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CREATIONS

MAGAZINE

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No Worries

The December / January 2024
Holidays Issue



- What Will Not Benefit You Spiritually ... and What Will
- You Can't Say Yes, if You Can't Say No
- Overcome Insecurity, Jealousy and Anger
- Get a New Identity for the New Year
- A Little Story for All Times

Ceramic Dentistry: Esthetic, Durable and Biomimetic

Esthetic dentistry, also known as cosmetic dentistry, is a branch of dentistry that focuses on improving the appearance of a person's teeth, gums, and smile.

While traditional dentistry primarily deals with diagnosing, preventing, and treating dental problems related to oral health, esthetic dentistry emphasizes aesthetic concerns. The goal of esthetic dentistry is to enhance the overall appearance of a person's teeth and smile, often through various dental procedures and treatments. Excellent oral / dental health is also an essential component of a beautiful smile. **Ceramics** play a very important role in esthetic dentistry.

We have been using ceramics in dentistry for decades. Because ceramics can be very esthetic they can be used for restoring broken down teeth. Teeth can be compromised by fractures, failing fillings or extensive decay. *Crowns* are the most common restorations to restore

teeth that are compromised. A crown is like a cap that goes over a compromised tooth and circumferentially covers it. Originally crowns were made up of gold. As you can imagine, that is not very natural looking. Metal is not exactly like tooth structure.

The introduction of porcelain was so that these restorations are more esthetic. However, the original application was for porcelain fused to metal crowns. Essentially the substructure was metal and porcelain was baked on top.

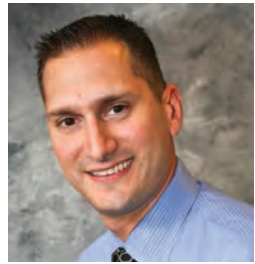
Porcelain functions well under compression but not under tension. For example, you can stack up 10 porcelain plates without any issue of fracture as the plates compress each other. If you grab a plate between two vices and pull, the plate will shatter. Hence, original porcelain fused to metal crowns would be at risk of chipping and fracturing.

Nowadays, we have ceramics that are more esthetic, durable and biomimetic.

Examples are lithium disilicate, zirconia, pressed ceramics and layered porcelain fused to zirconia. There are different applications for all of these. Zirconia is more brawn than beauty as it has no translucency. Layered porcelain is the ultimate in esthetics as the ceramist can incorporate multiple effects to mimic how natural teeth behave. Lithium disilicate can have low, medium or high translucency and, in areas of low stress such as the front teeth, it can combine strength and beauty. Pressed ceramics are great for big fillings called *inlays* or *onlays*.

These ceramics can be used for veneers, crowns, inlays, onlays, bridges replacing multiple teeth as well as implant restorations. They are biocompatible, durable, esthetic and long lasting. The gums respond very well around them and they are easy to keep clean. They also behave much like teeth as they have the same modulus of elasticity, wear characteristics and thermal

coefficient of expansion. In other words, they flex and expand just like teeth in different environments; hot, cold, chewing, grinding.



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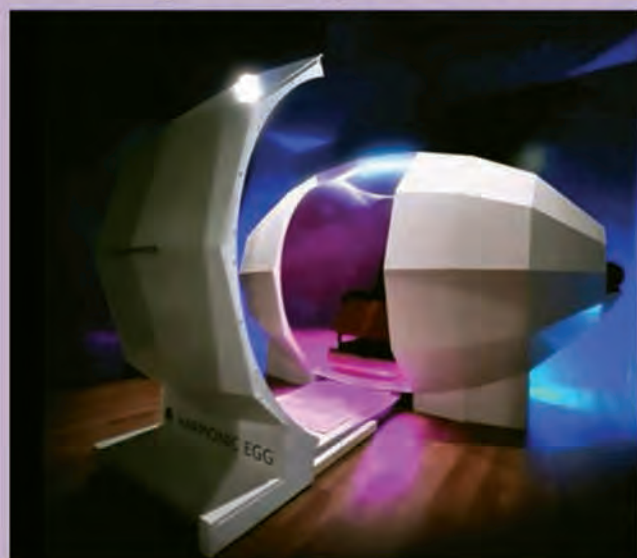
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Welcome to our December / January 2024 Holidays Issue. Let's Radiate the Spirit of the Holidays, and Promote Peace and Goodwill this season and throughout all of 2024.

Our cover title calmly conveys *No Worries*. Right most of us have been worrying about one thing or another (or everything) for basically as long as we can remember. So it must be pretty normal. It's one way we express our love, yes? Well, Team Ann Albers has another take: *At its deepest essence, worry is born of love; however, it is a lower vibrational expression — watered down with substantial doses of fear*. At its core, worry entails trying to control someone or something. Ann encourages us to alternately focus on the love beneath the worry, shifting out of powerlessness and into the vibration of the solution.

A common collective worry is the *Current Political Civil War* that is pitting friends and family and other folks against one another. In this piece, Steve Farrell tells us what will benefit us spiritually. I can tell you what will not: the moment you argue for one side over the other, you are contributing to the conflict and strife.

By "fighting" the *other*, you are energetically perpetuating more of what you don't want — regardless of the perceived wrong you are fighting against. It simply comes back to the basic tenet Einstein referenced about a century ago: you can't solve a problem from the same energetic mind-set that created it.

Conversely, we need to focus our time, energy and passion working towards, and *really* seeing, the resolution; the



resolution that will be for the highest good for all involved in any given situation.

Most, if not all of our interrelationship troubles stem from our illusion of separation. Assuming we all come from the very same One Source, ultimately then, there can be no "other."

Hey, this thought literally just came to me as I'm writing: we could turn this notion into a *global* New Year's "Resolution." Imagine the positive energetic jolt if, every day, we collectively *resolve* to see collaboration, unity, harmony and peace in every facet of life — relationships, education, religion, science, business, local and international governments, the environment, etc.

Now that would make for one heck of a *Happy New Year* — and every year after that :)

Enjoy a Healthy & Peaceful Holiday Season,

Neil & Andrea

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- 4 **Talking Our Walk** by Neil & Andrea Garvey
- 5 **Why Being in the Current Political Civil War Won't Benefit You Spiritually (and What Will)** by Steve Farrell
- 6 **No Worries** by Ann Albers
- 9 **Get a New Identity for the New Year** by Alan Cohen
- 10 **You Can't Say YES, if You Can't Say NO** by Brenda Shoshanna
- 11 **5 Ways to Overcome Insecurity, Jealousy and Anger** by Ted Orenstein
- 12 **Vibrant and Vigorous ... for the Long-term!** by Donna Martini
- 13 **A "Little" Story for ALL Times** by Ann Albers
- 14 **Curious About Taking a Break from Alcohol?** by Amy Fox
- 15 **Resources for Natural Living**
- 18 **Marketplace**
- 19 **Poetry**
- 20 **Book & Product Reviews**
- 21 **Calendar of Events**

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Why Being in the Current Political Civil War Won't Benefit You Spiritually (And What Will)

by Steve Farrell
Boulder, CO

The level of anger, vitriol, and rage is at a fever pitch in American politics. But will taking a side and fighting against “the other side” in the current political civil war spiritually benefit you in the long run? Or is there a better option to take?

What Is the Root Cause of the Current Political Civil War?

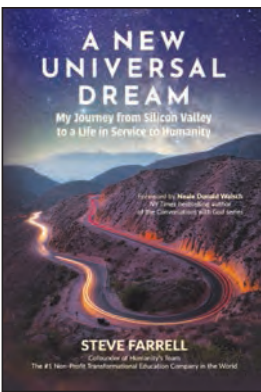
We at Humanity’s Team would say the root cause is that humans still don’t know ourselves to be cells in the body of the Divine / the Universe / God. Over 100 years ago Einstein said, “The greatest illusion in this world is the illusion of separation.” This illusion is still the basis for today’s living. That is why so much of our modern political discourse sounds like “We have to fight the other side for this, and fight them for that.”

