

INSPIRATION | HOLISTIC HEALTH | PERSONAL GROWTH



**CREATIONS**  
MAGAZINE

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Connections: Beyond the Holidays  
Guess Who's Coming to Christmas Dinner  
The Actual Benefit of Diet Versus Drugs  
Not All Cottons Are Created Equal

**Recognizing the God Essence in All**

# Turn Your Sad Smile into a Story of Success

*Jenny had canceled and rescheduled her dentist appointment three times already. A trip to the dentist was a big deal for her. Jenny had not had good experiences with dentists. And she had seen several of them since her fall on the ice last winter. But her mouth was a wreck. She could not eat properly, her speech was slurred, and she could no longer smile—a sad plight for a professional model . . .*

The thought of going to the dentist conjures up feelings of gloom and doom. While there are those conscientious individuals who faithfully visit their family dentist twice annually as recommended by professional dental associations, there are those who wait until the absolute last possible moment—when the toothache is totally unbearable—to pick up the phone and declare an emergency. And then there are those who have never set foot in the dreaded facility.

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Technology and research combined with other healing modalities have brought great success to those who have implemented them. Whether faced with advanced gum disease or an accident causing severe mouth injuries, patients can be confident in getting expert guidance to maneuver through the difficult and embarrassing times of unseemly mouth maladies.



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# TALKING OUR WALK

Across the township of Huntington, NY, there has been a proliferation of “small cell” installations for the purpose of rolling out 5G technology (please see the article on page 27). Scientific evidence abounds confirming the adverse health effects from the radiation emitted through 5G. **The following is an Open Letter to the Huntington Town Board:**

We moved to the North Shore of Long Island, for the beauty of the landscape; to be close to the water and enjoy the many beaches, far from the busy-ness of the city. A place where we could own our own home and make decisions as to what we would want and would not want in our home. If I don’t want to drink chlorinated tap water, I can buy a filter. If the streetlight shines in my window at night, I can ask the town to remove it, or purchase blackout curtains. I have options, rights and freedoms.

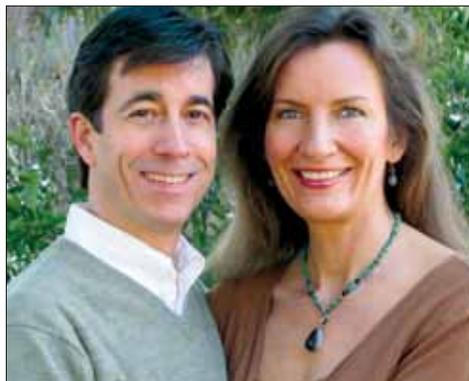
And in a free country, we have the right of choice. We chose to not have a smart meter installed. I have never owned a microwave oven. After gathering and examining scientific studies, we knew that using a microwave in the house was a health hazard, and so we chose not to own one.

Now in our current situation, surrounded by antennas that have silently and surreptitiously sprung up throughout many of our neighborhoods, we find we have lost our right to choose. Not only did we lose our right to choose, we were never notified in the first place so we could make a choice. Already, these antennas are giving off measurable high levels of radiation, increasing in intensity the closer one gets to them.

When the antennas are switched to 5G, I cannot close my door and say, “no, you can’t come in” — the millimeter waves will be moving right through my walls as well as through me. I can’t choose to protect my children — as long as they are in the vicinity of this active 5G menace, there is no protection. I have committed no crime. So why are my rights and freedoms as a citizen of the United States being taken away?

This from the ENVIRONMENTAL HEALTH TRUST (ehtrust.org):

*A first glance at US government websites such as the CDC and EPA could lead you to believe that this radiation is safe. Yet over 240 scientists and doctors from 41 nations who have published research in the field have appealed to the United Nations calling for urgent action to reduce these ever growing wireless exposures and they wrote the FCC for a moratorium on the roll-out*



*of 5G citing the serious risks to human health and the environment. Published peer reviewed science already indicates that the current wireless technologies of 2G, 3G and 4G – in use today with our cell phones, computers and wearable tech – creates radiofrequency exposures which pose a serious health risk to humans, animals and the environment. Scientists are cautioning that before rolling out 5G, research on human health effects urgently needs to be done first to ensure the public and environment are protected.*

I know that in the strata of government and corporations, information is divulged on a “need to know” basis. So those of us working at entry level know very little compared to those working at mid-level, who know a bit more, and so on up the levels of power. However, only those few at the top have a clear picture of the true agenda, which appears to be motivated by insatiable greed.

We turn to you. And I think I can understand the difficult positions that you are in. However, we all have to take a stand together. Our futures as freely thinking, functioning and healthy beings depend upon it. Because of policies and procedures, we may feel stuck, but truly there is an infinite number of ways to handle an issue.

I don’t like to think of it as us being at “war” with the FCC, the CDC or any other group. I prefer to think that we have the energy and the power to go beyond a confrontational, “us verses them” situation. Minds separate; hearts unite. Please ladies and gentlemen, let’s act from our hearts and join together to solve this problem.

Be Well, Be Peace,

*Neil & Andrea*

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# Recognizing the God-Essence in Everyone

by Annette Cravera Goggio  
Oakhurst, CA

Letting go of the prejudices we hold against others who represent beliefs so extremely different from ours is very difficult. It may be one of the most difficult of tasks we are asked to complete in this time as it involves reconciling differences among most of the individuals in our life—even the ones we consider as being in our “circle.”

We have become very involved emotionally, with our friends, our co-workers, our family members and the political pundits on TV. It is a time of extreme emotions. How do we navigate these turbulent waters as we meander into holiday celebrations that may not seem like celebrations at all?

We can first and foremost accept all that is: all the hatred, all the incursions into criminal territory, all the greed and intolerance that dominates today’s conversations and our own emotional lives. It all has purpose. We may not know exactly what that purpose is or what is intended, but it surely marks a roadmap to what is to become. We as humans cannot possibly know what that is, but we each have a role in it. Some of us will be fighters, moving back the pendulum. Others of us will be conscientious objectors, praying for our highest good. And others will be the disrupters,

entitled to bring about transformation. Each of us has a path on which we walk, experiencing our lives as our soul dictates. We move at our soul’s urging, whether seen by others as good or bad. The trick is seeing each other as a soul, not as our representation as a human being. What we present to others is a prop, a device to incite emotional reactions, which serve us to grow as souls. I say this from what I’ve personally experienced reconciling differences between myself and those whom I love.

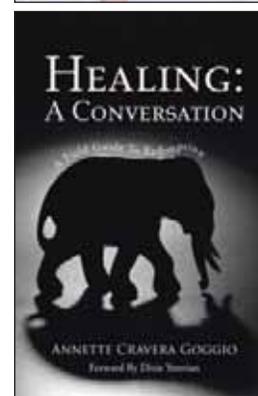
On my first day of class with a new teacher in the realm of metaphysics, we sat around a long table introducing ourselves. The woman seated next to me was large, physically and energetically and very outspoken. I took an immediate dislike to her, as she was everything I was not. In particular, she wore a huge heart-shaped crystal around her neck that beamed hard, piercing energy, I thought, aimed at me. My energy was low and thinly veiled so her crystal bothered me to no end. At the break I asked her to take the crystal off. She refused. I moved across the table to get away from her and her crystal. I thought I was safe until the teacher paired me up with her in an exercise in which she told us to ascend up to the second soul chakra and link with each other there. I looked up into her face with trepidation, resigned to doing the exercise but fearful. She looked back at me with skepticism.

We went up. Without any warning I suddenly knew her; I couldn’t explain how or why, but I immediately started weeping uncontrollably, loving her. She reacted the same way. We were both weeping and hugging each other telling each other how much we loved each other. When we came back down we were both transformed. We saw each other

completely differently from that moment on.

How can we explain such divergent and extreme world-views? We all experience life in our own personal way, based on our soul age, the accumulation of emotional experiences over repeating lifetimes and current life soul urges. As such, we are not all the same when we come here to this earthly dimension, but we are all the same when we consider our origins—the beginning of us, our *God-essence*. I am not advocating for indifference. I am advocating for compassion for the struggle we are in with our personal relationships, our mental and physical health, our job and wealth prospects, our very understanding of the world. Struggle is a necessary element for clarification and reconciliation. We have to see the differences to tease out the understanding.

But what of this process of struggle that we are in? What silver lining is there to reach for at a time when we are bumping into our friends and relatives at holiday gatherings that are ripe for discussions or comments that ignite our survival instincts? If we were to ascend up to the second soul chakra as I did with my classmate we would recognize the soul that we agreed to be with in this life and we would cry at the moment of recognition because we would love them. We would instantly know that they are here also, in school, to learn their lessons and face their challenges and grow as a



soul a little bit more. Their understanding of the world on the ground is different from yours because their lessons are different from yours. If you can, appreciate that fact, and that you’ve been thrown together to learn something, something important. We learn about ourselves through our emotions and the reconciling of those emotions.

This holiday season may be highly charged emotionally. Try not to succumb to the misery of differences, of conversations that make us build up walls of prejudice. To tweak a saying that has long been put forth to calm our nerves before speaking in front of an audience, that

we should imagine everybody naked—I say, to overcome your ire over onerous or inflammatory comments made by friends or relatives, imagine them transformed into a ball of light in the ether, a brilliant, beautiful, amorphous ray of sunshine, and you’ll feel better. You might even cry with joy. ✨

**Annette Goggio, MPH, EEMCP**, holds graduate and undergraduate degrees in the health sciences and is the author of **Healing: A Conversation**. Her practice in energy medicine is based on the teaching of Dixie Yeterian, renowned clairvoyant and healer, and Donna Eden of Eden Energy Medicine. To learn more please visit: [aquantummoment.com](http://aquantummoment.com).

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# Connections: Beyond The Holidays

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

*Instead of viewing the time we spend with friends and family as luxuries, we can see that these relationships are among the most powerful determinants of our wellbeing and survival.*

~ Dean Ornish

**D**uring the holidays, what is more important than connection? The holiday season affords us the opportunity to celebrate with loved ones, friends, and neighbors. It gives us reason to pause and rejoice in seasonal traditions. We have permission to smile at passersby and enjoy our sense of humanity.

Our connection to friends, family, community, and the world is what makes us human. John Donne's quote "No man is an island" defines our humanity. We are hive creatures by nature and thrive in relationship to one another.

Our social relationships are crucial to our well-being. Yet sometimes loneliness is present. It creeps up when feeling we don't belong anywhere. We suffer and long for connection. Social networks and friendships keep us vital and healthy. When these connections are lacking, especially during the holidays, our sense of loneliness is compounded as we feel left by the wayside.

*Oxytocin*, also called the "love/bonding" hormone, is released in our bodies when we feel connected to one another. It's released during childbirth but also when hugging, touching, and laughing together. Research shows that it increases our levels of trust, kindness, empathy, generosity, and happiness. It contributes to our overall well-being which makes it essential that we connect in a caring way with others. When our social connections are limited or unavailable, the holidays can put us into a state of joyless being.

*According to the World Health Organization, depression is currently the leading cause of disability worldwide. A major cause of depression is loneliness.*

*Loneliness affects the young and old. It is toxic to our health and well-being. It has the equivalent risk factor to our health of smoking 15 cigarettes a day. This shortens our lifespan by eight years! Loneliness puts us at risk for coronary artery disease, high blood pressure, cognitive decline, poor healing, onset of disability, and at very worst, suicide.*

There are various initiatives to combat this growing world-wide problem. A campaign in the UK called **Campaign to End Loneliness** addresses loneliness among older people. According to their research, more than half of lonely people miss having someone to laugh with, hug, share a meal, hold hands, take walks, celebrate holidays, or simply pass the time. Another loneliness initiative in the UK is the **Be More Us** campaign whose motto is "Small moments count. So don't be a stranger. Let's be more together...open. Let's Be More Us."

In the U.S., AARP Foundation has a platform called Connect2Affect to address social isolation and loneliness. **Start With Hello** is a violence prevention program by Sandy Hook Promise that addresses social isolation and loneliness among children and adolescents that teaches students the skills to help them reach out and include others, developing a school-wide culture of connection.

With all our modern advancements, we struggle with a global depression and loneliness epidemic. Something that is so essential to our survival is slipping away. Our sense of connection has been severed even further with our distortion of tribal inclinations in our politics and religions. The tides are turning as they drown us in separation and sadness. So, what can we do?

