirrored the in-office conditions: stuck in the mud. Not much movement. Every task required considerably more effort than necessary, and we still weren't getting it done.



Two nights prior to deadline, fully expecting to be in the final proofing stage, a variety of pieces go missing: multiple images and articles, three unresolved advertisements. The latter is particularly troublesome—just one missing ad would result in a sizable hole, and it's really too late to find a replacement. Too annoyed, I couldn't even bring myself to write my column.

In more frustration and disgust than I care to admit, I walk away from my computer and over to my other desk. Looking down with my hands on my head, I see the proof copy of this cover and read Alan Cohen's quote at the bottom: *Every negative experience holds the seed of transformation*. I let out a huge laugh, not missing the irony of the moment. A cosmic slap upside the head. Perfect timing for the perfect reminder. Most interesting how I had suddenly "misplaced" all my acquired "enlightenment." Mortified by my behavior, feeling like the complete fool and fraud, I had to laugh at myself. What else could I do? Still gotta get this issue off to the printer on time.

And as I write this on deadline day I'm still waiting for the last ad to arrive, but I, at least, got this column in. Change can oftentimes be very good. I just have to remember that while it's happening.

Be Well, Be Peace,

Neil + Andrea

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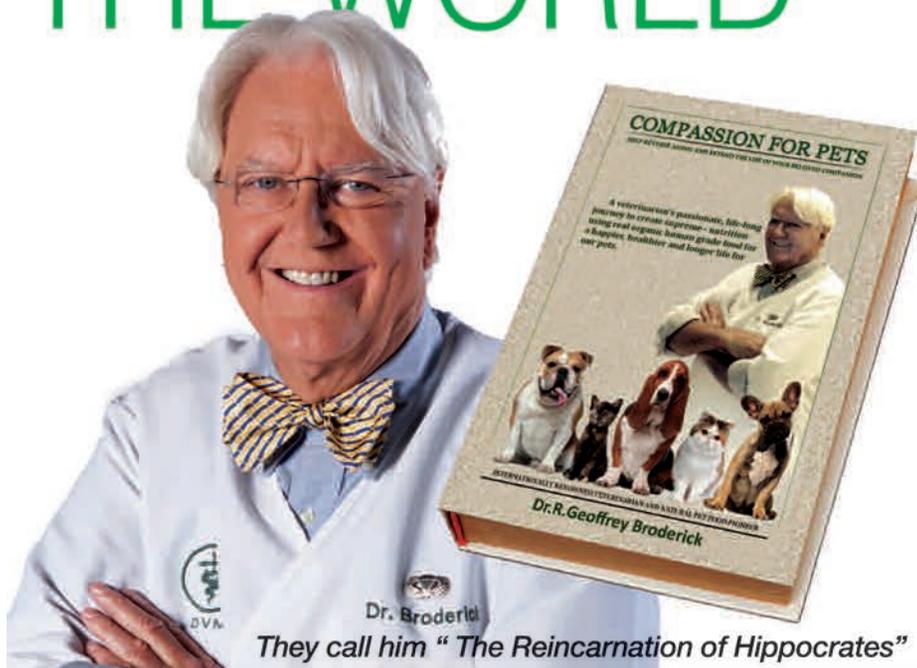
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PUBLISHERS: Neil and Andrea Garvey
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 ASSOCIATE PUBLISHER: Lainie Covington
 EDITORIAL DESIGN / LAYOUT: Ginger Graziano Design (828) 236-2075
 COVER DESIGN / ADVERTISING DESIGN: Jan Guarino, Guarino Graphics (631) 368-4800
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 EDITOR-AT-LARGE: Erica Settino
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Dr. R. Geoffrey Broderick (Doc), founder of **Cornucopia Pet Foods** and the creator of **Super-Food** and **Phyto-Food** Supplements for pets, has spent nearly 50 years as a practicing veterinarian at 229 Wall Street, Huntington, New York – where he actually teaches preventative nutrition during office visits so his clients can learn how to prevent disease before it ever starts. **90 – 95% of diseases are caused by "pet food."**

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The More Beautiful World We Know is Possible

by Terry Patten
California

Our times are strange and wondrous—so strange and so wondrous that they far outstrip our comprehension!

Even as we are verging on world-changing breakthroughs in science, technology, consciousness, cooperation, and leadership, we're also verging on catastrophic breakdowns of our planetary ecology, as well as our cultural cohesion, economic and social order, and, of course, our politics. It is wild, significant, inspiring, and terrifying that this is all happening simultaneously. We are clearly approaching a moment of truth.

We need the guidance of higher wisdom. Fortunately, all of humanity's highest wisdom traditions are in conversation as never before. And yet the circumstances that have sometimes enabled wisdom to guide the human future seem to be eroding underneath our feet. Our collective nervous system is surging with adrenaline,

jolted again and again by breaking news and visions of apocalypse as well as technological utopias and dystopias.

What's really happening? Where are we headed? Is human civilization really coming apart? Will we all come together as never before? What does that mean for us personally? What can we do? How can we "be the change we want to see in the world"?

In 2016 the average planet-wide surface air and ocean temperatures were the warmest ever recorded for sixteen consecutive months—and extreme weather events continued to increase in size and frequency. At the same time, a backlash against liberal democracy, immigration, and globalization spawned a worldwide political crisis, and our planetary ecology and climate were (to put it mildly) not the dominant popular priorities. Although I feel chilled to the bone by some of what we might be facing, I am also uplifted and inspired to behold our most dramatically positive possibilities. It is becoming a cliché to state that we're in a race between consciousness and catastrophe. So my focus is not on laying odds. It is on the inner work that can enable us to do the outer work of



transformation of all human civilization. That's enormous and unprecedented, so of course it will take a while. It implies constant transformation and aliveness, inner and outer. We are called to a robust and dynamic new form of spiritual activism—or activist spirituality—that fuses the "inner work" of personal transformation and awakening with the "outer work" of service, social entrepreneurship, and activism.

Let's Talk

In this pivotal moment of truth for our species, a whole wave of radical conversations is inevitable. For these conversations to really make a difference, we must break through our personas and our inauthentic poses. This is a deeper level of discourse than has hitherto seemed thinkable in public—disarming, tender, and authentic. To my knowledge, we have never had such public conversations.

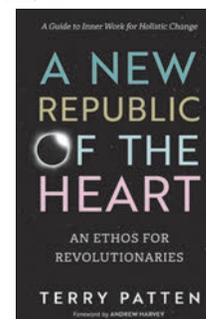
Important conversations will refine practical solutions to our current social, political, economic, and environmental crises. A new, soul-level conversation is called for. It can only occur in a very different state of consciousness. It also requires new, more spacious and holistic and dimensional and nuanced structures of mind. It requires integral consciousness and the integrated intelligence of our whole being—what I call integral heart intelligence (which integrates mental intelligence and a powerful will with intuitive wisdom).

We are going to be drawn out of our comfort zones, but perhaps into something deeper and more real, meaningful, and rewarding. Periods of great adversity often produce exciting and satisfying lives. There is a kind of love possible during times of war or natural disasters, a kind of vivacity and authenticity.

Intimate, candid, catalytic soul conversation can open a doorway out of our collective trance, our conditioned alienation, our collective bad dream. They can provide a solid integral foundation on which we may begin to build together, in the clear, pure words of Charles Eisenstein, "the more beautiful world our hearts know is possible." ✧

From *The New Republic of the Heart* by Terry Patten, published by North Atlantic Books, © 2018 by Terry Patten. Reprinted by permission of publisher.

Terry Patten speaks and consults internationally as a community organizer, philosopher, and teacher. He is the author of *A New Republic of the Heart: An Ethos for Revolutionaries*.



navigating this time of transition in the best ways possible.

Such a game-changing transformation would be something like what was, in ancient times, symbolized by a precious jewel. Buddhists have called it a "wish-fulfilling gem." Such a diamond cannot be formed except under titanic pressures. Sudden, dramatic evolutionary progress often takes place under conditions of extreme tension, when pressures require rapid and dramatic adaptation. When new conditions disrupt ecological balance, other crucial environmental factors change, and they force new faculties and behaviors to emerge.

Evolution has shown its ability to find astonishing expressions under the right circumstances. It has always proceeded against overwhelming life-and-death odds, but right now we are in the midst of a collection of interconnected challenges and opportunities of unprecedented scope and intensity. If evolution proceeds in fits and starts, with long periods of relative "equilibrium" punctuated by turbulent periods of rapid evolutionary innovation, those of us alive today are right in the center of the action.

What We Can Do

We know that both the worst and the best in human beings, and our potential for rapid radical change, all emerge in times of crisis. This crisis will require very different tools than anything we've relied on in the past to dig ourselves out of holes and harrowing emergencies. This is a new kind of challenge. Technological and scientific breakthroughs will create openings for fundamental change. They will be a necessary part of the path forward, but they are not sufficient. The same is true of the wisdom born of high states of consciousness. And it is true of enlightened organizational practices. Leadership in any of the ways we have understood it until now will be crucial, but it too will not be enough.

What will be required is "whole system change"—a broad

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A Heartbeat to Remember

by Alan Cohen
Hawaii

While checking out at a grocery store I noticed that a cashier had an unusual tattoo on her forearm. “What is that tattoo?” I asked Ciani. She smiled. “It’s a copy of the EKG of my grandmother’s last heartbeat.”

Suddenly the checkout process faded to background. I wanted to hear more.

“I loved my grandma very much, and I was with her in the hospital at her last moment,” Ciani went on. “As a memory of our connection, I asked the nurse for a printout of her EKG, and I had it turned into a tattoo. Whenever I look at it, it reminds me of her and I feel close to her.”

As I drove home, I couldn’t get the image out of my mind. It jogged me to consider the value of one heartbeat. Our heart beats about 100,000 times per day and 34 million times in a year. We generally go about our business taking our heartbeats for granted. Yet I’m sure that as Ciani sat with her grandma on the threshold of her passing, she and her family would have given anything for those heartbeats to go on. In that moment one heartbeat meant everything.

One day all of our hearts will stop beating, but while they still pulse we would do well to count them all as precious. Every heartbeat represents God’s intention that you have a purpose in the world and a reason to be alive. While many of us

believe we are here to achieve a notable act or make lots of money, our real mission is based on the quality of our relationships. At the end of our life it is not our time in the office we will remember, but the meaningful moments with our family and loved ones. Let’s not wait until our dear ones are gone or almost gone to honor and celebrate them. Let’s tell them, “I love you” and do things to demonstrate that love while they are with us.

You might believe that there are things you have to do that are necessarily boring or annoying, and you just have to put up with them and wait until you have some free time to enjoy yourself. Yet if your intention is to live fully, you can turn any situation into a platform for aliveness through connection.