Fighting and demonizing only creates more pain for you and the “other side.” When we fight, we push away, and when we push away we feel isolation and anger. It’s an unending cycle of pain. Instead:

- **See The Common Ground:** We’ve all experienced heartache, loss, and challenges in our lives. When people attack you or your point of view, try seeing the very human pain which causes them to attack in the first place. By doing so you will come into compassion. Come into compassion and you will come into understanding. Come into understanding and you will come into peace.
- **Build Bridges of Understanding:** People with differing political opinions are just like us, but they’ve had life experiences that have caused them to come to another conclusion when in the voting booth. Instead of making them the “enemy,” create opportunities for them to see what you see. Build bridges of understanding so they can understand your point of view.
- **Cultivate Conscious Living:** What ultimately benefits us most is evolving beyond the worldview that we are separate beings. This can be done through *conscious living*: living in oneness with each other, other living creatures, our Creator, and the planet itself. When you do so and feel your deeper, foundational connection to other people and to the Earth itself, you begin to experience the calm, clarity, and support that comes with that connection. When you live your daily life in tune with that connection, you are less fearful, less anxious, and less stressed.

Can We Live Consciously and Still Be Politically Passionate?

Yes, of course! In *Conversations with God*, Book 1, it says “Kill passion and you kill God.” Passion is a good thing. However what we *wouldn’t* do is demonize the choice we don’t make and those who make it. Instead, we want to leave behind our smaller fearful selves (“This is what I think,” “This is what I believe.”) and understand the Bigger Self that we are, the other perspectives that exist, and that it isn’t our job to make people’s decisions for them. ✨



Evolutionary Pioneer and Co-Founder of Humanity’s Team, **Steve Farrell** transforms the definition of success in his new book. He details his journey from Silicon Valley to a life in service to humanity in **A New Universal Dream** available in bookstores now. Alongside Neale Donald Walsch, (author, *Conversations with God*), Farrell co-founded Humanity’s Team, a non-profit organization based in Boulder, Colorado which streams mind, body, and spirit courses focused on helping people throughout the world awaken to their deeper selves and the interconnectedness of everything. Find out how to take their Conscious Living and Leadership pledge at HumanitysTeam.org.

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No Worries!

by Ann Albers and the Angels
Phoenix, AZ

There's not a thing or a person on this earth that you need to worry about.

There are, of course, people and situations that require attention, solutions, and plenty of love. There are powerful ways to assist even when you feel powerless in the 3D paradigm of reality. There are ways in which you can go beneath the worry, focus on the care in your beautiful heart, and share your light with the people and situations you so dearly wish to help.

Many of you learned to worry as a way of expressing your love. *At its deepest essence, worry is born of love; however, it is a lower vibrational expression—watered down with substantial doses of fear.* You love but worry about your loved one's ability to change. You love but worry about your country, company, or companion. You love but don't yet trust the Divine to offer solutions. So many of you witnessed others who expressed their love (and fears) in

worry that it seems almost normal.

We see the deep and passionate love and care beneath your worries. We focus on empowering that love within you. We work with you to help you remember that you can take that love in your beautiful hearts and shine it on the solutions, situations, organizations, and people you care about. Fear feels bad. Love feels good. Worry feels bad by degrees based on the amount of fear mixed in with your love.

You don't worry when you feel confident in God's grace or know there will be a resolution to the situation you care about. You don't worry when you know you can affect a situation or assist a person. You never worry about the things you know how to do or the schedules you know how to meet. You don't worry when you feel confident in another person's ability to help themselves or resolve a challenge. Worry comes instead when you don't know what to do or don't believe others will figure out what to do.

At a deeper level, worry is born from trying to control someone or something, even for the better. To calm your fears, focus on your own vibration, and reclaim your power, you



must surrender to the fact that every being — man, woman, child, and animal—is vibrationally attracting what matches the energies they emit. You cannot change a person's vibration for them.

However, you can be a powerful agent for positive change when you are in a high vibe. In this space, you can powerfully influence others' vibrations for the better. You can lift, inspire, and help others shift their vibration by acting as a tuning fork. When you hold the vision and energy of what another wishes for, you help them attune to that vibration more easily and quickly. Just as two voices joined in song are more powerful than one, two souls joined in a similar vibration lift one another.

You can give your almost-grown children a million great career ideas and worry to death about their future while being of no assistance at all. Or, you can express your love and feel your confidence in their ability to figure it out, thus helping them

find their confidence and hear their own hearts.

You can worry about the safety of your little ones, and they will likely become anxious, too. Or you can rest in the security of the Divine, trust in your inner guidance, and instill in your children a sense of trust in themselves. They are far more secure when they know they have inner guidance than when their anxieties keep them from trusting their feelings. You can help them find this peace and security by finding your own.

If you can find the love and care beneath the worry and find ways to express that love without fear, then dear ones, you become caring influencers and powerful uplifters. In your presence, others will develop new confidence in their abilities to change. You will inspire creative solutions. You will perceive your guidance more clearly. Your love will be received when it is pure, clear, and no longer watered-down with fear.

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Here are a few pointers to help you unwind the worry habit and return to the vibration where you are anything but powerless.

1. Dig beneath the worry to find the love

- * If you worry about your child, remember your love for your child.
- * If you worry about your job, think about the type of job you'd love and how you love feeling secure.
- * If you worry about the world, focus on your loving desire for a peaceful world filled with kindness for all.
- * If you worry about money, focus on your love for abundance and freedom.
- * If you worry about being on time, focus on how good it feels to arrive with room to breathe.

If you can find the love beneath the worry and focus on it as much as possible, you will shift out of powerlessness and into the vibration of being part of the solution.

2. Express your love instead of your worry

When you speak to others, don't poison the waters of their consciousness with your worry and fear. Instead, talk to them about your love. If you worry about your child, express your love. "I love you so much. You're so smart and capable. I know you will find the right job. You've always been so good at anything you try! You may not

feel this way now. Few of us did, but you'll see. I believe in you."

Feel the difference between that and, "I'm so worried about you! Did you try this? Did you try that?" Imagine how your child will feel if you can express the love.

Likewise, you may be inclined to say often, "I'm so worried about the world," and others will likely join in solidarity with that fear. Can you imagine how much more powerful it is to say, "Wow, it seems like the world is a mess now, but I can envision a future so far beyond this? I can imagine a future where we all get along, have more tolerance, and care about the earth. Look at the young people. They do! There are so many caring souls working quietly on this. The nuts make the news, but so many good souls quietly do good things. I have faith in our future."

You'll lift others up and become part of the positive momentum toward a better world.

3. Give yourself what you need to feel more confident

I've had to look at myself honestly in the past. With the help of the angels, I saw the truth in this statement: Sharing your worry with those you worry about is self-serving. It says to another person, "I need you to change so I can stop worrying about you and feel better. I need you to heal my fears and reassure me that you will not catapult me into a situation where I cannot find my connection to love, self, God, and grace. I want you to be responsible for my good feelings, and please hurry up and do it."

We know we love, but it takes honesty to see that we ask others to help us whenever we make them responsible for our worries. Think about the people who have told you they worry about you. How does that feel? Do you feel responsible for making them feel better about you? It is often hard to reassure people when you do not yet feel confident. It is challenging

when people you love don't trust you to figure out your life. It is far better to dive inward and take responsibility for our worries rather than putting that burden on others. I ask myself at times, "What if my worry came true? What do I fear? If it happened, how might I handle it constructively?" Facing the fears head-on is a powerful way to quiet them.

It is crucial to give ourselves what we need to feel better. Sometimes, getting a good coach or counselor is just the thing. Other times, we can focus on all the good in life and the good in ourselves.

4. Flip the worries to prayers

The angels constantly entreat people to flip their worries into prayers, which is a powerful way to deal with them. If you worry about something pray for what you want to see. Envision it. Imagine it. Feel it, and then imagine sending light to the situation you want. Get happy about feeling it. You have just taken charge of your energy and become a powerful force for good. Prayer, from a higher space, is powerful.

5. Imagine...

Imagine tossing your worries in a beautiful river. Let it carry them away from you as

new and wonderful things flow into your life. Let the river of God's grace bring you the solutions you have made room for by releasing your worries.

As the angels remind us, our feelings are all valid. Love is beneath them all, no matter how twisted up we get. Worrying doesn't make you a bad person. It is a habit we learn that is culturally acceptable and often rewarded. It still doesn't feel good. It is still rooted in fear.



There are kinder and more loving ways to feel and express our love. Do your best. Flip the worries to prayers. Breathe. Everything is

going to be alright in the long run. We'll all end up in bliss at the end of our lives. We're all made of love, headed for love, and just trying to bring more love into this human existence. Remember to celebrate progress rather than strive for perfection. ✨

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Get a New Identity for the New Year

by Alan Cohen
Hawaii

Master teacher Florence Scovel Shinn was walking through a toy store when she came upon a display featuring a huge mechanical bear with flaming eyes, showing its teeth, growling fiercely. At the bear’s feet stood a little boy looking up at the beast, smiling. “Aren’t you afraid of the bear?” Ms. Shinn asked the child. “Not really,” he answered. “Bears don’t bite good little boys.”