The holidays are a time for us to celebrate with our loved ones but also a time to reach out and connect beyond our circle. Starting with simple gestures like a smile and wave to a neighbor are good starts. The other day, I had a fortune cookie that read, "A smile is a curve that can get a lot of things straight."

Take the time to notice who is sitting alone at work or school. Smile, say "hi" and start a conversation. Be curious. Phone a friend. Have that drink or lunch you keep promising. Try something new. Join a class or a club in a local adult education center and make a friend. Volunteer your time at a community center, school, nursing home, church, temple, senior center, soup kitchen, animal shelter or anywhere you think you could make a connection.



Create a Loneliness Awareness Week in your community and see how many local vendors and neighbors will get involved. Write a note to a family member, friend, or someone at work, on the train, in a store or anywhere telling them something you noticed about them that's awesome or thanking them for being them. Do a Random Act of Kindness when least expected and watch the energy shift around you. Consider exploring a program like one mentioned above, that bridges the gap and makes connections. Get involved. Reach out. Share the love. Make a connection! ✨

**Milissa Castanza Seymour M.S., C.H.** is a N.Y.S. certified teacher with over twenty-five years healing arts experience. She is a certified Positive Psychology practitioner/Inner-Soul coach and professional, practicing Numerologist whose accomplishments include multiple certifications: Prana Yoga, Integrative Yoga Therapy/Holistic Health Educator, Consulting Hypnotist, Reiki Master Teacher, Flourishing Center certified Positive Psychology Practitioner/Coach. [www.inner-soulcoaching.com](http://www.inner-soulcoaching.com)

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- Maitreya, the World Teacher

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# Guess Who's Coming to Christmas Dinner

by Alan Cohen  
Hawaii

When I texted my niece Jordin, an attorney who works as a public defender, she told me she was at a softball game. Every month, she explained, the town lawyers get together with the inmates at the local prison, along with the guards, and play softball. I was jarred to hear this, as I usually think of lawyers, guards, and inmates as being in adversarial positions. They are too busy fighting and being angry with each other to enjoy each other.

But not so in Jordin's town. For a few hours each month, all of these people rise above their social identities and come together as equals on the same playing field. What a model for how good it can get if we let it!

Jordin's softball game reminded me of a story I heard about the French and German armies fighting each other in World War I. One Christmas both sides agreed to a cease fire, and soldiers from both armies came into a small border town to a tavern where they ate dinner together, drank wine, sang, and enjoyed each other's company. The next day they went back to shooting each other.

Yet for a moment in time those soldiers dropped their animosity and joined. I hold this vision dear as a teaching in what we can all do if we are willing. If we can meet each other in the heart for a day, can we not do it for two days? Or a week? Or a month? Or a lifetime?

The popular and healing spiritual training *A Course in Miracles* began when two people who were at odds with each other chose to join instead. Dr. Helen Schucman and Dr. Bill Thetford were research psychologists and professors at Columbia University's College of Physicians and Surgeons. As is often the case in academia, the two were immersed in egoistic power struggles, competition, and backbiting. One day Dr. Thetford came to Dr. Schucman, and told her, "Helen, there must be a better way." Helen agreed, which changed the entire dynamic

of their relationship. Soon afterward Helen began to hear a voice that gave the world *A Course in Miracles* through her. Course scholars cite the moment the two agreed to work together rather than against each other, as the seminal moment that opened the door for the entire Course to come to the world. Behold the power of sincere willingness to join.

One Mother's Day I saw my friend Danielle walking into a restaurant for brunch. "My husband and ex-husband are taking me out for Mother's Day," she told me. Odd, I thought, that these two men would join to support their current and former partner. "We all cooperate around taking care of the kids, so we thought we would celebrate," she went on. What a wonderful demonstration of how we can choose to stay connected in relationships rather than use changes as an excuse to separate from each other. Even though we may choose to separate physically, we can still join in spirit.

One of the key lessons in my Life Coach Training Program is the technique of reframing, taking a situation that seems daunting and finding another way to look at it that is empowering. One of the trainees reported a reframe she had achieved: "Last weekend my ex-husband, who now had a girlfriend, came to my house to drop off our daughter after she had spent a few days with her dad. As the girl was exiting the car, the girlfriend gave her a hug and kiss and said, 'I love you.' When I heard that, my heart sank. I felt like this woman was attempting to replace me as my daughter's mother.

"When I thought about it more, I realized that it was a wonderful thing that my daughter had another loving parental influence, how nice that his woman chose to reach out and support my daughter. I realized that we are not in competition with each other, but we are all devoted

to the welfare of my daughter. Seeing the situation that way made me feel a lot better. I now appreciate my husband's new partner." ✨



Alan Cohen is the author of many popular inspirational books, including the bestselling *A Course in Miracles Made Easy*. Become a certified professional life coach through Alan's transformational Life Coach Training

beginning February 1, 2019. 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](http://www.alancohen.com).



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# Honor and Pursue Your Ambitions

by Mitch Horowitz  
New York City

I had never dreamed of wealth or wanted to be surrounded by fancy things. I believe in labor unions, moderately redistributive tax policies, and personal thrift—not gross consumption. But there is something vitally important to earning a good living, and that fact cannot be hidden or ignored. Nor can this: *Your mind is a creative agency, and the thoughts with which you impress it contribute to the actualized events of your existence—including money.*

This statement is absolutely true and should never be neglected. I have tested and verified it within the laboratory of my existence, and I am writing these words at age fifty. If you want money, I ask you to wholly embrace it as true. This necessary act of conviction will not, in any case, lead you to rash behavior. It does not suggest neglecting daily obligations or loosening your hands on the plow of effort.

To have wealth you must first want wealth. Do you? Or do you consider money gauche or unimportant? Whether you are an artist or activist, soldier or craftsman, you must see wealth as a necessary and vital facet of your life. *You can do far more good with money than without. You must recognize money as a healthful part of existence.* Nothing is more duplicitous than someone who runs down acquisitiveness while enjoying money that comes from well-off parents, a situation typical of many in the New York media world in which I work. Or, a public persona who scoffs outwardly at money while employing sticky-fingered lawyers, agents, or other parties to comb the earth for money for them. As a publisher I've seen it many times. By contrast, strong people admit that they *want* money, among other goals, and in so doing are neither in the service of falsehood nor shame.

The same holds true of your ambitions in the world. Spiritually minded people, and all others, should honor their ambitions

and pursue them openly and transparently, with due respect to colleagues and competitors. Yet this is frowned upon in many reaches of the contemporary alternative spiritual and New Age cultures. Within these worlds, we recycle ideas from the Vedic and Buddhist traditions and use them to prop up unexamined ideas about the need for nonattachment, transcendence of the material, and the value of unseen things. Writers who can't decipher a word of Sanskrit, Tibetan, or ancient Japanese—the languages that have conveyed these ideas from within the sacred traditions—rely upon a chain of secondary sources, often many times removed from their inception, to echo concepts like nonattachment and nonidentification. We are told that the ego-self grasps at illusions and fleeting pleasures, formulating a false sense of identity around desires, ambitions, attachments, and the need for security.

I question whether this interpretation is accurate. In recently working with the Shanghai-based translator of a Chinese publication of my *One Simple Idea*, I found, to my chagrin and bemusement, that Buddhist concepts I thought that I, as a Westerner, had understood were,

stratified and hierarchical. Hinduism and Buddhism, moreover, addressed the lives of ancient people for whom distinctions of caste, class, and status were largely predetermined, and who would have regarded cultural mobility almost as unlikely as space travel. There were social as well as spiritual reasons why worldly transcendence beckoned.

Shorn of their cultural origins, concepts of nonattachment today sound tidy and persuasive to Westerners who understandably want something more than the race to the top. (Or, just as often, who fear they may not reach the top and thus desire an alternate set of values.) But this transplanted outlook is often ill fitting and brings no more lasting satisfaction to the modern Westerner than so-called ego gratifications. This kind of ersatz "Easternism" has been with us for several decades, most recently popularized by writers such as Eckhart Tolle and Michael A. Singer, yet it has not provided Westerners with a satisfying response to materialism because it often seeks to divert the individual from the very direction in which he may find meaning, which is toward the compass point of achievement.

authentically live, rather than succumb to the illusory goals of the lower self or ego, which directs us toward career, trinkets, and pleasure?

I have been on the spiritual path for many years. I have sought understanding within both mainstream and esoteric movements. My conviction is that the true nature of life is to be *generative*. I believe that in order to be happy, human beings must exercise their fullest range of abilities—including the exertions of outer achievement.

Seekers too often divide, and implicitly condemn and confuse, their efforts by relying on terms like *ego* and *essence*, as though one is good and other bad (while neither actually exists beyond the conceptual.) A teacher of mine once joked: "If we like something in ourselves, then we say it comes from essence; if we dislike it, we say it comes from ego." I contend that these and related concepts, like attachment/nonattachment and identification/nonidentification, fail to address the needs, psychology, and experience of the contemporary Western seeker. And, in fact, such concepts do not

necessarily reflect the outlook of some of the most dynamic recent thinkers from the Vedic tradition, including the Maharishi Mahesh Yogi (1918–2008) and Jiddu Krishnamurti (1895–1986).

Let me be clear: The inner search and the search for self-expression are matters of extraordinary importance—and extraordinary mystery. I believe that the simplest and most resounding truth on the question of the inner life and attainment appears in the dictum of Christ: "Render unto Caesar what is Caesar's and

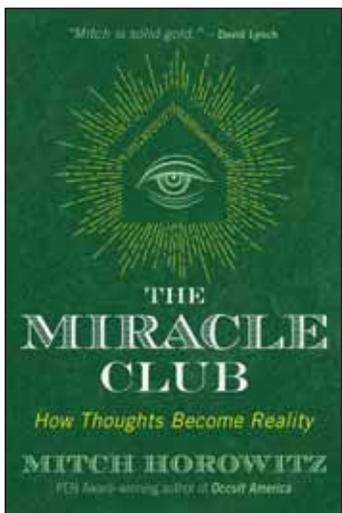
render unto God what is God's." We are products of both worlds: the seen and the unseen. There is no reason to suppose that our efforts or energies are better dedicated to one or the other. Both exist. Both have veritable claims on us.



in my retelling, completely alien to her experience as someone raised within non-Western religious structures. Our popularized notions of the Eastern theology of nonattachment are cherry-picked from religious structures that were, in their originating cultures, highly

Some of my spiritual friends and colleagues have told me that I am too outwardly focused. Isn't the true path, they ask, marked by a sense of detachment from the outer? Doesn't awareness come from within? Isn't there, finally, a Higher Self or essence from which we can more

I do not view nonattachment as a workable goal for those of us raised in the West, and elsewhere, today. Rather, I believe that the ethical pursuit of achievement holds greater depth, and summons more from within our inner natures, than we may realize. "Satisfaction with our lot," Emerson wrote in his journals on July 28, 1826, "is not consistent with the intentions of God & with our nature. It is our nature to aim at change, at improvement, at perfection."



I recently read a book that I recalled my mother borrowing from our local library when I was eight or nine years old: *Yes I Can*, the autobiography of entertainer Sammy Davis, Jr., published in 1965, the year of my birth. In the public mind, Davis is remembered as a flashy, somewhat self-parodying Vegas performer—but decades before his tuxedoed stage shows, Davis was an innovative prodigy, raised on the vaudeville circuit, where he was subjected to the brutality, insults, and physical assaults that often characterized black life under Jim Crow. These threats followed him into the army during World War II, where he used his skills as an entertainer to mitigate some of the racism around him—though indignities and violence always snared him at unexpected moments.

When Davis left the military, he made an inner vow that shaped the rest of his life:

*I'd learned a lot in the army and I knew that above all things in the world I had to become so big, so strong, so important, that those people and their hatred could never touch me. My talent was the only thing that made me a little different from everybody else, and it was all that I could hope would shield me because I was different. I'd weighed it all, over and over again: What have I got? No looks, no money, no education. Just talent. Where do I want to go? I want to be treated well. I want people to like me, and to be decent to me. How do I get there? There's only one way I can do it with what I have to work with. I've got to be a star! I have to be a star like another man has to breathe.*

I challenge anyone to question the drive, purpose, and caniness of Davis's words—not to challenge them from a meditation cushion or living room sofa, but from within the onrush of lived experience. Davis was viewing his life from a pinnacle of clarity. Would his worldly attachments and aspirations cause him pain? He was already in pain. At the very least they would relieve certain financial and social burdens—and probably something more. Would his attainment of fame ease his inner anguish? I think he owed it to his existence, as you do to yours, to find out. Whatever your goal may be, you cannot renounce what you haven't attained. So to conclude that success, in whatever

form is not meaningful, is just conjecture without first verifying it.

