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# CREATIONS

MAGAZINE

Live the Happiness  
You Already Have

Vol 34, Issue 6  
December / January 2021  
CreationsMagazine.com

## THE HOLIDAYS ISSUE:

When God Shows Up on Earth

The Way from Conflict to Peace

Mindful Gifting

Heartbreak From Social Distancing Is Real

Does Winter Weather Have You Craving Carbs?

*Temporary discomfort pales in the face of long-term awakening. - Alan Cohen*

# Healing From the Inside Out

The solution to most health issues is pretty simple: detoxification and supplementation. In essence, it's all about taking out the bad stuff and adding in the good. What we put in our mouths will either cure us or, in the end kill us. Your overall nutrition will have an impact on your oral health. Having a well-balanced diet will improve the condition and health of your gums, teeth and oral cavity.

On a daily basis we are challenged by toxins, bacterial imbalance, impurities and chemicals that can harm our body. The solution to pollution is dilution. Drinking lots of good quality water will improve your overall health by diluting and excreting these toxins and impurities. Some adjuncts that can help in our detoxification are chlorella, bentonite clay and activated charcoal. Use caution with activated charcoal because as it takes out toxins it can also deprive us of some necessary minerals and nutrients.

**Oral supplements** that can have a positive powerful impact on our overall health, and oral health are calcium, vitamin D,

vitamin K2, collagen and vitamin C. These supplements are highly researched and have proven to support our joints, connective tissue and bone. In the mouth, this translates into healthy gums, bone support around our teeth and resistance to gum disease and tooth loss. Supplements like elderberry, mushroom extract, oregano oil, coconut oil, echinacea, zinc, magnesium are well known for supporting our immune system and can boost our ability to fight oral infections such as tooth decay, candidiasis and periodontitis.

Let's not forget the obvious: good old-fashioned oral hygiene! By brushing diligently in a circular motion right at the gum line twice a day, we can effectively decrease toxins in the mouth and control bacterial. Flossing at least once a day will not only clean the areas where teeth are touching together but it will also stimulate blood flow and keep gums strong and healthy. *In a recent study, people who floss daily showed low levels of c-reactive protein, a known marker for inflammation.*

**Oral probiotics** are a great way to restore and maintain proper balanced biome in the mouth. The result is a decreased risk of gum disease, tooth decay and oral infections. It can also help with fresh breath and whiter teeth. Chewing gum that contains xylitol stimulates saliva, which has tremendous healing capacity and protects the whole mouth.

But what happens when the damage has been done? In cases where we need to treat periodontal disease, we can address the bone loss with a few different technological advances.

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*You will not change the world from within the world. To change the world you must see it from a perspective greater than itself, where accepted limits do not exist.*

~ Alan Cohen

*Life shrinks or expands in proportion to one's courage.*

~ Anais Nin

*I prefer to be true to myself, even at the hazard of incurring the ridicule of others, rather than be false, and to incur my own abhorrence.*

~ Frederick Douglass

*Few is the number of those who think with their own mind and feel with their own heart.*

~ Albert Einstein

*It's important to let people know what you stand for. It's equally important to let them know what you won't stand for*

~ Source unknown

*I believe that unarmed truth and unconditional love will have the final word in reality.*

~ Martin Luther King Jr.

Welcome to the December / January '21 Issue — the time of year to “Radiate the Spirit of the Holidays; Promoting Peace, Compassion and Kindness.”

While peace, compassion and kindness need to be the foundation of our words and actions every day, it is particularly imperative during these especially *certain* times. Nope, not a typo, didn't forget the “un”. “Certain” because this time in our history is most *certainly* calling us to collectively step up and transcend the divisiveness, rancor and anger among our fellow humans. Furthermore, it's just as important to stand tall and courageous against any government tyranny, including the trampling on our Constitutional Rights, (censorship, arbitrary restrictions) as well as our God-given Freedoms (we as sovereign beings, always free to choose what goes into our bodies and our children's).

We found the quotations above, offered by a wide-ranging group, to be apropos to the “times” we find ourselves in. We hope you'll find them thought provoking and worthy of your consideration.