During a shuttle bus ride from an airport to a rental car outlet, I found the van driver to be delightful. This woman was super welcoming, upbeat, and helpful. She joked with the customers and made the ride a pleasure rather than drudgery. I was so moved by the driver that I sent her manager an email complimenting her. The next time I arrived at that airport I encountered the same driver, and I told her I had sent a positive note on her behalf. Hearing that, she lit up and told me she had printed out that email, framed it, and hung it on the

wall of her home. The email took me but a few minutes to write, but its effect extended far beyond words.

A Course in Miracles tells us that the quickest route to enlightenment is to make the most of our interpersonal connections. While being with people can be annoying, it can also be exhilarating and healing. A Jewish friend of mine went to the airport to pick up a revered rabbi who was giving a presentation at the local synagogue. As the two were driving toward the exit of the airport parking lot, the driver was trying to decide whether to go through an automatic toll payment lane or a lane staffed by a person. The rabbi told my friend, “Let’s go through the lane with a person. The Creator gave us each other as gifts to enhance our lives, and we must never miss the opportunity to connect.”

The next time I went back to the grocery store I asked Ciani how she liked her job. “It’s pretty good,” she answered, “but sometimes I get bored.” I told her that I was really impressed by her story about her tattoo and I wanted to write an article about it, hopefully to inspire others to value their meaningful relationships. I asked her if I could use her story for that purpose. “Now *that* would be exciting!” she replied.



When we do things meaningful to us, we set into motion a ripple of positive events that moves everyone it touches. Ciani’s grandmother loved her immensely, which stimulated

Ciani to get the tattoo as a memento. I was touched by seeing the tattoo and inspired to write about it. The idea of the article uplifted Ciani and suddenly her job become exciting. Perhaps reading this will inspire you to value your relationships and express your love to someone or take a mundane situation and lift it to soul reward. *A Course in Miracles* tells us that when you do an act of kindness, it may go on to touch thousands of people you never even meet. Behold the value of one heartbeat. ✧

Alan Cohen is the author of many popular inspirational books, including the new bestselling *The Tao Made Easy: Timeless Wisdom to Navigate a Changing World*. Join Alan in Hawaii this December 2-7 for his life-changing seminar *Transformer Training to develop your skills and/or career as a teacher, healer, or leader*. For more information about this program, Alan’s books and videos, free daily inspirational quotes, online courses, and weekly radio show, visit www.alancohen.com.

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7:00 - 9:00pm

Location:
The Holistic Center for Soulful Living
811 W. Jericho Tpke., Smithtown, NY

Registration with \$47 Investment:
www.DrChristineMhD.com

Giving the Final Gift: Eleven Ways to Help a

by Patt Lind-Kyle
Nevada City, CA

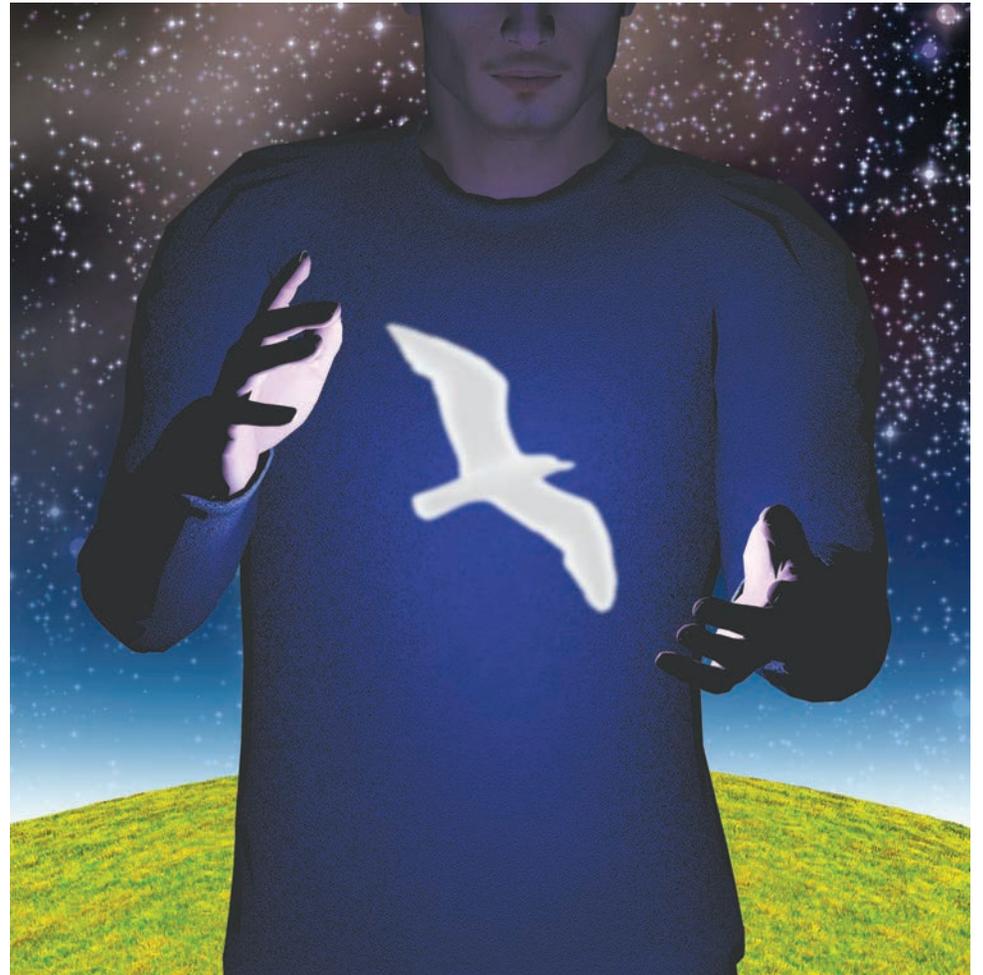
In our culture, the end of life is seen as a scary and lonely experience. So when a loved one is dying, you may feel afraid, awkward, and unsure of how to comfort them. Here are practical tips for breaking the death taboo and helping your loved one experience the peaceful passing they deserve.

We all know that our life will end someday, and most of us try really hard not to think about it. But when someone you love becomes terminally ill, not only they, but you too, must face death. It's a daunting prospect and one that fills most people with dread (not to mention the urge to run far away). Yet you don't have to feel this way. In fact, you have a

powerful opportunity to help your dying loved one release their fear and embrace, and even welcome, their death.

Most people approach death with fear, anxiety, and avoidance. In a word, they *resist*. So when someone you love is dying, the best way to help them is by supporting their peaceful transition. In other words, help them stop resisting death and enable them to let go. But to do this, you must also come to terms with your misgivings about death. And the sooner, the better.

We all enter a state of resistance (called the *constricted self*), when we separate from our mother's body at birth. This constricted state is what makes you afraid of death; it is fragmented, fear-driven, and disconnected from your higher energy and awareness, also called your *expanded self*. Your expanded self realizes death is an illusion, a transition, and nothing to be afraid of. But when you face death early on, you can access your expanded self and live a richer, happier, less fearful life—and have a peaceful and even joyful transition when the time comes.



Unfortunately, most people dwell in the constricted self their entire lives. So chances are, your dying loved one is struggling with fear and resistance, even as death approaches. Not only can you help your loved one experience a peaceful death, but you can also use the experience to come to terms with your own death. You can give the gift of a good death to a dying loved one. It's about how they want to be cared for throughout their terminal illness. Find out the kind of music, or readings, or care your dying loved one wants. Remember that it is important to follow the process of death—not to impose your plan.

Follow these tips to help your dying loved one stop resisting death and let go peacefully.

First, prepare yourself. Near-death experience survivors have observed that at the time of death, they could sense any strong thoughts or negative emotions brought into the space by others. These emotions can impact the dying person's state of mind. Therefore, before you visit your loved one during their final moments, inwardly prepare yourself so as to not negatively affect their death. You can do this by meditating, calm breathing, or practicing mindfulness. The calm, inward-dwelling energy this creates will invoke a presence of love and caring

that positively influences your loved one when they die.

Heal lingering wounds between the two of you. If you and your dying loved one have existing hurts or conflicts, lovingly resolve those issues now. Give your loved one a chance to express themselves or clear the air, and (gently) say what you need to say to facilitate healing and peace.

Don't shy away from talking directly to your loved one about their death. Let your loved one know that you would like to help them come to terms with their death. Make them feel comfortable talking about any emotions and uncertainties they may be feeling. Ask them what they need from you, and try to give it to them wholeheartedly. It may be that they simply want you to sit beside them in quiet presence.

Help them practice the self-care they need. As a person dies, they need to be in their own rhythm with family, friends, and caregivers. Encourage them to sleep, eat, pray, and meditate while remaining in a consciously aware state. If at all possible, try to keep them peaceful and pain-free, and help them to focus on emotionally pleasant feelings.

Encourage them to meditate. Meditation is a practice that prepares you for death. A daily meditation practice trains you to release and let go of your constricted self

Are you ready for a miracle?

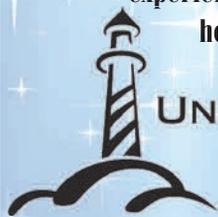
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Dying Person Let Go

every day. On a practical level, it trains the mind to let go of the busy resistances of daily life. And when you are in the dying process, meditation prepares you to relax, stabilizes your mind, opens you to compassion, and creates a dynamic shift that reduces your anxiety and fear.

Encourage your loved one to meditate by using their breath, a mantra, or a chant that repeats over and over to help them let go of the mental world. This creates a growing sense of expansion beyond the boundaries of the body. If the person who is dying is unfamiliar with meditation, offer them a CD or video of guided meditation practices, or volunteer to lead them through a guided meditation yourself.

Offer them affirmations for letting go. Changing one's thought patterns is important to help in releasing resistance at the end of life. Write down the following affirmations and give them to the dying person, or offer to read the affirmations aloud to the person so they can focus on them completely:

- ♥ I am open to forgiveness and to my love flowing boundlessly in me.
- ♥ I find the inner resources to be able to let go of my body.
- ♥ I find the inner resources to let go of my emotions and my mind.
- ♥ Death is not my enemy. Death is a doorway of continuing life.
- ♥ My life is changing and I am open to my death.
- ♥ I accept things as they are and I am free of fear.

Bring them soothing music to listen to. In the dying process, hearing becomes one of the most accessible experiences of your surroundings. Offer your loved one recordings of instrumentals, chants, and songs to bring them peace. If you are a musician, consider recording gentle music to soothe and relax your loved one in the months, days, or hours prior to their death.

Share your favorite stories and memories with them. Think of your favorite stories involving your loved one and share them during your visits together. Help remind your loved one of their best human qualities, allowing them to feel uplifted as they recall loving times in their life.

