

INSPIRATION | HOLISTIC HEALTH | PERSONAL GROWTH

# CREATIONS

MAGAZINE

Vol 36, Issue 2  
April - May 2022  
CreationsMagazine.com

## *One Soul at a Time ...*

### **The Spring Issue**

*Honoring the Divine Feminine,  
Women, Mothers, Earth & Rebirth*

- The Sword that Heals
- Emotional Spring Cleaning
- Science + Art + Mysticism =
- 11 Ways to Remove Pests Naturally

*Non-violence is the greatest force at the disposal of mankind.*

MAHATMA GANDHI

# Words of Wisdom...

In anthropology we move back into the past and study skulls of ancient man in order to learn more about ourselves as a species. When you look at cavemen, they ended up having 32 teeth, perfectly straight, never having braces, never having crowding, never having sleep apnea or hidden teeth that are blocked out. Our last molars to come in the mouth are referred to as *wisdom teeth* because they usually erupt when we are late teenagers.

Our diet has changed in the last 10,000 years. We don't exactly live on berries, nuts, fish, and meat. After eating more processed foods our jaws have gotten smaller, but our teeth remained the same. This has resulted in our back molars not having enough room to come in the mouth properly. Many of us have impacted wisdom teeth. They are under the gums and bone and oftentimes are angled. This can lead to cysts developing, infections, swelling, pain, bone loss and decay that affect not only the wisdom tooth but also the tooth in front of it. On average, 8 out of 10 patients have issues

with their wisdom teeth and benefit from having them removed. For the rest, if they can keep them clean, they can maintain them like all other teeth. In other words, for most patients there simply is not enough room in the jaws to accommodate these teeth. It's like trying to fit 32 people in a small room that would fit 28 people comfortably. Do you expand the room, or do you remove 4 people?

I am sure that as you are reading this either you or someone you love needed to have their wisdom teeth removed. As stated earlier, not everyone needs to have this done. In the cases where it is a medical necessity, it is better to have all four removed at an early age. Studies show that the ideal age window is between 16 and 23 years of age. Our healing capacity is optimal at that age and the bone is not as dense. Furthermore, the roots of these teeth are not completely developed, making them easier to be removed. We want all the good things without the bad. Anytime teeth are taken out there are risks: pain, bleeding, bruising, infection, swelling, nerve damage.

These risks are increased as patients are older. Regardless, patients are usually on antibiotics and anti-inflammatory medications as well as a modified diet to prevent and manage these risks.

How do we know if someone needs their wisdom teeth removed? A panoramic x-ray or 3D scan can show us if the teeth are angled, impacted or if they have a trend of growing towards the other teeth. These diagnostic images can help us predict if these wisdom teeth are at high risk of causing problems in the future. They can also help us plan the procedure and mitigate risk of injury to nerves, sinuses or other vital structures.

Most patients ask, "Do I need to be knocked out for this?" Intravenous sedation enables us to do this procedure with patients being safely monitored and with no recollection of the treatment. It is certainly more comfortable to go to sleep and wake up with everything being done. Some patients prefer not to be sedated and, although they are aware of the procedure,

they are numb, so they do not feel any discomfort. For people who do not want to be aware of pressure, vibration or sounds while undergoing the extractions, sedation is a great option.

When diagnosed and treated early, we can prevent multiple catastrophic problems associated with impacted wisdom teeth.



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Welcome to the **April / May Spring Issue**, honoring the Divine Feminine, Women, Mothers, Earth, and Rebirth.

Back in our October / November '21 Issue, Andrea and I had mentioned on this page that we had moved from Long Island to the hills of northwestern South Carolina. Come this June, it'll be a full year since we arrived, and now have completely settled in to our new home in the country.

One of the main draws to *Southern Living* for us is the climate — four distinct seasons with a blessedly short, mild winter. The corollary: a longer Spring and Summer; hence an extended “growing” season. Andrea already has seeds in the ground as I write this mid-March. Additionally, between last year and this Spring we've planted a total of over 25 fruit and nut trees, and berry bushes.

This is quite the departure from last season when we didn't get started until July — not nearly enough time to adequately prepare the garden for healthy planting. Nutrient-deficient soil yielded predictable results: undersized, sad-looking veggies. It would have been fine if we were growing *micro-greens*. But miniature tomatoes, cucumbers, peppers, carrots and the rest left us ... well, a bit wanting.

Being considerably more established in our new surroundings this time around, we built up our garden soil all winter long — feeding it our organic uncooked fruit and veggie scraps, mushroom compost and mulch. With a household of vegans, not a day did our garden go “hungry.”



The growing phase was in “Winter Retreat.” For three months, though, we worked daily at prepping the garden, literally going underground, doing the heavy, labor-intensive work that, on the surface, is nothing *mulch* to look at (sorry, I had to). But now we fully expect our efforts will pay off with a bountiful yield.

On an individual basis, we might also reap a beneficent yield from a similar approach during the cold, dark months: tending our “inner garden,” feeding our soul daily by setting aside quiet alone time, enjoying nature in all its life forms, evaluating our habits and attitudes, and reconsidering our lifestyle choices.

With a generous serving of Love, make this your practice, and I say there's a really good chance that Planet Earth — the place we ALL call *home* — will grow vastly better **One Soul at a Time**.

Peace *All-ways*,

*Neil & Andrea*

## WHY IS CREATIONS MAGAZINE A SOUND INVESTMENT?

This is what our readers have to say ...

*You are a rarity in today's media world, even today's social world. In a world encouraging opposition, divisiveness, judgment, bias, and conflict, I applaud your professionalism, honesty, equanimity, objectivity, independence and encouragement of "open-minded discussion." True journalism, wish more would follow your example.*

**Jerry B., Santa Fe, NM**

*Creations Magazine has been a resource in keeping me sane. As a mental health counselor, I find inspiration, support and comfort in Creations. Thank You!!*

**Jeanne C. Long Island, NY**

*I get your magazine in the West Village and always appreciate your views and excellent writers. A spiritual boost everytime! In these days of "Youtube Spirituality" you are a constant. May you continue circulating in Manhattan.*

**C., NYC**

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# The "Sword that Heals"

by Steve Farrell & Karen Gordon

**"Nonviolence is a powerful and just weapon,"** Martin Luther King said at his Nobel Prize lecture on December 11th, 1964. "Indeed, it is a weapon unique in history, which cuts without wounding and ennoble the man who wields it." And in his book, *Why We Can't Wait*, Dr. King devoted an entire chapter to nonviolence titled "The Sword That Heals."

"Non-violence is the greatest force at the disposal of mankind," Gandhi said. "It is mightier than the mightiest weapon of destruction devised by the ingenuity of man." —*The Mind of Mahatma Gandhi: Encyclopedia of Gandhi's Thoughts*

Often when we talk about believing in nonviolence, what we mean is to not be violent. We agree that one person should not physically harm another. We extend this decision to not being violent against animals and all of nature.

As important as all of this is, let's also understand that a choice to be nonviolent—whether in a single moment or over time as a working philosophy—**cracks the door open** to something much deeper, much more substantial, and even paradigm shifting, with the potential to shatter current cultural norms and worldviews.

When we truly embrace unity consciousness, oneness, and embodied activism as more than ideas and concepts—when we live these truths consciously and with intention—by this very act of "conscious living" we learn and grow into certainty that the entire cosmos, the universe, all of humanity, and all of Life are One and **we become in service to life around us because we understand there is no "other."**

In this state of Love Awareness, when our every thought and deed arises from that understanding of Oneness, it would never occur to any one of us to be violent against another living thing. When we know that our brother and our sister—be it a

person, animal, tree, flower, bird, bug, fish, or even a speck of dirt—is our very self, nonviolence wouldn't be a choice in the moment or within a living philosophy.

**"Nonviolence" is who and what we truly are.**

This truth was demonstrated by Jesus when he taught over and over again to "turn the other cheek." And not only did he teach this great lesson, but he also lived it fully by giving up his very last breath in the love of his brother, never uttering condemnation or blame to those who raised him to the cross, which as we know was the capital punishment of the times.

Martin Luther King, Gandhi, and others showed compassion even when finding it necessary to raise their voices to ensure their statements of nonviolence would be heard, listened to, and embraced.

In more recent times there have been many stories about "Restorative Justice," a system based on compassion. Azim Khamisa, tells a beautiful story about forgiving the person who murdered his son during a pizza delivery gone bad. It was recently the 27th anniversary of his son's death and today, the person who wielded the gun of violence and death works with the Tariq Khamisa Foundation, founded by Azim in the name of his son, that teaches nonviolence to grade and high school students throughout the world.

Gandhi's assassination and death took place in India on January 30th, 1948, and we wanted to acknowledge and offer respect to his life and his life's work. Gandhi is known for saying "be the change you want to see in the world." So how do we do this? Does it have to be laborious? Do we have to constantly remind ourselves to remember to fully live our basic beliefs and not simply hold them as ideals?

**Embodied action based in Oneness IS being the change.**

If ever we hold something apart from Oneness, if we decide that that person or that thing is not worthy of our complete love, then we are holding ourselves in a state of violence. Any thought or expression of anger, frustration, resentment, annoyance, jealousy, or more volatile emotions, is a form of violence. And not only against the so-called "other." It is an act of violence against our very self, because **our self IS the other.**

This does not mean we must be perfect or excellent in expressing this each and every

day. Most of us did not grow up this way. We are in process of "re-membering" what is so. It does mean that we are doing our level best to embody and express these truths that we hold to be true.

Let's all be the example of nonviolence in the fullness of its definition, not settle for a shadow expression. Let's encourage and support each other to hold ourselves in the posture of Oneness through embodied action.

You are an emanation of the Divine, as we all are, as all of Life Is. There is only One and this One couldn't possibly exclude you. Just imagine the world that would appear before our very eyes when we all live this Truth!

This course correction into elevated conscious living is not a trivial thing. It is *the* thing in our afterlife review. Instead of thinking "I could have done better," **we can all do better now, today and each day!** ✨



**Steve Farrell** is co-founder and Worldwide Executive Director of Humanity's Team, a non-profit organization based in Boulder, Colorado, that is helping to pick up the pace so we make conscious living pervasive worldwide by 2040. He is a member of the Evolutionary Leaders Circle and lives in Boulder with his family. <https://www.humanitysteam.org/>



**Karen J Gordon** is passionate about using the written word to support and encourage the experience of Oneness and gladness. She works in the role of Director of Communications with the non-profit organization Humanity's Team and lives in Eugene, Oregon, nearby her children and grandchildren. <https://www.humanitysteam.org/>

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# Science + Art + Mysticism = Global Awakening

by Rev. Matthew Fox, PhD

**D**eep ecumenism is a movement that can unleash the wisdom of all world religions—Hinduism and Buddhism, Islam and Judaism, Taoism and Shintoism, Christianity in all its forms, and native religions and goddess religions throughout the world.