If you know you are innocent, you don’t attract punishment. If you know you are loveable, you remain safe and whole wherever you are. If you know you are worthy, prosperity shows up wherever you look. Conflict, disease, and hardship do not befit the divine beings we are. You don’t have to escape the wrath of God. It is your own wrath you need to escape. Voltaire said, “In the beginning God created man in His image, and man has been trying to repay the favor ever since.”

I saw a documentary on the Burning Man gathering, a huge celebration of art and creativity that rocks the Nevada desert every summer. In the film, a fellow walked up to various people randomly and told them, “It’s not your fault.” He had never met these people, and knew nothing about them. Yet they all had an emotional

reaction. Some broke into tears. Others laughed. Others hugged him. They all thought that something was their fault, and when they considered that they were innocent, they were deeply relieved.

We all think that something, or lots of things, are our fault. From an early age we were taught, overtly or subtly, that there was something wrong with us. There was some gap we needed to fill, requiring a long series of tasks to prove ourselves. Parents, teachers, clergy, and siblings projected their perceived sins onto us, and we believed them. As a result, we carried those dark identities as if they were true, while they were the meanest of lies.

Then we invented all kinds of strategies to escape our sense of wrongdoing, none of which worked because all self-judgment is based on a faulty premise. My neighbor Roslyn spent much of her life running from herself. Her days were a constant stream of errands, shopping, and emergencies. I observed her car going in and out of her driveway many times a day. Then I got to know Roslyn. She was raised in a punitive religion, and she felt guilty about everything. If anything bad happened to anyone around her, she thought it was her fault. She feared that if she sat and faced herself, she would find an ugly, evil person. Nothing could be farther from the truth. She was a kind, compassionate person—but her self-image was horrid. So she was always on the run.

A Course in Miracles addresses this very predicament: “You think if what is true about you were revealed to you, you would be struck with horror so intense that you would rush to death by your own hand, living on after seeing this being impossible.” Yet if we found the courage to face ourselves and pierce beyond the false veneer of evil, we would encounter

a beautiful, lovable, holy, angelic being, with whom we would fall in love instantly and forever.

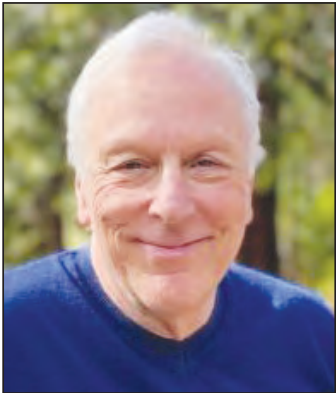
The new year is a fertile time to trade in an old identity of faultiness for one of innocence; lack, for worth. You don’t have to become a saint to be holy. You just have to identify with the pure soul that God created, not the one the world fabricated. Ram Dass used to say, “Spiritual masters are as neurotic as the rest of us. But to them, their neuroses are irrelevant.” Great teachers have human personalities like the rest of us, but their consciousness is established in their divine self rather than their social foibles. We are also free to shift the figure and ground of divinity and humanity.

If you owned an old clunker of a car that was falling apart and regularly broke down, you would trade it in for a new and more efficient one. You can likewise replace an identity that doesn’t honor or serve you. Watch the thoughts that run through your mind and the words that escape your lips. Whenever you follow the words, “I am” with a limiting idea, you tighten the shackles of smallness. When you make an “I am” statement of

wholeness, prosperity, and love, you have printed your “Get Out of Jail Free” ticket.

When faced with a decision or dilemma, ask yourself, “What would someone who loved him – or herself do here?” Then do it. At first it might feel strange to treat yourself as an angel, but soon you will discover that treating yourself as a devil is by far stranger. Eventually treating yourself unkindly will become unthinkable. Why would you punish someone who deserves only love?

The bears that we have run from will ultimately prove themselves to be mechanical props. Then, like the little boy, we can smile and know, as *A Course in Miracles* promises, “You will no longer doubt that only good can come to you who are beloved of God . . .” ✨



Alan Cohen is the author of many popular inspirational books, including his new metaphysical adventure novel **Baby It’s You**. Become a certified Holistic Life Coach in Alan’s life-changing training program beginning January 1, 2024. To explore Alan’s many books, video courses, retreats, YouTube channel, and free daily inspirational quotes, visit www.alancohen.com.

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You Can't Say YES if You Can't Say NO

by Brenda Shoshanna
New York City

We are constantly invited to be who we are.
— Henry David Thoreau

There are many recovery groups these days: groups for alcohol issues, drug abuse, relationship abuse, sexual addiction, eating disorders, addictions of all kinds. How about recovery of the Self?

Addictions and obsessions are fueled by hunger for our real Self and the need to be free the emptiness of life without it. Once the real Self is recovered, equilibrium is established, and everything else falls into place.

When we start on the journey to self-recovery, we start by letting go of that which is false. Of course we cannot do this until we become aware of what is false in our life. For each of us it will be different. When one thing is let go of, then another will appear. We don't have to let go of

everything at once. We just peel the onion little by little until we arrive at the core.

Mulla Nasrudin stood up in the marketplace and started to address the throng.

"Oh people! Do you want knowledge without difficulties, truth without falsehood, attainment without effort, progress without sacrifice?"

Very soon a large crowd gathered, everyone shouting: "Yes, yes!"

"Excellent!" said Nasrudin. "I only wanted to know. You may rely upon me to tell you all about it if I ever discover any such thing."

—Indries Shah

Who Are You? Who Are You Not?

In order to know who we are, we must also know who we are not, what is unworkable in our life, and when we are living someone else's dream. We must know what feels disturbing. All of that simply points to what is fundamentally out of sync with the person we really are.



This No is a sign of respect for yourself, recognition that it is perfectly fine to be who you are; you do not have to disguise, distort, or reject yourself. You do not have to be all things to all people, or live a life of imitation.

Many of us don't know what we should say No to. We feel guilty and ashamed of not "going along" with everything. We feel that if we don't meet everyone's needs, we've failed or there is something wrong with us. Some of us imagine that we should be able to belong everywhere, respond to every calling. But this scatters our forces and causes confusion. By living in this manner, we lose touch with our authentic Self and cannot develop the courage to be who we are.

If You Can't Say No, Your Yes Is Not A Real Yes

If others reject you because you've said No, let them. For now, realize that if you can't say No, you are rejecting yourself. Also, realize that if you can't say No, your Yes is not a real one. It is an automatic, knee-jerk response. It arises out of obligation and the wish to be accepted. This is not a true Yes, offered from the fullness of your being. When you can say Yes or No in an unconditional, wholehearted manner, loneliness and alienation has nowhere to live. Because you are now fully present to yourself. ✨

It's important to acknowledge that which we cannot do, that which is not for us. So many of us spend years of our lives twisting ourselves out of shape to conform to other people's expectations of who we are or should become. (And our own expectations as well) Families and people who are "in love" are famous for projecting these images and demands upon one another. However, these expectations can cause pain, and lack of self acceptance,—the inability to know and to respect who we truly are.

Take a moment to see what is natural, easy, and enjoyable for you; what actually brings enthusiasm about being alive.

Then take another moment to see what is not natural, easy, or enjoyable, what causes conflict, difficulty, confusion, and distress.

What is it that pulls you down, hurts your feelings, upsets your digestion? Usually you do not give heed to this. Now is the time to turn it around. The first step is to take a good look. The next step is to say "No."


You Can't Say Yes if You Can't Say No

This statement is a great medicine that must be deeply absorbed. So much fear arises because we are unable to say No. I am not speaking of an impulsive, automatic no we offer out of resistance, anger, or stubbornness. I'm speaking of a different kind of No. It comes from understanding and accepting what we are and what we are not.



Brenda Shoshanna, Ph.D. is an award winning author, speaker, psychologist and long term Zen practitioner. Her work integrates the teachings of East and West. She offers talks, workshops and a weekly podcast, *Zen Wisdom for Your Everyday Life*. Her New Blog is called, *TURN THE PAGE*, (www.turnthepage.live).