Do not be afraid of your aims, or slice and dice them with melancholic pondering. Find them—and act on them. By living as a productive being, in the fullest sense, you honor the nature of your existence and perform acts of generativity toward others. If you are able, you may then determine from the vantage point of experience and attainment whether your aim responded to an inner need of profound meaning. ✧

*Excerpted from The Miracle Club: How Thoughts Become Reality by Mitch Horowitz © 2018 Inner Traditions. Printed with permission from the publisher, Inner Traditions International. [www.InnerTraditions.com](http://www.InnerTraditions.com)*

**Mitch Horowitz** is a PEN Award-winning historian, longtime publishing executive, and a leading New Thought commentator with bylines in *The New York Times*, *Time*, *Politico*, *Salon*, and *The Wall Street Journal* and media appearances on *Dateline NBC*, *CBS Sunday Morning*, *All Things Considered*, and *Coast to Coast AM*. He is the author of several books, including *Occult America* and *One Simple Idea*.

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# CALENDAR

## OF EVENTS

### ONGOING EVENTS

#### MONDAYS

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

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

**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.

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

**CHAKRA SERIES** – 12/4/18, 1/15/19, 1/29/19. Learn their functions in your body, Balance and activate them. 7:30 – 9:30 PM Smithtown. Information, Registration: 631-724-9733. http://lightawakenings7.com.

**MEDITATION GROUP**– Improve Mental & Physical Health, Reduce Stress. 12/11, 1/8, 1/22, 7:30 – 9:30 PM Smithtown. Information, Registration: 631-724-9733, http://lightawakenings7.com.

**ASTROLOGICAL INSIGHTS**– Understand your Strengths, Lessons, Life Path. By Appointment - Smithtown, http://lightawakenings7.com.

#### WEDNESDAYS

**HEALTH & ENVIRONMENTAL GROUP** – If you are passionate about issues concerning the food industry, the medical system, and the environment, we need you to join us ONE WEDNESDAY every month to offer support, solutions, and share your concerns. **The next two meetings are: 12/19 and 1/16.** These meetings are FREE and FREE vegan whole food will be provided. The Hilton Long Island in Melville. Info: Steve 516-921-1417 steve@realtruthtalks.com or Neil 631-424-3594 neil@creationsmagazine.com (See ad p22).

**PSYCHIC MEDIUMSHIP DEVELOPMENT CLASSES** with Winter Brook, psychic medium Wednesdays, 7:30pm – 9:00pm, starting **January 30 – March 27**; 171 Main Street, Northport, NY. Topics include psychic & medium readings, animal communication, ribbons, psychometry, astral projection, plus 8 classes, \$350.00. Each class consists of discussion, meditation, long distance healing and exercises to strengthen your psychic & mediumship muscles. Come join us & Spirit in a relaxed atmosphere of love, laughter & learning! Register: winterbrookmedium.com or (631) 261-9300.

#### THURSDAYS

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

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

#### SATURDAYS

**Newly enhanced! CHILDREN'S SPIRITUALITY CLASSES** 10AM during GOL services at 95 Old Country Road, Melville 11746. Contact Leda at GOLyouthprogram@gmail.com to confirm.

**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.13)

**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.

**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.26)

#### 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.15)

**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.22)

### SPECIAL EVENTS

#### NOVEMBER 30

**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

#### DECEMBER 15

**THERE IS REASON TO HAVE HOPE** Video screening followed by a panel Q&A. Saturday, 2PM, UU Fellowship of Huntington. FREE to attend. www.share-international.us/ne 718 200-7965. (See ad p.8)

#### DECEMBER 21

**WINTER SOLSTICE OPEN CIRCLE - Friday Evening at 7:30 pm.** Come join us to release the old cycle, and create a vision for the new based in our highest vision with meditation and ceremony. **No fee**, but please call to reserve your space. Seating is limited. Call **631 547-5433**, with name, phone number, email, and number of guests. Center Point, 202 East Main St, Suite 102, Huntington.

#### DECEMBER 31

**JOIN US FOR A MEANINGFUL NEW YEAR'S EVE** at Kadampa Meditation Center in Huntington – \$10. Meditation: 10:30pm-12:00 midnight / Refreshments: 9pm-10:30pm. **PLUS: New Year's Day** Silence is Golden (silent retreat) 10:00am-3:30pm, \$25 includes lunch. Contact: 631-549-1000 / info@meditationOnLongisland.org, MeditationOnLongisland.org.

#### JAN 25 - FEB 3

**THE REAL TRUTH ABOUT HEALTH FREE 10 DAY CONFERENCE.** Hilton, Long Island, Melville, NY. Info & Reg, 516-921-1417, RealTruthTalks.com. (see ad back cover)

### UPCOMING EVENTS

**YOGA TEACHER TRAINING AND PRACTICE ENHANCEMENT** at Inner Spirit Yoga Center (Yoga Alliance Certified School). Expand, evolve & enhance your personal yoga practice. Gain the tools necessary to teach others with our 200 hour program.  **Begins March 10.** Morning & evening classes available. Early bird discounts and special financing available. E. Northport, NY, 631-262-9642 info@innerspirtityoga.com

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# The Actual Benefit of Diet Versus Drugs

Michael Greger, MD

**B**ased on a study of more than one hundred thousand Minnesotans, it appears that seven out of ten people may be prescribed at least one prescription drug in any given year. More than half are prescribed two or more drugs, and 20 percent are prescribed five or more medications. All told, physicians dispense about four billion prescriptions for drugs every year in the United States. That's about thirteen prescriptions a year for every man, woman, and child.

The two prescription drugs most often brought up in doctor visits are *simvastatin*, a cholesterol-lowering medication, and *lisinopril*, a blood-pressure pill. So a lot of drugs are being doled out in an attempt to prevent disease. But how well are these billions of pills working?

An overconfidence in the power of pills and procedures for disease prevention may be one of the reasons doctors and patients alike may undervalue diet and lifestyle interventions. When surveyed, people tend to wildly overestimate the ability of mammograms and colonoscopies to prevent cancer deaths, or the power of drugs like *Fosamax* to prevent hip fractures, or drugs like *Lipitor* to prevent fatal heart attacks. Patients believe cholesterol-lowering statin drugs are about twenty times more effective than they actually are in preventing heart attacks. No wonder most people continue to rely on drugs to save them! **But the dirty little secret is that most people surveyed said they wouldn't be willing to take many of these drugs if they knew how little benefit these products actually offered.**

How ineffectual are some of the most common drugs in America? When it comes to cholesterol, blood pressure, and blood-thinning drugs, the chance of even high-risk patients benefiting from them is typically less than 5 percent over a period of five years. When asked, most patients say they want to be told the truth. However, as doctors, we know that if we divulged this information, few of our patients would

agree to take these drugs every day for the rest of their lives, which would be detrimental for the small percentage of people who do truly benefit from them. That's why doctors in the know and drug companies oversell the benefits by conveniently not mentioning how tiny these benefits actually are. **When it comes to chronic disease management, practicing conventional medicine can be thought of as practicing deceptive medicine.**

For the hundreds of millions of people on these drugs who don't benefit, it's not simply a matter of all the money spent and all the side effects endured. To me, the true tragedy is all the lost opportunities to address the root causes of patients' conditions. When people dramatically overestimate how much their prescription pills protect them, they may be less likely to make the dietary changes necessary to dramatically lower their risk.

Take cholesterol-lowering statin drugs, for example. The best they may be able to offer in terms of absolute risk reduction for a subsequent heart attack or death is about 3 percent over six years. Meanwhile, a whole-food, plant-based diet may work twenty times better, potentially offering an absolute risk reduction of 60 percent after fewer than four years. In 2014, Dr. Caldwell Esselstyn Jr. published a case series of about two hundred people with significant heart disease showing **that a healthy enough plant-based diet may prevent further major cardiac episodes in 99.4 percent of patients who follow it.**

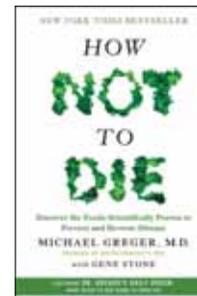
You don't really have the luxury of choosing between following a healthy diet or taking a pill to prevent a heart attack because pills may not work in the near term in 97 percent of the cases. Of course, diet and drugs are not mutually exclusive, and many under Dr. Esselstyn's care wisely continued to take their cardiac meds. *You just need to have a realistic understanding of how limited a role the contents of your medicine cabinets play compared to the contents of your refrigerator.* Heart disease may continue to be the number-one killer of men, women, and eventually our children if doctors continue to rely on drugs and stents. However, if you eat a healthy enough diet, you may be able to reverse the stranglehold it has on your



heart. That is something doctors can be proud to divulge to our patients. ✨

A founding member and Fellow of the American College of Lifestyle Medicine, **Michael Greger, MD**, is a physician, *New York Times* bestselling author, and

internationally recognized speaker on nutrition, food safety, and public health issues. He has lectured at the Conference on World Affairs, testified before Congress, and was invited as an expert witness in the defense of Oprah Winfrey in the infamous "meat defamation" trial. In 2017, Dr. Greger was honored with the ACLM Lifestyle Medicine Trailblazer Award. He is a graduate of Cornell University School of Agriculture and Tufts University School of Medicine. His latest book **How Not to Die** became an instant *New York Times* Best Seller. He has videos on more than 2,000 health topics freely available at [NutritionFacts.org](http://NutritionFacts.org), with new videos and articles uploaded every day. All proceeds he receives from his books, DVDs, and speaking engagements is all donated to charity.



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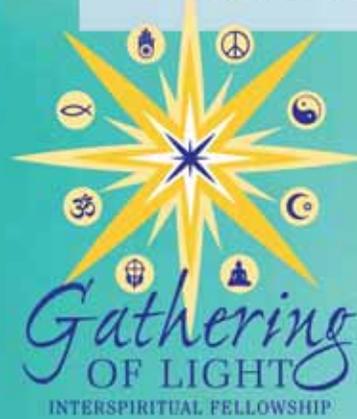
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# All Cottons Are Not Created Equal

by Beth Fiteni  
Oyster Bay, NY

“Isn’t all cotton organic?” my aunt asked over Christmas dinner. It took some explaining to get through to her that unfortunately the answer is no. During the course of conversation at our annual holiday family gathering, it came up that the skirt I wore for the occasion was made with organic cotton.

Back in the day, all things cotton had been considered “natural,” as opposed to clothing made with nylon or polyester—petroleum-based fabrics. And of course, cotton is certainly a natural product since the white puffs that are spun into thread are the protective fiber that surrounds cottonseeds on a cotton plant. It’s a wonderful fiber provided by nature that humankind was clever enough to make use of and eventually domesticate.

However, modern cotton crops are grown with the use of many chemicals most people have never even heard of. In fact, the US Environmental Protection Agency considers seven of the top fifteen pesticides used on cotton in the United States as “possible,” “likely,” “probable,” or “known” human carcinogens (causing cancer) such as acephate, dichloropropene, diuron, fluometuron, pendimethalin, tribufos, and trifluralin.

Pendimethalin? What the heck is that, you ask? It’s a toxic pesticide that kills the bane of all cotton farmers’ existences: the boll

weevil. This is the main insect that likes to chew up valuable cotton crops. Due to this weevil, plus many other damaging pests, **more insecticides are used on conventionally grown cotton than on any other single crop.**

Cotton crops are sprayed with about 25 percent of all insecticides used on all of the worlds’ crops combined, according to the Organic Trade Association, and about 10 percent of all the world’s pesticides combined (including herbicides, insecticides, and defoliant). According to the World Health Organization (WHO), 20,000 deaths occur each year from pesticide poisoning in developing countries, many of these from cotton farming. Agrochemical companies make on average \$2 billion selling cotton pesticides each year. And, pressure to use chemicals also comes from banks, because they are more likely to offer loans to farmers when they believe that a crop is more secure from the threat of pests.