This unleashing of wisdom holds the last hope for the survival of the planet we call home. For there is no such thing as a Lutheran sun and a Taoist Moon, a Jewish ocean, and a Roman Catholic forest. When humanity learns this, we will have learned a way out of our anthropocentric dilemma that is boring our young, killing our souls, trivializing our worship, and exterminating the planet.

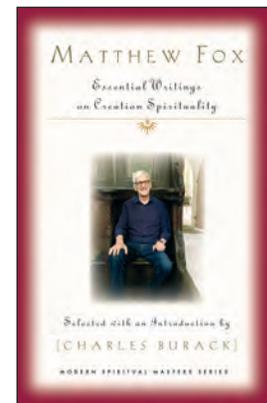
**Cosmology is three things: the scientific story of how we got here, mystical experience, and art.** The scientific story is today being heard and believed globally. East Indians and Africans, Russians and Latin Americans, Europeans and North Americans, Chinese and Australians are beginning to hear the same story—that this planet was not an accident, that we have been “loved from before the beginning” in the original fireball itself, that the universe wanted us and awaited us eagerly. We have a responsibility to give back the cherished blessing of our lives with grace and gratitude. We must return blessing for blessing. Generativity and creativity have been built into the universe from the start.

Like science, art too is transcultural. Music, dance, drama, ritual—all the arts—have long held the power to connect, the power to make whole what was separate, the power to move the human heart to wholeness instead of “piecemealness.” With today’s instant communications and social media, much can happen that holds promise for a global artistic awakening, one that hopefully incarnates the new, global, and therefore radically ecumenical cosmology into our psyches, dreams, and bodies, and even our bodies politic. A global awakening is possible—and necessary to save the planet as we know it. The emergence of folk arts and personal arts that will put people to good work, which will bind together communities at the neighborhood level, and which will revitalize our lifestyles is equally a part of the hope that a new cosmology brings to a suffering planet.

A living cosmology cannot happen from science and art alone. Mysticism too must be integral to this awakening, basic to this global renaissance. Mysticism represents the depth of religious traditions the world over—but it has barely ever *been tried on an ecumenical level*. I cannot emphasize this fact enough. We have no inkling what power would ensue for creativity, for employment, for peace making, for exciting the young to deep adventures once again (other than that dated adventure called war), were mysticism to be unleashed on a global scale. Because it has never been tried, we cannot predict the consequences.

Why have we never tried it? Because the West has been so thoroughly out of touch with its own mystical heritage. How could the West dialogue on mysticism with the East when it did not know its own mystical roots? What can Christianity say to native peoples whose mystical traditions are so rich when Christians don’t know their own

mystical experience? After all, the great encounters between Christianity and native peoples and between Christianity and the Eastern religions have occurred only in the past few centuries, i.e., during that exact point in the West when Newton and the Enlightenment extinguished the Cosmic Christ. And, with the bubonic plague in the fourteenth century, creation spirituality was effectively extinguished due to fear of nature and trauma. The result was that redemption became the singular occupation and veritable meaning of religion. The point cannot be emphasized too much: We have never attempted a rapprochement between the Cosmic Christ in Christianity and the Cosmic Christ in the universe and the Cosmic Christ in other religions (the Buddha nature in Buddhism, for example, or the Image of God tradition in Judaism). ✨



Adapted from **Matthew Fox: Essential Writings on Creation Spirituality** (Orbis Books, March 2022). Reprinted with permission.

**Matthew Fox, PhD** is a spiritual theologian, an Episcopal priest and an activist for gender justice and eco-justice. He has written 39 books that have been translated into over 60 languages. As founder of the University of Creation Spirituality in California and *The Cosmic Mass*, he conducts dozens of workshops each year and is a visiting scholar at the Academy for the Love of Learning. He is the recipient of many awards including: *The Abbey Courage of Conscience Peace Award*.

Recent projects include *Order of the Sacred Earth and Daily Meditations with Matthew Fox* as well as *The Cosmic Mass*. For further information go to: [www.matthewfox.org](http://www.matthewfox.org). [www.dailymeditationswithmatthewfox.org](http://www.dailymeditationswithmatthewfox.org).

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# One Soul at a Time ...

by Ann Albers and The Angels  
Phoenix, AZ

**W**hile your world focuses on death, we focus on life. When your world focuses on war, we focus on peace. When one of you focuses on hatred, we focus on the love trying to sprout beneath a hardened surface. Eternally, we hold the vision of the life you want to live and the version of earth that you all, mutually, want to create – one of harmony, wellbeing, kindness, peace, and tolerance.

When you begin to focus as we do, as God does, on what you desire and on what you love, then your growth and expansion upon the earth will be achieved in joy. When you enjoy your life now and look forward to your wonderful future then your life will be filled with joyful anticipation and fulfilled dreams. If, however, you want something but you doubt, resist, or fear “not having” it, you block the flow of life that is attempting to assist.

Look at your world. Nearly everyone wants wellbeing but a large percentage of the population in the past few years has been focused on sickness. *Your pandemic would have been over in months, not years, had the world focus been different.* So many expect that there will be increased sickness in winter, and so it is. So many expect relief in spring and so it is.

Nonetheless, **one soul at a time, the pandemic is ending – not due to a shot, or supplements, or rebellion against it, but rather due to one soul at a time deciding to focus on being well, living life as they choose, and removing their focus from fear.** One soul at a time, your world is becoming a better, kinder, more tolerant, and loving place. It doesn't make the news, but one soul at a time, your world is continuing to evolve towards better.

Dear ones, be one of those souls. Focus on life and living the best you can in each moment. Appreciate a shaft of sunlight filtering through the window and give



thanks for life. Breathe in the fresh air on a walk or your back patio and give thanks for life. Drink your morning smoothie, coffee, or tea, inhale its fragrance deeply, feel the comfort of it and give thanks for life. Stretch and give thanks for your body. Look around and give thanks for your home. Appreciate the people in your life.



One thought, one choice, one act, one soul at a time, you are filling your world and the world at large with the light and the love that creates universes. You, in your simple loving choices, are a powerful force for love. If each of you put a drop of water in a bowl with each kind or loving thought, soon

you'd be watering gardens, spilling over into life-giving rivers, and melding into one vast ocean of love. This is what you are doing with your energy... one beautiful soul, one beautiful thought, one act of kindness at a time.

God Bless You! We love you so very much. ✨

*Reprinted with permission from Ann Albers – visionsofheaven.com.*

There will always be sickness on the earth but you can focus on wellbeing. *There will always be those who want to control others but no one can control a free thinking soul.* There will always be those who want war to feel powerful, but there will always be more who ARE powerful in their love for peace. Your world is not ending. It is birthing itself anew. With your focus on the beauty of each moment coupled with your anticipation of a more evolved world, you allow the power that creates universes to run through you and steer you towards that joyous future.

You are the ones who will end the pandemic, one soul at a time. You, dear ones, will prevent war, one peaceful heart at a time. You will create racial tolerance, one act of kindness at a time. You create harmony with the earth, one loving choice at a time. Do as you are inspired. Listen to your body, your mind, and your soul. When you feel like resting, rest and contribute to world peace. When you feel like gathering, enjoy time with family and friends and empower the vibrations of connectedness with others. When you feel like “being a hermit” sit in silence at home and empower the energy of connection with self and the Divine. Do what you love. Focus on what you love. Think thoughts of love and appreciation as often as you can. Comfort and soothe yourselves when you are in need.

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# Another Leap Forward in Dental Healing: The Silver Filling

The infamous "silver filling" is also known as a dental amalgam or mercury filling. The modern dental amalgam was first conceived in 1816 by the French dentist, Dr. Auguste Taveau, but earlier versions go back to the Tang Dynasty. Amalgams contain different combinations of silver, zinc, copper, and tin inside a mercury matrix. Are dental amalgams safe? Well, that depends who you ask.

The main exposure of the mercury in a dental amalgam is from mercury vapor that is released during its placement, the act of chewing on it, and later removal of the amalgam. This mercury vapor is essentially inhaled into the lungs and is absorbed and accumulates in various organs such as kidney, brain, lung, liver, gastro-intestinal tract, and the exocrine glands. Some believe that this material can cause multiple sclerosis and other autoimmune dysfunctions in the body. More and more dentists are excluding mercury fillings from their practices. Amalgams are a very hard dental material and can last over twenty years before the material starts to corrode and leak thereby allowing pathogens from your mouth to contaminate your tooth. The bigger problem with the hardness of the amalgam is since it is more rigid than your own tooth, your tooth will naturally flex around this

mercury filling causing stress cracks, which can ultimately compromise the overall health and wellbeing of the tooth.

So, you think want to remove your mercury fillings? It is very important that if you want to remove your dental amalgam, you do it correctly. There are organizations that claim they have "protocols" for the proper removal of mercury fillings, and they have paid members that are supposedly specially trained in this. Let me tell you that ALL dentists are trained to do this. The critical factor in the correct removal and replacement of a dental amalgam is using a skilled and competent dental practitioner. Do not assume all dentists have the same level of skill and expertise. Unfortunately, they do not. At **Integrative Dental Specialists of Long Island, Dr. Etes** and his team can help you make the correct decision in regard to your existing dental amalgams and other dental issues. Our office has the specialized dental skill set and the most modern equipment to ALWAYS treat you with the best and safest care. We always use the most premium dental materials available today, which are always biocompatible. We do it correctly, or we do not do it at all. Integrity is doing what is correct, even when no one is watching. Dental integrity is what Dr. Etes represents.

Your mouth is a wear and tear machine that requires maintenance, and teeth with amalgam fillings even more so. People forget that all machines require maintenance, and that all moving parts including teeth may eventually require repair or replacement, no matter how well you take care of them. Dr. Etes utilizes the most effective disinfection protocols and the most current dental materials available in the restoration of your teeth. Even more important are the master skills and precision techniques that Dr. Etes incorporates into his care which are necessary for the perfect repair. Anything less will not be successful in the long term.