Our Holidays' cover title encourages us to **See the Happiness We Already Have.**



While acknowledging the current social / political climate, Nir Bashan contends that *negativity and unhappiness extinguish creativity, whereas positivity and joy bring all kinds of creative solutions to problems.*

Our buddy, Alan Cohen explains how and **When God Shows Up On Earth:** *You have talents that no one else can bestow. The only difference between great people and mediocre people is that great people trust and act on their guidance.*

Beth Kempton states that **Mindful Gifting** comes down to three questions: *whether to give, what to give, and how to give. If you choose any old bargain as a gift for someone, it begs the question whether you should be buying them a Holiday present at all.*

Theresa Cheung **Sets the Sensitivity Record Straight.** *Sensitive people are born to be gentle and to experience life on high alert through the lens of their feelings and senses. They are not better or worse than anyone else, just different. Theresa wants “sensitive” to recognize their true worth and feel empowered and at peace, rather than fragile and conflicted and ashamed of feeling things deeply.*

The title of Donna Martini's article, **Perception is 9/10ths of the Law**, got me thinking about the widely varying perceptions of folks regarding the current health hysteria. It's incredible, and fascinating how people are literally living in completely polarized realities from one another: those who exist in a world of dread and despair, and those who choose to *See the Happiness They Already Have.*

Peace All-ways,

*Neil & Andrea*

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# When God Shows Up on Earth

by Alan Cohen  
Hawaii

I am a big Beatles fan. The more I hear their music, the more I recognize the sheer genius behind it. I saw a rare YouTube video of an especially vibrant 1964 Beatles concert in Australia at the height of Beatlemania. (“Beatles Live—Australia”) One comment on the YouTube page struck me:

*“I’m a solid atheist. But I swear John, Paul, & George (still love u Ringo!) were slapped on the back by a higher power. How does it happen that 3 of the most incredible songwriters EVER just come from nowhere? If I meet God, and I tell him he didn’t give me enough information to believe, God might say ‘I gave you proof. The sun, the earth, and the Beatles.’”*

The writer is far from an atheist. He or she recognizes the presence of God in the world through the Beatles. God manifests divinity by way of people. We are the windows through which heaven shines into the world. The Beatles, talented as they were, did not give themselves their talent. It was seeded within them by a Force far beyond their human personalities. Their role was to bring it to a waiting world, which they did masterfully. Those talented musicians served as vessels through which the Creator delivered huge gifts to make the world a better place

During this season many people celebrate God showing up on Earth. Christians remember the birth of Jesus Christ. Jewish people observe Hanukkah, when God miraculously extended light to beleaguered freedom fighters. Hindus enjoy Diwali, and people of African descent observe Kwanzaa. All of these holidays recognize that for a moment in time, God reached into the world and lifted it closer to heaven.

**The same God that blessed the world through Jesus, the Beatles, and other visionaries wants to bless the world through you.** You have talents that no one else can bestow. But you have to honor your inspiration enough to deliver your gifts. The only difference between great people and mediocre people is that great people trust and act on their guidance. The German philosopher Goethe said, “As soon as you trust yourself, you will know how to live.”

A turning point in my career came when I was about to lead a weekend seminar. Until that time I went into my programs doubting my abilities, wondering if I was qualified, questioning my decisions. At the outset of that seminar I decided to do an experiment: I would imagine that any intuition I had about where to take the program, was guided by a Higher Power. I would not judge my choices. Instead I would envision that I was working in co-creation with an intelligence that knew how to create the best possible program. The results were phenomenal! The seminar turned out to be the most successful I had ever done, and I enjoyed myself far more than I had when I doubted my decisions.

Certain talents are unexplainable except as intervention by a Higher Source. Mozart wrote his first opera at the age of six. He later stated, “*It is when I am, as it were, completely myself, entirely alone, and of good cheer ... that ideas flow best and most abundantly. Whence and how they come, I know not, nor can I force them*” Genius inventor Nikola Tesla explained that his ideas came to him in a flash, from a source beyond this world. He would then work them out in his mind such that the inventions were complete before he even reached his laboratory to construct them. Beethoven wrote many of his greatest compositions when his physical ears were essentially deaf.

*A Course in Miracles* Lesson 353 asks us to affirm, “My eyes, my tongue, my hands, my feet today have but one purpose; to be given Christ to use to bless the world with miracles.” You don’t have to be a Christian, or any religion, to put this vision into action. You just have to live true to your passionate purpose. Every day we have a thousand opportunities to help God show up in the world. To let someone into a traffic lane when you could speed ahead. To phone a friend who is hurting and say, “I just want you to know I’ve been thinking about you and I’m on your team.” To publish your book or song or start your business, trusting you will reach the right people who can benefit from it. World change agents are so focused on giving life to their visions that they pay no attention to naysayers, within or without. If Steven Spielberg or Steve Jobs had denied their gifts expression, the world would be emptier for it.