Sadly, crops sometimes do still fail. Some farmers in India get so in over their heads with debt to chemical companies by buying more and more seed and pesticides that there has been a rash of farmer suicides over the past few years. In fact, some swallow the pesticides themselves to commit the act. “According to the National Crime Records Bureau (NCRB) data from 2009, more than 216,000 farmers have killed themselves since 1997. Add the figures for 1995, 1996, and 2010 and the total crosses 250,000. That is, two farmers a day for the past fifteen years.”

Cotton *processing* also entails the use of chemicals. Typically sodium hydroxide (a type of salt) and chelating agents are used to increase luster and help the cotton absorb dye better (mercerization); then acetic acid is used as a neutralizer. “Usual salt concentrations in cotton mill wastewater can be 2,000 – 3,000 ppm,



far in excess of Federal guidelines for in-stream salt concentrations of 230 ppm, so treatment of effluent is very important.”

Before it is woven into fabric, cotton may be treated with the biocide pentachlorophenols (PCPs), to protect it from rotting during storage and transport. PCPs are associated with the development of cancers, abnormal reproductive effects and nerve damage, and are thus outlawed from effluents in the US and the European Union. Most conventional cotton is treated with chlorine bleach as well to make it optic white, just for aesthetic reasons, since people associate the whiteness of the fabric with cleanliness. Though sold as a common household cleaner, chlorine bleach is corrosive and is associated with health effects such as eye, skin, and airway irritation at low levels, and “tightness, wheezing, dyspnea, and bronchospasm” at higher levels. It is also highly toxic to fish and other aquatic creatures if it finds its way to waterways.

**The Organic Consumers Association (OCA) points out that in addition to pesticide use, 94 percent of the US**

**cotton crop is genetically modified. They conclude, Cotton is the most toxic crop in the world.** Not something most people are usually thinking about when buying a pair of jeans.

**What does this mean for me?**

Common sense says probably some small amount of chemicals from the processing, and certainly dyes, would end up being absorbed through our skin. According to wardrobeadvice.com: “To dye a pair of jeans, synthetic indigo dye is made with a combination of caustic soda, sodium phenylglycinate and sodamide to form a chemical called indoxyl. The sodium phenylglycinate in the mixture is made from a chemical made in another chemical process by adding ammonia to a chemical called chlorobenzene. This process begins with another chemical that can come from either petroleum or coal. Because petroleum and coal are both inexpensive, many fabric dyes are currently made in a similar fashion.

According to the article *Your Cotton T-shirt May Be Poisoning You* by Kathleen Barnes, in processing conventional

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cotton to its final stage as clothing, chemicals are often added at each stage—silicone waxes, petroleum scours, fabric softeners, heavy metals, flame and soil retardants, ammonia, and even the carcinogen formaldehyde. These chemicals might be even more of a health issue than the pesticides. On some level we may know these clothes contain chemicals because we can smell them when we bring them home from the store.

So what's a fashionista supposed to do based on little clear scientific evidence? Well, in the world of environmental health, there has been a principle floated since the 1992 Rio Conference called the **Precautionary Principle**. It states: *If an action or policy might cause severe or irreversible harm to the public or to the environment, in the absence of a scientific consensus that harm would not ensue, the burden of proof falls on those who would advocate taking the action. In other words, if a company is about to release a product that might make people sick, they should have to prove that it's safe first, not release it for public consumption and then see if it causes harm.* When the EPA reviews the health effects of chemicals, they consider them one chemical at a time. However, people

are exposed to many chemicals in our environment (clothing, water, food), and though these exposures are typically at very low levels, *the cumulative and synergistic effects of the mixture of pesticides and other chemicals in our environment is not easily studied, so we don't really know the effects for sure.*

#### Ecofashionista Recommendation:

We can frame the "Consumer's Precautionary Principle" this way: *If I am about to purchase a product that I am not sure is safe for myself and my family (and I suspect may not be safe for everybody else), then I will choose the safer alternative whenever one is available.* A second level of action would be to then petition our government for stricter regulations for such products. Another action would be to contact the company and ask questions about their practices, and write about the response on a blog, social media, or op-ed in the newspaper. Take action for fashion!

#### Organic Cotton: Why is it Green?

The good news is there is a growing organic cotton industry and market so we can choose an alternative. Organic cotton is grown using natural methods without the use of synthetic pesticides or

fertilizers and is not genetically modified. Organically maintained soil helps reduce pollution and sequesters more carbon than conventionally farmed soil. As more farmers start to see the negative health effects of pesticides in their own lives, and as consumers are beginning to demand more and more "green" products, products labeled "organic" from food items to clothing have taken off and become rapidly growing economic sectors over the past decade. There is a momentum of change in the consumer spirit, and awareness is taking root! ✨

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**Beth Fiteni, MSEL** is the director of Green Inside & Out, based on Long Island, NY. Fiteni has worked for over twenty years as a professional environmental advocate on toxins reduction and climate change. She holds a master of studies in environmental law, and is host of an award-winning environmental radio show. Fiteni lectures all over Long Island on green living, and has been featured in numerous media outlets

such as News 12, WNBC News 4, Fios1, and Newsday. Fiteni was awarded the Long Island Sierra Club Environmentalist of the Year in 2017, and won the EPA's Environmental Quality award 2010 for her work in co-creating educational materials on children's environmental health. She



offered a TEDx Talk entitled "The Toxic Talk: Your Power Over Pollutants" at Adelphi University in March 2018. See [www.GreenInsideandOut.org](http://www.GreenInsideandOut.org) for her blog and more information.



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# Widening the Circle of Compassion

by Brenda Davis, RD &  
Vesanto Melina, MS, RD

*Our lives begin to end the day we become  
silent about things that matter.*

~ Martin Luther King

**I**t takes immense inner strength to oppose the status quo. It takes courage to resist the pressure to accept what the influential people in your life consider morally and culturally reasonable, and perhaps even necessary. Yet, if people didn't rise up against social injustice, slavery still would be legal, the poor would remain uneducated, and women wouldn't be able to vote.

What does a vegan lifestyle have to do with social justice? Nothing—if animals are regarded as resources; everything—if animals are recognized as sentient beings. It's possible that one of the greatest social injustices of our time doesn't involve humans at all, but rather our fellow beings—nonhuman animals. Becoming vegan is about taking a stand against this injustice.

The seeds of vegan ethics were sown by philosophers and spiritual leaders in the East, where prevalent religions, such as Buddhism, Jainism, and Hinduism, emphasized compassion toward animals and included vegetarianism as a part of their core doctrines. These seeds were nurtured and spread in the West by Pythagoras, a sixth-century BC Greek philosopher and mathematician. Pythagoras shunned the consumption of animal flesh and directed his followers to do the same.

While many other notable thinkers followed suit, including Plato, Plutarch, Seneca, Ovid, and Socrates, it wasn't until the mid-1800s that the moral roots of vegetarianism were firmly established in Western culture. The epicenter was England, and the driving forces were moral leaders of select Christian churches. Although the movement became well-grounded in the West, when contrasted with the practices and teachings of the East, its early influence was limited.

## Vegan Awakenings

The ethics of consuming dairy products were hotly debated within the burgeoning British vegetarian movement, but it wasn't until 1944 that a small, like-minded group of individuals decided to develop a new branch of vegetarianism, one whose practitioners consumed no animal products.

The father of the contemporary vegan movement, Donald Watson (1910–2005), and his compatriots recognized that the flesh-food industry and the egg and dairy-product industries were inextricably linked, because animals raised to produce eggs and milk were eventually slaughtered and eaten when they were no longer productive. These British vegans contended that the case against these industries rivaled the indictment of the meat industry, so the use of dairy products and eggs was no longer justifiable for ethical vegetarians. Their intent was to eliminate the exploitation of animals and to move closer to a truly humane society.

## Vegan: The Founder and the Word

Donald Watson coined the word vegan to describe a particular variant of vegetarianism that excluded the use and consumption of all animal products. A vegetarian for 81 years and vegan for 63, he successfully avoided any need for medication—conventional or herbal—and had hardly a day's illness during his lifetime. His longevity had not been inherited; his father had passed on at the age of 63, and few other relatives survived beyond 70. As he aged, not only did he remain physically healthy but also mentally alert. Many of Watson's most celebrated interviews were conducted after he turned 90, and he continued to grant interviews until shortly before his death at the age of 95.

## Vegan Defined

A vegan is an individual who embraces the philosophy of veganism and seeks to follow a vegan lifestyle. Veganism is a philosophy that promotes reverence for life and compassion for all living beings and rejects the notion that animals are resources to be exploited. A vegan lifestyle excludes, as far as is possible and practical, all forms of animal exploitation. Vegans avoid consumer products derived from animals, including foods of animal origin; clothing produced from fur, leather, wool, or silk; and animal-derived ingredients in personal-care and cleaning products. Instead, animal-free alternatives are promoted. Vegans also avoid activities that involve the mistreatment of animals, including animal research and animal-based entertainment.



A vegan diet excludes meat, poultry, fish, dairy products, eggs, gelatin, and other foods of animal origin (except human breast milk). Vegan diets include all foods of plant origin, including vegetables, fruits, legumes, grains, nuts, and seeds.

A pure vegetarian is someone who follows only a vegan diet, not a vegan lifestyle. Sometimes pure vegetarians are referred to as “dietary vegans.” These individuals use non-dietary animal products, such as leather. They also may support the use of animals in research and have no objection to the use of animals for entertainment. In such cases, their choice to consume a vegan diet is generally motivated by personal health concerns rather than by any ethical objections to eating animals. However, pure vegetarians may become vegan as they learn more about vegan philosophy.

## How Vegan Do I Need to Be to Call Myself a Vegan?

Being vegan isn't about personal purity or about moral superiority. It's about making a conscious choice to widen your circle of compassion by avoiding animal exploitation, as far as is possible and practical. It's about becoming more other-centered and less self-centered. If you strive to avoid animal products and activities that exploit animals, you already are vegan, even if you slip on occasion. There are no vegan police scrutinizing card-carrying vegans. If there were, our numbers would rapidly diminish.

## Why Vegan?

Albert Einstein recognized that the separate existence we feel as individuals is in fact an illusion—that along with all beings, we're a part of the universe at large. He explained, *A human being is part of a whole, called by us the universe, a part limited in time and space. He experiences himself, his thoughts and feelings, as something separated from the rest—a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest us. Our task must be to free ourselves from this prison by widening our circles of compassion to embrace all living creatures and the whole of nature and its beauty.*

Many people believe that being vegan is only about eschewing hamburgers and ice cream. It's not. Being vegan is about widening our circles of compassion to include those who are commonly excluded, whether they're humans or nonhuman animals. It's about understanding that **our choices have consequences for ourselves, and beyond ourselves.** It's about recognizing that eating animals and animal products is both unnecessary and potentially harmful.

Modern animal agriculture industry causes unspeakable suffering to animals, as well as potentially massive ecological devastation. Intensive animal agriculture reduces land for food production, contributes to global warming, and depletes natural resources.

**If everyone on the planet ate lower on the food chain, hunger could essentially be eradicated, many diet-related diseases could be avoided, environmental destruction could be reversed, and animal suffering would ease.** Being vegan is about making choices that are a true reflection of our ethical and moral principles, and acknowledging that custom and tradition justify nothing.

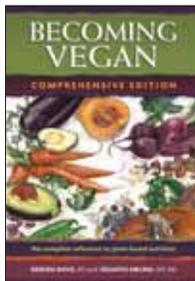
The vision of a truly ethical universe is captured brilliantly by the words of Dr. Albert Schweitzer, Nobel Peace Prize recipient and esteemed humanitarian: ... *the time is coming when people will be amazed that the human race existed so long before it recognized that thoughtless injury to life is incompatible with real ethics. Ethics is in its unqualified form extended responsibility with regard to everything that has life.*

To begin to live ethically, the first critical step is to take the blinders off. Many exceptional books and documentaries explore the topic of animal rights and include exhaustive examinations of industries that exploit animals for retail products, entertainment, experimentation, and medical research. **However, the industry most responsible for animal suffering is the food industry.** More than 95 percent of all animals purposefully killed by people are killed to be eaten.