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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 ultraviolet air and surface office disinfection protocols. Do not assume all dentistry is the same. Dr. Etes prides himself on bringing you top notch, unmatched care. 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, supported by the most advanced dental technology, **contact Integrative Dental Specialists to make an appointment with Dr. Etes today.**

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# Emotional Spring Cleaning: Clear Away Old Patterns and Open the Door to New Beginnings

by Judy Wilkins-Smith

Spring is an exciting time of year. Trees and gardens sprout new growth. Students catch spring fever and play hooky. The rest of us go into a frenzy of spring-cleaning. Like our parents, grandparents, and great-grandparents before us, we clear out closets, pack winter clothes away, clean windows and contemplate the garage. We get the “itch” to do home improvement. At the very least we buy some flowers to bring a bit of color back into our lives.

But spring cleaning is more than an annual household event. It’s an internal happening as well. As nature awakens, something stirs in us. We feel a twinge of creativity, a flutter of potential signaling new growth and a calling to new adventures. We feel deep stirrings. But do we always act on them? Do we pursue these inner urgings to change? More often than not, we don’t. And more often than not we don’t even know why.

I remember Louise, a client who came to me soon after she had gotten her real estate sales license. Despite the beautiful spring day, she was dressed somberly in grey slacks and a black jacket. For years she’d worked quietly as a clerk in her county’s administrative offices until she discovered she had a love for houses, a flare for sales and an easy ability to work with people. She was excited about her new career. But she felt intimidated by her female associates, all of whom dressed in an upscale manner and drove late model cars. “I bought a few new clothes,” she gestured to her uninspiring outfit. “And I know I should get a newer car. But it all feels wrong. I’m freaking out and I don’t know why. It’s just so stupid!”

It’s not like she came from a poor background. An only child from a solid middle class family, she’d gone to good schools and had never wanted for anything ... except, as it turned out, anything fashionable or colorful. Her mother, a nurse whom she desperately admired, never wore makeup. She had shopped for drab,

unfashionable clothes for herself and Louise at bargain basements and Goodwill. Even Louise’s bike, which she rode to school for years, was old and ugly when she got it. “I remember when I was twelve I wanted a bright red bike with a white basket for Christmas.” She sighed unhappily. “I got a boy’s used brown Schwinn.”

When Louise told me she couldn’t remember her mother’s mother wearing anything but black or dark brown, it became obvious there was a family pattern of the women being extremely modest and self-effacing. As we drilled down, a light bulb finally went off for Louise. “Oh, my God!” she exclaimed. “I remember there was a picture of Grandma taken in Paris right before World War II. She had pink cheeks and was wearing this beautiful pink dress with a pink bow in her hair and she looked so happy.”

“What happened to her?” I asked. Louise blushed and ducked her head. “I forgot because it was never talked about. But she was raped by a German soldier. My mom was born nine months later and after the war the family moved here to America.”

And there it was. All of her life Louise had lived in the shadow of that rape. Driven by concern for her safety, her grandmother had taught her daughter to never call attention to herself by wearing colorful things—to never look pretty or make a statement with her cars, clothes or makeup. Louise’s mother, in unconscious loyalty to her mother, raised Louise the same way. Now Louise, in unconscious loyalty to her mother, was doing the same thing. Almost 70 years after the fateful rape of her grandmother, she was dressing like a church mouse, torturing herself with anxiety over buying new clothes, up-scaling her image and investing in a new car.

Once she saw the pattern and understood the unconscious ancestral program that was limiting her, Louise was able to make changes. She realized her fear wasn’t hers. She also realized it was okay to make other choices and that in doing so she would not be disrespecting her mother—something that was very important to her. The last time I saw her she was still dressed conservatively, but smartly, wearing a little



makeup and a big smile as she proudly showed off her new car—a deep burgundy sedan. “It’s not exactly red,” she said. “But I’m getting there!”

## Internal Spring Cleaning Tips

So, what excites you this spring? What inner prompting for change is stirring? Does a new job beckon? A new hobby? A new relationship? A new step in your finances? A new fashion look?

Give yourself permission to explore possibilities and let yourself get excited about them. Just this act, in itself, is a gift. And if you need an excuse to cut loose from some of the old habits and constraints of your normal family ways of doing things, blame it on spring!

Once you settle on one particular change, explore your emotions. What feelings come up when you imagine yourself doing this new thing? Are they positive? Negative? Don’t judge. Just take note and jot all your feelings down.

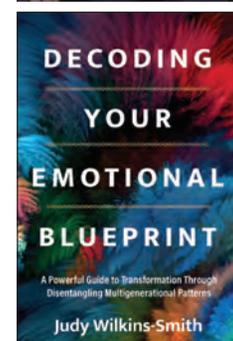
Let’s say the idea of a new love relationship excites you, but misgivings show up. Maybe it even scares you. Explore relationship patterns in your family system to see if this fear even belongs to you. As we saw with Louise, emotional patterns take root and travel through the generations. You may well have inherited your fear from

a parent or sibling or even an earlier ancestor who got badly burned in a love affair. Take note of the way you’re thinking. Do certain negative thoughts predominate? “I’m not attractive enough to find a great love. Good relationships don’t happen in our family. I’m not deserving enough.” Or how about, “Love is overrated.” Or “Love makes you weak.”

Just like emotions, thought patterns, words and sayings—something called *systemic sentences*—travel through the family line. We end up thinking and saying things automatically, never realizing these thoughts don’t really belong to us. Louise had some real zingers running through her head. “People who need attention are just begging for trouble” was one systemic sentence. Another was “Just

keep your head down, don’t ask for much, and things will work out fine.” How could she possibly stand out and shine in a sales profession with thoughts like that running the show?

So, get a broom and sweep those old dusty thoughts from your focus. Acknowledge and thank the old patterns for the wisdom they have provided, then put them down and create new thoughts and feelings you can believe in deeply to replace them. Grab a cloth and polish the windows to your soul. Stand in front of a mirror, look yourself in the eye and tell yourself it’s not just okay to have a new love—or a new car or a new job or a new puppy—in your life. It’s your destiny. After all, it’s just a part of spring cleaning. ✨



**Judy Wilkins-Smith**, author of **Decoding Your Emotional Blueprint: A Powerful Guide to Transformation Through Disentangling Multigenerational Patterns**, is a highly-regarded, international organizational, individual and family patterns expert, systemic coach, trainer, facilitator, leadership conference and motivational speaker and founder of System Dynamics for Individuals & Organizations. More info: <https://judywilkins-smith.com>.

# Realigning with Nature: Spring Cleansing Made Easy

by Theresa Vee  
Babylon, NY

**E**ach spring we have a new opportunity to get ourselves in synch with nature. So much pain and suffering has come from viewing ourselves as separate from the natural world, and each year a cleansing season offers us the perfect opportunity to realign!

Our bodies are always striving to keep us as safe and healthy as possible. In the winter, they slow down and store fat to insulate us against colder temperatures. Mucous production increases to combat the germs that can challenge respiratory health.

**As spring begins, we naturally begin to detox**, shedding the extra weight, mucous, and lethargy of winter while striving to feel lighter in all ways. Our energy levels begin to increase as sunlight becomes more available, which helps us to accomplish more each day.

**Because we are one with nature**, what's happening outside of us is also happening on the inside. The changes in the weather are being echoed by changes within our own bodies—like increasing warmth, cold, dryness, or moisture.

While completing a formal, structured cleanse can have immense value, it is not for everyone, nor is it always possible or recommended based on what's going on in our lives.

**Fortunately, nature provides exactly what we need to balance ourselves in any given season, including springtime.** This means that we can very effectively cleanse and detox the winter yuck from our bodies simply by leveraging the world around us, we just need to know how.

**Here are five highly effective things that everyone can do to detox and cleanse this spring:**

✦ **Eat seasonally.** Ingesting more of what grows naturally where you live at any given time of year helps you to counterbalance the energies of the weather. You don't need to eat *only* these foods, just *more* of them! Not sure what they are? Ask a local farmer!

✦ **Eat foods that are vibrant and alive.**



These are fresh, brightly colored, pleasant-smelling, unpackaged, whole foods. We bring in nutrients *from* as well as energetic qualities *of* everything we ingest, so by choosing wisely we can nourish ourselves more thoroughly by indulging all of our senses, not just taste!

Our cells are, quite literally, built from the foods we eat. Those cells are the foundation for everything else in our lives. Choosing the foods that give us the strongest foundation will give us the most energy and stamina.

✦ **Move your body.** It doesn't need to be a formal workout. Just move.

The lymphatic system accumulates all kinds of toxins, but doesn't have its own pump, which makes it easy for lymph to become stuck. This creates cellulite and lots of opportunities for dis-ease in the body. Getting our hearts pumping through movement is the way to keep the lymphatic waste traveling and the toxins releasing. Simply put, the more we move, the more we detox.

✦ **Breathe.** The breath is a built-in detoxification system. For it to work efficiently, we need to be taking full, deep breaths through the nose. However, most of us spend our days taking short, shallow breaths based in the chest or breathing through the mouth. This can result in up to 23,000 missed opportunities to detox our bodies each day! Breathing better oxygenates the blood, clears stagnant air from deep in the lungs,

and releases toxins of all kinds (physical, mental, emotional, and spiritual).

✦ **Ingest well in all areas.** We feed ourselves through each of our senses all day, every day. Who are we engaging with? What are we watching, listening to, reading, smelling, etc.? Are these things nourishing us in the ways we want in order to reach our goals? What needs to change? Cleansing the experiences that are no longer sustaining us gives the space to bring in new ones that are more aligned.

**How do we know it's working?**

We feel lighter—physically, mentally, and emotionally. We have more energy and begin to experience changes in the way our bodies and skin look and feel, and maybe even some relief from seasonal allergies!



**Is spring the only time to cleanse?**

Not necessarily, but it is the *best* time. Nature supports the process by providing foods and weather that are naturally conducive to detox—like berries and greens! Why fight it? Ride the wave!

**Fall cleansing is also a possibility, but is not recommended to detox or cleanse in the summer or winter.** When weather is at its most extreme, you will be thrown too far off balance to create positive change.

These tips can realign you with nature and help you to jumpstart or deepen your wellness journey in an ease-filled way. Happy detoxing! ✦

*Theresa Vee is a certified holistic wellness professional and speaker specializing in nutrition and Ayurveda. She helps spiritually-driven people to become more balanced, create peace and purpose in their lives (and she cleanses every spring!) Find out more about her work at TheresaVee.com.*

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# Forget About Covid, They Say

by Jeffrey A. Tucker

Earlier this year, a phrase was trending because Bari Weiss used it on a talk show: “I’m done with Covid.” Many people cheered simply because the subject has been the source of vast oppression for billions of people for two years.

There are two ways to be over Covid.

One way is to do what the memo from the consultants of the Democratic National Committee suggested: Declare the war won and move on. For political reasons.