Speak prayers and reminders before and after death. As hearing is the last of the five senses to go, it is considered helpful to speak reminders and prayers aloud. When a person is dying and just after they have died, these reassure your loved one that

they are not alone in this new state. Ask them what readings they would like you to read to them when death is near and afterward.

If your dying loved one is religious, consider reading sacred scriptures aloud to them both during and after death. The three major monotheistic religions—Christianity, Judaism, Islam—as well as Hinduism and Tibetan Buddhism all offer prayers and meditations for the dying and at the moment of death.

Use this “release formula” if death is prolonged. When the person is peaceful and all the physical signs of dying are present, but dying is prolonged, it may be caused by the family's refusal to let the person go. In this situation, I recommend Reverend Jerry Farrell's “release formula” for family and friends to say to the dying person. Softly and gently speak the following statements, either singularly or together. (Feel free to use your own words.)

- ♥ Know that you have led a complete life and are dearly loved.
- ♥ Know that we love you and want you to be in peace.
- ♥ We know that the time has come for you to choose what is best for you.
- ♥ None of us are angry with you and we release you from our care and concern. Know that you have our love and permission to go.
- ♥ Know that there is no more that we can do for you.
- ♥ We know that your pain and suffering will soon be relieved.
- ♥ We love you and hope to see you in the next life.
- ♥ We will do fine. We will be okay after you leave us.

Don't touch their body for 20 minutes after death. The first 20 minutes after dying is one of the most critical times for the person who has died; many traditions believe this period is the “gateway” passage of the soul out of the body into the next realm. Therefore, do not touch the body during this time. Instead, follow these guidelines to be respectful of whatever experience the dying person may be having. Recent research at the University of Michigan demonstrated that when the heart stops, the brain is still active for approximately 20 minutes.

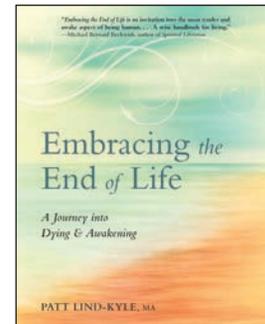
- ♥ Sit quietly near the body, breathe slowly, and relax your own body.

♥ Imagine the body and consciousness of the person who has died take the form of a small light moving up their spine and then quickly flying out from their body at the top of the head like a shooting star and dissolving into the image of the heart of a divine or luminous Presence.

♥ Affirm, visualize, and even pray that the dead person be free from all mental and emotional suffering as they are in this Presence.

♥ Imagine a light or star released from the deceased into the luminosity of the expanding light of the true nature of their mind. Then speak the affirmation: “May your freedom be for the benefit of all beings, especially those you are leaving behind.” Sit in the presence of this person's body and trust that you are helping to release the individual into another phase of their existence and honor and appreciate them for their courage and the beauty of their journey.

The death of a loved one can be a challenging experience, especially if we ourselves fear the end of life. But instead of running from death when it hits close to home, you can choose to be present and help your loved one release their own fear and find peace in this very natural, universal process. This is the greatest gift you can offer them, and it can even help you become ready—truly ready—for your own transition someday. ✧



Patt Lind-Kyle, MA is the author of **Embracing the End of Life: A Journey into Dying & Awakening**, and is a teacher, therapist, speaker, and consultant. Her book *Heal Your Mind, Rewire Your Brain* won the Independent Publisher Gold Medal Award and a Best Book Award from USA Book News. Patt has written a chapter in *Audacious Aging*, and she is also the author of **When Sleeping Beauty Wakes Up**. PattLindKyle.com.

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The Cycles of Change: A Step towards the Unknown

by Simona Manenti, Pennsylvania

I have always had a fascination with leaves and trees. Their varied shapes and the multitude of colors welcome us to venture into the mysteries and magic of creation. Life, as in nature, is full of cyclical patterns.

Trees have played a role in our existence since the beginning of time, and are found among many ancient traditions and cultures around the world, symbolic of cycles occurring in nature, the cosmos and spirituality.

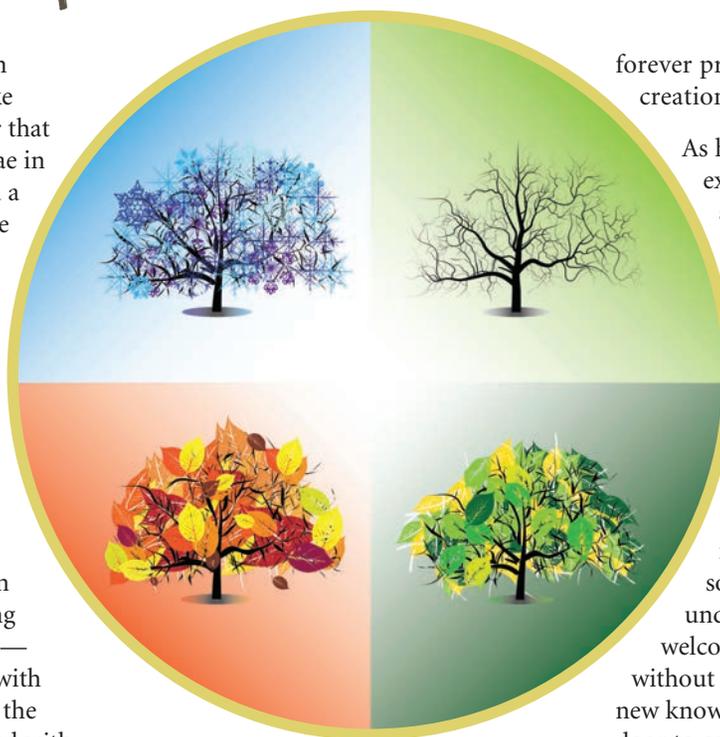
The human history is full of beliefs, cultural structures and symbolism surrounding trees. Cultures like Shamanic, Pagan, Druid, Mayan and Celtic to name a few, all have used trees to symbolize life cycles in relation to birth and death, expansion and contraction of consciousness, healing and soul growth.

Trees are present even in the human anatomy; the *arbor vitae* is a tree-like structure composed of white matter that resides in the cerebellum. *Arbor vitae* in Latin means "Tree of Life." We find a tree-like structure in the lungs as the *alveoli*, an arrangement of cells that enables the exchange of oxygen and carbon monoxide, giving us life.

Change happens! The world shows us that all things change and the four seasons and the trees are a perfect example of the healing nature of cycles.

Spring ushers the birth of new life in all creation, energetically transferring a sense of new beginning and hopes—the budding of new life, brimming with enough vitality and energy to break the cycle of winter. Life is then immersed with a splash of endless colors and vibrancy of the summer months, signifying the will to set goals, to grow and prosper, followed by the foretelling of an end soon to be.

Fall is transformation, the time to gather all we have learned and conquered, mimicked by the brilliance of nature and



forever present and connected to the creation process.

As humans, we often label experiences with terms of good and bad. Yet the cycle of creation demands all its aspects including change and transmutation; both need participation and a willingness to take a step towards the unknown. The well-known leap of faith. What stands in the way for many is fear of the unknown.

Knowledge is shrouded in mystery; there is always something that lies beyond our understanding. We must be ready to welcome and recognize the mysterious without knowing, and in return embrace new knowledge. There is always another door to open in the mysteries the universe holds, that lies beyond the one you just opened. The more we acquire, the more there is to learn. Opening a new door to knowledge brings expansion of the mind and a new set of beliefs.

The new knowledge pushes its way into the old knowledge, removing the unwanted. Getting rid of the old to make room for the new. Like the tree, life progresses in cycles of changes; some will be small and inconsequential, others life-changing and brutal. Destruction is a significant part of the sequence of change, reflected in nature in many ways.

Like all things of the universe, constant movement governs cycles. Movement is the key, not physical but of the mind and spirit. Not doing creates more of the same, changes demand actions! Taking action and a step towards the unknown is scary but bound to produce profound results. Have courage; be daring, take that first step!

Simona Manenti is a Spiritual Healer, Teacher and Motivational Speaker. She demonstrates profound, liberating and life-changing Healing, through the guidance of Spirit Guides, Angels and Divine Beings. Through spiritual guidance and valuable tools, she outlines your past by shining a light on one's inner world of limitations and fears, developing knowledge and understanding of one's obstacles that lead to the awakening of all your potential and possibilities. Simonamanenti6@gmail.com, www.simonamanenti.com 215.350.6915



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all the creatures as they prepare for a latent period of rest and undoing. With the shedding of the leaves, the trees release the source of nourishment trusting in the unknown, trusting that a period of growth will soon follow. No sense of abandonment or loss here as the tree sheds its leaves, neither for the leaf as it lets go of its only support and anchor.

Nature shows its full power of regeneration and re-cycle, where everything is useful and has a purpose. The sadness that comes as the winters signal a time of rest is a reflection of the sadness we feel with any loss. On the surface, a loss is a barren land, void of colors, hope, and nourishment. Underneath the cold and frigid land, lies a thriving ecosystem full of life, hidden from view, dormant for some. Loss is the destruction aspect of the cycle of life. It will take everything away. But what will always follow is a cycle of regeneration and growth.

The cycle a leaf goes through is a perfect example of the changes we often face throughout our lives. A leaf is born whether or not it knows it will die soon. Even with that knowledge, the foliage comes in, participates with life and contributes to the health of the tree; from the initial cycle of transforming sunlight to nourishment for the entire tree and the rest of its leaves, to the letting go of belonging to the infrastructure of the tree, releasing all attachment to life. The last cycle of the leaf is the destruction cycle, where the leaf will decompose and release all nutrients to the soil, providing continued support to the health of the tree throughout the winter months,

What Doesn't Turmeric Do?

by Christian Wilde

The benefits of turmeric may be too many to mention.

— Andrew Weil

This golden spice from Southeast Asia and the mid-east, whose history reaches back thousands of years and with more than 6900 documented biomedical studies in the last 20 years, continues to gain unprecedented popularity in the West.

Is there some advantage this natural anti-inflammatory may provide for you and your family? There are more than 600 health conditions believed benefiting from turmeric and its main component *curcumin*. When my book, **Hidden Causes of Heart Attack and Stroke** subtitled: (inflammation, cardiology's new frontier) was released, inflammation was just beginning to be talked about in medical circles and as Dr. Paul Ridker, Director of Preventive Cardiology at Harvard Medical and developer of the high sensitivity CRP blood test for inflammation said, "We couldn't get anyone to talk about inflammation's role and now it is everywhere."