### Nonhuman Animals— Their Plight, Our Power

Some people view everything on this planet as a resource here for the taking. To them, animals exist for the express purpose of serving humans in some way. This logic is used to defend the exploitation of animals for fashion, entertainment, experimentation, research, and food. Some controversy exists about how animals should be treated, but the actual use of animals isn't a point of contention for the vast majority of people in our society.

However, the standard rules of use vary, depending on the creature and the culture. For example, in America, kittens and puppies are beloved pets. In China, they might be dinner; in some restaurants, patrons can select an individual kitten or puppy. Without a second thought, the chef efficiently skins and boils the animal alive. While Americans may be disgusted by the treatment of cats and dogs in China, treating lobsters in a similar manner seems perfectly acceptable.



Some people would argue that dogs and cats are more intelligent than lobsters, so they deserve to be treated more kindly. That might seem like a logical argument, except that our treatment of pigs, which have been shown to be more intelligent than dogs, is arguably worse than our treatment of lobsters. Yet, these intelligent animals are seldom treated as pets. Instead, they're treated like raw materials for the food industry's meat machine.

Fortunately, we have a choice. We can allow ourselves to fall into a hypnotic consumer trance, or we can honor our inner moral compass and withhold the gold. Better still, we might consider embracing the original Golden Rule: Do unto others as you would have others do unto you. This version serves as a core principle for every major religion and as a foundation for humanity.

Humankind is beginning to entertain the idea of expanding its definition of "others" to include our nonhuman brethren. The first steps have been taken. Scientists are now submitting declarations to protect the rights of animals that exhibit the traits of a "person," such as self-awareness, creativity,

communication, and intentionality. Perhaps the day will come when simply being a sentient being—able to think, feel and suffer—is enough. ✧

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**Brenda Davis**, registered dietitian, is a leader in her field and an internationally acclaimed speaker. As a prolific nutrition and health writer, she has co-authored 10 books with over a million copies in print in 13 languages. Her most recent works include **The Kick Diabetes Cookbook** (2018), **Becoming Vegan: Comprehensive Edition** (2014) and **Becoming Vegan: Express Edition** (2013). She is currently working on an 11th diabetes book to be released in 2019. She has also authored numerous professional and lay articles. Brenda and her writing partner, **Vesanto Melina** developed and teach the nutrition program at Living Light Culinary Institute. She is a past chair of the Vegetarian Nutrition Dietetic Practice Group of the Academy of Nutrition and Dietetics, and in 2007 was inducted into the Vegetarian Hall of Fame. Brenda will be a featured speaker at **The Real Truth About Health Conference 2019** in New York.

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## Is it Giving ... or Barter?

by Brenda Shoshanna  
New York City

**T**he Holiday Season is upon us. Many are planning holiday dinners, meetings and thinking about gifts. Oddly, this often causes anxiety and sorrow, rather than delight.

Most of us give with one hand and then wait to see the outcome. Did our gift have the intended consequence? Is the person we gave to grateful? Will we gain favor in their eyes? What will be the outcome?

This kind of giving inevitably leads to anxiety and disappointment. Perhaps the

person we gave to behaves badly later or forgets us? Perhaps they do not warm to us, no matter what we give? Resentment naturally arises.

Or, even if our gift hit the spot, it might not be enough. They may want more and more of it. Deep inside many feel that once they start giving, they cannot stop. There's no end to it. What started as a gift turns into an obligation. How strange that giving a gift can end up tying us in knots.

But a great secret comes to us from the world of Zen about how to give fully and wholeheartedly, without burnout or disappointment. The secret is called *Mushotoku*. This means to give one hundred per cent, with no concern for the outcome. None! The outcome is not our business. **Only giving with a full heart. This giving includes gifts of all**

**kinds, physical gifts, gifts of time, love, energy, and inspiration.**

When we live or give *Mushotoku*, we give our gift to all with no reservations free of expectations. In that way our giving is thus given to God.

To want something in return is not true giving, but barter. It is part of the marketplace of life, a business transaction. I give you four scarves and you give me three umbrellas, it's a different kind of exchange. Nothing wrong with that. But to live a life of fulfillment, free of bitterness, it's not enough.

Let's try something different. Let's open our hands and heart and just give. As we



do, soon we will realize that the giving becomes the gift itself. And the reward cannot be contained or counted. ✧

**Brenda Shoshanna, PhD** is trained in psychoanalytic, psychodynamic, humanistic, and transpersonal approaches.

*Dr. Shoshanna has spent nearly 30 years working as a psychologist who integrates Zen practice into everything she does, including working with clients. Each week on her podcast, she takes a new look at daily issues and problems, [www.zenwisdomtoday.com](http://www.zenwisdomtoday.com). To join the community, register on [itunes.com](http://itunes.com).*

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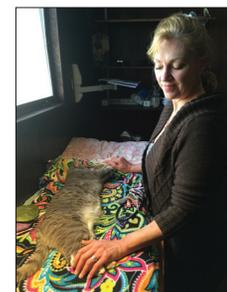
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# The Emotionally Healthy Child

by Maureen Healy  
Santa Barbara, CA

**O**ur children feel things deeply, including surprise, delight, disgust, anger, frustration, revenge, jealousy, and enthusiasm. They often don't even have the words to communicate their feelings, which is why they sometimes act them out inappropriately, but once they learn what emotions are and how they work, and apply a method to release them constructively, they can experience emotional ahas, which lead them in a positive direction.

I want to share how I conceptualize emotions, especially as I see emotional health. There are two types of emotions:

1. helpful
2. challenging

When I work with children, we focus on cultivating the helpful emotions and an emotionally healthy mindset so that children can see the world accurately and respond with intelligence. They learn to use their right and left brain in unison as much as possible at their stage of emotional development. We also work on identifying challenging emotions — let's not say negative or bad, but those emotions that throw them off-balance, which they need to release constructively.

Often we begin by helping our children with their challenging emotions, because those are the ones that literally scream the loudest. Boys and girls yell, cry, and stomp their feet in anger, sadness, and frustration. But it's the helpful emotions such as patience, calmness, and enthusiasm that need to be equally cultivated to balance the scales and enlarge a child's capacity to handle the challenging emotions.

Ultimately, your child doesn't need to be all smiles but must be able to face any emotion that arises and learn how to skillfully express it. This is the emotionally healthy child. He is learning to embrace his whole bucket of emotions and then empty it when he needs to. He also learns how to fill his bucket with positive relationships, interests, and activities, which give his life meaning and purpose.

## The Secret to Success: Discomfort

One of the biggest challenges to children becoming emotionally healthy is the fact that they often cannot tolerate discomfort. They feel an uncomfortable emotion like anger and immediately want it to be gone, so they scream, punch, or throw a tantrum to release it. This provides relief but isn't constructive. One of our roles in raising emotionally healthy children and helping them transform lemons into lemonade includes helping them:

- ✓ Embrace discomfort
- ✓ Increase their "discomfort tolerance" level

- ✓ Realize that uncomfortable emotions come and go

Children can learn to raise their discomfort tolerance by feeling uncomfortable in a safe environment. Fatima, age seven, wants to win at every board game she plays. She's a perfectionist by anyone's standards, which is why I introduced a game that was a little tough for her and which I thought she'd likely lose (a very uncomfortable emotion). And yes, she did lose at the board game, *Clue*, which incited some distressing emotions, but I helped her work through them and realize that she was bigger than any challenging emotion.

When I was younger I recall my parents introducing me to novel experiences to widen my comfort zone, such as going to the Macy's Thanksgiving Day Parade in New York City, with millions of people, and visiting cousins in Ireland who didn't yet have indoor plumbing, so the bathroom was outside (what?). I learned early on that sometimes the really good things are at the other end of discomfort, and you need to go through the discomfort, not around it, to have unforgettable and happier experiences.

## Are you ready for a miracle?

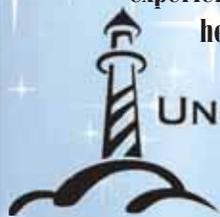
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I'm not necessarily suggesting that you take your children to farms without plumbing, but I am suggesting that you help expand your children's ability to tolerate discomfort in safe and positive ways. This will also help them realize they are bigger than any of their big feelings. Children have the capacity to endure a little discomfort, express it constructively, and move beyond it to something more positive.

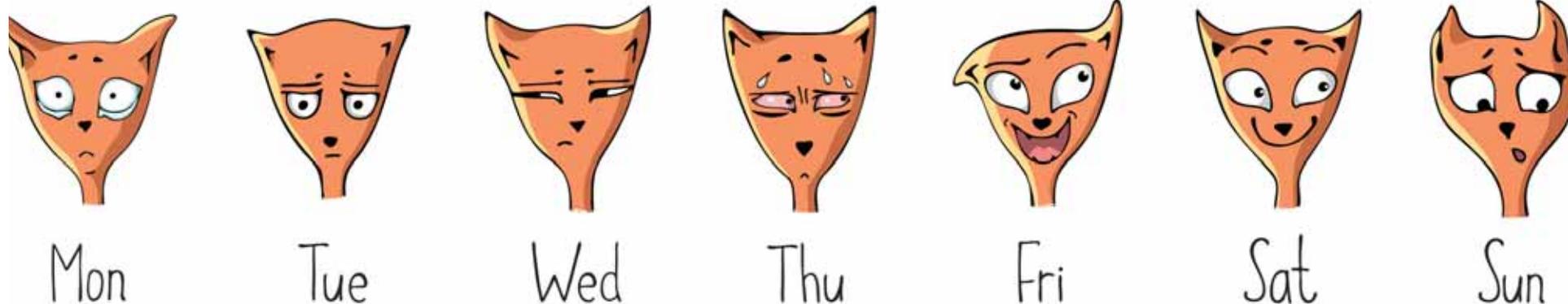
even more valuable: their wholeness, the ability to embrace whatever emotion is occurring, whether it's easy like joy or more challenging like grief. The whole child is learning to be honest, authentic, and genuine about her emotions.

Wholeness is important because it's based on the idea that all our emotions, helpful and challenging, are good and that it's what we do with them that matters.

game-obsessed brain was similar to that of an adult drug addict. Both were seeking those immediate feel-good chemicals, dopamine and serotonin, which they felt when they got immediate satisfaction from the video game or the drug.

Certain personalities are more prone to addictive behavior, which is rooted in their genetic heritage and biological composition. Said differently, some

One real challenge is the fact that children are digitally smarter than we are. Emily, a twelve-year-old client, is an Instagram star and has more than 10 million views of the last song she posted. I asked to see it. She quickly replied, "My mom turned off my apps," and then a second later realized, "Wait, I can turn it back on without her knowing."



### TAKE NOTE: Children's Brains Are Still "Cooking"

Your child's brain isn't fully formed until his mid-twenties, and the last thing to come online is judgment (in their prefrontal cortex). This is one of the best reasons to muster more compassion for your child, since he's not "fully cooked" yet. Children are learning not only how to bring logic (left brain) online sooner but also how to move from quick reactions (lower brain) to more deliberate responses (upper brain). Knowing that some of your child's challenges in becoming less reactive are biologically rooted, can help you find the patience to help him yet again. This includes helping him form new neuronal pathways, where he tolerates more discomfort and moves through it with inner confidence.

### Wholeness, Not Happiness

One of my passions in life is helping children become happier, whether they've lost a soccer game or something far more serious. The path to positive emotional health and happier experiences isn't around these challenges but through them. Whether the challenge is a bully on the bus or a bruised knee, every child has moments of sadness, anxiety, disappointment, and rejection when they just don't know what to do.

Our job is to be their cheerleaders, to help them rise up and move forward with skill on the path toward becoming emotionally healthy and happier. But make no mistake — my goal isn't simply to help you raise your children's happiness but something

If your daughter is angry, she doesn't pretend everything is okay. She might say instead, "I feel rotten," and that is perfectly healthy. **Being honest about our emotions, and learning how to express them constructively, is the mark of real emotional health, not simply putting on a happy face.**

We want to raise healthier, happier, and yes, whole children. Boys and girls who can face emotions, become tolerant of uncomfortable feelings (anger, nervousness), and recognize that they're capable of handling whatever shows up. One of my clients, Simone, at age ten is learning how to face her challenging emotions. She's the main character in her upcoming school play, *The Sound of Music*, and has the jitters. Simone is learning relaxation techniques but also that being nervous is normal, especially if you've never done something before.