The blog will be dedicated to personal and spiritual development and to providing a new look at what's possible in our lives. We explore *Self Change, Relationships, Zen, Healing, Letting Go*, and ways of making the teachings real in our everyday lives. Many resources will be available to support you in your journey to that which is meaningful and life giving in every way. Come join us!



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5 Ways to Overcome Insecurity, Jealousy and Anger

by Ted Orenstein

Do you often feel fearful, insecure, jealous or angry?

Of course, everyone does from time to time. And when that happens, those negative emotions or impulses can overwhelm you, taking over both your mind and body.

Why are these forces so powerful? Your ego has developed over the years through painful and happy experiences. Feelings of insecurity, jealousy, fear, and other destructive, knee-jerk emotional reactions build up within you as a result of past hurts you've experienced. These defenses become so ingrained that you do not see them — you do not even realize they exist.

As you encounter the problems and frustrations of day-to-day life, it's easy to impulsively get impatient and angry when your buttons are pushed, which leads you to mistreat others. How do you avoid this? **Here are five tips that can help you keep unhealthy emotions from shaping your behavior.**

1. Don't Let Your Initial Reaction Overwhelm You

Take a deep breath, or even sleep on it, before replying. By acting out of anger, jealousy or hatred, you are indulging your need for immediate satisfaction. You have lived long enough to know that anger only begets anger in return. What good will that do you? Yet you're often unable to stop yourself. Looking at it in terms of your own self-interest, what benefits you more: Increasing an adversary's anger toward you, or having them respect you?

The harm that comes from other people can only harm you if you let it. If you see that it comes from pain within them, you can only feel sorry for them and not be hurt. You never really know what the people around you may be going through, so treat them with kindness. There is good in everyone, even though they may have been affected by events that cause them to approach the world and its people in destructive ways. Down deep they are like you. They are looking for love. Look for the love in them. Feel it! If you let your kindness — your empathy — come forth, you can perhaps help them in a kind and loving manner.

If someone hates you, that is their problem. Don't make it your problem, too. Be patient and friendly with everyone. Don't let the base, impulsive, animalistic part of you defeat your true good nature. Be true to yourself. Choose to be happy and content.

2. Do Not Look Down Upon People

Do not judge people who practice things that to you seem ignorant or stupid. Listen to them and seek to learn from them. You may discover something that will help you in life. Don't spend your time and effort denouncing other people's faults. Spend your time and effort correcting your own. Recognize the value of the different paths that others have taken. Share your experiences with others, and seek to learn the common aspects of your paths. That is where you will find love and spiritual enlightenment.

3. Be Happy with What You Have

It's easy to feel sorry for yourself, but don't fall into that trap. Consider the history of people who have lost their limbs, sight or movement. See how they have modified their life to become just as happy and fulfilled as before their misfortune. Many of them become even more content.

Look no further than the life of Stephen Hawking, the astrophysicist who wrote *A Brief History of Time*. Who could have lived a fuller and more meaningful life than that man, who was confined to a wheelchair and could not speak or even gesture?

Don't be a victim of events. You are in control of your own life. Whatever is thrown at you in life, find a way to grow from it. Think of it this way: Life on earth is a school through which we human souls gradually learn to become wise, transcendent, blissful, and eternal. Learn from all events, both good and bad.

4. Let Your Spirit Shine

Your spirit is what connects you with others. Allowing it to shine will reveal your life's purpose and bring you contentment and happiness. You will see beyond your fears, jealousies, and lusts. How do you find the spirit within you? By looking into your own heart, not outward to the heavens. Within you is a profound spiritual

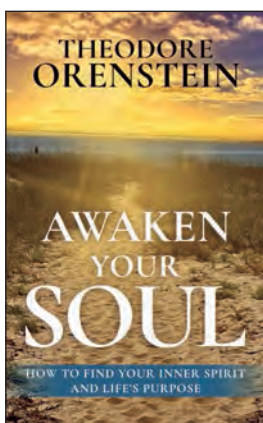
commonality with all people, and through that path, you will find spiritual awakening. We know it as love.

You get to that spiritual place by yourself. When you become open, you make yourself receptive to revelation. That revelation can often come out of despair — hence the saying, "it is darkest before the dawn." Through meditation you can train yourself to your inner spirit and receive revelation without the necessity of deep trauma. You will receive inspiration, epiphanies, and eventually mind-blowing revelations. Through that higher consciousness, you will see the true essence of everything and everyone. You will, perhaps for the first time, understand the true meaning of the things that you may have been hearing for years. You will appreciate the true essence of yourself and other people.

5. Meditation Helps You Overcome Unconstructive Emotions

Meditation is about opening yourself to your inner spirit. Practicing meditation is how you can learn to achieve higher goals. It prepares you to be fully present. Everything is in this moment. Your memories of the past are faulty, and the future has not yet happened. All you have is NOW. If you stay in this moment, and every moment as it comes, the years will take care of themselves. Meditation opens you to complete awareness of the moment. It's a practice that has changed my life, and I look forward to sharing that journey with others. ✧

Ted Orenstein writes, speaks, and teaches about spiritual enlightenment. He enjoys sharing that there is a purpose and direction to the universe, and that it is good. A former lawyer, Ted's mission is to help others find greater meaning and fulfillment, and a deeper understanding of why people are what they are. He is the author of *Awaken Your Soul: How to Find Your Inner Spirit and Life's Purpose*. Learn more at tedorenstein.com.



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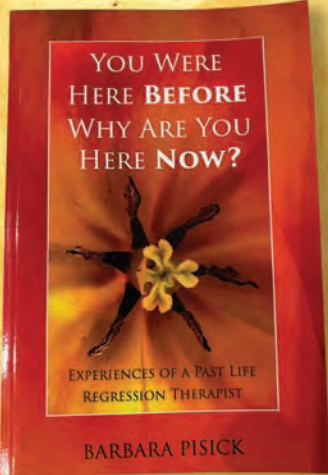
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Vibrant and Vigorous ... for the Long-term!

by Donna Martini
Oyster Bay, NY

Ask the unstoppable 66-year-old, Dr. Leigh Erin Connealy how she remains vibrant, youthful, and vigorous, and she'll tell you, "It takes work and discipline; it is a decision; it is a state of mind." This family practice physician walks her wellness talk daily as the medical director of two integrative and functional medicine clinics in Irvine, California.

The core of the centers' methodologies addresses the failure of our existing medical model. "If the medical paradigm that exists today was working," she contends, "then why is every age group so outrageously sick?"

Statistically, she is right. Although medical advancements in treatment and diagnosis exist, killer illnesses such as heart disease, cancer, and diabetes are rising. She believes that veering from the laws of nature is to blame. "We have gotten disconnected from what is natural. We will hit a wall if we don't follow those laws." Dr. Connealy believes motherhood opened her mind to the marvel of the human body. "I didn't really understand the miracle we are all privileged to live in and enjoy. We take this human being/doing for granted and must keep saying how truly honored and blessed we are to be here on this planet. We need to respect this body we have been given."

Beyond the part we take in our own health, Dr. Connealy believes the medical profession needs to take responsibility. "There is no healthcare delivery," she states, "because it has become pure *sick care*. If a patient is lucky, they see their doctor for five to seven minutes, just enough time to dispense medication." In her practice, she chooses to deliver healthy medicine, addressing the patient's existence, their lifestyle, the way they sleep,

the water they drink, the foods they eat, and the movement they do or don't do. She also addresses her patient's stress, which she describes as "the extreme stress of the world, in their lives, and what they endured in their childhood."

In the over 30 years of service to her patients and constituents, Dr. Connealy remains steadfast about prevention, wellbeing, and self-care, offering her golden jewels ... **the keys to longevity**. "First and most important is your state of mind. Everyone has had trauma," she states, "and you need to be working with someone to unravel the trauma in your life." An avid believer in trauma as a trigger for disease, Dr. Connealy underwent several types of treatment to understand the process and better serve her patients. She believes our emotional/psychological/spiritual journey is crucial for resilience. "If you are not in peace, tranquility, love, and joy," she states, "your cells cannot care for you. This is something you need to be conscious of every single day."

The second golden jewel is to be surrounded by like-minded people. "We heal in community and connection," she says, "and the people we allow into our inside and outside groups need to align with us."

Third on her list is food. "What goes in your mouth," she contends, "is like a QR code. You must eat the right biochemical information for your cells, or your mitochondria cannot work for you."

This is the same for water, which is next on her list, acknowledging that pharmaceuticals, parasites, bugs, and chemicals taint all drinking water. "Invest in a filtration system of some kind. Invest in your health," she says, "because if you do not spend time, money, and energy on your wellness, you may end up spending it all on your illness."