Today, more than a decade later, inflammation is universally recognized at the base of most diseases and definitely all chronic diseases including arthritis as well as the aches and pains associated with fibromyalgia and menopause. For the record, our bodies require a certain amount of inflammation as part of the natural and temporary healing process to injury but when the condition becomes long-term, inflaming vessels, arteries and organs, including the brain and

contributing to dementia and Alzheimer's, the internal fires over time take their insidious toll. Ultimately, turmeric may be the most effective, natural and inexpensive anti-inflammatory known. Here are a few more diseases of the inflammatory syndrome: cancer, diabetes, neurological diseases, including depression, Parkinson's, heart disease and stroke and of course the contribution of general stress, to mention only a few.

Arthritis, Turmeric And NSAIDs

If you are one of approximately 350 million people worldwide and 40 million in the US who are living with rheumatoid arthritis (or more than **21 million** Americans impacted with osteoarthritis), then this may apply to you. If you are currently taking one of the following (partial list) of NSAIDs: Aleve, Celebrex, Naprosyn, Diclofenac, Naproxen, Ibuprofen, Voltaren, or with at least 15 other generic names both OTC and prescription, you may want to discuss the following information with your physician. The amount of deaths yearly attributed to NSAIDs is 17,000. The U.S. Food and Drug Administration announced it was strengthening an existing warning label that non-steroidal anti-inflammatory drugs (NSAIDs) increase the chance of a heart attack or stroke. The British Medical Journal finds that NSAIDs increase the risk of heart failure. Here is the takeaway, **in head-to-head studies, turmeric not only outperformed the NSAIDs but did so without side effects.** ✨

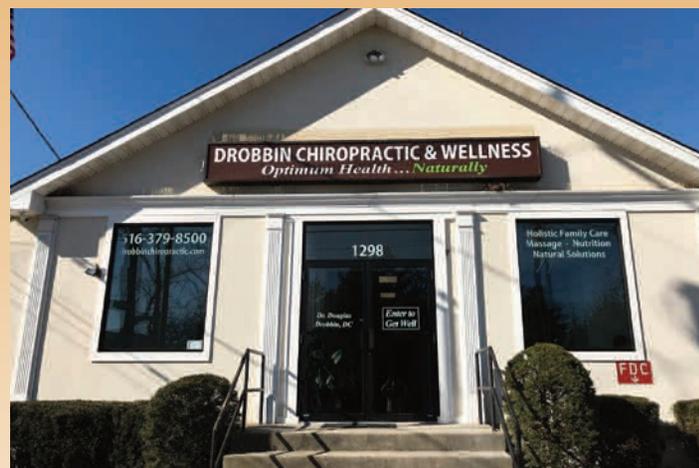
Christian Wilde is a medical author and researcher who has authored two landmark books, **Hidden Causes of Heart Attack and Stroke** and **Miracle Stem Cell Heart Repair**. He also authors the *Christian Wilde Stem Cell and Turmeric Research Report* covering more than 87 catastrophic diseases. Learn more at MyHeartBook.com.

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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.

HOLISTIC CHAMBER OF COMMERCE LI - Smithtown Chapter. First Monday every Month. Meetings at The Holistic Center for Soulful Living. Register at smithtown@holisticchamberofcommerce.com. Grow your Business!

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.

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MEDITATION GROUP Reduce Stress, Improve Mental & Physical Health, 10/9, 10/23, 11/6, 11/27. 7:30 – 9:30 PM Smithtown. Information, Registration: 631-724-9733. <http://lightawakenings7.com>.

ASTROLOGICAL INSIGHTS Understand your Life Path? By Appointment - Smithtown. <http://lightawakenings7.com>.

WEDNESDAYS

HEALTH & ENVIRONMENTAL GROUP – If you are passionate about health and nutrition, the food industry, the medical system, and the environment, we need you to show up. ONE Wednesday each month to share your concerns and offer your solutions. **The next two meetings are: 10/17 and 11/21.** FREE to attend. FREE plant-based whole food served. 6:30PM, The Hilton Long Island in Melville. Info: Steve 516-921-1417 steve@realitytalks.com or Neil 631-424-3594 neil@creationsmagazine.com (See ad p29)

THURSDAYS

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

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

ASTROLOGY 101 – 4 part class series with Joanne Wolff @ the Office of Winter Brook, psychic medium. 171 Main Street, Northport 11768 7pm-9pm. October 18, 25, November 1 & 8, \$200.00. To register: (631) 261-9300 or winter@winterbrookmedium.com.

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Thursday, October 16 & November 19, 7:30-8:30pm. LI Welcome Center (Rest Stop), LIE Eastbound between Exit 51 & 52. Call 631-600-3884 www.eckankar-ny.org/longisland.

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.22)

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. (see ad p.24)

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.

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.22)

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.8)

SPECIAL EVENTS

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 6

LONG ISLAND CENTER FOR YOGA is celebrating 15 years! Join us on Saturday, for a cocktail party from 6pm - 9pm. There will be live music by Jack Licitra, beverages, appetizers, and giveaways! 107 E Main St. Babylon, NY 11702

OCTOBER 11

FREE DOCUMENTARY, GENERATION

ZAPPED. This is a great way to educate ourselves about the wireless issue and to get others involved. We will be speaking about the 5G network that is being implemented and handing out info about why this is not a good idea. Patti Wood of Grassroots Environmental Education will speak. Trailer: <https://generationzapped.com/#gen-trailer>. Thursday, 7 PM at South Huntington Public Library, Huntington Station, NY. ALSO showing Friday, November 30 at 6:30 PM at Huntington Main Library, Huntington Village, NY

OCTOBER 11-14

REBOOT FOOD CULINARY CLEANSE

RETREAT at Breakers Montauk. More info and Registration: SBS@Stefaniesacks.com, 516-205-5048.

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>.

OCTOBER 19

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!

OCTOBER 26 - 28

THE NEW LIFE EXPO America's largest conscious living expo. 100 Exhibitors, 100 Speakers. Workshops, Panels, Free Lectures & more. www.newlifeexpo.com (see ad p.25)

OCTOBER 29

WISDOM FOR BREAST CANCER WARRIORS: 3 Steps to Breakthrough Personal Healing (during treatment, recovery and beyond). All cancer Warriors welcome! 7:00pm. Info & Registration: DrChristineMhD.com. (see ad p.7)

NOVEMBER 10-11

THE NAVAL EXPO at the Sheraton Times Square, NYC. Human Optimization Experts From Around the World. www.navelexpo.com (see ad p.15)

NOVEMBER 30

FREE DOCUMENTARY, GENERATION ZAPPED. See October 11. Trailer: <https://generationzapped.com/#gen-trailer>. Friday, 6:30 PM, Huntington Main Library, Huntington Village, NY.

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The Great "Upwising"

— Political Climate Change

Swami Beyondananda

We have a deeply divided body politic in America.

Half the people believe our system is broken. The other half believes it is fixed.

— Swami Beyondananda

Cosmic comic Swami Beyondananda, whose favorite yoga pose is tongue-in-cheek, is traveling the country on his Great Upwising tour hoping to spark "political climate change." We caught up with him just as he was to catch a higher plane to the Ascended Masters Golf Tournament high in the Himalayas.

Swami, you've traveled the country this year. What can you tell us about the pulse of America?

Swami: Well, the body politic still has a pulse, and that's a good sign. As for our current political – new word – "shituation", people are asking, "Is this the Hand of God at work ... or just the Middle Finger?" People are even getting nostalgic for the George W. Bush years, when hopeful optimystics said, "Cheer up. Things could be worse." And see? They were right.

Around here we're even hearing talk of the "end times."

Swami: Oh yes, it's true. I met someone a few years ago who was depressed because the Rapture didn't happen. I told him,



"Cheer up. It's not the end of the world." But with all this talk of the final days, I decided to go right to the Bible, the book of Revelations, and there it was. A sign that the end times are at hand ... and I quote ... "the last Trump shall blow."

It says that?

Swami: You could look it up. Now we all know that blowhard Trump blows. But I say that evolution has played its Trump card, for truly Donald Trump represents America's balloon karma payment. We got rear-ended by our own karma, and we are suffering the effects of whiplash – Snidely Whiplash.

So I take it you're not a Trump supporter?

Swami: I see his evolutionary role, so I have only compassion for him. Because behind every soulless heel is an unhealed soul. Our job is not only to heal souls, but

to re-soul heels. I have a program for doing that—it's called From A-hole to Be Whole.

Other than compassion, Swami, what do we do? People are quite alarmed.

Swami: The alarm is a positive thing ... and I don't think people will be able to hit snooze this time. Now that the shift has hit the fan, it's time for we the people to shift or get off the pot—unless, you need pot to shift, in which case stay on the pot. Apparently we all have cannabinoid receptor sites in the brain—

they're in the part of the brain called the hippie-campus, I believe.

So you've tried that yourself?

Swami: I tried it once, but I didn't exhale.

Speaking of great shifts, given the current administration, how do we address issues like climate change—I assume you think it's real?

Swami: Oh, it's definitely real. I do time travel, you know, and I just got back from a vacation in the future. Spent a fabulous week in Tropicana.

So how DO we address climate change?

Swami: First, we need to have political climate change. We need to change our political climate from dominate-or-be-dominated to we're-all-in-it-together. This is challenging because we have spent the past 5,000 years being ruled by the lowest

common dominator. The Golden Rule has been pre-empted by the rule of gold: Doo-doo unto others before they can doo-doo unto you. Needless to say, that's left us with plenty of residoo-doo—and with a great challenge: Can we undo the doo-doo that has been done, or will the done doo-doo be our undoing?

And we do this how?

Swami: In the past, we might have called for a revolutionary uprising to overthrow the system. Now, we need an evolutionary



upwising to overgrow the system. We have been divided into two political tribes, the red tribe Republicans and blue tribe Democrats, and the first step is to bring red tribe and blue tribe together in sacred circle to talk

until they are purple in the face. Because only by standing together as one purple people will the peeps outnumber the perps. And now is the time—because it is too late to do it sooner. ✧

Swami Beyondananda, cosmic comic, pundit, and uncommontator, whose comedy disguised as wisdom (or is it wisdom disguised as comedy?) can be found online at wakeuplaughing.com. Just go to Swami's calendar on that site to see where he will be appearing next. Meanwhile, Swami's slightly more serious alter ego Steve Bhaerman, co-author with Bruce Lipton of *Spontaneous Evolution* (<http://wikipolitiki.com/spontaneous-evolution-an-idea-whose-time-has-come/>), has launched a new radio show, *Wiki Politiki* (wikipolitiki.com) to bring left and right front and center to face the music and dance together.

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What I Learned from Pain

by Sarah Anne Shockley
San Francisco Bay Area

Millions of doctor and emergency room visits stem from pain, and addiction to pain medications, which is rampant in the United States, and often takes root when someone in pain is attempting to manage unremitting discomfort. Sarah Anne Shockley, who has personally lived with chronic pain since 2007, offers fellow pain sufferers a compassionate and supportive guide for living with pain that can be used alongside their ongoing medical or therapeutic healing programs.