Being whole is valuable because it allows you to honor each moment, face whatever arises, and seek to be an authentic person who experiences all of life's different emotions without prejudice. Helping children learn not to run from their challenging feelings but to handle them with skill is necessary for every emotionally healthy child.

### Bump in the Road: SCREENS

Last year I was asked to provide commentary after a group of parents watched the documentary *Screenagers* together. Sitting in the audience, I could hear audible gasps when doctors discussed how a scan of a child's video

children aren't even interested in playing video games, while another child cannot turn the game off without a screaming match. For the latter scenario, what is the solution? That's the million-dollar question, without one definitive answer, but research has shown that these approaches help:

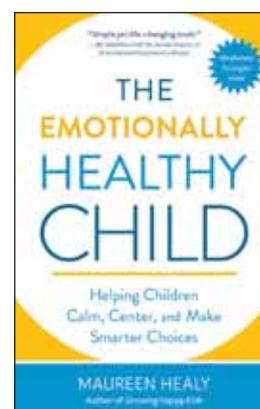
- ✓ Create a media agreement (noting how much screen time is agreed on daily)
- ✓ Set rules
- ✓ Model healthy disengagement (from devices)
- ✓ Praise progress

Ultimately, you need to recognize and work with the child you have. My office has a waiting room filled with a variety of activities to entertain children. Some children want to play with blocks (regardless of age) or read one of my Animal Planet books, while other children cannot wait to get their hands on their parent's iPhone or iPad. Understanding the type of child you have and tailoring an approach to help him develop a healthy relationship with screens, mobile devices, and tablets is essential to his emotional health.

What I know for sure is that helping our children develop a healthy relationship with screens doesn't actually have to do with screens themselves — it has to do with cultivating honesty, self-control, and attentional abilities. These are the game-changing skills that when grown can be applied across the board — whether that's helping your daughter (like Marisa) turn off the television without a major meltdown or helping your son tell you how he's really feeling. ✨

Excerpted from the book **The Emotionally Healthy Child**. ©2018 by Maureen Healy.

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**Maureen Healy** is the author of **The Emotionally Healthy Child** and **Growing Happy Kids**, which won the Nautilus and Readers' Favorite book awards in 2014. A popular *Psychology Today* blogger and sought-after public speaker, Maureen runs a global mentoring program for elementary-aged children and works with parents and their children in her busy private practice. Her expertise in social and emotional learning has taken her all over the world, including working with Tibetan refugee children at the base of the Himalayas to classrooms in Northern California. Visit her online at [growinghappykids.com](http://growinghappykids.com).

# MEDIA REVIEWS

by Mark Maxwell Abushady, NYC

## FILM

### CALLING ALL EARTHLINGS

Produced and directed  
by Jonathan Berman  
Music composed by Elliott Sharp;  
additional music by Clive Wright  
Carpe Stella Productions  
callingallearthlingsmovie.com

*Calling All Earthlings* is an open-minded look into the life and work of George van Tassel, an aeronautical engineer, 'Tesla scientist' and ... UFO contactee. It contains all the elements for an intriguing, thought-provoking and entertaining documentary. After what is described as "an exemplary career in aviation" with positions at Douglas Aircraft, Lockheed and Hughes Aircraft (where he worked with Howard Hughes on advanced aircraft), Mr. van Tassel leaves his career behind and moves his wife and daughters to Giant Rock in the Mojave Desert of California. There, after setting up a most unusual home, he starts to lead meditations, channeling "the space people" and delivering messages. "Colorful," learned, and mystical characters on all sides of the controversies are interviewed. Selections from FBI reports on van Tassel and the concern of "communist activities" are also presented.

But George van Tassel was more than a passive channel to "the space people." He was intrigued by Nicola Tesla's exploration of ways to harness free electric currents and set about working with the concept. In the course of eighteen years he built, through his own money, donations and volunteer labor, the *Integratron* – a structure without nails or screws – "meticulously built based on principles of sacred geometry." Metal rods on the outside of the round structure were to spin and create a 50 megavolt electromagnetic field, with the created electrostatic field brought into the building by wires. By passing through this field, van Tassel believed that one's lifespan could be extended by 20 to 50 years or more.

By extension, the documentary touches upon the concept of visiting space people, the likelihood of such visits, the character and mysticism of religions that rise out of desert environments, and conspiracy theories around folks who disappear, or die, when they are on a course of study which threatens to cut profits to multinational corporations. George van Tassel died of a heart attack at 65 years

of age, before his *Integratron* could be turned on. It was ransacked and all notes and calculations were removed. Van Tassel said of the "space people": "They are out there. I can talk to them, they can talk to me, and you can talk with them too." The comment is made that when technology is devoid of heart, great harm happens. This was of concern to van Tassel, and, of course, has been an ongoing theme to this day in many of our ethical grapplings with an ever-advancing science and the capabilities it has spawned. George van Tassel was clearly a fascinating man and this documentary telling of his story feels long overdue.

### GENETICALLY MODIFIED CHILDREN

A film by Juliette Igier and  
Stéphanie LeBrun  
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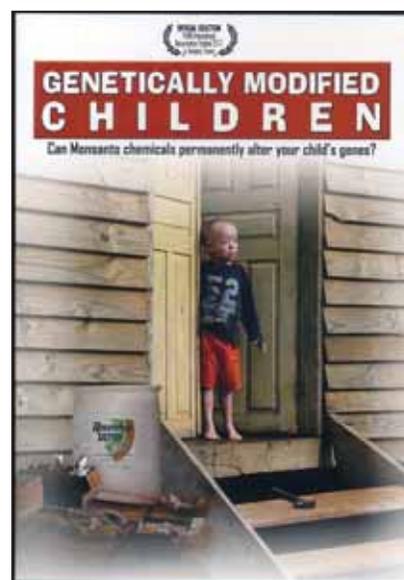
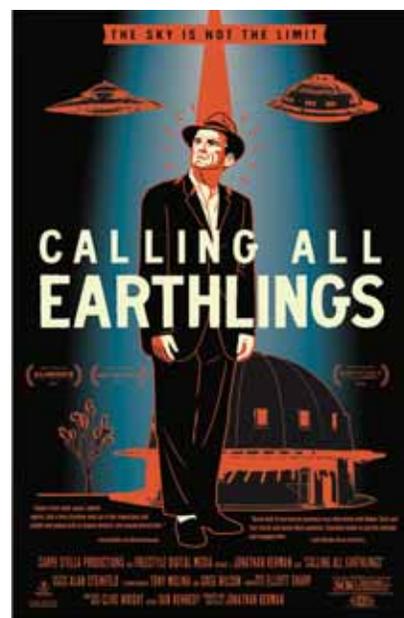
In 1996 the Argentinian government authorized the use of genetically modified seeds and the associated chemicals based upon studies done by Monsanto itself. Today, over 300 million liters of Glyphosate are used on Argentinian soil **every year**. Phillip Morris provides the genetically modified seeds of the tobacco, the cultivation of which requires approximately 100 chemicals. Subtitled *Can Monsanto chemicals permanently alter your child's genes?* this film's title is a bit of a misnomer in that it only relays one small part of the subject matter presented. Actually, the film is about the genetically damaging and teratogenic effects of agrochemicals, the most ubiquitous of which is Monsanto's Glyphosate (*RoundUp*). It is also about the ways farmers' hands are forced by agribusiness to grow plants in a certain way or face the inability to sell their crops. It is about the stranglehold these multi-national corporations (Monsanto, Bayer, Nestle and the like) have upon people and governments, the devastating consequences of under-regulated toxins upon children and their families, and even, by extrapolation, about the sacrifice of the Southern hemisphere for the wants of the Northern.

The film is smartly organized into five parts. After mention is made of the 2015 World Health Organization classification of *Roundup* as "probably carcinogenic," we meet several families of farmers in northern Argentina, an area in a country described by the author as having become "a laboratory for agribusiness." Here, we meet Ricardo

Rivero, regional head of the electric company, who sets out to investigate why many families are not paying their bills. He finds an inordinate number of disabled, critically ill, or otherwise compromised children born to families in the region. As their stories unfold, we hear of improper (or no) labeling on the chemicals required to grow their crops to meet "industry standards." And while commercials play on local television touting the benefits of Roundup, an economy is created such that a farmer's Social Security, which the farmer needs to care for the sick children, is tied to the growing of tobacco. An inescapable way of life is thus created. These children are saddled with severe, heartbreaking congenital deformities and cognitive issues.

In 2010, lawyers and doctors from Mexico and the United States came to research and initiate lawsuits against Monsanto, which included 144 of the families. To date there are no resolutions to report. At one point, before the filming in the chemical distribution barn was stopped, it was clearly seen that workers unpacking and repackaging chemicals had no special attire, masks or headgear.

About halfway through the film we meet local doctors in Posadas; Professor Hugo Gomez Demaio, head of Neurosurgery at the Pediatric Hospital of Posadas, and Professor Mario Barrera, Neurosurgeon and Professor in the Medical School of Nordeste. Both have seen and recorded the ever-increasing number of affected children in the region. In addition to direct exposure to agrochemicals, they cite exposure through the washing of work clothes in the rivers that drinking water is drawn from. Here, the doctors postulate that the genetic damage to the workers in the fields is passed on to the children in their genes. They strongly suggest that the chemicals are held in the adipose cells of the worker, which can migrate to the ovaries or testes of the parents and, in this location, cause genetic damage. They feel the statistics they've collected are inescapable, and they have been joined in their investigations by a network of doctors, published in 2009, their findings of **miscarriages and congenital defects**. These conditions are occurring at **six**



times the rate of the norm, with cancers at five times the average. They share their findings of *myelomeningoceles* (severe and monstrous lesions of the central nervous system), which, though they can occur naturally, multiply in the presence of agrochemicals. Monsanto contested their report, citing as more accurate their earlier study on animals, rather than a more recent human study (or the observations and statistics of these doctors).

Another region visited is Cordoba, referred to by a resident as "The Realm of the Transgenic Soybean." Here, Glyphosate is sprayed by plane, and the town is covered in anti-Monsanto graffiti. In yet another segment, "The Mothers of Ituzaingó," we meet Sofia Gatica, a local mother turned

activist, who went door to door in her neighborhood to find out about people's health problems. Cancer, Leukemia, and malformations were among the issues she discovered. Her own daughter died of a kidney malformation. Regarding Leukemia, all cases occurred in families living close to the soy fields. She found 16 cases in the 5,000 inhabitants ('normal' is 1-2 cases in 100,000).

This film is well worth a viewing. In fact, although it is an extremely upsetting subject, it is a wonder to see individuals stand up to, and make progress against, a seemingly unstoppable force propelled by immense profits over decency and humanity. That this is possible is important for all of us to remember, especially as we enter this time in our history where systems are breaking down and everything is being re-examined.



**Mark Maxwell Abushady**  
is an actor, singer, designer and  
photographer based in New York City.  
www.markmaxwellabushady.zenfolio.com.