The fifth golden jewel is about physical activity. "You have 800 muscles that need to be moved," she states. "Exercise increases oxygen, helps with lymphatic drainage, and brain to brain, neural growth factor. It increases muscle mass, which you need to build a strong body, so enjoy washing dishes, doing laundry, and going up and down stairs. Find every opportunity to move, move, move!"

Dr. Connealy makes the sixth jewel about our slumber, stating that fifty percent of the population doesn't get enough sleep and restoration. "Each day starts when you go to sleep. We don't truly understand the magic of slumber and the detoxification, repair, and regeneration process our body undergoes when we rest." She also believes everyone has to cleanse their system every day and recommends detox baths and saunas. "Even the animal kingdom uses baths to detox. Be cognizant of the fact that over 200 chemicals have been found in the placenta, the blood, and breast milk. Even organic milk contains heavy metals and chemicals, which are terrible DNA disrupters."

Dr. Connealy also cites electromagnetic frequencies (EMFs) as one of the most significant toxins humans are exposed to each day. "Glioblastoma, a used-to-be rare brain tumor, is now being diagnosed at record highs. We are electrical beings inundating ourselves with EMFs and radiation. How do we believe our hearts and brains can continue to function normally with all this man-made interruption?"

After covering the physical, emotional, and mental aspects on her list, she ends with the spiritual need to consistently express gratitude. "Before I get out of bed," she says, "I do affirmations... Thank you, God, for perfect peace, harmony, and homeostasis throughout my entire body... thank you for delivering the great reveal. Thank you for putting peace, love, joy, and compassion in everyone's heart and for bringing me patients so that they can be appropriately taken care of and guided... every day, all day long." ✨

Donna Martini is a wellness coach, activist, writer, and student of psychology with over 35 years of experience teaching mindfulness and healthy lifestyle practices. She is the author of several books, including **The Ten Commandments of Divorce**, and **My Mini Book of Mighty Mantras**, as well as the creator of **Positive Manipulation®** and **MantraMouse®**. Donna can be reached at donna@donnamartini.com. To view more of her writing, visit mantramouse.com and follow her on <https://www.facebook.com/donna.martini.7>



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A “Little” Story for ALL Times

by Ann Albers and The Angels
Phoenix, AZ

My dear friends, we love you so very much. We’re going to tell you a little story, one most of you have heard. We are not sharing from any sort of religious perspective because in the heavens, we are all religions, and we are none. We are pure love, sharing only love, and this, dear ones, is a love story.

A long time ago, a young man walked the earth. More purely than any before or after, he embodied God’s love. His heart was pure. His words were kind, and his humor gentle. He had a gift for making furniture and making children laugh. He was kind to the women and respectful of the elders. He lived, breathed, preached, and shared God’s love daily in the humblest ways. He amassed quite a few followers at a very young age. He performed what those around him called miracles. He fed the poor, helped the homeless, and admonished all around to put their love into action. Despite his great love for humanity, the fact that he was so beloved was perceived as a threat to those in “power” at the time.

You know the rest of the story. At age 33, he was cruelly hung on a cross. He was ridiculed, abused, and taunted. Yet, he did not waiver from his love. He forgave his tormentors. He counseled those hanging beside them. He comforted those mourning. Dear ones, he loved. He loved through pain. He loved those who tortured him. He loved those who hated. He loved those who grieved. He loved and only loved.

He did not like these behaviors! Of course not. He didn’t like that human beings derived pleasure from torturing one another. He didn’t like the fact that they took delight in his pain. He didn’t like to see the women and children mourning with hearts so heavy they could turn to stone. He felt great sadness for the souls lost in darkness. He felt great compassion for those falling into anger, fear, and grief. He loved. He loved. He loved. By this, we mean he focused beyond the massive darkness that was trying with all its might to possess him and lure him into hatred

and instead put his attention on the light.

He focused beyond the hate and felt compassion for the fear that drove it. He focused on the truth of the tiny spark of light that lay so hidden in some hearts it was nearly extinguished. He loved that light so strongly that his tormentors were shaken to their very core. They went home with an emptiness they had never felt and a doubt they had never experienced. They had been robbed of the thrill of temporarily lording death over another. Instead, they felt their abject loneliness and the misery of their disconnected existence — not because he fought them, not because he hated, but because he loved. Instead of allowing the darkness to possess his light, **he focused so brightly on the Presence of the Divine—even in those who forgot—that their darkness had no power over his spirit.** They killed his body, but three days later, he brought it back to life, demonstrating once and for all the eternity of the soul.

This young man did not come to form religions nor give you rules on how to live. He didn’t come to make one ideology right and another wrong. He came to love. He came to demonstrate that love was powerful enough to burn brightly in the face of all darkness. He came to demonstrate the love of the Divine in human form so all would know that no matter who you are, what you do, or how far you have strayed from the truth, you are loved.

Love is possible in the face of abject darkness. You may never be able to imagine the light in those whose vile behaviors seek to harm and destroy, but you can seek and see that light elsewhere. You can find it in the bees buzzing around the flowers in your yard. You can find that light in the endless changing of the seasons, which reminds you that life always follows death. You can find that light in the eyes of your child, dog, or the clerk in the store who stops to help you find an item. You can find that love in the tenacious little blades of grass that get stepped on all day and pop right back up.

You can find it in the thousands of people who have contributed to your cup of coffee.

In a world that is rattling now because the lost and disconnected are once again seeking to feel some semblance of power, focus on all the good you can find. Love that light where you can easily see it, and if you must, turn your thoughts away from those lost in darkness. They want attention. Deprive them of it unless they appear on your doorstep.

Focus on the families supporting, helping, and loving one another. Focus on the billions living in peace. A few lost and disconnected souls want you to believe that they are your God, and of course, they’re part of the energy that is One, but they have forgotten. They act and think from a state of disconnection in which their only fuel is the hatred they stir up on this planet. Don’t give them that fuel, dear ones. Surround them with light, or if you cannot do that, look away. Look to the good. Empower the vibrations of love, and you begin to starve the darkness.

There is justice built into the universe. Those who murder will be greeted upon death by those they thought they could kill. They will see the blissful existence of those they felt they destroyed and know immediately the contrast with their own lonely existence. They won’t take with them any of the lands they “conquered,” any of the money that validated their existence, any acclaim or fame, or followers that made them feel important.

They will appear before the ultimate love, raw, stripped of all they once thought made them powerful, important, or lovable, and they will feel the sad lie within their existence. They will see the bliss of those in heaven and realize they have been living in hell. At that point, they can choose to receive God’s love and be changed forever, or they can refuse the



light and live in a dark and aching loneliness. Some of those who thought themselves most powerful and wreaked the most havoc on your planet are now sitting in a lonely darkness because they feel unworthy of love. God doesn’t punish dear ones. God calls all souls home to love.

So when you witness wars and abominations, do your best not to let darkness steal your heart, love, joy, and purity. Focus on the good in this world, for it far outweighs the lost, and even though the “big” events make your news, the smaller, loving kindnesses occur every day, all day, all around you. See love. Be love. Share love. You can experience heaven here and now, no matter what is happening around you.

We are here for you. Sit with us. Receive our love, and we will help to strengthen yours.

God Bless You! We love you so very much.

-- The Angels ✨

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Curious About Taking a Break from Alcohol?

by Amy Fox
Cincinnati, OH

Curiosity is a powerful tool when it comes to making positive changes in our lives. It fuels our desire to learn, grow, and explore new possibilities. So if you're curious about taking a break from alcohol, you're already in a great place to start. Being curious about our habits and behaviors opens the door to understanding our relationship with alcohol and its impact on our wellbeing.

When you embrace being sober curious, you shift your focus away from deprivation or restriction. Instead, you approach the experience with a sense of openness and a desire to understand how your body and mind can benefit from a break from alcohol. It becomes a journey of self-discovery and personal growth that empowers you to make informed decisions about your health and so much more.