It took years for me to give up trying to deny or erase my experience of pain instead of letting myself truly feel what my body was carrying, communicating, and wanting to release.

Pain seems to be full of paradoxes, and one of them is that the more you try to get rid of it, the more it refuses to budge. It's like trying to cut something out of reality that's right in front of you. It takes a huge amount of energy to not look, to keep avoiding, or to walk around it instead of just looking right at it and talking with it. By facing pain, listening to it, and allowing it the room it was demanding anyway, my body began to relax a bit around the pain. I stopped clenching quite so much, I stopped saying no, no, no, and I began to accept.

Pain seems to require a certain level of honest respect, a bow to its mission, before it will move on. I had to let myself fully arrive in the situation, my condition, and the pain before I could expect things to begin to shift. Therefore, it seems that we may not be able to get out of it until we've allowed ourselves to be fully in it. I learned to, in a way, turn toward the pain rather than push off from it. I found ways to include it in my experience, no matter how much I disliked it, rather than expending energy uselessly trying to exclude it. I learned that constantly saying no to pain locks things in place. Relaxing into acceptance allows the possibility for the body to regenerate.

It's like when you're a kid learning to swim, and for the first time you understand how to trust the water. You have to fully let go in order to experience the fact that relaxing will not drown you, that trusting the water is the way you enlist it as an ally.

I had to learn to stop being so hard on myself. I let go of needing to be the perfect patient. I stopped trying to live up to anyone's timetable for healing and

recovery of health, including my own. I started living more in alignment with what was true for me that day, even if it meant doing very, very little. Instead of pushing toward wellness, I learned to relax more and accept the fact that healing was going to take much more time than I would have ever imagined at the onset of this journey. After having been in pain for so many years, I am convinced that pain brings many unforeseen and unacknowledged gifts with it. Most of these gifts were unwelcome at the time, but looking back, I can see what I've learned from the experience of living with pain.

I found that there really was no positive way to live with pain without drastically changing my lifestyle, my attitudes, and my perceptions. These lifestyle changes and realizations were forced on me by pain; I never would have chosen this path, and pain is a very unforgiving mentor. I am, nevertheless, grateful for everything I learned.

I would have wished to have gotten to these understandings differently, but this was simply not the way it happened. Perhaps life was trying to give me these realizations in other ways for a long time before I was injured, and I was too stubborn to make the changes necessary in order to receive them. I might not have changed in these ways otherwise, but now that I've had to in order to cope with pain, I realize they are all valuable lessons and approaches to life that are positive and healing on multiple levels.

Slowing Way Down

One of the gifts pain brought me was that I had to slow way, way down and move only at the speed that worked for my body, not at the speed that worked for my former lifestyle. I had to become what I think of



as very Zen. Pain forced me to operate in a completely different rhythm than I was used to. Life became simple, minimalist, quiet, and slow. This was a pace I normally found boring and unproductive, but slowing down taught me how to tune in to my body and its natural rhythms. It also taught me to appreciate what is right in front of me, to enjoy what is available to me, instead of chasing after something else (mostly because I couldn't). *I found that life is richer when you slow down and take each thing as it comes.* I discovered that I already had most of what I thought I should be running around getting more of anyway.

Honoring the Present Path

Another gift from pain was learning to live much more in the present. Whether we like what is happening in the present moment or not, pain forces us to be there while we are feeling it. In that way, it is a very difficult teacher.

We are brought right slam-bang into the center of now when pain is screaming its

loudest. There is no outlet, no place to run and hide where you can't feel it. It is like spiritual training on speed. Pain teaches

us to remember our bodies, to tune in to time (because it moves so slowly), and to be aware right here and now. This is beneficial because we tune in to the life we're living.

We're not actually ever going to be living in the future. We're always only ever going to be living right now, so tuning in, getting present, and paying attention actually creates a richness to our life experience that is unprecedented. At first, with pain as the mentor, it's not all that agreeable to be in tune with the present, but we learn to find the pleasant and happy things that are available right now even when pain is there, too. We can learn to focus on the things we want to experience more of, rather than on the negatives.

In this way, despite our vehement protests to the contrary, we find out that pain is the path. What is happening right now in the pain is our healing path. As simple and as difficult as that.

Letting Go

Pain also taught me how to let go. It forced me to finally give up the fight. It simply refused to budge until I had made an inner movement in attitude from someone

who insists on making things happen to someone who gives up the need to control everything. As we take up responsibility for ourselves, we need to let go of the fight for absolute and complete control over how our bodies will heal and in what time frame. It's a balance.

We want to recognize the places that we do have a say about on a daily basis: which doctors we see, what kinds of healing modalities we choose to work with, how we are going to organize our personal care, how we handle our relationships, the choices we make about work and family demands, and the ways we find to take care of ourselves emotionally.

We also need to recognize that we are working in tandem with a partner that we're just getting to know. Pain has its own healing agenda that we can fight against or learn to honor and work within. I learned the hard way that healing comes faster when I let go of trying to run every aspect of how my journey through pain is going to unfold. I had to learn to share the driver's seat, in that regard.

Saying No

I also learned how to say no. I had to say no to friends often and to the things I would have liked to participate in but couldn't. I learned to say no to requests for my time and energy that didn't truly honor my limitations, that would have left me feeling worse, even if the person asking was disappointed in me. I had to learn to put my body's needs before someone else's need to have me be there for them. Sometimes this was difficult, but it taught me a lot about how to create healthy boundaries for myself.

Speaking Up for Myself

I had to learn to speak up for myself differently. I learned to ask for help. This is not something most of us want to have to learn. We want to be fully independent and sovereign in our lives. These are attributes we prize, particularly in this culture. Yet, when we're ailing, we have to learn that we can't do it all on our own. And the truth is, we're never doing it all on our own. Everyone is always relying on everyone else. We just tend to forget that.

Money is our go-between, but the reality is that another person is giving us a job, another person is behind the counter at the bank, another person is packing and shipping our food, another person is teaching our children, and another person is making sure the streets are safe at night. When I learned to ask openly

for help from others, I also learned to acknowledge the existence of all the other people who were already affecting my life and contributing to it, even if I didn't know them.

I also came to understand that each of us has a voice, and sometimes it takes feeling like we don't have one, and struggling with that for a while, in order to find the courage and inner strength to finally find it and speak up. Speaking up for oneself, whether to ask for help or to communicate in other ways, is the first step in rediscovering a voice in the greater world. It's the first step to self-empowerment and, ultimately, to full healing.

Being Softer with Myself and Others

When you're fine and things are moving along in a fairly normal fashion, it's sometimes hard to have patience with either yourself or others. We expect so much of ourselves all the time, and we also place these impossible standards on others, including our mates, siblings, and children.

Being in pain, I had to learn to take care of myself differently, to have greater gentleness toward myself and what I was going through. I also began to understand what others go through when they are dealing with illness, injury, loss, or other hardships. Everyone, including me, is always and only doing the very best we all can with what's in front of us and what's inside of us. We can never know what someone else is carrying, either in terms of physical pain or in terms of emotional stress.

Having to live with less of everything — less strength, less energy, less brainpower — taught me to be kinder to myself and kinder to others. Living with pain taught me how to give myself and others more of a break.

Appreciating the Little Things

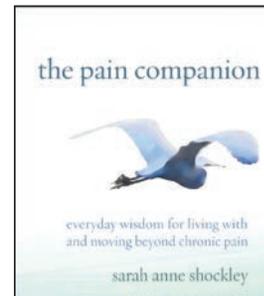
I remember sitting in my house, my body burning and aching, and noticing a ball of dust in the corner of the room. I realized that, in the past, I would have gotten up and cleaned it. Right then, that action was more than my body could handle. I glanced around the room and saw all the things I wasn't cleaning or couldn't keep up with. It was more than a little distressing to not be able to do the simplest things, and I realized how much we take the smallest activities for granted. We assume we will always be able to do what we're doing now physically, and we never dream that we might become hugely compromised for a while or for a very long time.

I began to appreciate how much I had taken for granted in the past. Brushing my teeth, picking up a plate of food, or driving more than ten minutes used to seem like nothing, but these were now painful and laborious. I realized how amazing life really is and how much I looked forward to regaining any capacity for doing these things with less pain and more mobility. I remembered how I may have complained in the past about having to do something minor that now seemed like a privilege to do. It was very humbling.

Being in pain, while I would prefer not to have had to go through it, nevertheless taught me a great deal about slowing down, being more present with life as it is right now, letting go of trying to completely control how my healing would unfold, how to say no when I really needed to, how to find my voice to speak up for myself and ask for help when appropriate, how to be softer and more forgiving toward myself and

others, and how to be appreciative of the smallest things in life, which sometimes are the most precious. ✧

*Excerpted from the book **The Pain Companion**. ©2018 by Sarah Anne Shockley. Printed with permission from New World Library. newworldlibrary.com.*



Sarah Anne Shockley is the author of **The Pain Companion**. In the Fall of 2007, she contracted Thoracic Outlet Syndrome (TOS), which is a collapse of the area between the clavicles and first ribs, and has lived with debilitating nerve pain ever since. She has been a regular columnist for the Pain News Network and is a regular contributor to *The Mighty*, a 1.5 million-member online community for those living with chronic illness and pain. Visit her online at ThePainCompanion.com.

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5 Tips for Helping Kids Relax: So They Can Change the World

by Mary DeMocker
Eugene, OR

Every parent wants to raise healthy, happy kids. We also want children to learn to advocate for themselves, both on the playground and in the global village.

In our quest to get it “right,” many parents join the push for early reading and skill-building while simultaneously becoming over-involved and over-protective, all of which often does little more than stress everybody out. The following tips help families relax and, paradoxically, empower kids to become world-changers.

Let them be kids:

At bedtime one night, my four-year-old nephew said to his mom, “I don’t want to be alive anymore. The Earth will die, and I don’t want to be here when everything’s dead.” Like many children, he’d absorbed

our culture’s steady dirge about drowning polar bears and deadly super storms. His mother reassured him, but it reminded me that society, with its “save-the-Earth!” message on everything from kids’ games to breakfast cereals, can inadvertently burden young minds and hearts. Young children need to know adults are in charge and things will be okay. As one 14-year-old testified to our city council while requesting climate action, “What kids want most is freedom from fear.”

One way to lighten young hearts is to shield them from TV, especially news, with its searing, rapid-fire images. When children encounter real-life sorrows, such as the clear cutting of a beloved forest, parents can validate their grief and outrage, reminding them that many adults are working to protect forests. By broadcasting “We’ll take care of you” messages, parents free children to learn about and love the world at a healthy, childlike pace.