Deaths attributed to Covid nationally are higher now than they were in the summer of 2020 when the whole country was locked down. They are also higher now than during the election of November the same year. But today we are just supposed to treat it for what it is: a seasonal virus with a disparate impact on the aged and frail.

Rationality is back! In that sense, it’s good to forget about Covid if it means living life normally and behaving with clarity about what does and does not work to mitigate a virus. The Democrats decided that the hyper-restrictionist ways were risking political fortunes. Hence, the line and the talking points needed to change.

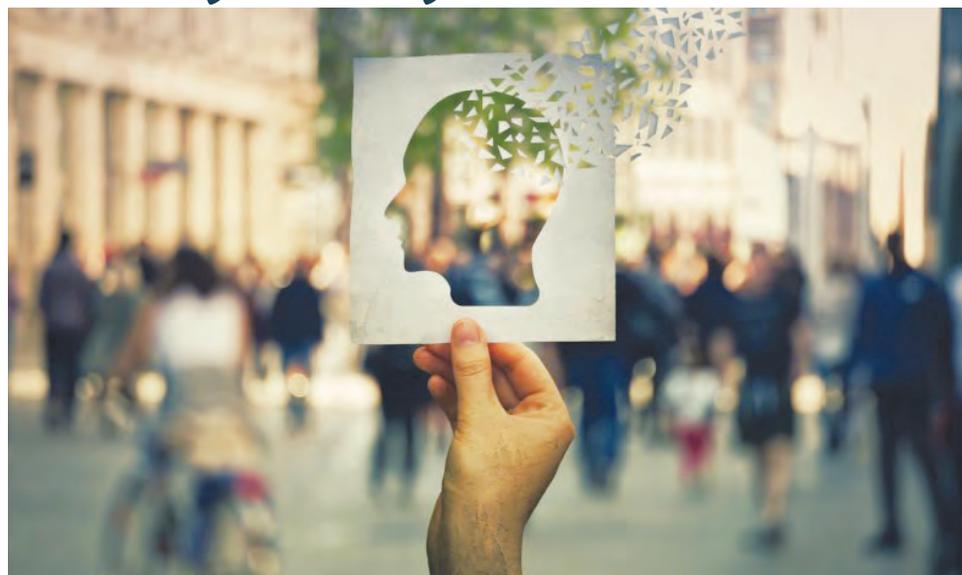
Another way to get over Covid is to forget completely about the last two years, especially the astonishing failures of compulsory pandemic controls. Forget

about the school closures that cost a generation two years of learning. Forget that the hospitals were largely closed to people without a Covid-related malady. Forget about the preventable nursing-home deaths. Forget that dentistry was practically abolished for a few months, or that one could not even get a haircut.

Forget the stay-at-home orders, the church and business closures, the playground and gym closures, the bankruptcies, the travel restrictions, the firings, the crazed advice for everyone to mask up and physically separate, the record drug-related deaths, the mass depression, the segregation, the brutalization of small business, the labor-force dropouts, the forced stoppages of art and culture, and the capacity limits on venues that forced weddings and funerals to be on Zoom.

Forget about a closer look at the bogus mathematical models, vaccine trials, the circumstances behind the Emergency Use Authorizations, the adverse effects, the inaccuracies of the PCR test, and misclassification of deaths, the billions and trillions of misdirected funds, the division of all workers between essential and nonessential, and the millions who were forced to get jobs they did not want.

Forget about the possibility of a lab leak, the role of China, the deadly use of ventilators, the neglect of therapeutics, the near-banning of all talk of natural immunity, the overselling of the vaccine, the lost religious holidays, the lonely deaths due to the blocking of loved ones from hospitals, the censorship of science, the manipulated and hidden CDC data, the payments to the major media, the symbiotic relationship between government and Big Tech, the demonization of dissent, and the abuse of emergency powers.



Forget how health bureaucracies headed by political appointees took over the task of regulating nearly the whole of life, while messaging the country that freedom just doesn’t matter much anymore!

Who precisely benefits from this method of being “over Covid?” The unrepentant hegemon that gave us this disaster to begin with. They want to be in the clear. They don’t just desire to be exonerated; they don’t want to be judged at all. They want to be unaccountable. The best path toward that end is to foster public amnesia.

I don’t just mean the Democrats. This calamity all began under a Republican president who still retains folk-hero status. Plus all Republican governors except one (Kristi Noem of South Dakota) bought into the initial lockdowns. They don’t want to talk about it either.

There is a vast machine extant that desperately wants everyone to forget. Not even forgive, just forget. Don’t think about the old thing. Think about the new thing instead. Don’t learn lessons. Don’t change the system. Don’t uproot the bureaucracies or examine why the court system failed us so miserably until it was too late. Don’t seek more information. Don’t seek reforms. Don’t take away powers from the CDC and NIH, much less Homeland Security.

Meanwhile, we live amidst a crisis without precedent. It affects health, economics, law, culture, education, and science. Nothing has been left untouched. The end of travel augmented every preexisting international tension. The wild government spending and the monetary accommodation of the ballooning debt, in addition to supply chain breakages, are all directly responsible for record levels of inflation. It’s much easier to blame Putin than it is to look

at the failed policies of the US and many other governments in the world.

There are so many remaining questions. My own estimate is that we know about 5% of what we need to know to make sense of this whole disaster. What precisely were Fauci, Collins, Farrar, Birx, and the whole gang doing in February 2020 when they weren’t looking for early treatments?

Why did so many prominent epidemiologists completely reverse their stated views on lockdowns? They flipped from being largely skeptical of coercive measures on March 2, 2020, to fully embracing the most egregious measures only a few weeks later. Moreover, there was clearly a conspiracy emanating from the top to smear dissenting scientists who later said that the lockdowns were causing vastly more harm than good. The people behind the Great Barrington Declaration were targeted by government and media for professional ruin.

When did the vaccine companies get rolled into the mix and under what terms? We need to know the when and why of the questioning and denial of natural immunity. Who was involved in this egregious and wholly inaccurate attempt to stigmatize those who rejected the vaccine? Where were the trials for generic therapeutics that the NIH is supposed to fund?

Why in general did an entire establishment choose panic, lockdown, and mandate over calm and the traditional practice of public health?

I have my own questions. What were the conditions and the messages that led the New York Times to use its podcasts and

*Continued on page 19*

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# RFK, Jr. – Upton Sinclair, or Upton O. Good? YOU Decide

by Steve Bhaerman  
Santa Rosa, CA

*The truth shall upset you free*

-- Swami Beyondananda

If we are to believe the mainstream media, Robert F. Kennedy, Jr., author of a new book, *The Real Anthony Fauci*, is a “anti-vaxxer, science-denier, and conspiracy theorist” – and up to no good.

Having taken the time to read his book, I say he is more like Upton Sinclair.

A socialist who ran for Governor of California as a Democrat in 1934, Sinclair was a muckraking journalist and novelist, famous for his 1906 novel, *The Jungle*, an exposé of Chicago’s meat packing industry. Very likely the phrase, “seeing how the sausage gets made” came from this book, which eventually led to the passage of the Meat Inspection Act and the Pure Food and Drug Act.

RFK, Jr.’s book, ostensibly about Dr. Fauci, is really about “how the science gets made” – and about how the very “regulatory agencies” charged with serving and protecting the public have been captured by the industries they are supposedly regulating.

RFK, Jr. is the current pariah poster child, and if you read the news recently, you will see he is being slammed for comparing the current lockdowns and mandates to Nazi Germany. In that regard, he may have overstepped, and should have instead referred to “not-see America,” where intelligent, thoughtful, and well-intentioned people have chosen to “not see” what is too uncomfortable to look at.

Here’s an example. A progressive colleague of mine wrote a scathing review of RFK, Jr.’s book a couple of months ago, and what was unique about this review is ... he never read the book, and proudly proclaimed so. Instead of refuting RFK, Jr. point-by-point, as in a sane, reflective discourse, he “pre-futed” it. Bad man, bad book, don’t read it. End of story. I call this piece a “reassurance



to hold our system accountable. Instead, we have been pulled into a blame-fest and shame-fest, that keeps us divided and conquered.

piece”, reassuring progressives to “move along now, there’s nothing to see here.”

And ... what we don’t know – or refuse to know – CAN and WILL hurt us. Regardless of where we are on the political spectrum, whether we are pro-vax or no-vax, ALL OF US are impacted by the interlocking directorate of the pharmaceutical industry and those using taxpayer money to “regulate” it. There’s a reason why our hugely expensive, for-profit “health care” system ranks last among all industrialized countries.

In these times of fear, insecurity and upheaval, the default is to hang with your tribe, and shut out any information that doesn’t jibe with your already-beliefs. The unfortunate consequence of this “bipolar insanity” is we have abandoned the notion of finding the whole truth together. This serves to keep the status quo, status quo, and makes it impossible for we the people

The issues of medical choice and corporate-government accountability belong to neither left nor right. ALL Americans – and worldwide, all people – must now begin a conversation about whether technology is our servant or becomes our master. A first step is “lifting the veil” on the “sausage factory” where our health policy is manufactured. And a key part of this “upwising” is stepping outside the matrix of this-or-that politics and a media that serves up “babblum” – pre-digested information to save you the trouble of finding the truth for yourself.

And so – my progressive co-hearts – I invite you to have a peek behind the “irony curtain” – read the book and make up your own mind. ✨

**Steve Bhaerman** is an internationally known author, humorist, and workshop leader. For 35 years, he has written and performed as Swami Beyondananda, the “Cosmic Comic.” Swami’s comedy has been described both as “comedy disguised as wisdom” and “wisdom disguised as comedy.” Marianne Williamson has called him “The Mark Twain of our generation.” On the “serious” side, Steve has co-authored **Spontaneous Evolution: Our Positive Future and a Way to Get There From Here** with cellular biologist Bruce H. Lipton (Hay House, 2009). Steve’s radio show, *Wiki Politiki* can be heard on Om Times Radio (<https://wikipolitiki.com/> and he’s online at <http://www.wakeuplaughing.com/>. Steve can be contacted at [info@wakeuplaughing.com](mailto:info@wakeuplaughing.com) Folks can catch his *Front and Center* podcast at [www.frontandcenter.us](http://www.frontandcenter.us) *Front and Center* You Tube Channel. <https://www.youtube.com/channel/UCidFRSUUwJIzrHZF2biwNQ>.



The rage that pro-vaxxers have visited on those they perceive to be “anti-vax” is misplaced, and should be directed toward a system where profit and entrenched power rule. Those on the right who rail against Joe Biden and bitterly call COVID the “China virus” likewise are missing the mark. This issue is bigger than partisan politics, and in fact, cannot be resolved on that field.