So why should you consider taking a break from alcohol? There are many benefits. Here are a few to consider:

- Improved Sleep**
Alcohol can disrupt your sleep patterns, making you feel groggy and less energized. It may first knock you out, but as the night progresses and alcohol levels drop, your brain becomes more active, leading you to toss and turn. Taking a break from alcohol can help regulate your sleep cycles, allowing for a more restful and undisturbed night's sleep.
- Enhanced Emotional Wellness**
People notice a reduction in symptoms of anxiety and depression when they cut back on or eliminate alcohol. Alcohol can act as a depressant and amplify our mood swings, so taking a break can positively impact our emotional well-being.
- Weight Loss Potential**
Alcohol is calorie-dense and often leads to mindless snacking or unhealthy food choices. By cutting back, we can reduce our calorie intake and create a better environment for reaching our weight loss goals.

- Clearer Complexion**
Alcohol can dehydrate the skin and contribute to inflammation, causing skin issues such as acne and rosacea. Taking a break allows our skin to heal and rejuvenate, creating a clearer and more radiant complexion.
- Boosted Immunity**
Alcohol weakens our immune system, making us more susceptible to infections and illnesses. When we take a break from alcohol, we give our bodies a chance to strengthen their defenses and support optimal immune function.

If you're considering a break from alcohol, here are some tips to guide you:

- Cultivate Curiosity**
Approach going alcohol-free with a curious mindset. If you are craving a drink, lean into the urge. Wait a few minutes and explore the "why" behind the feeling. Play the tape forward and think about how you will feel after drinking.
- Have a Plan**
Don't wing it. Prepare yourself for different scenarios and social situations. Share your intentions with friends and family and consider exploring alcohol-free alternatives. Almost every beer has a 0% alcohol option now, and most bars have mocktail options. Take a walk or experiment with different rituals and routines to replace drinking.
- Check Out AF Communities**
Connect with like-minded individuals on social media who are also exploring the alcohol-free lifestyle for support, inspiration, and resources. You can also engage in forums, attend (virtual) meetups, and follow AF influencers to engage in conversations, ask questions, and share your experiences with others on a similar path.

If you decide to take a break from alcohol, remember it's all about your vibe — the positive energy and mindset you embrace. Being sober curious shouldn't be about judgment or a situation you have to "tough out." Instead, view this break as an exciting experiment, a chance to explore how you feel without alcohol and discover the potential upsides it can bring to your life. ✨



Certified Nutritionist Amy Fox is on a mission to educate everyone about how our food choices affect our health and happiness. Amy holds a Master of Science in Food and Nutrition Sciences and is a Certified Functional Food Professional and founder of Food and Mood Lab. Learn more at foodandmoodlab.com.



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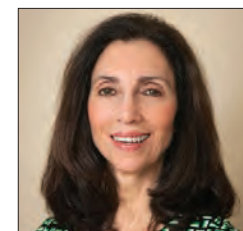
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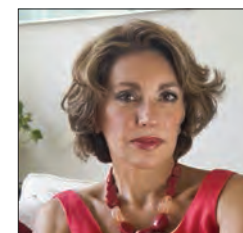
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*Gia brings 17 years of teaching & coaching experience to her OTOA CLP practice. She holds a BFA from New York University and an MFA from Yale University--where she founded and developed the OTOA technique: *Re-Envisioning the Creative Process One Thought & One Action at a Time**



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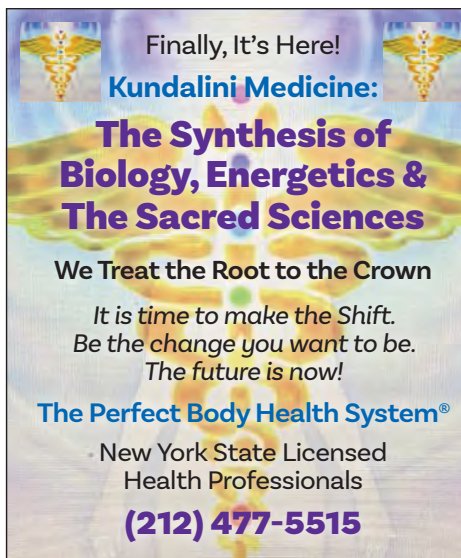
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A Holiday Tale (2002)

by Gloria Murray, Deer Park, NY

last year I got a root canal for Christmas
an upper respiratory for my B-day
which came right after New Year's
and a cortisone shot
in my left foot for Valentine's day

not that I'm feeling sorry for myself
well, to be honest,
I really am
—feeling damn sorry
as if having a root canal
wasn't awful enough
my husband ranted about how much
this was all costing
so I gave my Christmas
money to the endodontist

by March, the tooth cracked
and by April
had to be pulled,
then a bridge cemented
that came to the cost of diamond earrings
which, of course,
would have been a much nicer gift

I mean,
I tried to look at it
with a sort of
philosophical approach
—at least I had teeth
at least I got to my sixtieth birthday
and I still had feet
(you know, all that perspective crap
we got from our moms
about how not to worry if you had no shoes)

but then you know there are plenty of people
out there living it up, getting diamonds
and have their own teeth
but hey, who am I to say why some of us
get the cream and others the sour milk—
or is it the grapes?

POETRY

Broken Things

Haiku

by David Frieman, Huntington Station, NY

when love is your life
beauty lives outside your eyes
and within your heart

by Milissa Castanza-Seymour, Bethpage, NY

As a child, I delighted in the broken pieces
in a package of cookies
The perfect ones not caring
if they were chosen anyway
charmed by their perceived perfection.
What is the appeal of *broken* things?
With precious parts and innocent hearts
that don't quite fit
while they long
to be heard
to be known
to be loved
And why not?
True perfection lies in imperfection
Parts configured in curious ways
Snaggled and rough
Smooth and soft
Beauty in all shapes and sizes
Uniquely composed
like a symphony of notes
full of love
holds the joy of being...
Heal in this knowledge
Broken is an illusion!
Delicious imperfection
Like the little morsels of my childhood
found everywhere

Watercolors by
Jan Guarino
JanGuarinoFineArt.com



Haiku

by Patricia Sorrentino, Merrick, NY

angelic voices
church bells chime in harmony
faithful symphony

Sensitivity

by Jerry Brown, Santa Fe, NM

I accept my sensitivity
As one of the tools to help me learn
I embrace my sensitivity
For it helps me to discern

About people, behaviors
Boundaries and abuse
Spirit gave me feelings for a reason
As messages to put to use

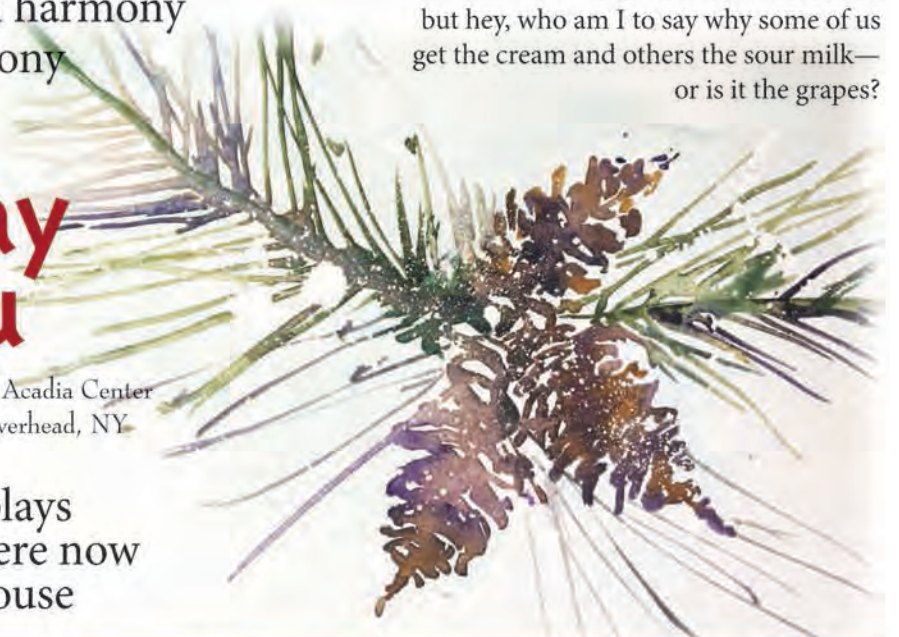
These feelings aren't always 'comfy'
They can even be quite harsh
But they guide me toward the Light
Instead of floundering in the dark

To the message of "You're so sensitive,
It's always so much about *you*"
I have learned the healthy response of.....
Thank you!