Empower them:

Child-led play fuels young imaginations and sense of agency in their world. That requires ample down time, adult non-interference, and the occasional

magic wand. Even one box of sidewalk chalk on an apartment balcony can provide endless fun, especially if parents don’t stop kids from grinding chalk into “potions.” Kids benefit from imagining sandcastles, tree houses, and couch-cushion forts and then manifesting those visions through unhurried trial and error. This kind of master-of-the-world play is profound for developing children’s capacity to design and build their lives—and democracies.

Kids also need to develop muscles and coordination through joyful, free movement and physical risks such as leaping, climbing, balancing, and, yes, sometimes falling. Leisurely hangouts at the park or beach help on this front, and the occasional scrapes are well worth the sense of freedom. Children are also empowered by learning mastery over fire, knives, and, eventually, power tools, not just because those tools develop focus and problem-solving skills, but because they help kids build and survive—in the real world.

Unplug them:

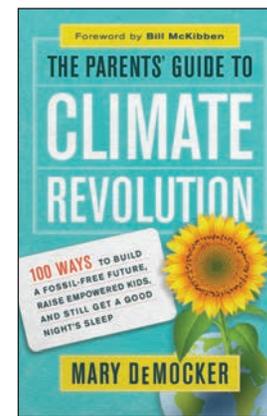
Screens, like razor blades and matches, can either serve or harm. The same holds true for mobile technology, with its 24/7 social media frenzy, addictive games, and ferocious marketing. It’s harder than ever to keep kids in the real world, especially now that adults have fallen down the rabbit hole ourselves. To keep screens in their proper places—as servants to a rich, connected family life—parents can remember two things:

- 1) Marketers are *trying* to get our kids screen-addicted.
- 2) Parents stand between children and those marketers—and we make family rules.

Saying “no” to screens is easier when we’re also saying “yes” to fun. We stock our living room with games, art supplies, and ukuleles—music is both fun and good for brains—and our backyard with sports equipment and, as often as possible, live people to play with. Our neighbors loaded a wall of pegs with dress-ups. My in-laws dedicate one room just for Lego-building. Find ways to encourage real-world play that work for your family.

Help them find reliable information:

As kids mature, they learn about the risks associated with drug use, sexual activity, and mental health issues such



as depression, anxiety, and eating disorders. Learning to navigate all of this—and get help when necessary—empowers teens entering adulthood.

Climate breakdown also poses a threat to children—the biggest threat, in fact, that they face as a generation—which is why there’s growing demand for age-appropriate climate literacy in schools. Kids usually

enjoy learning about interconnected natural systems that support their lives, and they certainly need tools for confronting our climate crisis. If your kids aren’t learning accurate science and solutions, join with other parents and demand climate literacy from school officials.

At home, parents can help kids spot climate misinformation, whether from textbooks, museums, or public officials. For accurate information, try *Inside Climate News*, *Yale Climate Connections*, or Bill Nye’s shows. For help teaching overall media literacy, consult Commonsense Media.

Help them engage:

Kids face threats most of today’s parents never had to, including school shooters, online bullying, more frequent natural disasters, shifting immigration policies, and growing racism, sexism, and intolerance fueled by top government officials. Parents can listen to children, ask questions, and help them engage in positive solutions. If kids want to share their perspective, help them find a microphone, column space, or leadership opportunities. Model what it looks like to be a citizen imagining—and working toward—a better world.

Most importantly, help them connect with other change-makers. As teens demanding gun law reform are discovering, nothing inspires kids like other kids. And when they speak up together, young people can, through trial and error, eventually influence decision makers and re-shape the world. ✨

Based on the book **The Parents’ Guide to Climate Revolution**, © 2018 by Mary DeMocker. Reprinted with permission from New World Library. NewWorldLibrary.com.

Mary DeMocker is the author of **The Parents’ Guide to Climate Revolution**. She uses the arts to fight for a livable planet, and is cofounder of 350.org’s Eugene, Oregon chapter. She speaks frequently about creative ways to make the world more healthy, just, and fun. Her website is marydemocker.com.

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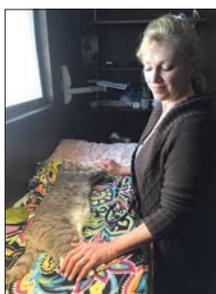
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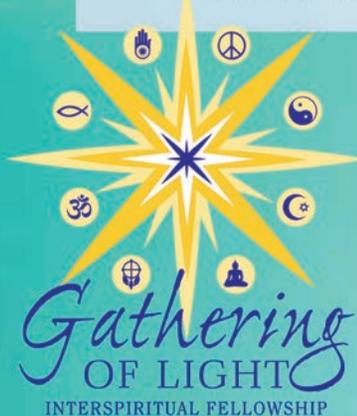
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What is My Medicine?

by Linda Lombardo

Long Island, NY

As a life coach, I hear that question a lot. A client wants to understand his or her unique gifts in the world or understand how to use them to create a more compassionate and sustainable world. That world could be just for that one person, a family, a community or the whole planet.

Our medicine is like a bear in the woods, crossing your path when you don't know what it is. You really have to stop and respect the bear's space; hold peace in your heart and let that beast cross the road.

On my own medicine walk recently, I asked that same question: what is my medicine? I really wanted to know because even a life coach has bears crossing her path from time to time.

So, I asked the more-than-Human members of the forest that question. I looked up at the tree tops and asked, "What is my medicine?" and the tree tops replied, "It's certainly the sound of the wind as it passes through your leaves."

I asked the dirt beneath my feet, "What is my medicine?" and the dirt replied, "It's certainly the decomposition of stones, shells and leaves that hold the history of this island and make up your being."

I asked the birds in the trees, "What is my medicine?" and the birds replied, "It certainly must be your song piercing through the forest, and the nest you build in the trees."

I asked the lichen on a maple tree, "What is my medicine?" and the lichen replied,

"It's certainly the relationship between the moss and the algae that creates the lichen."

At the end of my questioning, every more-than-Human being replied from his or her own perspective. Whatever sustained it, whatever purpose it held, that was the medicine it believed lived in everything: the wind, the decomposition of matter, the song, the nest, the symbiotic relationship of beings.

I was surprised by the simplicity of the answers and my own realization that they were right! My medicine was already fully expressed in my being; not a vocation or an avocation that I needed to search for; my medicine was fully expressed in how I move through the world and what sustains me as a Human; connection, love, compassion and creativity.

What is my medicine? I am a slow, mindful walk through the forest and like the forest, I am all this and more. Connected. Enriched by others. I sing. I build nests. I open doors to possibility.

That's my medicine. It is something I cannot *not* do. Imagine a bird that refuses to sing because it believes no one is listening, or moss that withholds moisture from the algae because it fears it won't have enough for itself. Imagine a leaf that refuses to yield to the wind or matter that is afraid to lose itself in another to become something more fertile.

What is your medicine? Is there a bear crossing your path? What is the thing you cannot *not* do? Name it and go do it. The world is waiting. ✨

Linda Lombardo is a certified life coach and forest therapy guide. Her work includes life purpose and one-on-one coaching in nature. She writes and podcasts at Voice of Evolution Radio. You may find her at www.thevoiceofevolution.com and www.liforestwalks.com.

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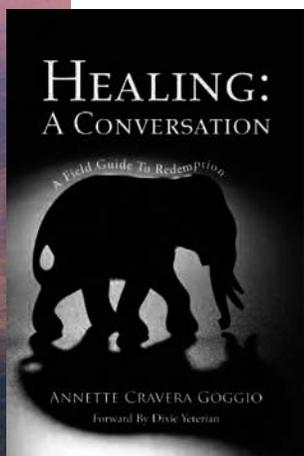
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Channeled by Salena Migeot
Southampton, NY

Your lives are changing in many ways and you are learning to flow with change more and more. Things have been accelerating in recent years such that you are all much more used to and tolerant of change. From our perspective, this is excellent.

We will continue to guide you through more and more change until you are able to navigate the changes on your world very easily and effortlessly. Just as you are assimilating change at a much faster rate than you ever have before, that process of acceleration of change and assimilation of change will continue. The more it continues, the more you will experience a deeper connection with all that is and a deeper knowing that we are all one.

It is as though you are living in your house completely unaware that there are all kinds of insects and other beings that also are at home in your house and slowly and gradually you become aware of more and more species of insects and other beings who share space with you. As long as you do not startle one another, you can live and co-exist very peacefully. It is only when you are completely unaware of something being present and then are startled by it that it upsets you. You will begin to understand more and more that your environment is shared and that just because you own a home or rent or pay a mortgage, that does not give you exclusive rights to that space such that no other beings are allowed. There are many beings from multiple dimensions that do not comply with your laws of ownership. You already co-exist very peacefully with many beings, largely because you are unaware of their existence. As you become more and more aware of these other beings, there will be more and more information about them that will allow you to coexist peacefully and comfortably with them.

In order for you to make progress in this area, we would like you to become aware that you will have the sense that you are not alone more and more often. This is a heightening of senses that allows you to feel energies that are not visible. You will feel the energies of departed souls—some who may have been related to you in their immediate past lifetime, some who may have occupied the house or the land where you currently live.

You may also experience beings of other dimensions who most of you relegate to fairy tales. Fairies are very real. The fact that the vast majority of you do not perceive them does not make that any less true. More and more of you will begin to perceive the faerie folk who are known to some extent by many names. The plethora of information and art about them is a testament to their existence. They have peacefully co-existed with humanity throughout human history. At certain times, in certain places, they were much more perceived than they currently are. If you did a comprehensive study, you would find that there is information available about the fairy folk and credible people who have seen them. You would find that the depictions of them are consistent. The information shared about them is similar regardless of time and place. The fairly folk are generally playful, protective, and often perceived as mischievous. Their behavior is similar to a playful child who means no harm.

That does not mean they are not wise beings. In many ways, they are much wiser than humanity. They have a keen understanding of the inter-relatedness of all life. They understand how you are affected by them, even when you are completely unaware of their existence. They are most deeply connected to the plant realm and nurture and protect many plants. If you are not a friend to plants, it is unlikely the fairy folk will befriend you. They are drawn to those who love and nurture plants, those who feel comfortable spending time in nature, and those who are at home in pristine natural settings. They enjoy natural settings that have not

been landscaped in ways that alter what grows naturally in any given place. Places that still support native species and do not use any manmade fertilizers or pesticides are sacred to the fairy folk. Because of the prevalence of these manmade products, the fairies work has increased tremendously. They have some compassion for those who know not what they do, but are unlikely to appear to anyone that harms the environment knowingly or unknowingly.

They have relationships with some people who do their best to minimize man's impact on wild places. They deeply appreciate these unknown and unsung stewards of the land and sometimes honor these ones by communicating directly with and showing themselves to them. Their understanding of the human realm is limited by what they witness in human relations and humans' relations with their environment. They consider those that are excellent stewards of the land to be wiser and more advanced than other segments of the human population. Those beings that have respect for all life and the interconnected web of life have great respect for other species that also have great respect for all life.