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# Homeowners Guide: Eleven Ways to

by Hippo

While there are plenty of reasons to start your own garden, housing pests usually isn't one of them. Once you discover uninvited pests in your lawn, garden, or even your home, your first thought might be to call a local pest control company. However, harsh pesticides can be dangerous to pets, children, and the atmosphere — often causing more trouble than it's worth.

*Opting for eco-friendly pest control through natural and less harmful methods is a much more convenient way to pest-proof your home. This way, you can avoid the costly process of extermination and relocation until the bugs are gone. In this guide, we'll walk you through exactly what eco-friendly pest control is, how it works, and how to start using it in your home.*

Remove pests from your home and garden naturally using scents, plants, and essential oils that repel them. You can search for eco-friendly pest removal companies to do it for you, or you can make it a DIY project using the different methods below.

## 1. Grow a Healthy Garden with Soil Rich in Nutrients

Healthy gardens are soil rich in nutrients. You can easily add natural fertilizer by using food waste you would normally compost, to your soil. Opt for a healthy garden that will attract beneficial insects — instead of harmful ones. Using a pesticide will eradicate all bugs — even the good ones that are healthy for your yard or garden.

## 2. Plant Pest-control Herbs

The types of plants in your garden can have a huge impact on the bugs they attract. Adding herbs like mint, basil, lavender, and rosemary to your garden can help deter bugs you don't want — and can be a great addition to food and drinks. Not only that, but these herbs are companion plants — plants that grow together with mutual benefit. Talk about a win, win.

If herbs aren't your thing, other examples of natural plants that have pest-repelling properties include:

- ❖ *Petunias*
- ❖ *Chrysanthemums*
- ❖ *Lemongrass*
- ❖ *Clover*
- ❖ *Eucalyptus*
- ❖ *Marigolds*

## 3. Use Spices to Ward Off Pests

Once you've found the pests' point of entry, you can use powerful spices (like the ones below) on your windowsills to deter creepy crawlies from entering. To do this, you can make a mixture of one teaspoon of the spice of your choice combined with a cup of water in a spray bottle and apply this to your windowsills or door frames.

Spices to use include:

- ❖ *Cinnamon*
- ❖ *Cayenne*
- ❖ *Paprika*
- ❖ *Turmeric*
- ❖ *Salt*
- ❖ *Black pepper*
- ❖ *Bay leaves*
- ❖ *Cloves*

## 4. Clean Using Essential Oils and Vinegar

Another way to ward off pests is to use natural cleaning products you make at home. If you're a DIYer at heart, make your own pest control by mixing 1 cup water, ¼ cup vinegar, and 1 teaspoon of your chosen essential oil in a spray bottle. If you don't have essential oils on hand, you can use citrus peels soaked in water instead. The cleaning ingredients will remove food residue and the strong smell will deter pests.

**Essential oils you can use in your cleaning spray include:**

- ❖ *Peppermint*
- ❖ *Lavender*
- ❖ *Eucalyptus*
- ❖ *Citronella*
- ❖ *Lemongrass*
- ❖ *Tea tree*

## 5. Use food waste as an insect repellent

Using food waste to repel insects can be as easy as taking your leftover citrus

## 6. Try Boric Acid

Boric acid has been used since the 1940s to control roaches and is classified as a natural insecticide. To use this natural pest control, apply boric acid to the areas insects live or where you think they're coming in from outside. Make sure to be extra careful when using it and follow the instructions to prevent any bothersome side effects.

## 7. Use Humane Traps to Relocate Rodents

Humane traps are devices you can use to capture and free rodents you find in



peels, cutting them into smaller pieces, and adding them to your garden's soil as fertilizer. You can also put the citrus peels on the counter or windowsills to deter pests.

Got leftover chopped onion from lunch? Combine the onion with some water in a bowl and keep it on your countertop to ward off mosquitos. But wait, there's more! You can even use ground coffee on the perimeter of your home or along windowsills to repel ants, mosquitos, wasps, or bees since they hate the strong smell.

your home. Using these traps ensures no creature is harmed in the process of pest removal. To avoid the hassle of fumigation, you can set pests free with humane rodent traps.

## 8. Attract Birds to Do Your Pest Removal for You

Birds and other small animals are great for your garden since they often help get rid of slugs, caterpillars, snails, and other pests. Attract birds using bird feeders and nesting boxes, which can also make your backyard a little oasis.

# Remove Pests Naturally



## 9. Use Natural Pesticides

Natural pesticides like pyrethrum sprays have been used for hundreds of years as an organic version of pest control. This biodegradable pest control solution has very low toxicity to humans and is safe to use in your garden. Simply spot-treat the parts of the plant that you see are affected.

## 10. Try Microbial Insecticides

Microbial insecticides are microorganisms that target pests in an eco-friendly way. One of the most common microbial insecticides you can use in your garden is *Bacillus thuringiensis*, or Bt. Get some gloves, long sleeves, and full pants before you spray your plants with this natural pesticide. Bt is non-toxic for humans and pets, but make sure to wash your hands thoroughly after applying it to avoid allergies.

## 11. Sprinkle Diatomaceous Earth

With gloved hands, sprinkle diatomaceous earth (or DE) around the baseboards of your home or wherever else you've found insects to remove unwanted pests quickly. DE helps get rid of insects like caterpillars, aphids, slugs, whiteflies, snails, trips, and root maggots. It's best not to inhale it, so make sure to wear a mask and follow any other safety instructions recommended by the manufacturer.

## BENEFITS OF ECO-FRIENDLY PEST CONTROL

Now that you know the best methods to remove pests from your home and garden naturally, you might be wondering what the

*benefits of using eco-friendly pest control methods are versus traditional pesticides and fumigation. Natural pest control methods boast a number of benefits, have proven to be safer to use around pets and humans, and can even help protect the integrity of your garden and home in the long run.*

### 1. Better Long-term Results

When pest control companies come to fumigate your home time and time again, insects can develop a resistance to the pesticides they use. Natural methods of pest removal make it difficult to develop a resistance. These methods will ultimately result in money saved and better long-term results for your home.

### 2. Less Damaging to Your Garden and Lawn

Pest removal can take several rounds of treatment, which ends up damaging your garden and lawn. This can even cause issues with regrowth in the future since the toxins escape into the atmosphere and soil over time.

### 3. Doesn't Harm Beneficial insects and Animals

There are good bugs and bad ones — it's best to keep the good ones around since they serve as natural forms of pest control. Chemical pesticides remove all bugs, even the good ones. Pesticide use has been linked to plummeting honeybee populations. It also kills other pollinators like butterflies, hummingbirds, lizards, and small mammals. It's best to use natural methods in order to protect the

wildlife that supports your garden and lawn ecosystem.

### 4. Safe to Use Near Pets

Our furry friends can also be negatively impacted by toxic pesticides, but natural pest control options like DE, citrus, essential oils, and companion plants are all safe to use around pets.

### 5. Doesn't Disrupt Your Home

Fumigation requires you to evacuate your home, clear your fridge and cover your fabrics. Eco-friendly methods of pest removal don't require such drastic methods and can even be done on a regular basis without having to change anything at home. Chemical pesticides can also linger in your home, so avoiding them altogether is often your best bet.

## DOWNSIDERS OF TRADITIONAL PEST CONTROL

Chemical pesticides come with toxins that prevent your furry friends from enjoying your backyard. They can also pose dangers to people as well, which is why more and more homeowners are opting for the methods we covered above. Although natural pest control methods can take longer, it is relatively low maintenance — especially if you've decided to xeriscape your lawn. ✨

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B.M, LMT, M.S., L.Ac

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Dr. Rizvi earned her DDS from New York University and completed a fellowship in Oral and Maxillofacial surgery at the Montefiore Medical Center of the Albert

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# Judgment, Crucifixion, Resurrection

by Patricia Bono  
Scottsdale, AZ

She would wake on those Sunday mornings, uneasy, knowing, dreading what was to be.

Another dinner with his family; narrow-minded, judgmental, opinionated, bigots. The last supper.

And like the sacrificial lamb, at the day that she knew would lie ahead, she would bear the cross upon her shoulders of his own guilt, shame, fear, frustration of who and what they were and who and what he was, as well as her own doubts and fears, of who she was, what she had become and judgment day would begin.

The ride over would be quiet, their greetings, the kiss of death. And all alone was she, as she walked, the sacrificial lamb into the den of lions, their teeth razor sharp, showing through their menacing smiles, and dinner would be served.

“Eat, drink, partake of the bounty being offered you, for you must be fattened, made ready for the kill.”

And it would come, the crucifixion, every idea, thought, word she expressed eagerly torn from her, from the essence of who she was and savagely devoured, the nails driven in deeper and deeper as the day wore on.

Finally, it would be over, her life's blood drained and yet she would smile, ever so sweetly, and thank them for such a lovely day.

And on the ride back, with him, it would begin again. Every idea, thought, word she had expressed would be replayed and judged, criticized, condemned, ripped and torn apart. It would end with a beratement, “If only you would listen, do and say as I tell you, everything would be fine.”

“But what of me, her soul would cry out in anguish, silently, to the universe, WHAT OF ME??”

That night, in her dreamtime, Hawk, the messenger, came to her, spiraling, slowly, down from the heavens, calling to the inner recesses of her soul, opening memories long forgotten and her Goddess essence spoke to her.

“Woman, doubting, fearing your own self-worth of who you are and what you can become. Enough! It is over! No more are you to be the sacrificial lamb. For ultimately, we allow ourselves to be our own victim. You are Woman, Love, Light!

Call upon me and the predatory strength of my helper, Hawk. See through her eyes. These people are but an illusion, a representation of your own doubts and fears. You are to doubt and fear no more. Hold your head high, proudly, stretch your wings, fly, soar, screech to the heavens, free yourself. You have more years behind you than ahead of you. It is time to take those remaining years and have them bear fruit. For surely as they have judged you, so too, will they judge themselves. It is through your darkness that others will find the light. Woman! It is time for you to step from that darkness into the light to take your place beside my throne with others like you and claim the freedom you so richly deserve.”

She woke, next to him, the morning sun shining warmly on her face, her Goddess

essence now open, flowing through to the very core of her being and through the open window next to their bed, she saw, Hawk, spiraling, slowly, down from the heavens and she knew her hour of resurrection had come. ✨

Patricia Bono has been doing her work for over 40 years using her unique gifts to be of service on all four levels: physical, mental, emotional and spiritual. In 2001, she had the honor of being a guest speaker at the United Nations Women's Guild. She has taught classes at The Learning Annex in NY, Adult Education at Adelphi University, in addition to speaking at the Waldorf School. Patricia has presented workshops/classes at multiple Animal Shelters and was a past board member of the League for Animal Protection in New York. Patricia has been writing stories about her life and sharing those experiences about the journey and those turns on the trail, and also has three grown children. (See her Resource Listing on page 18)



## Forget About Covid, They Say *continued from page 12*

printed pages (February 27 and 28, 2020) to spread absolute panic? This institution had never done this before in any previous pandemic. Why did it choose this path even weeks before Fauci and Birx started lobbying Trump to pull the trigger?