You don’t need to be a Spielberg or Jobs. Just quit comparing yourself to others and finding reasons you can’t. What is within you must come forth. Live true to your visions, knowing that you did your part to make the world a little more like heaven. When you do, you will look forward to getting up in the morning, your heart will be at peace, you will sleep well, and one day some not-so-solid atheist will say, “I now see proof that there is a God, after all.” ✧

Alan Cohen is the bestselling author of **A Course in Miracles Made Easy**. Become a professional certified holistic life coach through Alan’s 6-month program. For more information about his programs, books and videos, free daily inspirational quotes, online courses, and weekly radio show, visit [alancohen.com](http://alancohen.com).





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# See the Happiness You Already Have

by Nir Bashan  
Orlando, FL

We spend such a large portion of our lives pursuing happiness. We look for it everywhere—almost to the point of obsession. And often, that search is in vain.

We try to do numerous things we think will make us happy. Maybe we get a new outfit or car, or shop to fill the void. Maybe we try to get away on a vacation we think will solve all our problems and make us so much happier. Maybe we focus on happiness in an all-consuming way to the point that it makes us unhappy.

I know I have, perhaps too many times. But finally, I found that *our obsession with finding happiness blinds us from seeing the happiness we already have*. The happiness that is already right in front of

us. Under our nose. I know that these are difficult times with everything else going on in the world. But I would argue that, perhaps, we actually have it better than any generation ever had it before. And as bad as it may be, finding happiness is critical at this time in order to arise creativity in all we do. Because negativity and unhappiness breed no creativity. But **positivity and joy bring all kinds of creative solutions to problems**.

It's almost a paradox—the more we need creativity, the less likely we are to achieve it. Why? Because when things are tough, we tend to get down. And when we are down, we are pessimistic and lack optimism. And just at the moment when we need creativity most to help us solve pressing problems, it is extinguished by pessimism and unhappiness. So, creativity depends on looking at problems with optimism, happiness, and a good helping of mirth (I love that word) to solve problems that are unsolvable with analytics alone.

**The Creator Mindset has 7 steps to help you see the happiness you already have in your life and work:**

**1. Be simple.** Quit complicating everything all the time. There are simple pleasures to be appreciative for. Find the ones that mean the most to you and use them daily. This is an easy one to understand but takes a lifetime to master. Start today.

**2. There will be tough times.** The Creator Mindset believes that you are not entitled to 365/24/7 happiness. It's a waste of time to pursue happiness with obsession. There will be some trying times. There will be some hard times. There will be some downright crappy times. Learn to accept them.

**3. Go beyond gestures of authenticity.** I recently went to a benefit for a little girl who died of cancer. Typically, I would have donated something and moved on with my day but going to the benefit and spending time with the charity and family was much more meaningful. Step out of your usual comfort zone in which you make a hollow gesture of authenticity—you know, going through the motions—and actually live in a genuine, authentic, and real moment. Participate.

**4. We're all gonna die.** I don't mean to be morose, but happiness viewed in such simple terms allows us to understand that no matter what job, position, or status we have or what jewelry or things we own, we can't take it with us. And understanding that one day we will perish allows us to focus on what really matters—improving our relationships, our family, our community, and our country; nurturing our religion and values, morals and ethics. Ultimately, these are the things that make us happy—and have made human beings happy since the dawn of time.

**5. Do what you are good at.** Doing things that we are good at makes us happy. Sometimes, it's good to mix it up by doing things we are not so good at—but ultimately, if we are doing things we are good at, then we never have to work another day in our lives. And things that we are good at bring us sustained joy. I happen to be good at reading—I read almost a book a week. But you might be good at basketball or crochet. It really doesn't matter. Do more of what you are good at.

**6. Look at what is right instead of what is wrong.** A shift in perspective is sometimes all it takes to be happy. Shifting your thought process from looking at what is right in your life or the world instead of what is wrong will increase your appreciation for the happiness that is all around you. It is easy, and it costs nothing.