Unfortunately, the human species as a whole is considered a lower life form to many species because of their proclivity to harm others of their own or another species in so many varied ways. Beloveds, we beseech you to raise yourselves up from a lower life form to a higher life form through your personal choices each and every day. ✧

The Collective of Guides, channeled by Salena Migeot, SalenaM2@msn.com.

Salena Migeot travels throughout the Northeast and to Arizona to do channeled readings at psychic fairs. Salena channels "A Message from Your Guides" every few weeks and e-mails them to an ever-growing list of readers for free. If you would like to be added to the list, e-mail her at Salenam2@msn.com with "Guides" in the subject line. To arrange a reading, you can e-mail her or call her at 609-741-0402.

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How Time Is Changing

by Owen K Waters
Texas

Part of The Shift to the New Reality involves a change in our experience of the passage of time. People often comment on how time seems to be passing much faster today than it did just 10 or 20 years ago. It's not because we're getting older; it's because our experience of time is changing.

This is occurring because the frequency of human consciousness is rising, so the experience of the passage of time has accelerated. The speed of the orbit of the planets is still the same, the speed of light is still the same, and everything in the outside world is still the same, but our experience has changed.

Experiential time is the experience of time, as in "time flies" or "time drags." It is subjective, as opposed to the objective time of the outside world.

Our internal experience of the passage of time can vary considerably. When a person is not happy in their work, for example, the time clock on the wall seems to take forever to turn and the end of the working day seems to take an eternity to arrive. On the other hand, when a person is joyful and excited about what they are doing, their consciousness is vibrating at a higher frequency and, for them, the experience of time flies at a fast rate.

As they say, "Time flies when you're having fun." Energetically, the difference is that joy is expressed through higher, heart-centered consciousness while boredom takes one deep into the lower frequency of the solar plexus center of consciousness.

When you are bored, your perception of time runs slowly because your consciousness vibrates at a slower frequency. When you are filled with joy and engaged in favorite activities with people you love, your consciousness vibrates at a higher frequency and your perception of time runs more quickly.

The principle at work here is that the perception of experiential time varies with frequency of consciousness. Experiential time runs faster at higher frequencies.

Why the Difference Matters

The shift from Old Reality consciousness to New Reality, heart-centered consciousness includes a shift in our perception of time. Heart-centered consciousness brings with it an increasing degree of freedom from objective time. It makes life's experiences more important to your consciousness than the passage of time. Life becomes a chain of experiences that seem to expand and contract the time that they take to occur. The objective time continuum is the same, but the perception of the experience is different.

The key to understanding this is that, because life in the objective world is a projection of the greater reality that exists within you, a shift to higher consciousness brings you closer to the reality within. At that point, objective time loses some of its importance and the inner experience of time takes on more importance.

How Timing Will Change in the Future

As people's frequency of awareness rises up through fourth-density consciousness, they will become more attuned to the synchronicity that is offered by an experiential approach to time. The more people become mentally attuned to others, the more they manifest synchronicity in their lives.

Eventually, when experiential time is given more attention than objective time, people will arrange to meet each other, not by making appointments in their calendars, but by both knowing when the time is right for such a meeting.

At work, the attuned person will know from their soul-fed intuition which task is most important for them to address right at that moment and this will lead to even more synchronicity with the minds of other, intuitively-driven people.

The Reason Intuition Works

The intuitive mind senses the reality of all situations in ways that the objective mind of the physical senses cannot. When a situation develops into fruition, in which it can best be addressed for most effect, the intuitive mind has that perfect sense of timing and can help all those involved in handling the situation.

In fourth-density, heart-centered consciousness, because more attention is placed upon the inner reality than the outer world of clockwork motion, life becomes more fluid and less rigid,



based upon an intuitive sense of what action is right at any moment in time. Timing becomes everything, but in a way that the objective, physical mind cannot possibly comprehend.

Intuition feeds synchronicity, so the experience of time, with its expansions and contractions, takes on more importance than the fixed pace of the outer world's objective time. Higher consciousness adds more abilities to the ones we have already developed. Intuitive perception leading to perfect synchronicity is a perfect example of the growth that awaits us as we step into the New Reality. ✨



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**. Visit his website: spiritualdynamics.net.

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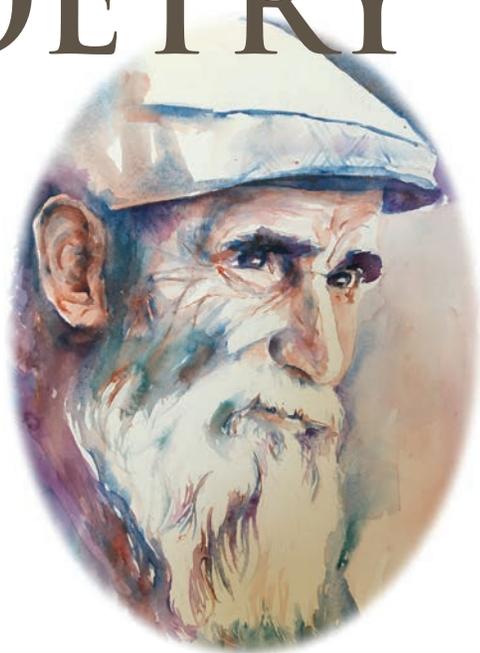
POETRY

Gray Angel

by Elaine P. Morgan, Warrington, VA

Yesterday, I awoke
and looked for you.
I searched the house
but only saw the other two.

The only Russian Blue
The only one who smiled
and winked. The only one
who rubbed his whiskers
on the lion by the door.
A gray angel of eighteen years
I will see no more.



The Young Man's Heart

by Ben Calderone, Levittown, NY

When I get old - really old
I'll be very bold -
I'll buy a straw hat
How do you like that?
A hat -
With a multi-colored band -
A touch of the artists hand.
Then I'll go out walking, yes me
To see what there is to see!
And whatever I see, I'll enjoy
As much as a brand new toy!
And people will be asking me, all day -
Where'd you get that hat, can you say?
And, maybe I'll take a trip!
With that hat - somewhere special - a pip!
Oh, when I get old
I mean really old
I'd do lots of things -
(I wonder if I could grow wings?)
Hey - I'm already old - hooray!
I'm gonna buy that hat today!

Watercolors
by
Jan Guarino
631-368-4800
Classes • Portraits
Travel Memories
jan@guarino.gallery

Shadow Box

by Patricia Rossi, North Merrick, NY

Displayed within, life's moments extrapolated, tangible anguish, remnants of sorrow.
With haphazard intent, encapsulated vestiges scattered:

A faux pearl button, handmade half a century ago.

Wooden rosary beads, your abacus of prayer,
a lifetime of daily recitations.

A sepia drenched photo of your faded youth.

A pink petal from the single rose laid upon the coffin that windswept frigid day
Centered on the stark white mantelpiece, there it rests,
the shadow box, a sealed archive of recollection, reflection,
a daily reminder of the fragility of life
the proximity of death,
my innate need to never let you go.



Raking Leaves

by Rhonda Weiss,
Leeds, NY

Raking leaves
Tall and gaunt
With hawkish eyes
Putting on a stoic smile
A throwback to military courage
Harvested from service past
Children and grandchildren,
relatives and friends
Gain denial strength
From your composure
Day after day
Seeing you rake, and drive
And carry-on
Shielding your wife
Of decades
Who lives in a world
Only partly cognizant of the present
But still walks beside you
Not acknowledging the remembrances
Of shared confidences and passionate
embraces
But still follows loyally by your side
Except when she is fathomless of

Where your side is
And yet you still lovingly reach for her
hand
To prevent her from wandering off
And speak with a kindness
That makes a passerby
Feel intrusive
And eager to quicken their pace
From a sense of an inadequacy
Or lack of selflessness
To do likewise
If so called upon

And yet each day still you rake,
and carry on
Until one day
The lungs you kept pushing
will be pushed no more
Your hawkish eyes
Will be forced to dim
your tall frame will re-align
on a horizontal plane
and the leaves
can be raked no more

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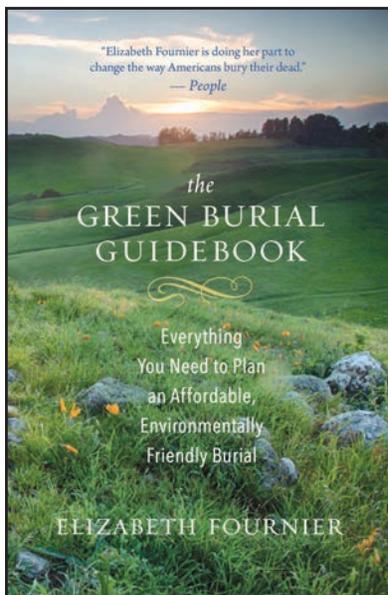
BOOK REVIEWS

& PRODUCTS

BOOKS

THE GREEN BURIAL GUIDEBOOK: Everything You Need to Plan an Affordable, Environmentally Friendly Burial
by Elizabeth Fournier
newworldlibrary.com

Funeral expenses in the United States average more than \$10,000. And every year conventional funerals bury millions of tons of wood, concrete, and metals, as well as millions of gallons of carcinogenic embalming fluid. There is a better way, and Elizabeth Fournier, affectionately dubbed the “Green Reaper,” walks you through it, step-by-step. She provides comprehensive and compassionate guidance, covering everything from green burial planning and home funeral basics to legal guidelines and outside-the-box options, such as burials at sea. Fournier points the way to green burial practices that consider both the environmental wellbeing of the planet and the economic wellbeing of loved ones. The resources section in the back of the book is invaluable for its extensive and well-researched list of green burial grounds in both the United States and Canada.



LOVE COMING HOME: Transform Your Environment, Transform Your Life
by Jennifer Adams
beyondword.com

The need for a sanctuary to restore our spirits from the chaos of the world has never been more critical. As an expert at making your home your haven, Jennifer Adams has created a blueprint for an environment to which you'll *Love Coming Home*. This beautifully

illustrated book presents Adams' simple steps to de-clutter, de-stress, relax and recharge. She shows how to take what you already have, rather than waiting for that dream home, and turn it into the home of your dreams right now. Adams' toolkit includes:

- The Vision Board: Visualization is a powerful tool and Adams shows how to to unlock your personal, business and home dreams. Once you're ready to enhance your home, your vision board can serve as a Project Inspiration Board, similar to the ones professional designers use.
- Photo Reference: All those beautiful pictures you saved in Pinterest or clipped from magazines will help you define the home you've always wanted.
- A Personal Budget and Projects List: This is an actionable plan that will take you from concept to execution no matter how much, or how little, you have to spend.
- A Backup Plan: Adams shows how to keep from doing too much at once, tackle setbacks and mistakes, and so much more.