To put a fine point on it: how much money was involved?

What we need is a full timeline with every detail for two years. We need reparations for the victims. We need to take powers away from hundreds and thousands of leading politicians, scientists, public health officials and media executives.

What changed pandemic panic to a new calm is the force of public opinion. God bless the protestors, polls, and truckers. That is a great improvement but there is a long way to go to rekindle the love of liberty that can protect us next time. **It's not about left and right. We need a new understanding of public health, bodily autonomy, and essential liberties.**

Some people want global amnesia and otherwise no change in the regime, no follow-up, no investigations, no connecting dots, no justice, no answers to burning questions.

And consider this. If we are so over Covid, why are people still being fired for not being vaccinated, including people with superior natural immunity? Why have the fired not been rehired? Why the masks on planes, trains, and buses? Why the continued quarantine rules? Why the restrictions on international travel? Why are children still forced to cover their faces? Why must everyone who wants to see a Broadway play be forced to cover up their smiles?

The remnants of restrictions, mandates, and impositions are there to serve as a reminder of the prevailing ruling-class attitude toward their policy choices. There are no regrets. They have done everything right. And they still have their thumb on you.

That is intolerable. By all means, forget about Covid and live life as normally as possible in defiance of those who live to foster fear. But, never forget the disastrous Covid restrictions that created such destruction. We cannot let anyone off the hook, much less pretend that the policy disaster that created billions of personal tragedies never happened.

The world we live in today – with worse health, economic dislocations, demoralized and undereducated children and youth, segregations and censorship, the unquestioned ubiquity of rules manufactured by the undemocratic administrative state, the instability and fear that comes with no longer trusting the system – is a far cry from the one that existed only a few years ago. We need to know why, how, and who. There are millions of questions that cry out for answers. We must have them. And we need to work to recover, rebuild, and insure it will never happen again. ✨

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<https://brownstone.org/articles/forget-about-covid-they-say/>



**Jeffrey A. Tucker** is Founder and President of the Brownstone Institute and the author of many thousands of articles in the scholarly and popular

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# POETRY

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Jan Guarino  
JanGuarinoFineArt.com

## Her Floral Entrance

by Gina Florentino-James  
Huntington, NY

Peering around her verdant curtain  
She is ready to make her appearance.

It's been a year.  
It's time.

She's ready to make her debut...again!  
She has no choice.

The show must go on...ad infinitum.  
Spring's stage is set.

Out she steps, blossoming.  
She's played this part before.

Performed it oh so beautifully, magically.  
Nothing is held back.

She blossoms so proudly.  
Spring is here and so is she.

TA-DA  
It's the part she was born to play.

## Good Night

by William H. Balzac, Deer Park, NY

Before I fell asleep last night  
I thought about a sunrise,  
Where all the clouds, grey,  
Would be dispersed  
Within the blue skies,  
And,  
There would be:  
Good Morning.



## Haiku

by Madeline Heit (Lipton)  
Farmingdale, NY

Rainy day unfolds  
Soaking landscapes aplenty  
Dreams and schemes still yearn

## To Soar With Eagles

by Bruce Levine  
Saco, ME

Flowers opening as songbirds fly  
Above trees already in bloom  
As leaves clothe the barren branches  
No longer remnants of winter's black lace

As the rebirth of the earth  
Signals the beginnings of a new life  
For those recognizing the romance of nature  
And the romance of the human spirit

Held together by the glue of eternity  
While grasping the hand of the future  
As the sap of trees rises each spring  
Bringing life to the limbs of sturdy oaks

Our love will endure like the redwoods  
Of California forests primeval  
Towering among the clouds that keep rising  
To soar with eagles to new heights

## Rebirth

by Rhonda Weiss  
Leeds, NY

The wind was praying  
To someone deaf to prayers  
Wailing dreams  
To conch shells  
Holders of echoes  
Holders of messages  
From bottles lost at sea  
That dined on coral reefs and anemones  
Played toss with an octopus  
Hitched a ride on Poseidon's horse  
Was broken by a white capped knave  
Then left for dead  
On a distant shore  
Shards of glass  
Glimmer  
Through the morning haze

## Unbounded Women

by Maureen Bourque, Nashua, NH

Mothers, Daughters, Sisters, Aunts, Nieces, Cousins  
All XX chromosomes

It is the grandmother who reaches beyond the label  
Her wisdom in action by words and thoughtful gazes  
Her heart is wide touching a greater divinity of all women  
Her birth in each womb is sacred

She holds the vastness of humanity...all foibles, graces and gifts  
Genders not seen

Categories of beings not divided  
Intolerances not accepted

Her vision of each being reflects all she has received by Love in her life  
She holds Love's space  
For Gaia our Earth Mother

Poetry is nearer to vital truth than history. – Plato

# Heaven's WiFi is Always On

by Ann Albers  
Phoenix, AZ

I'll never forget one of my first really cool experiences with my personal angels. I'd been feeling one around me. She was female but she wouldn't give me a name through anyone else, and I wasn't getting it yet. I was too "Type A." I was too analytical. I thought too much and surrendered too little. I begged for a name and then without quieting my mind at all fretted about the fact that I couldn't hear it and wasn't getting it.

"Give up" I heard the words in my head. "Fine!" I thought. It's too hard anyway. I decided to get on with my hike. At long last, I sat by the creek and put my feet in the water. The gentle flow was deeply soothing. The leaves on the trees fluttered in the breeze and sunlight filtered onto the surface of the water, glistening like diamonds. I melted into the present moment, mesmerized by the beauty and the babbling brook. My eyelids became heavy.

I couldn't resist the pull inwards. I shut my eyes and fell into a trance, where I saw my guide clear as day. She appeared in the vision as an older Mayan woman with dark skin and jet black hair. She took me to a garden gate and pointed to a sign. "XICHI" was clearly spelled out on it. I looked at her. She said in my mind, "Tzi chi" giving me the correct pronunciation." There was the name, easy as pie, once I had surrendered and relaxed thoroughly in the bliss of the present moment. She was teaching me. I didn't need to strive for answers. I needed to relax and receive them.

The vision wasn't over. Suddenly she showed me what the scene looked like through her eyes. There was no separation between the creek, the trees, her, and me. There was only one dancing field of energy expressed in different flows and colors. Some objects were comprised of patterns of moving energy that corresponded to their physical form. Others blended together into each other and into the landscape. I was energy and energy was flowing through me and I felt that same energy flowing through everything else. I remember thinking, "How beautiful." Then my engineering mind kicked in with

a million questions and in a blink, the scene dissolved back into everyday reality.

I'll never forget it. It was my first glimpse into the energetic field of oneness that creates form. It felt imaginary and real at the same time. I'd never seen anything like it so I wasn't sure I could have made it up. I just accepted it.

Over time, I channeled Xichi privately for a few engineering friends who asked really cool questions about the nature of reality. She showed me energetic diagrams that helped me understand the idea of many forms in one field. She, and an angel named Ariel who "adopted" me as well, taught me about the dimensions, about our true nature, and about what it was all about. My information came sometimes in visions, sometimes as



I sat and typed questions at the computer and then let the answers pour in a stream of consciousness. Ariel did more typing. Xichi, who I didn't tell too many people about, channeled mostly in the visions and words when questions were asked.

Many other guides appeared and sucked me into "imaginary" realms, or as the angels would say, "real" realms of energy. I say "sucked me in" because I don't know how else to describe the sensation of pressure on my third eye (forehead between the eyebrows) that compelled me to sit down, shut my eyes, and pulled me inward as if I was being pulled by a vacuum inside of myself, into a dream-like space. Once there was an aboriginal gentleman who showed me some past life ceremonial practices. Archangel Michael started to show up frequently with his beautiful sense of humor. Other angels and guides appeared, and even sometimes the soul of the living I'd admired, but never met. Jesus comes to

me often, sometimes sends energy through me, and often just draws me into realms of pure love. In my office, I have a picture painted by an artist that he appeared to and when I stand in front of it and look in the eyes, I am transported into a loving silence so profound, there is nothing else.

Humorously, even my not-so-deceased dogs visit often as well, asking where their other-dimensional popcorn or brie-on-Triscuits is. They told me in no uncertain terms after they transitioned, that when I imagine giving them treats, they get the treats in their dimension – where thoughts turn easily into things! I asked them why they couldn't think up their own popcorn and Lucy, my labrador in spirit, answered with her usual sense of humor, "We like yours better!" Must be the butter!

bodies and into the light after a bombing. I saw the village walls and buildings clearly. Later that evening, as I described the scene to a friend later, she emailed me a news article. There was the village I'd seen, halfway around the world. These crazy things are real. I've come to accept that.

So when you begin to play with angels or relatives in your inner world, you may feel like you're making it up. Eventually, however, you'll get some information or see something that you'd have no way of knowing or no frame of reference for. Our visions and even our words are symbols of energetic realities. We are like mobile phones that pick up energy and turn it into words. Whether we think about it or not our thoughts and words turn to the energy that goes out into the universe and is able to be received and interpreted by those who have ears to hear or minds that sense energy. We transmit and receive all the time.

It isn't as hard to connect with your not-so-departed loved ones, your angels, and the masters. They're only a thought away. As surely as you can easily text with those you love, you can mentally "text" your loved ones, guides, and angels. The angels like to joke that heaven's WiFi is always on, always connected, and always reliable.

If you don't already, you can talk to your angels and guides. It just takes an open

heart, a playful mind, and a willingness to surrender to love. ✨

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# BOOK REVIEWS

## & PRODUCTS

### FILM

#### SALT IN MY SOUL

A Feature Documentary by Will Battersby  
@SaltInMySoulDoc on Facebook,  
Twitter, and Instagram  
VOD: Apple TV/iTunes, Amazon,  
Google Play, Microsoft/Xbox, Vudu  
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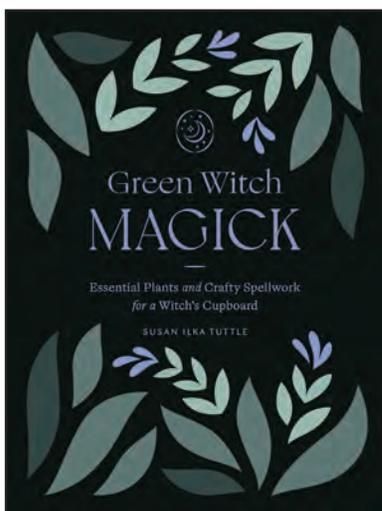
Based on the bestselling posthumously published memoir of the same name, *SALT IN MY SOUL* is a documentary and classic coming of age story about a young woman figuring out how to live while dying.