**7. Time is more important than money.** Money can come and go, but time is a one-way street. Make the best of now, not yesterday or tomorrow. Now is all you have. How do you want to spend your now?

Some of these ideas may seem commonplace and maybe even cliché. They may also seem like common sense. But practicing these principles is the key to understanding them fully. I know that I have struggled with some of them. But when enacted, these 7 steps build happiness, which enables creativity to thrive. It may not be today. And it may not be tomorrow. But eventually, a path of happiness emerges. Allowing yourself to claim it is a far better road than obsessing over trying to find it. ✨

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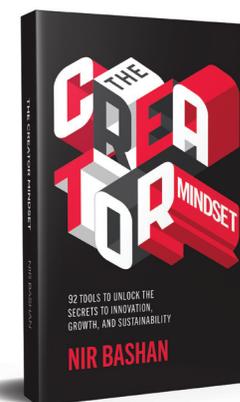
## UP NEXT: February / March "Relationships" Issue

*Relationships, Sex, Introspection and Meditation*

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**Nir Bashan** is the founder and CEO of The Creator Mindset LLC, where he teaches business leaders how to harness the power of creativity to improve profitability, increase sales, and make work more meaningful. His clients include AT&T, Microsoft, Ace Hardware, NFL Network, EA Sports, and JetBlue. He received a Clio Award and an Emmy nomination for his creative work on albums, movies, and advertisements, and was one of the youngest professors ever selected to teach graduate courses at the Art Center College of Design in Pasadena. Learn more about his new book, **The Creator Mindset: 92 Tools to Unlock the Secrets to Innovation, Growth, and Sustainability**

at <https://www.nirbashan.com/the-creator-mindset>. Or visit <https://www.amazon.com/dp/1260460010>.

# The Way from Conflict to Peace

by Constance Kellough  
Vancouver, Canada

*The Buddha was asked, "What have you gained from meditation?" He replied, "Nothing. However, let me tell you what I have lost: anger, anxiety, depression, insecurity, fear of death."*

J. Krishnamurti

Some rare individuals have awakened to their true identity spontaneously, but often after experiencing severe suffering; others through devout prayer and service. Meditation, which leads one into a state of stillness, is perhaps the best way for most humans to find out who they truly are.

Spiritual reading, spiritual practices, and also being in a spiritual community will accelerate this process. The longer you meditate regularly, the more you experience the true Self in you emerging. The layers of the false egoic-self start to fall away, so you increasingly become more aware of your true nature and your capacities. Through meditation, we can touch something within us that is eternal. And once we have experienced the eternal within us, we can no longer doubt that we are eternal.

## Meditation Is the Way

Through the powerful act of meditation, people come to realize the stillness within that is eternal and all-encompassing. This state of stillness is not personal but universal to all humanity – a fundamental shared element, which sadly for many is yet to be experienced, other than sporadically.

Up until now in human history, most have felt their separation from others, which has led to interpersonal discord and conflict in the world in myriad ways. However, the good news is that as human beings we instinctively also want to be connected to others, to gather with others, feel caring and empathy for and from others. This is an aspect of the push-pull of being human.

Meditation is a way to experience our Oneness. When a sufficient number of us realize our Oneness, it will reach a critical

mass, a tipping point that can have an unstoppable and significant positive effect on humanity. It is through meditation we come to realize that not only am I my brothers' and sisters' keeper but I am my brothers and sisters.

"What about the other part of humanity that does not come to this realization and still wants to have control over or harm others either overtly or through deprivation?"

That is why our species needs to experience inner stillness by enough humans to bring about the tipping point to a higher consciousness for all.

"But what if this never occurs?"

Higher consciousness once achieved by individuals, even if not reaching the tipping point in our lifetime, will be the strongest influence in what humanity experiences hereafter. There is never a loss by moving to a higher state of consciousness.

*Our world is not going to be saved solely by human systems, institutions, and high human intelligence, but more importantly by individuals who find and share the love that they are, by going inward through meditation.* If meditation is practiced on a worldwide scale, people will come to understand the loving and transformative power it is. This, of course, can only be realized by practicing it. And then, through our experience, we will make this a priority in our lives.

People spend years getting degrees, climbing the career ladder, acquiring things, worrying about their family, trying to improve their health, yet how often do they take time to try to understand why they experience what they do in their lives?