Holiday Haiku

by "The Poetry Club Residents" of Acadia Center
for Nursing & Rehabilitation Riverhead, NY

Festive music plays
The holidays are here now
Decorate the house



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

— From *Asphodel that Greeny Flower*

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BOOKS

SENSORY PROCESSING SOLUTIONS

Drug-Free Therapies to Realize Your Child's Potential

by Sally Fryer Dietz
HealingArtsPress.com

Sally Fryer Dietz sheds light on the array of challenges children may encounter, including motor delays, learning differences, anxiety, frustration, emotional and social difficulties, as well as diagnoses like ADHD and autism spectrum disorders. *Sensory Processing Solutions* offers an in-depth exploration of diverse therapies and treatments for both the body and mind, aimed at enhancing a child's sensory motor development and function. Dietz emphasizes the significance of sensory integration-based occupational, physical, and CranioSacral therapy, among other approaches, as powerful alternatives to medication. This comprehensive resource is designed to empower parents and caregivers in finding the right therapeutic support for their children, paving the way for a happier and more fulfilling life.

BREATH PRACTICE CARDS

by Rebecca Moore
quatro.com

Reap the mental and physical benefits of breathwork with this essential toolkit, perfect for stocking stuffers, secret Santa exchanges, and more. *Breath Practice Cards* (Leaping Hare Press | \$22.00) provide an uplifting, screen-free introduction to breathwork with simple and easy-to-follow exercises and meditations beautifully and accessibly presented on individual cards. In the accompanying book, explore the origins, science and benefits of this age-old method and find simple sequences to create your own mindful breathwork practice.

Each gorgeously illustrated card includes directions of how to practice a specific technique. Exercises include:

- Focus, including grounding and re-centering Humming Bee Breath and Box Breathing
- Relax, including calming and restorative Hugging Break and Lunar Breathing
- Elevate, including energizing and uplifting Sunshine Breath and Heart-Smiling Breath
- Release, including cleansing and clearing Roaring Lion's Breath and Open Ocean Breath
- Connect, including harmonizing and meditative Gratitude Breath and Chakra Balancing Breath

Pick a card when you wake up to energize or before you go to bed to unwind, or just throughout your day when you need a mindful moment. This set is a must-have

resource for modern wellbeing. *Breath Practice Cards* available in stores now.

THE OCEAN LOVER'S QUOTATION BOOK: An inspired Collection Celebrating The Beauty & Wonders of the Sea

The Ocean Lover's Quotation Book is a collection of over 200 inspirational and meaningful quotes perfect for every lover of the great seas from beachcombers to passionate environmentalists. From the great sea shanties of yore to the hidden treasures still being discovered from its depths, the ocean is a vast and mysterious world sparking our curiosity, love and wonder. *The Ocean Lover's Quotation*

Book captures the imagination and the senses, while pondering the words and wisdom of some of the greatest writers and thinkers of all time about the world under the sea and its fragile relationship with humanity.

PRODUCTS

SERAPHIM SOCIAL BEVERAGE

seraphimsocialbev.com

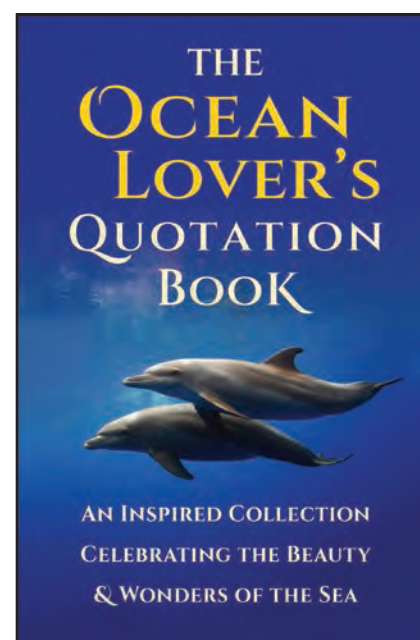
Seraphim Social Beverage is a new collection of non-alcoholic botanical blends that are brewed like tea but savored like red wine. Crafted with organic and wild berries, healing herbs, and botanicals, Seraphim presents two extraordinary blends: Pure Blend Cacao, a journey into luxurious dark chocolate flavors, and Pure Blend Cassia, a harmonious blend of tangy berries with a touch of cinnamon and spice.

These delicious blends are made with all-natural ingredients and are free of added sugar, artificial colors, flavors, and preservatives. They contain only 60 calories per serving and are committed to promoting wellness; gluten-free and vegan-certified, made with predominantly organic ingredients to support a sustainable Earth. Elevating the experience further, each 750 ML bottle of Seraphim Social Beverage is artfully adorned in locally sourced glass bottles and infused with the tranquil energy of amethyst crystals. It's the quintessential holiday gift – be it a comforting beverage, a celebratory cocktail, or a heartfelt gesture. Made in the USA, woman-owned, \$35.00 per bottle.

KYOLIC CARDIOVASCULAR HEALTH VEGAN FORMULA 300

<https://kyolic.com/brands/kyolic>

The health benefits of Kyolic Aged Garlic Extract have been documented in more than 900 published scientific papers from prestigious universities and research institutes. All Kyolic garlic supplements undergo a proprietary aging process that results in an odorless, safe and effective garlic product. As a result of several chemical reactions during this aging process, key compounds in the raw organic garlic increase significantly, thereby boosting the health benefits of natural garlic. Clinical studies have suggested that Aged Garlic Extract may help support a healthy cardiovascular system by reducing the risk factors that cause atherosclerosis, including: coronary artery calcification, high cholesterol, homocysteine, and



elevated blood pressure. Aged Garlic Extract has also been shown to improve immune function and assist in recovery from physical fatigue.

Kyolic Cardiovascular Health Vegan Formula 300 is gentle on the stomach for everyday use. This specific formulation of Kyolic Aged Garlic Extract is delivered in

vegan capsules without the use of any non-vegan additives like whey or animal-sourced magnesium stearate, to meet the needs of plant-based and vegan lifestyles.

OTHER MOTHER WINE VINEGAR

othermother.com

Other Mother Vinegar (OMV) specializes in handcrafted vinegar shrubs that are probiotic-rich and chock-full of antioxidants. They also can assist in lowering blood pressure and blood sugar, help calm acid reflux, and boosts gut health. Adding good bacteria to your system, thus strengthening your microbiome, OMV is a delicious and refreshing way to keep your G.I. health in tip-top shape.

OMV is not mass-produced like most other vinegars. They create and age OMV the time-honored way via a two-stage process: conversion followed by polishing. Using 59-gallon oak wine barrels with proper ventilation, as the wine breathes, it attracts acetobacters that begin the conversion process. Turning the alcohol into acetic acid, the vinegar is then moved into polishing barrels for roughly nine months. The finishing touch is adding fresh, health-boosting fruits and roots to create delectable "Shrub Shots" in 4 flavors: Beet & Honey, Turmeric & Honey, Ginger & Honey, and Tart Raspberry. These Shrub Shots can be drunk on their own, or mixed with sparkling water for a crisp and energizing spritzer. Add your favorite spirit for a delightful craft beverage; you can also use OMV in your culinary creations such as vinaigrettes, salsas, marinades, smoothies, and more.



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.

SACRED 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, DrlreneSiegel.com. Now offered Online. (see ad p.4)

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.

PSYCHIC DEVELOPMENT CLASSES. Ginger Glasser (www.tarotbyginger.com) is offering a Psychic Development class through the Sacred Light Fellowship, via Zoom on Tuesday evenings from 7:00 to 9:00 PM. Each week will be a new topic for exploration and practice. Register by Sunday for each week's class by emailing danielneusom@gmail.com. No experience needed to attend.

WEDNESDAYS

GUIDED IMAGERY MEDITATION with Readings: **Wednesdays 12/6 and 1/10 at 7:30 PM** includes Readings with many decks, Hands-on healing, Tibetan bowls Chakra Balancing, the Energy Healing of the Six Foot Copper Pyramid and Gong Wash. **Saturdays: 12/9 and 1/13 at 7 PM** includes re-initiation to your level Reiki (or Level One if you are new to Reiki), Tibetan Bowls Chakra Balancing, practicing quick Reiki healing in chairs guided by Salluzzi Sensei, and end with a traditional healing circle. **Give a session, get a session.** A great way to practice Reiki, **Donation is \$25 for one and \$40 for two.** Text 516-708-5213 for your private one-hour session in her Bellmore Office. See the webpage for details about your healing session. www.reikimastersensei.com.