# BOOK REVIEWS

& PRODUCTS

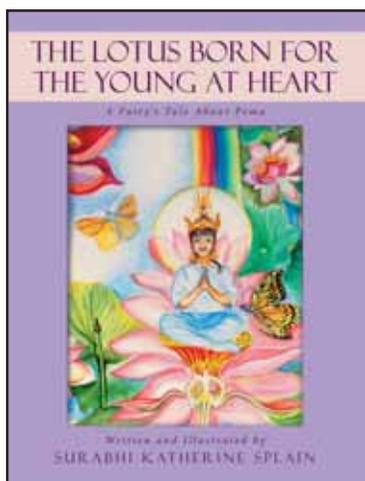
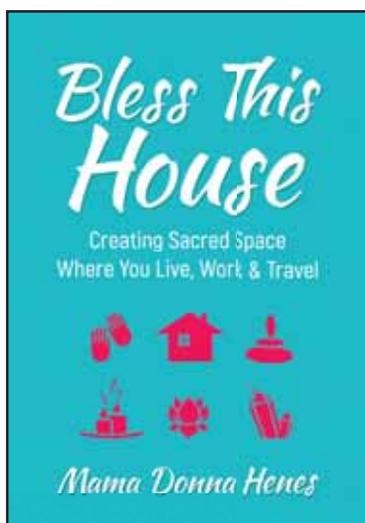
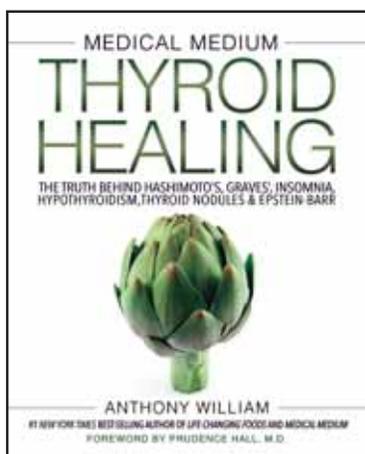
## BOOKS

**THYROID HEALING:**  
**The Truth Behind Hashimoto's Graves',  
 Insomnia, Hypothyroidism, Thyroid  
 Nodules & Epstein-Barr**  
 by Anthony William (Medical Medium)  
[hayhouse.com](http://hayhouse.com)

If you've struggled with any chronic health issue, you are one among millions confronting the mysterious symptoms that medical

communities have begun to connect with thyroid illness. *Hashimoto's* is not the body attacking itself and there's more to thyroid cancer than we're being told. You're not hopeless if you don't have a thyroid anymore and thyroid illness should not be blamed on your genes. If you're stuck in bed, dragging through your days, or feeling lost about your health, you shouldn't have to go through one more day of it. The meaning behind today's widespread thyroid illness is so much bigger than anyone has yet discovered.

Through *Thyroid Healing*, Book 3 of the Medical Medium Series, Anthony William, empowers you to take control and become a true thyroid expert. You will discover the real reasons behind, and healing path for, dozens of symptoms and conditions, including: anxiety and depression, autoimmune disease, cancer, Epstein-Barr virus, fatigue, hyperthyroidism, hypothyroidism, sleep disorders and much more. I have followed many of the recommended



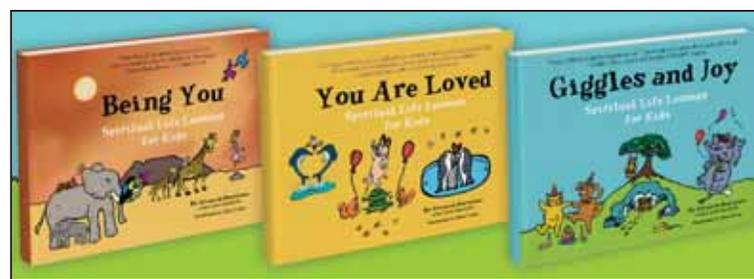
protocols in this book, particularly the 90-day Thyroid Rehab. I am happy to say that by eating the recommended foods and juicing, along with taking some of the recommended supplements, in a little over one year, I have moved from diagnosed hyperthyroidism to a functioning healthy thyroid and renewed health and vitality.

**BLESS THIS HOUSE: Creating Sacred  
 Space Where You Live, Work & Travel**  
 by Mama Donna Henes  
[doverpublications.com](http://doverpublications.com)

In this comprehensive guide to crafting your own spiritual intentions, rituals, and blessings, urban shaman Mama Donna draws upon a variety of world cultures to show how to transform your environment into a sanctified haven. Spiritual blessings of our surroundings can help enhance our daily lives, from processing emotions and releasing negative energy, to setting the stage for our fondest dreams to come true. Shouldn't the energetic atmosphere within your walls support you emotionally and spiritually? This book is your guide to creating a warm home and blessing your space for any occasion.

**THE LOTUS BORN FOR  
 THE YOUNG AT HEART**  
 Written & Illustrated by  
 Surabhi Katherine Splain  
[surabhikatherinesplain.com](http://surabhikatherinesplain.com)

Shortly after the Buddha passed into nirvana, a water fairy from the Lake of the Hidden Treasure, witnesses the birth of an Indian hero, Padmasambhava (Pema), who is born in a giant lotus in the middle of her lake. He incarnates to help carry on the Buddha's teachings. The water fairy shares Pema's many adventures as they journey to spread Buddha's message to the people of India and Tibet, and relates the story with vivid detail, sharing his deep wisdom with charming simplicity. Pema is a Buddhist saint who befriends

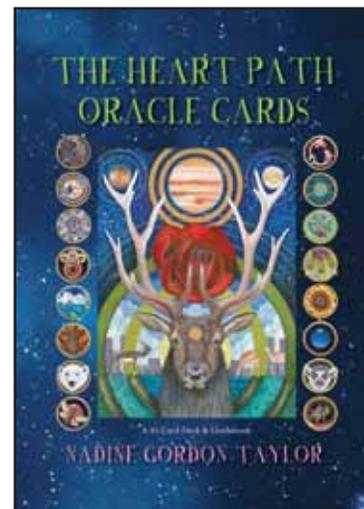


the nature spirits with his sincere reverence for the unseen work they do in balancing earth, air, water, fire and space within Mother Nature. He is aware that good-hearted humans must guide the spirits of nature by giving them loving attention—or else “undivine” forces can take them over and create chaos. A fairy tale for children and adults!

**GIGGLES AND JOY SERIES**  
**Spiritual Life Lessons for Kids**  
 by Ariane de Bonvoisin  
 Illustrated by Ellie Cross  
[gigglesandjoy.com](http://gigglesandjoy.com)

This delightful trio of children's books highlights spiritual life lessons for kids on all spiritual paths, through inspiration, fun and wisdom. The series includes three special books: *Giggles and Joy*, *You Are Loved* and *Being You*. Each inspirational title encompasses skills for children that help affirm their self-worth, gives them a healthy sense of the world around them, and provides guidance on navigating their lives at any stage. Each book in this charming series contains eight life skills, all which highlight valuable and impactful themes of childhood.

Ariane de Bonvoisin's series taps into the beauty of a child's innate wisdom through the sharing of sweet and wise words of



guidance and valuable life skills, with a healthy dose of enlightened humor and profound, yet simple, messages for babies and children up to ten years old. Ariane explains that these books are imbued with love, optimism, humor, honesty and common sense.” They are not for or against any religion, and will exist beautifully next to anyone's beliefs. Playful illustrations by Ellie Cross create a whimsical backdrop.

## PRODUCTS

**THE HEART PATH ORACLE  
 CARDS: Miraculous Messages Of Love**  
 Created by Nadine Gordon-Taylor  
[amazon.com](http://amazon.com)  
[thethirdseyestudio.com](http://thethirdseyestudio.com)

This 44-card deck is designed to resonate with the vibration of unconditional love and the accompanying 100-page booklet offers explanations of the symbols, the message they contain, and an affirmation to embody the wisdom offered. Nadine created this deck to bring beauty and balance into one's life with the hope that positive messages found in the deck will allow people to access new and loving energies that inspire, empower and heal.

Over the years, we have worked with many different decks of divination. In these times of extreme polarity, this deck speaks powerfully and profoundly, calling us to move more deeply into the unity of our hearts. The messages contained within these cards, gently and lovingly guide the user to heart-centered truth and clarity. A lovely gift!

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# 5G Technology is Coming to Your Town (and has already landed in others)

by Citizens for 5G Awareness

**T**hese are called “small cells.” The 4-foot cylinder at the top contains cell antennas that emit **pulsed modulated radiofrequency microwave radiation (RF radiation)**, while the large metal box near the bottom contains a host of equipment. Hundreds of these have been placed on new and existing utility poles throughout Long Island, NY and elsewhere, in an effort to roll out 5G.

## What is 5G?

It is **fifth-generation wireless broadband technology** promising to bring us faster internet speeds, driverless cars as well as the connection of everything from dryers to a data grid. 5G is therefore, a provision of valuable information for advertisers and governments for data mining – an **\$11 trillion industry**.

## What’s the COST of 5G?

- **Property Values** – The realtor industry has already documented property devaluation due to cell towers near homes. 94% of people say they don’t want to live near cell towers. In some areas with new towers, property values have decreased by up to 20%!
- **Aesthetics** – These extremely tall poles are most often placed directly beside resident homes. These unsightly poles, cylinders and boxes are invading our neighborhoods. In some Long Island neighborhoods, 4 or 5 of these unappealing small cells can be spotted a few blocks apart. More are coming!
- **Health** – In 2011, the World Health Organization classified radiofrequency electromagnetic fields as a group 2B carcinogen, in the same category as lead and DDT. Thousands of peer-reviewed studies have demonstrated the link between wireless technology and adverse biological health effects. In early 2018, both the US National Toxicology Program, Ramazzini Institute and the Bioinitiative Report found a direct

link between radio frequency radiation and increases in serious cancers including gliomas (brain cancer) and schwannomas (tumors) of the heart.

- **Invading Our Personal Spaces** - 5G antennas are being placed very close to where families and small children play, live and sleep. They emit pulsed modulated radiofrequency microwave radiation (RF radiation) into our homes 24 hours a day, 7 days a week—whether we like it or not. The radiation is inside the walls of our homes. It is out of our control. We can never shut it down.

## Is 5G more of a concern than 4G?

The emissions from both are of great concern. The 4G networks of today use frequencies less than or equal to 6 GHz. By comparison, the new 5G that is coming will utilize extremely high frequencies in the 25 GHz to 90 GHz range. Long-term exposure to these higher frequencies has never been tested, although exposure to the lower frequencies of 3G and 4G have been associated with **cancer, immune dysfunction, infertility, altered brain development, sleep and memory disturbances, and many other adverse health effects**. Vulnerable populations who are especially at risk include **pregnant women, babies and children, the elderly, the electro-sensitive, and immune-compromised**.

## What can we do?

1. Contact your local representatives and tell them:
  - **We do NOT want small cell antennas near our homes.**
  - **We do NOT want an untested roll-out of the 5G network.**

## In NY and Long Island:

Huntington Town Supervisor  
Chad Lupinacci: (631) 351-3000

Assemblyman Steve Stern: (631) 271-8025

Senator Carl Marcellino: (516) 922-1811

Congressman Tom Suozzi: (631) 923-4100

Senator Kristen Gillibrand: (631) 249-2825

Senator Charles E. Schumer: (631) 753-0978

2. We need to raise awareness. Go to local town meetings and voice your concerns. If these are already in your neighborhood, point them out to people and start a

conversation. Talk with everyone you know about this and do your own research to educate yourself. Begin with the **Environmental Health Trust** a scientific, informative and detailed website.

3. Join our **Citizens For 5G Awareness** group on Facebook to get updates and contact us at dtpevansara@optonline.net to be added to our 5G activist mailing list.

## Resources:

[http://www.iarc.fr/en/media-centre/pr/2011/pdfs/pr208\\_E.pdf](http://www.iarc.fr/en/media-centre/pr/2011/pdfs/pr208_E.pdf)

<https://ehtrust.org/science/research-on-wireless-health-effects/>

<https://www.grassrootsinfo.org/pdf/5g-wireless-fact-sheet.pdf>

<http://www.sbwire.com/press-releases/the-internet-of-things-poses-human-health-risks-scientists-question-the-safety-of-untested-5g-technology-at-international-conference-779643.htm#.WMM-9FE3jzM.twitter>

YouTube Videos ~ Radiation Measurements near small cells:

2 minutes: In and outside a home: <https://www.youtube.com/watch?v=shOhGH01Z2Y>

4 minutes: In a park near a small cell: <https://www.youtube.com/watch?v=TqLgE8r7bnI>

4 minutes: Driving around a neighborhood: [https://www.youtube.com/watch?v=082sA\\_w5U20](https://www.youtube.com/watch?v=082sA_w5U20)

Dafna Takeover and Senator Patrick Colbeck explain: What is 5G?

10 minutes: <https://www.youtube.com/watch?v=2GUlonBkD1M> ✨

**Citizens for 5G Awareness** are a local activist group working to bring awareness to the issue of 5G and the dangers of living in a home within close proximity to cell antennas. The group formed after the Town of Huntington, NY quietly signed a contract in 2016, allowing Crown Castle to place cell antennas on new and existing utility poles on the right-of-ways outside of resident homes.



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# A Fundamental Problem with 5G: No Choice!

by Doug Wood

**A**cross the country, telecom companies are rolling out the next generation of wireless technology, placing small but powerful wireless transmitters on utility poles in neighborhoods from Maine to California.