## Benefits of Meditation

There are many forms of meditation. All are valuable since they draw us into the present moment and take us inward. The benefits are myriad: from lowering our blood pressure and helping us sleep better to strengthening our immune system and preventing premature aging. All you have to do is search "meditation" on the Internet and you will find pages and pages of the benefits of meditation, most of which are backed by hard science.

What are usually referred to as benefits of meditation can also be seen as *outcomes*. If you already meditate, a germane question to ask yourself is, "Why do I

meditate?" Are your reasons outcomes of meditation, while meditation is the cause? If you don't limit your desired outcomes of practicing meditation, you open yourself to experiencing many more.

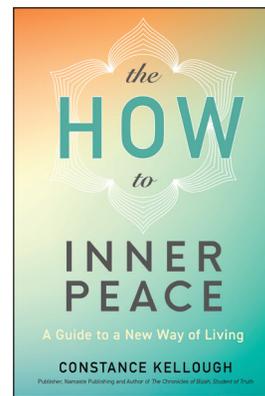
## When You Meditate, You Do Not Meditate Only for Yourself

Our consciousness affects everyone around us. If a person meditates, they will affect others around them in a positive way. For example, if one person in a household meditates, it benefits all in that household. The same is true of communities such as church congregations, towns, and cities.

In 1976, this was documented by scientific research when the outcome of 1% of a community that practiced Transcendental Meditation had the effect of bringing the crime rate down in that community by 16% on average. Although there is yet little scientific evidence of the benefits of meditation to society as a collective, the myriad benefits to the person who meditates, including reduction of stress, anxiety, and depression, predictably point to outcomes such as a positive reduction in car accidents, suicides, mental illness and drug abuse.

Maharishi Mahesh, an Indian yogi, brought to the attention of the world by the Beatles who learned Transcendental Meditation from him in his ashram in India, predicted that only 1% of the population meditating and coming from loving intentions would be sufficient to improve humanity's quality of life and usher in world peace. If this is the case, given that there are approximately 7.8 billion people in our world currently, if one percent meditated regularly, meaning 78 million, we would see a different world. Individuals to groups, to groups within groups meditating worldwide would bring more peace and harmony to humanity that would emanate from such meditations. ✨

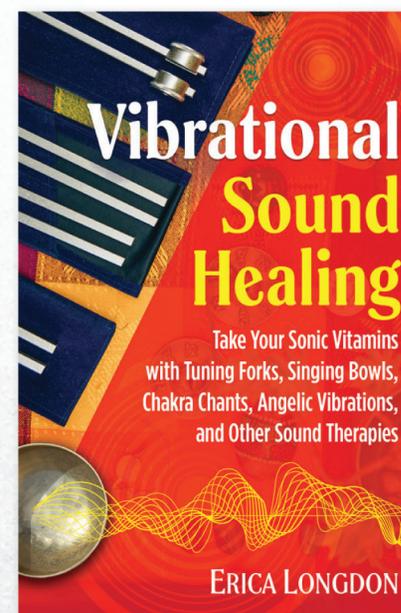
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**Constance Kellough** is an Author, Teacher of Innerbody Mediation and Founder of Namaste Publishing. Constance is a visionary who popularized the self-help genre, bringing revolutionary, spiritual teachings to the forefront of modern culture. Her first publication, **The Power of Now** introduced Eckhart Tolle to the world. Since 1997, she has gone on to publish more ground breaking, inspirational books by such authors as Dr. Shefali Tsabary, Michael Brown and Dr. David Bercelli. These books and many others have changed the dialogue around Conscious Parenting, Spirituality and Trauma Release theories worldwide. She has authored two books

of her own; **The Chronicles of Bizah, Student of Truth** (published 2020), and **The HOW to Inner Peace** (published 2021) [constancekellough.com](http://constancekellough.com).

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# Mindful Gifting

by Beth Kempton  
Devon, England

**M**indful gifting comes down to three questions: whether to give, what to give, and how to give.

## Whether to Give

Gift-giving is part of the fabric of human relationships in every culture on earth. And make no mistake, it is a social contract. You give to me, I accept the gift, then I am obliged to reciprocate by giving you something of equivalent value. Anthropologists say the only exception is gift-giving between parents and children, when parents obviously tend to spend more while their children are young. This cultural waltz is so powerful that it causes annual stress and drives us to the cash registers in droves.