THURSDAYS

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

SUNDAYS

THE SACRED LIGHT FELLOWSHIP AN INTERFAITH METAPHYSICAL CHURCH www.sacredlightfellowship.org is inviting you to join our Divine service gathering each Sunday at 3:30 PM (EST) on Zoom guided by The Holy Spirit of God and The Archangelic Realms through the channel of Spiritual Director Rev. Daniel Neusom and other gifted channels of God's Love, Guidance Healing and Help. To RSVP please email Rev. Daniel Neusom at danielneusom@gmail.com.

SPECIAL EVENTS

DECEMBER 2

FALL FESTIVAL/PSYCHIC FAIR: Free Lectures and Shopping with \$5.00 admission. Psychic Readings available only \$25.00. In-person at Levittown Hall, Hicksville, NY. Saturday, 11:00 AM to 5:30 PM. eyesoflearning.org.

DECEMBER 15

LECTURE: 2024 ASTROLOGICAL FORECAST with CHARLENE LAWRENCE Virtual & In-person at Levittown Hall, Hicksville, NY. Friday, 8:00 PM. Members: \$15.00, Non-Members: \$20.00. eyesoflearning.org.

JANUARY 6, 7 & 13

THE RITES OF THE MUNAY-KI transform and upgrade your luminous energy field. **1/6, 7 and 13** at the Long Island Center for Yoga in Babylon. Rites given by Thelma Condra, Shaman practitioner. To Register, Visit: www.longislandyoga.com.

JANUARY 12

LECTURE: EFT/TAPPING with Donna Nesteruk Virtual & In-person at Levittown Hall, Hicksville, NY. Friday, 8:00 PM. Members: \$15.00 Non-Members: \$20.00 eyesoflearning.org.

UPCOMING EVENTS

A BACH FLOWER CERTIFICATION PROGRAM Conquer fears and worries. Our emotions impact our wellness and quality of life. Three-tiered training program leads to Bach Flower Certified Practitioner (BFCP) status. Enroll now for programs. Courses online with master teachers. CE's Available. Training practionters worldwide since 1998. learnbachflowers.com.

AL-ANON'S INVITATION TO YOU We invite you to try our program. You can have a better life-free of anxiety, fear and desperation. At Al-Anon and Alateen meetings, you will meet other people facing the same problems you are. Al-Anon can help! Please reach out! Call 631-669-2827 or visit al-anon-suffolk-ny.org.

We Are the Ones We've Been Waiting For – Hopi Elders' Prophecy, June 8, 2000

"You have been telling people that this is the Eleventh Hour, now you must go back and tell the people that this is the Hour. And there are things to be considered..."

*Where are you living?
What are you doing?
What are your relationships?
Are you in right relation?
Where is your water?
Know your garden.
It is time to speak your truth.*

*Create your community.
Be good to each other.
And do not look outside yourself for your leader.
"This could be a good time! There is a river flowing now very fast. It is so great and swift that there are those who will be afraid. They will try to hold on to the shore. They will feel they are being torn apart and will suffer greatly. Know the river has its destination. The elders say we must let go of the shore, push off into the middle of the river, keep our eyes open, and our heads above the water.*

And I say, see who is in there with you and celebrate. At this time in history, we are to take nothing personally, least of all ourselves. For the moment that we do, our spiritual growth and journey come to a halt.

The time of the lone wolf is over. Gather yourselves! Banish the word 'struggle' from your attitude and your vocabulary. All that we do now must be done in a sacred manner and in celebration.

We are the ones we've been waiting for."



January - June
2024

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Batool F. Rizvi, D.D.S., P.C.

strives to keep her patients smiling from the inside out. She believes in a holistic approach to health care. Her gentle touch, excellent listening skills and thorough explanations keep her patients educated, happy and healthy.

Dr. Rizvi offers her Dental services with an integrative and systemic philosophy in mind. She is one of the few doctors placing metal-free Zirconia Implants, and safely removing mercury fillings using the Huggins Protocol.

Dr. Rizvi offers a full range of Dental services, treating both adults and children. In association with Dr. Norman Bressack, Dr. Rizvi provides all of Dr. Bressack's services as well as:

- **Metal Free Braces – Clear Aligner Therapy**
- **Metal Free Zirconia Implant Placement**
- **SMART Certified Safe Mercury Removal**



Norman Bressack, D.D.S., P.C.

has been dedicated to practicing healthy holistic dentistry for over 35 years. He is not only a mercury free dentist but also a "mercury safe" dentist, meaning that he uses safe removal protocols to ensure the protection of the patient, staff, environment and himself from exposure to mercury during the amalgam removal process.

Dr. Bressack's mission is to treat his patients in the most healthy, caring, compassionate, and holistic way possible. Most importantly, he wants his patients to feel warm, welcome and happier when they leave than when they came in.

- **Member of The International Academy of Oral Medicine & Toxicology**
- **Member of the International Association of Mercury-free Dentists**
- **Trained At The Huggins Diagnostic Center**

- Mercury Free & BPA Free Non-Toxic Composite Fillings
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HOLISTIC DENTAL & WELLNESS CENTER

Another Leap Forward in Dental Healing: My Tooth Hurts

Tooth pain can arise from various factors specific to your oral health. One common cause is tooth decay, where harmful bacteria in your mouth produce acids that erode the protective enamel, exposing the sensitive inner layers of your tooth. Additionally, gum disease, such as gingivitis or periodontitis, can lead to tooth pain when inflammation and infection affect the surrounding tissues and tooth roots. Tooth fractures, often resulting from trauma or excessive force while chewing hard substances, can also induce pain by exposing the tooth's pulp. Dental abscesses, characterized by pockets of pus due to bacterial infection at the tooth's root, can be intensely painful and may cause swelling and fever.

If you have particularly sensitive teeth, it could be due to exposed dentin or receding gums, making them more responsive to temperature and stimuli. Moreover, habits like *bruxism*, or teeth grinding, can wear down tooth enamel, leading to discomfort. Impacted wisdom teeth can cause pain when they push against adjacent teeth or inflame the surrounding gum tissue.

Identifying the specific cause of your tooth pain is crucial for correct dental treatment and relief. **Dr. Jeffrey Etes** and his team at **Integrative Dental Specialists** will help determine the exact source of your discomfort and enable you to address it in the most minimally invasive fashion, properly and effectively.

What sets **Dr. Etes** apart is that he will go above and beyond to listen to your needs and bring you a level of dentistry that is unrivaled. **Dr. Etes** utilizes his extensive specialist dental training and unsurpassed dental expertise to provide his patients with one-of-a-kind, individualized care, which allows for the highest level of dental treatment, personalization, and accessibility.

At **Integrative Dental Specialists**, setting the highest standard of care is what we are about. Implementing leading-edge dental protocols allows our practice to do what other dentists are unable to offer. There is nothing biologically superior to your own teeth, therefore you should do all that you can to ensure that you maintain them.

Other dentists are VERY quick to recommend a crown, root canal, or an implant. Using exclusive rehabilitative and dental biomimetic restorative procedures along with the ultimate best disinfection protocols including laser and oxygen ozone, problematic teeth can be restored and rejuvenated back to normal healthy function.

Pioneering therapies such as the root canal alternative treatment, **ToothRegenesi**[™], reestablishes the blood supply to the tooth – even an infected tooth or tooth that has previously had root canal therapy – revitalizing and making the tooth “live” again. If you have to lose a natural tooth, zirconium, titanium, and specialty hybrid implants are the best options to replace missing teeth. But implants are not teeth, and the bone necessary to surgically place implants is not always readily available. Far too often I see patients that have been told by another dentist they are not a candidate for implants because they do not have enough bone. Fortunately, our practice has the technology to harvest your own living bone for

self-bone grafts along with the next generation of **Platelet Rich Fibrin (E-PRF)** from your blood to allow the placement of implants where they were once not possible.

Remaining on the cutting edge of the newest dental advancements is a full-time task and a top priority for **Dr. Etes**. In order to provide our patients with the most sanitary environment possible, we employ **ENHANCED** proactive air and surface office disinfection protocols. Do not assume all dentistry is the same. **Dr. Etes** prides himself on bringing you first-class, unmatched care. When considering your dental needs, why settle for anything less than the best? We work toward one standard, the **HIGHEST** standard! The time for excuses has passed. If you are looking for the finest, safest, healthiest and most predictable results to correct your dental issues, and would like to learn more about the best ideas in modern dentistry available to you, **please contact Integrative Dental Specialists to make an appointment with Dr. Etes today.**

- ADVERTORIAL -



Dr. Jeffrey Etes, DMD, NMD, IBDM

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