Mallory Smith was diagnosed with cystic fibrosis at the age of three. In her twenty five-year struggle with the deadly disease, she carved out a life that most of us don't come close to. Using Mallory's posthumously published 2500-page secret diaries, hundreds of hours of newly discovered footage, and audio recordings, the film offers Mallory as the narrator of her own extraordinary chronicle. From the press release: *SALT IN MY SOUL* has 100% on Rotten Tomatoes with critics calling it 'a powerful film' and 'profound, unflinching and genuinely poignant.'

Following her realization at age nine that she would die young, Mallory secretly began to record her inner thoughts in her diary while throwing herself at life: friendships in elementary school, lovers and sports teams in high school, the little travel her disease would allow. She attended college and explored the wider world, one that was just beyond her grasp. She became a devoted environmentalist, seeing a startling and vivid metaphor for her declining health in the destruction of our world. Her father feverishly researched treatment options, desperate

that the death sentence be commuted. Her mother obsessively helped her to live, cooking to maintain her weight and create community, raising money for research, and teaching her to prioritize relationships over all else. Mallory fought. And she wrote; about her fears, her loves, her pain, her depression, her hopes, and gave a voice to the many millions who struggle with invisible or visible illness. In Mallory's final days, her father uncovered a long-forgotten treatment that is now changing the world of medicine. Heartbreakingly, it came too late to save his daughter.

Mallory was a young woman who lived with illness her whole life, who suffered immeasurably but who always found the will to live happy. Her story is a testament to enduring parental love and determination and the healing power of memoir as medicine, inspiring all of us to live life as fully as possible in the face of the challenges we all face.



### BOOKS

**GREEN WITCH MAGICK**  
Essential Plants and  
Crafty Spellwork for a  
Witch's Cupboard  
by Susan Ilka Tuttle  
Fair Winds Press

Align with the natural cycles of the earth as you explore the 13 essential plants every green witch must know and have in their garden and cupboard for healing, spellwork, and divination in *Green Witch Magick*. Plants are a sacred offering from Mother Earth. And witches have always known and understood their healing and magickal powers.

Plants hold sustenance, medicine, and wisdom. They gift us with the essentials we need to live and thrive. In return, they ask to be used for the highest good. This is the path of the green witch. Learn how to reconnect with this sacred knowledge. Noted green witch and herbalist Susan Ilka Tuttle, creator of the Instagram handle

@Whisper in the Wood, shows you how to forage, grow, and work with the plants integral to your green witchcraft practice.

At the core of green witchery is the responsible stewarding of Mother Earth and her precious resources. Learn how to:

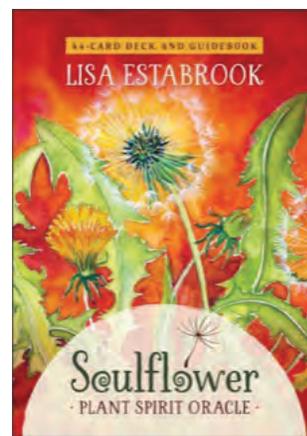
- Ethically forage and harvest needed plants
- Set up your own green witch garden
- Work with both wild and cultivated plants in concert with natural cycles
- Co-create with plant allies to make natural remedies, recipes and elixirs.

In addition, you'll learn the energetic and magickal properties of plants and how to effectively use them in ritual. For example, did you know that plants associated with the moon are connected to sleep, intuition, and lucid dreams while plants connected with the element of air are connected with psychic powers, intellect, and wisdom? Reclaim your inherent relationship with the healing magick of nature!

**SOULFLOWER PLANT SPIRIT ORACLE**  
Card Deck and Guide  
by Lisa Estabrook  
mysoulflower.com

In this high-vibration, full-color deck, artist and plant whisperer Lisa Estabrook presents 44 beautiful and vivid Soulflower oracle cards, along with empowering and insightful messages from each card's plant spirit, to help you tend the garden of your soul. The cards are designed to help you remember the simple truth that all of Nature is sharing—that we are cyclical beings intimately entwined with the Earth and all of life. Working with the cards will help you connect directly to your own inner wisdom, your intuition, like a mirror reflecting back at you the truth of what's in your heart. For example, Chamomile reflects the soul quality of stability and its plant spirit reveals how, even on a cloudy day, the sun is still shining—it is just obscured. For Bleeding Heart, the soul quality is independence and its plant spirit helps you to recognize and strengthen the true source of your heart's power.

In the accompanying guidebook, Lisa offers ideas on how to use the Soulflower cards for daily self-reflection and personal growth. She includes a longer, deeper message from each Soulflower plant spirit as well as suggestions to help you embody the lessons shared. She shows how working with the cards provides potent plant spirit medicine to help you reconnect to Nature, recognize patterns



### PRODUCTS

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wadfree.com

No matter how carefully bed sheets are placed in the washing machine or dryer, they inevitably wind themselves up into a tangled knot. In the washer, coiled sheets never come out very clean, and the wadded mass often sends the machine off-balance, shaking violently. In the dryer, the sheets ball-up, engulfing themselves and anything else in the load, requiring frequent unraveling of the wad, then another go or two through the dryer. This wastes consumers' valuable time, money, and energy. *Wad-Free®* for Bed Sheets prevents laundry from tangling, twisting and balling-up in both the washing machine and the dryer.

*Wad-Free®* is an innovative laundry gadget that attaches to the four corners of both flat and fitted sheets, interrupting the physics behind why sheets form wads in the first place. Loads come out cleaner, the washing machine stays balanced, and everything dries up to 75% faster with fewer wrinkles. Say goodbye to the washer riding bronco-style across the room...to the wet treasures found hidden inside the pockets of the fitted sheet...and to the mound inside the dryer with everything wrapped soggy inside. The *Wad-Free* 2-pack (enough for one sheet set) is \$18.99 at wadfree.com, and Amazon, walmart.com, and The Grommet.

# Freedom Is Possible



With each triggering challenge, as I came to understand during my therapy work, it felt like my old wounds, LRPPs (Long-standing, Recurrent, Painful Patterns), constellated around the trauma of rejection from my birth family—were ripped open once again. At the heart of my LRPP was suffering over being dismissed and pushed aside, for not being acknowledged as a worthwhile member of the tribe. My craving to be included by others and to be recognized for who I am reappeared many times, especially during my painful divorce and when conflicts with colleagues arose.

The support of mentors, therapists, and spiritual friends was crucial in helping me navigate through challenges like these. We all need guidance and encouragement to treat ourselves with love and radical self-acceptance, especially when old wounds tear open. We need the reassurance from others that our journey has been worthwhile.

The psychologist and Vipassana teacher Jack Kornfield taught me that love is

what counts and that we must embrace old wounds with understanding and compassion. The Buddhist teacher and social activist Joanna Macy showed me that our grief for the world is the foundation for experiencing our interdependence and for our love and caring for all that is. His Holiness the

Dalai Lama conveyed to me a deep understanding of how our radical interdependence leads to boundless compassion and love. The scholar Alan Wallace introduced me to the Tibetan universe of Buddhist meditation. The psychologist and Dzogchen meditation teacher Daniel Brown pointed me to his accessible and effective way to experience the field aspect of awareness and taught me how it can strengthen and sustain our ability to serve those who are suffering in this world.

I was lucky enough to receive these teachings directly. However, we can learn much through books or over the Internet. Since I started my journey forty years ago in Germany, the possibilities for accessing these magnificent teachings have multiplied. Now it is easy to find wonderful teachings readily available.

As I began to experience myself as an expression of the interconnected web of life, I saw my painful patterns held within

a much larger container, and they seemed to shrink in their relative size. Being able to touch and be touched by field awareness—a space that is vast, mysterious, and free from the tethers of my particular human incarnation—was a game changer for me. Through these early meditation experiences I learned how to be more present with myself and others. ✧

*Excerpted from Heart Medicine: How to Stop Painful Patterns and Find Peace and Freedom—at Last* by Radhule Weininger © 2021 by Radhule Weininger. Reprinted in arrangement with Shambhala Publications, Inc. Boulder, CO. [www.shambhala.com](http://www.shambhala.com)

**Radhule Weininger, MD, PHD** is a clinical psychologist, psychotherapist, and meditation teacher. She leads meditation groups in Santa Barbara and retreats globally, at La Casa de Maria Retreat Center, Spirit Rock, Insight LA, the Esalen Institute, and the Garrison Institute. She is the author of **Heart Medicine: How to Stop Painful Patterns and Find Peace and Freedom—at Last** and **Heartwork: The Path of Self-Compassion**.

by Radhule Weininger, MD, PHD

**D**estructive patterns will repeat themselves over and over again until we resolve to look inward with keen and curious self-awareness and courageous honesty. For me, it was during medical school after the second of two serious car accidents, lying exhausted and injured in a hospital bed, that I made the commitment to myself to tackle my inner demons head-on.

No matter how painful it would be, I vowed to work psychologically and spiritually until my last wound was healed, until my soul was free, and until I fulfilled my work of helping others in their work of healing. This act of commitment was a turning point for me. Slowly but surely I would turn my ship around through therapy, mindfulness meditation, compassion practice, and service—and with the guidance and support of skilled and caring mentors.

After that second car accident, I took a break from medical school to travel and re-center myself. On my journey, I experienced my first spiritual epiphany when I incidentally met the wise Buddhist

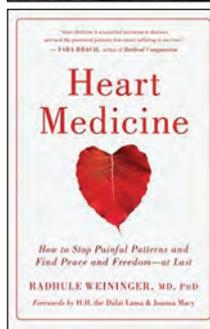
sage Dhammaloka in Colombo, the capital of Sri Lanka. Sitting with him, completely unexpectedly, gave me surprising moments of spaciousness and freedom, unblemished by the turmoil I had previously felt. Meeting Dhammaloka I felt completely seen and accepted while being shown a much larger view of what reality can be.

This momentous meeting set me on my way to Rockhill Hermitage, a Buddhist retreat center. I remember sitting cross-legged in the humid jungle, finally facing my agitated, agonized mind, and discovering incredible moments of peace and balance. I am aware that not many people have the luxury to travel to faraway countries and attend meditation retreats.