Many consumers seem eager for the faster connectivity speeds promised by telecoms, but others are concerned about an issue that is beginning to get a lot of attention: the mounting evidence that constant exposure to radiofrequency microwave radiation is adversely impacting our health.

For many years, researchers and cell phone manufacturers have known that holding a cell phone against your head for long periods of time can lead to the development of cancer, and a recent \$25 million dollar study by the National Toxicology Program of the National Institutes of Health added to the extensive scientific literature demonstrating that exposure to radio-frequency microwave radiation can disrupt biological systems, damage DNA, impair neurological and cognitive function and cause oxidative stress that can lead to the development of cancer.

That's why, buried deep in the legal section of every cell phone, manufacturers instruct users not to allow the device to come into direct contact with their bodies. This warning gives manufacturers some degree of legal protection from lawsuits, while not scaring off consumers.

But what about distant antennas? Another peer-reviewed study released this spring from the world-renowned Ramazzini Institute in Italy demonstrated that exposure to microwave radiation from distant cell towers resulted in the same kinds of biological changes as exposure to radiation from cell phones.

*While cell phone users have the option to use a head set, speakerphone, or even not to use a cell phone at all, no such choice exists for people who find themselves living in close proximity to a 5G wireless antenna. The antenna will be emitting powerful radiofrequency microwave radiation 24/7, all day every day, week after week, year after year, whether the nearby residents use the service or not. There is no way to escape the involuntary exposure.*

**So what's different about 5G?** 5G will use the current network of 3G and 4G wireless frequencies, and add another layer on top, using millimeter and sub-millimeter waves. While these new waves can transfer data faster, they don't travel as far, so the rollout of 5G will require a vast network of millions of new antennas located close to homes and apartments in urban, suburban and rural neighborhoods all across America.

Wireless communications use tremendous amounts of energy. According to the Institute of Electrical and Electronics Engineers (IEEE), *wireless infrastructure consumes at least ten times as much energy as wired technologies*. Thus, this dense network of 5G antennas will require a significant new source of energy, just as many Americans are trying to move away from fossil fuels and embrace renewable, sustainable energy to reduce our carbon footprint.

Another concern is our uncertain climate and frequency of severe weather events, and the potential impact of severe storms on telephone poles and lampposts heavily laden with hundreds of pounds of electronic equipment. Contrary to the claims of industry, the equipment necessary to make 5G function does not fit into a pizza box. Most installations include about 6 cubic feet of equipment on the pole itself, and up to 24 cubic feet (the size of a large refrigerator) nearby on the ground.

But even with these problems, local officials have little control over where these new 5G antennas are placed. The 1996 Telecommunications Act prohibits any municipality from basing a decision about the placement of a wireless antenna on the basis of "environmental" concerns, which the courts have interpreted to mean "health" concerns. In addition, the legislation recently passed in 20 states pre-empts local communities from much of the control they formerly had over the placement of antennas.

Siting decisions can still be based on other factors such as aesthetics, safety and demonstrated need. Recently some municipalities have used declining property values as a justification for denying permits for antennas in strictly residential areas.

So what are the benefits of 5G? It's not required in residential areas for national

security or public safety. It is not needed to improve cell phone service, and is not likely to close either the digital divide or the rural divide. What it will do is facilitate the *Internet of Things* ("IOT") and driverless cars, and allow wireless companies to compete with cable companies to offer Internet access.

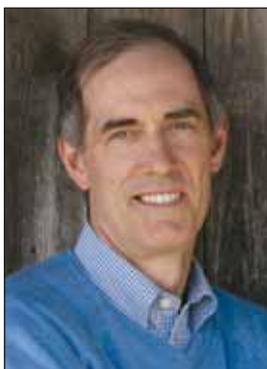
Ironically, a better system already exists. Fiber optic connections are faster, more reliable, and less prone to hacking than wireless connections, and already exist in many parts of the country. In fact, 5G systems actually rely on fiber optic to carry the signal all the way to the antenna itself, before it is sprayed into the homes and apartment of consumers.

The debate over the deployment of 5G in villages, towns and cities across the country is growing rapidly in communities across the country as residents question these new towers and learn about the science. How Americans will decide



between freedom from involuntary exposure and the convenience of instant technology is anyone's guess. **Those who wish to learn more about the 5G issue can visit [www.TelecomPowerGrab.org](http://www.TelecomPowerGrab.org).** ✧

**Doug Wood** is Executive Director of Americans for Responsible Technology.



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## ASTROLOGY

**WEEKLY ASTROLOGY REPORT ONLINE** with Chris Flisher. Go to [creationsmagazine.com](http://creationsmagazine.com) and scroll down to Weekly Astrology Forecast.

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by well-known agency director and author. Certified by Brian Weiss. Watch television feature on website: [www.SunriseCounselingCenter.com](http://www.SunriseCounselingCenter.com). Also see popular new book at [SeekingSoul.com](http://SeekingSoul.com) and see Richard Scheinberg on Facebook. Bay Shore (631) 666-1615.

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## GROUPS/CLASSES

**THE INSPIRED SOUL** a new spiritual enlightenment center offering psychic group readings, sound and energy healing, hypnosis, spiritual life coaching and more. Check out our website for upcoming events and online registration. Huntington, NY. [www.Theinspiredsoulinc.com](http://www.Theinspiredsoulinc.com) (see ad p.15)

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**NATURE'S DENTAL**, 50 Broadway, Greenlawn, NY. 631-316-1816. (see ad p.11)

**NORMAN BRESSACK, D.D.S., P.C.** – 1692 Newbridge Road, N. Bellmore, NY 11710. 516-221-7447. (see ad p.31)

**INTEGRATIVE DENTAL SPECIALISTS** Dr. Jeffrey Etes, DMD, NMD, IBDM. 245 Hillside Ave, Williston Park, NY, 516-253-1800, and 120 E 56th St., NYC, 212-845-9740. [integrativedentalNY.com](http://integrativedentalNY.com). (see ad p.9)

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# Raising Your Vibration = Raising Your Consciousness

by Andrea Randa Garvey  
Northport, NY

## The Continuum of Consciousness:

Lowest Vibrations      Highest Vibrations

**A**s we exist on the material plain in a state of duality, at any given moment we will find ourselves as a dot on the “Continuum of Consciousness.” We find that higher vibration thoughts, such as joy, love, and peace, raise our vibration, expanding our consciousness to where we can experience infinite possibilities.

When we are feeling lower vibrations such as depression, sadness, or fear, our perceived choices diminish. We may feel “stuck” and see no way out. We can

practice finding and strengthening our “Observer” or “Compassionate Witness” — that part of ourselves that can step back and watch, without judgment. It is a common practice in certain forms of meditation, to simply watch the thoughts go by as if watching clouds moving across the sky. There is no attachment to the clouds. They come and go just as thoughts come and go. *Our freedom of choice is engaged as we choose which thoughts we wish to give attention to.*

Oftentimes, this “choosing” happens unconsciously. When we focus on a specific thought, we give it energy. *Energy flows where consciousness goes.* When we give energy to a thought, just like anything else, it expands or strengthens. The more we focus on a thought, the more energy it receives, the stronger the vibration of that thought becomes and it begins to attract like vibration (hence the “Law of Attraction”).

Throughout the day, we basically operate on the default setting of whatever our current “comfortable” vibration is, maintaining our own inner personal status quo. We may have moments when, through inspirational events, our

vibration is raised. We feel good, excited, alive and yet perhaps, over time, we find we cannot keep up that higher level of vibration. We may feel it takes too much effort, or is too unfamiliar and so we “self-sabotage” through participating in a lower vibration event.

What is a lower vibration event? Associating and having interactions with people who bring you down, who don’t honor who you truly are, who are unsupportive of your spiritual growth. Violent, cruel, mean-spirited movies and TV shows, gossip, news broadcasts (almost always skewed toward the negative); can quickly lower our vibration/consciousness level, leaving us feeling depressed, sad, fearful, angry, stuck, overwhelmed and most importantly powerless.

Positive higher vibration events empower us, such as being in nature (water in particular can raise our vibration through swimming, sitting by the water, even showering!), sunlight, music—are all very uplifting. Inspiring books, art, radio, TV and movies, positive friends and family who love us for who we are, all provide a supportive atmosphere to strengthen and

maintain our higher vibration. Praying with gratitude for having already received your desired vibrational state is also most powerful.

When we make choices that are life affirming, we raise our vibration. As we raise and hold this vibration, we attract like vibration, and through this practice, we will find our lives uplifted and transformed. In turn, we further uplift and transform countless others. ✨



**Andrea Garvey,** along with her husband, Neil publish **Creations Magazine.** Andrea has been teaching yoga for 35+ years and is a Certified

Holistic Health Coach. Also a singer-songwriter, Andrea has just released her first CD, “My Country,” under the name **Andrea Randa.** [andrea@creationsmagazine.com](mailto:andrea@creationsmagazine.com) or [AndreaRandaMusic@gmail.com](mailto:AndreaRandaMusic@gmail.com).

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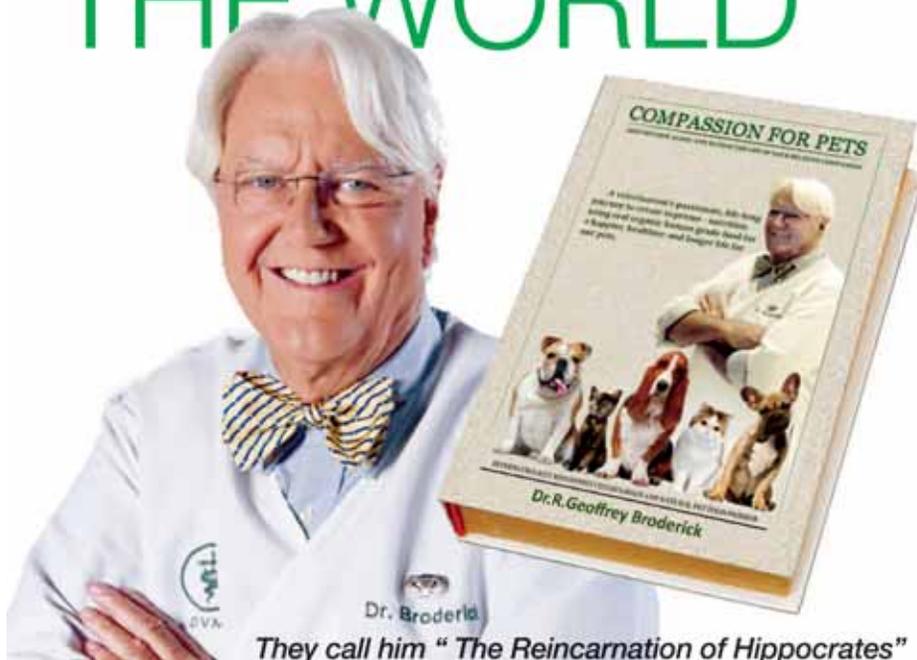
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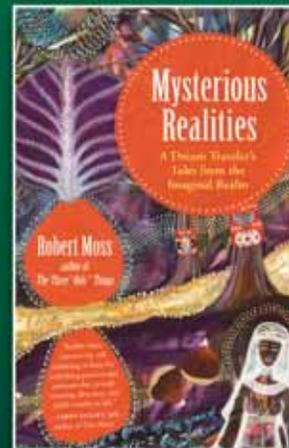
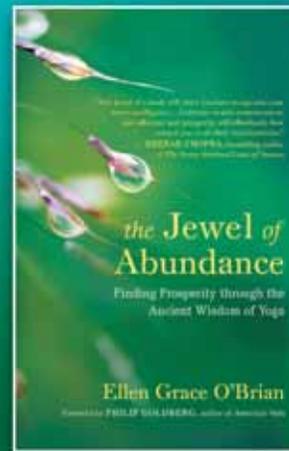
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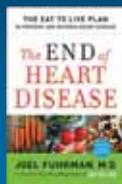
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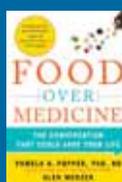
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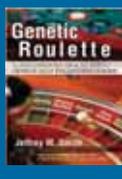
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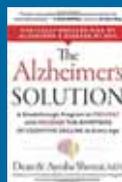
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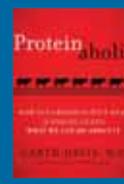
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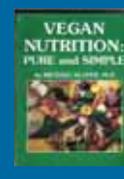
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