Your home influences every aspect of your life, including health, happiness and relationships. So why put off creating a place that soothes and inspires you? Your dream home isn't a fantasy for “someday”; you can start creating it right now.

FAWN'S TOUCHING TALE
A Story for Children Who Have Been Sexually Abused
by Irene Wineman Marcus and Agnes Wohl
Illustrated by Jackie Bluzer
AgnesWohl.com

Taken from the Book Intro—*Introduction to Parents, School Personnel and Psychotherapists:* There are many books aimed at the prevention of sexual abuse; few storybooks are geared for children that deal with the profound emotional aftermath. *Fawn's Touching Tale* offers engaging animal protagonists, which allows the child to work through painful emotions in a less threatening and more effective manner ... This gentle, “child friendly” animal tale provides children with a story they can listen to again and again. Parents, psychotherapists and school professionals can use this book as a point of entry into complex feelings that the youngster, or any sexually abused person might frequently experience. Our hope is this book will help the child begin the process of healing, and gradual resumption of his or her healthy psychological development.

PRODUCTS

HUmineral
huminerall.com

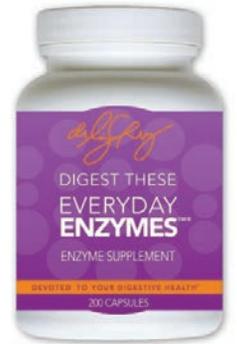
The manufacturer claims that *HUmineral* is a food in supplement form, which nourishes and feeds your cells. Healthy cells = healthy body. Increases stamina, energy, focus, detoxes the body, promotes better sleep, aides healthy muscle/joint/tendons, and a healthy thyroid. Humic/Fulvic Acid Mineral + Immune Boost Raw Liquid (8 fl oz) or powder (Vegetarian capsules – pill form of the Raw Liquid).

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drlizcruz.com

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COCAVO
cocavo.com

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ASTROLOGY

WEEKLY ASTROLOGY REPORT ONLINE with Chris Flisher. Go to creationsmagazine.com and scroll down to Weekly Astrology Forecast.

BOOKS

HEALING: A CONVERSATION; A Field Guide to Redemption by Annette Cravera Goggio. Available at: amazon.com, barnesandnoble.com, aquantum-moment.com. (see ad p.23)

THE LIFE YOU WERE BORN TO LIVE by Dan Millman: A guide to finding your life purpose. www.newworldlibrary.com (see ad p.16)

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Clutter is Low-Vibe: How Do You Deal With It?

by Maureen Calamia
Long Island, NY

A common form of negative energy in our homes is clutter. If you are among the many challenged by clutter, or perhaps have a partner that is, I do sympathize with your situation. Many people ask me what they can do to overcome this challenge that is contributing to negative energy, chaos, and imbalance in their home.

If you consider that our homes are a mirror of our inner spaces, then perhaps we are in this situation because we need to address some level of chaos within ourselves (whether physical, mental, or emotional chaos) or we may simply need to move past this issue in our life that is challenging us to grow.

There is no magic bullet to address clutter. If you are waiting for the big epiphany, I don't have it. What I can offer you is an "inner" solution. This also works when dealing with a partner's or your own anger or depressive tendencies. There is an issue of internal clutter, mental clutter that will create a cloud of low-level energy and consciousness around the home and drag you down. It's real, and we do feel it!

Understanding the behavior behind the clutter can help a great deal. Clutter is often a result of a feeling of lack and scarcity. You or your partner may be missing something on an emotional level. It often flows from childhood and perhaps a parental relationship. One thing is for certain: clutter is blocking energy.

Understanding What's Behind The Clutter

One professional organizer says the clutter is "a way that unhappiness expresses itself." Perhaps, if you or your partner is open to it, you can journal your feelings around the clutter. What unhappiness might it be expressing? What situation or relationship in the past does it represent? Is that a healthy connection? If the clutter is blocking something from entering my life, what does it represent? How will I feel when that block is no longer there and great opportunities present themselves? Am I open to that now?

Consider the type of clutter that you have in the home. For instance,

- **Sentimental clutter**—This represents attachment to things in the past. It may also represent the fear of guilt for getting rid of those objects.
- **Project clutter**—This represents the inability to finish projects and may be a lack of the Metal Element (which facilitates completion).
- **"Just in case" clutter**—This represents the need to keep things "just in case." It's about fearing that you will not have

what you need when you need it.

- **Paper clutter**—We keep magazines and article clippings in piles until we can finally read them. (When will that be?) It is a variation on the theme of not having something when you need it. But with the Internet, great information is easily accessible without the buildup of paper.

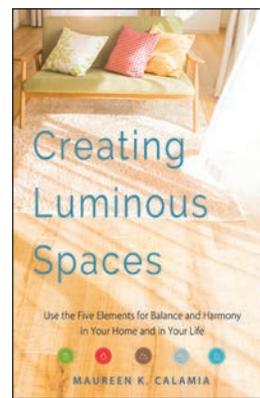
Identifying your *True Nature Element* might help you understand what is going on behind this behavior. We might realize that our family is not intentionally trying to make us crazy (if they are, then we might need to rethink this relationship!). The Earth Element has a great affinity to sentimental items (perhaps a thirty-year-old son's baby clothes, a chair that was Aunt Molly's, or dusty old doodads from Grandpa's basement) when out of balance. She often keeps these items out of guilt (how can I get rid of Aunt Molly's chair?) and out of attachment to the loved one.

Messiness can have different motivators. For Wood, it's that he has too many more important things to do. For Fire, it's impulsively jumping from one thing to another once enthusiasm wanes—which happens quickly! Water? Well, Water flows and needs a container, hence things can start spilling out all over the place. Notice that I don't mention Metal? That's because balanced Metal despises clutter and messiness.

Recognize the Issue of Control

The only person we can control is ourselves. We know this; however, we don't always act in concert with that understanding when the clutter is being generated by a loved one. We think that trying to coerce them, yelling louder, or giving an ultimatum will change their behavior. But it doesn't. And we continue to try this tactic even though it doesn't work (didn't Einstein say something about that?). We may finally give up and not say anything more out of frustration, but silence says volumes if our facial expressions, body language, and energy fields are still emanating our disapproval.

So what do we do? It is the hardest and the simplest thing of all: *change our energy*



about the mess and clutter. It weighs our energy down and does not let the light grow. I am not suggesting that we *ignore it*. That is not going to work. I'm suggesting that we *acknowledge it, but do not lay that heavy anger and frustration onto it.* Raise your consciousness higher and those lower vibrations are less able to reach you. *Let it go.*

We can do some breathing and visualization techniques. We can go out into nature as often as possible. We can clear out our own clutter. Sometimes we still have clutter to manage, even if it's not visible. Perhaps it's a closet or our drawers. Perhaps the clutter is in our minds. We might be involved in so many things that we are scattered in

our thoughts.

When our energy around this challenge shifts, our loved one will feel it, if only subconsciously. Over time and with a concerted effort on our part, the energy in our home will shift, and their energy will *have to* shift along with it. It is always that way with energy. Everything is interconnected. This may create new openings and opportunities. *Sometimes* the other partner spontaneously clears up. But it all comes back to us.

The trick is that we must be diligent in shifting *our own* energy. This is absolutely the key. We cannot just try this for a week and get discouraged because *the other person* hasn't changed. In just a week, we haven't changed either. Modifying our own patterns of behavior and thought requires ongoing work. How long? Think "forever." But it is worth every bit of what we have to gain! ✧

Adapted and reprinted with permission from Conari Press an imprint of Red Wheel/Weiser, Creating Luminous Spaces by Maureen K. Calamia, is available wherever books and ebooks are sold or directly from the publisher at redwheelweiser.com or 800-423-7087.

Maureen K. Calamia is a feng shui consultant and teacher. An inspiring thought-leader in feng shui, energy and consciousness, she has written for CREATIONS MAGAZINE, Huffington Post, MindBodyGreen, Thrive Global, elephant journal, and OMTimes Magazine.

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PROTECT THE ENVIRONMENT

Long Island Green Homes is a non-profit collaborative project of Long Island towns, community organizations, and Molloy College that is helping Long Islanders improve their homes and make Long Island a more sustainable place to live. Making homes more energy efficient not only protects the environment, it also fosters economic activity and creates jobs in local communities. To meet energy efficiency goals, PSEG Long Island is providing thousands of Long Island homeowners with FREE home energy audits.

All energy auditors in our program are Long Island-based and nationally certified by the Building Performance Institute (BPI).

Long Island Green Homes makes energy efficiency simple and easy. Call us at **800-567-2850** or visit longislandgreenhomes.org. Our trained Energy Navigators will pre-qualify you and assist in identifying rebates, discounts, financing for which you are eligible. We will schedule your FREE home energy audit, (a \$350 value), that assesses your home's energy efficiency and details ways to save money and improve the comfort of your home.

Long Island Green Homes is administered by the Sustainability Institute at Molloy College and endorsed by the Community Development Corporation of Long Island, United Way of Long Island, and the towns of East Hampton, Huntington, North Hempstead, Smithtown, South Hampton, and many Long Island elected officials.



Knowledgeable Energy Navigators are standing by. Call us today!

**CALL US TODAY!
800-567-2850**



Lower your home's carbon footprint while saving money. Join thousands of homeowners across Long Island who have lowered their energy bills and helped Long Island reach it's renewable energy goals.

PSEG Long Island is providing free energy audits and rebates, and New York State is providing financing for home energy improvements. Improvements can be made with little to no out-of-pocket expenses.

Every single Long Island homeowner can participate in Long Island Green Homes regardless of your income level. Depending on your family income and size, additional assistance may be available.

The Elixir of Life

The good news: A key ingredient in cannabis can help you live a healthier life.

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- CBD is the ingredient in marijuana that doesn't get you high; THC is the ingredient that does
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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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516-221-7447

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Trained At The Huggins Diagnostic Center
Member of the Holistic Dental Assoc.

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

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

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

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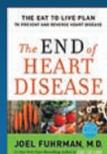
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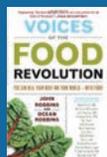
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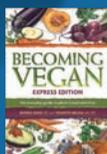
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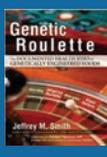
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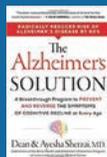
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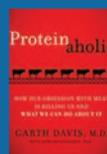
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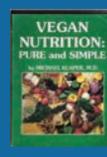
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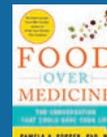
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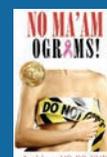
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