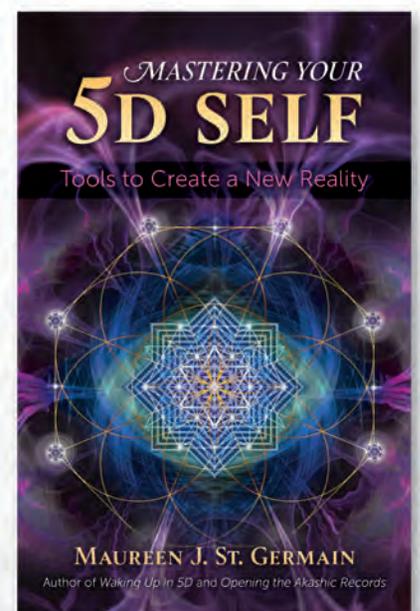
My long and dedicated journey led me to become a meditation teacher. However, even a committed practice at home—maybe with the help of a local meditation center or an online program—can allow you to turn your life for the better.

A few years after my trip to Sri Lanka, I moved to a new country, America. Walking along the sandy beaches and rocky coast of California, I embraced what felt like a new opportunity to be recognized and valued as a unique person.

But in the years that followed, I continued to fall into old traps and painful patterns in my relationships, typically ignited when experiencing rejection and loss.



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**READINGS BY ALICE – Tarot Card Reader & Intuitive Empath** / Member of TABI (Tarot Association of the British Isles) I have 13 years' experience as a reader...but I have always been an empath! My metaphysical journey began in 2008 when a well-known LI psychic invited me to join her weekly "psychic development" circle; there for two years I studied the art of intuitive reading, psychometry, automatic-writing, and

energy work in all its forms. In 2008 I also became Reiki I & II certified. I am forever grateful to my mentor for pushing me out of the "readers closet." For those of you who do not know, Tarot is an ancient European divination tool used for guidance and meditation. We all have free will and nothing is written in stone! So "Go ask Alice" I think she'll know. Alice, that's me. Call me to book a reading and find out what your cards have to say! Voicemail: (631) 650-4752.

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# CALENDAR OF EVENTS

## ONGOING EVENTS

### MONDAYS

**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, [DrlreneSiegel.com](http://DrlreneSiegel.com). Now offered Online.

**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.

### TUESDAYS

**SPIRITUAL WORKSHOPS BY GOL** Experience an array of mindful and provocative group sessions focused on supporting each individual's spiritual growth. Zoom and live workshops every Tuesday evening at 7:15pm. 203 E Pulaski Rd, Huntington Station 631-455-3471 for more info. See our calendar on our website [GatheringOfLight.org](http://GatheringOfLight.org).

### 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.

### WEDNESDAYS

**CHILDREN'S SPIRITUALITY CLASSES** on Zoom With Gathering of Light Interspiritual Fellowship. Phone 631-455-3471. Contact: [Prayasi:GOLyouthprogram@gmail.com](mailto:Prayasi:GOLyouthprogram@gmail.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.

### SATURDAYS

**SPIRITUAL FELLOWSHIP – GATHERING OF LIGHT** – Celebrate and strengthen *your* spirituality. We welcome all faiths, beliefs, and traditions. Come join like-minded people in community. **In-person** 203 E Pulaski Rd Huntington Station, and Live streaming of services on Facebook (Gathering of Light Interspiritual Fellowship page) at 10am every Saturday. [www.gatheringoflight.org](http://www.gatheringoflight.org) 631-455-3471.

## SPECIAL EVENTS

### APRIL 3

**ALL KIDS FAIR** – Enjoy a fun family expo! Free with admission: petting zoo, bounce houses, over 70 exhibitors and activities, face painters, balloon artists, photo booths. Camps, h/w providers, party places, kid's products, after school activities, special needs and more! Charity book drive. New venue: Samanea Mall, formerly the Source Mall, 1st and 2nd floors, 1504 Old Country Road, Westbury. 10AM-4:30PM. Discounted tickets online \$5 ages 2+. 516-621-1446 [www.AllKidsFair.com](http://www.AllKidsFair.com).

### APRIL 24

**AWAKEN WELLNESS FAIR** The best body-mind-spirit event is back live and in person! This holistic wellness event features unique vendors, uplifting speakers, intuitive readers and gifted energy healers. Sleepy Hollow Hotel + Conference Center, Tarrytown. All info, including exhibitor opportunities, at [www.AwakenFair.com](http://www.AwakenFair.com).

### MAY 21

**TRANSMISSION MEDITATION:** A Meditation to Help the World. Learn about a simple group meditation that provides both a dynamic service to the world and a powerful means of personal spiritual development. Saturday, 2:00pm, Quest Lecture Hall, 240 East 53rd Street, NYC. FREE Admission. 878-495-7744, [share-international.us](http://share-international.us). (See ad page 24)

## UPCOMING EVENTS

### 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](http://al-anon-suffolk-ny.org).

### 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 practitioners worldwide since 1998. [www.learnbachflowers.com](http://www.learnbachflowers.com).

**9 MUNAY KI RITES:** Installing natural energies into your light body for personal brilliance, karmic residue removal. Create sacred personal and ceremonial space for protection, inner/outer harmony, balance chakras. 4 days, **June 11-12, 25-26.** Info/Reservations: Dr. Liz Danzi (631) 332-6312, [Liz@DldLifestyle.com](mailto:Liz@DldLifestyle.com) (See ad p.3).

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# Myofascial Release: The Road to Improved Performance

We are fast approaching the spring! When the sun shines, the temperatures warm, and everyone wants to get back outside and enjoy their favorite activities. But after months of being inside you may not move as well as you did last year. You may be feeling aches and pains you didn't notice last year. Your goal is to just FEEL GOOD doing what you love! The time is now for you to improve your physical health, which will ultimately improve all aspects of your life.

Regardless of the type of activity you like, whether it is running, cycling, kayaking, or softball, you want to participate without injury. You want your muscles to be able to handle the training stresses without injuries, and you want to recover quickly from your workouts.

One thing that many athletes – elite and weekend warriors alike – don't consider is that the limiting factor for how well they do in their sport could be what's really going on inside their muscles.

Inflammation, traumatic damage from injury, scarring from surgical procedures and even poor posture (think sitting at your desk all day) create myofascial restrictions in the body that can produce physically debilitating and unwanted tension pressures of approximately one ton per square inch on nerve fibers.

The restrictions in our fascia can contribute to abnormal movement patterns and reduced joint mobility, as well as pain. These abnormalities do not show up on many of today's most accurate medical body scans like MRI's.

Myofascial Release alleviates these debilitating forces on our pain-sensitive body structures such as nerves, internal organs, and muscles. As the length of tissue is restored, there is a reduction in pain and a restoration of movement. MFR also aids in healing, post workout recovery and enhanced physical performance.

We utilize the hands-on application of myofascial release. The sustained holds of 3-5 minutes utilized in MFR facilitate a stretch into the restricted connective tissues, restoring movement, reducing pain, and helping to bring the body back to a more natural alignment or posture. Several sessions may be required to achieve lasting improvements.

In a study performed at the University of Granada in Spain, scientists wanted to find out if MFR was helpful to those who did high-intensity exercise. The study included 62 healthy active individuals. Half of them received MFR, the other half a placebo therapy. They found that those who received MFR had better heart rate variability and blood pressure after high-intensity exercise than those who didn't.

Myofascial Release is NOT a massage. It requires specialized skill and expertise to be an effective corrective treatment for patients.

**Cheryl Christie**, a licensed and certified physical therapist and athletic trainer, has over 25 years of expertise at properly, effectively, and most importantly, safely helping her patients in gently releasing the entire myofascial complex for lasting and comprehensive results. This authentic healing will result in the reduction or elimination of your physical pain and improvement in your physical performance.

**Cheryl "Cheri" Christie and her staff at Elite Strength & Performance are committed to bringing you state of the art myofascial release therapies and physical wellbeing programs. The facility provides clients with a relaxing and sanitary environment. So, whether you are recovering from injury or are looking to gain an edge in your sport, MFR may be the answer you have been looking for to improve wellness and support superior physical performance. Contact Cheri at [mfrli.com](http://mfrli.com) and see all the ways that MFR can help you get started!**

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DR. BATOOL F. RIZVI



## **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**

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- Oral Pathology Screening with Velscope
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- Ozone Therapy
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HOLISTIC DENTAL & WELLNESS CENTER

# Anxiety?

Give me 10 minutes ...

and I'll show you how to discover and tune the negative frequencies which ruin your vibration and make you stressed.

From the desk of Susan Finley

**Did you know:**

Over 40 million Americans suffer from some form of Anxiety and Depression? Our modern environment, filled with both physical, and emotional pollution, has created a space where our natural body's frequencies are constantly being pushed out of tune.

Your body's frequencies are what regulate your sense of vitality and natural energy. Sound Therapists work to put these frequencies back into balance for you ... and what I have to share here is just a sliver of what has been discovered. Now, if your body's frequencies are out of tune ... then you'll be more likely to experience physical, and emotional problems and distress.

For example, your C note frequency is associated with thyroid issues — while your B note frequency is associated with your colon and intestinal issues. In the past you would have had to travel and get hooked up to all kinds of electrodes to get assessed. But now you can get your frequencies analyzed from the comfort of your home, just by emailing a recording of your voice! That's it! Susan, at Acoustic Therapeutix will do the rest.

**This Frequency test is normally \$97.00 by itself. However, I am doing a special promotion through May 31 that includes a FREE 30-minute session (\$40.00 value) on the Acoustic Sound Lounge in your prescribed note or if you prefer to meet online, a FREE 30-minute Zoom session on a Stress-busting sound therapy technique.**

**What's included:**

- 2 music downloads in your special notes
- A *Frequency Note Card* with the songs, colors, essential oils, foods, and supplements that vibrate in your note. A Custom-care Guide for you!



**Susan Finley**

*Your Sound Frequency Specialist*

*Susan Finley holds degrees in Art Education, Sound Therapy and is a PEMF Specialist (Pulsed Electromagnetic Field Therapy). She is an avid researcher and tester and specializes in VibroAcoustic, PEMF and Tuning Fork Therapies for pain, brain, anxiety, depression, and sleep issues. Susan also offers online classes on Dementia and Better Brain health.*

**To Schedule Your Frequency Reading, visit [Acoustictherapeutix.com](http://Acoustictherapeutix.com) for more details.**

**Office:** 430 W. Main Street Babylon, NY (Zemba Chiropractic Center).

**Call:** 631 412-3064

**Text:** 631-988-0613