The simplest way to deal with it, and reduce unnecessary spending and waste, is to release as many people as possible from this social contract by not buying them anything. If you have always exchanged gifts with someone, you may need to have a slightly awkward conversation so they don't invoke the contract once again this year. But if you talk it through with them, they should soon understand that this could be the most generous gift you can give each other.

In *The Book of Joy*, an account of a weeklong conversation between Archbishop Desmond Tutu and the Dalai Lama, the two wise elders identify and then whittle down eight "pillars of joy": "Four [of the pillars] were qualities of the mind: *perspective, humility, humor, and acceptance*. Four were qualities of the heart: *forgiveness, gratitude, compassion, and generosity* ... We would end up, ultimately, at compassion and generosity ... " I believe that mindful gift-giving is supported by both of these "pillars." It is with compassion that we consider the recipient's preferences, current circumstances, and

needs; and it is with generosity that we sacrifice something—be it money, time, or energy—to present the gift to them. Compassion without generosity is pity, rather than gifting. Generosity without compassion—buying without considering the burden of a return obligation—is not really generous at all.

## What to Give

These days, with so much access to credit, if we want something, we buy it. Indeed,



we can usually have it in our hands within twenty-four hours, our lust almost immediately sated. This is convenient, and it has given us far more choice than our parents and grandparents ever had, but it has also erased the thrill of delayed gratification, and made it surprisingly difficult to choose gifts that people really want or need. Nevertheless, we keep on spending and giving, and the landfills keep on growing.

One report suggested that sixty million unwanted gifts were given in 2018 in the UK alone. That is probably a conservative estimate. A survey found that six out of every ten presents gifted to a sample of two thousand adults were unwanted. Given that so many of us are stretching our finances and stressing about buying these presents, this seems an outrageous waste of money, a glaring environmental problem, and a wholly unnecessary burden on our collective mental health.

Economists have a name for the difference between what we know we have actually spent on someone else and what they perceive we have spent on them: the "deadweight loss." According to a notable

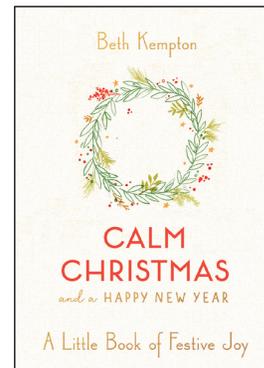
paper on the topic in the American Economic Review:

An important feature of gift-giving is that consumption choices are made by someone other than the final consumer. A potentially important microeconomic aspect of gift-giving is that gifts may be mismatched with the recipients' preferences. In the standard microeconomic framework of consumer choice, the best a gift-giver can do with, say, \$10 is to duplicate the choice that the recipient would have made. While it is possible for a giver to choose a gift, which the recipient ultimately values above its price—for example, if the recipient is not perfectly informed—it is more likely that the gift will leave the recipient worse off than if she had made her own consumption choice with an equal amount of cash. In short, gift-giving is a potential source of deadweight loss.

The study suggests that holiday gift-giving destroys between 10 percent and one-third of the value of all gifts, depending on who does the giving. By this reckoning, at least \$70 billion is wasted in the United States alone every Christmas through this "deadweight loss." Just imagine the benefits to our wallets, wellbeing, and the world if we were to eliminate any unnecessary, wasteful gifting, and instead focus on a few mindful gifts for those who really matter to us.

## The Art of Gifting

Every year, I see people filling bags and baskets with special offers in the run-up



to Christmas, muttering, "That'll do for so-and-so." But we all know that the likelihood of that person's ideal gift somehow coinciding with the latest three-for-two offer at the supermarket is minutely low. If you choose any old bargain as a gift for someone, it begs the question whether you should be buying them a Christmas present at all.

Take a moment to think about each friend or relative you really want to offer a gift to this year. Ask what they need right now. Maybe discuss it with them well ahead of time.

It'll be fun and they'll be touched by your thoughtfulness. Pick their brains with probing questions such as, "What's your secret dream?" "What's holding you back?" or "What are you curious about?" This can help you to choose a meaningful gift, and your present will remind them that you really listened to what they had to say. ✧

*Excerpted with permission from CALM CHRISTMAS and a Happy New Year — A Little Book of Festive Joy, by Beth Kempton, Scribner ©2020*

**Beth Kempton** is the bestselling author of *Freedom Seeker* and *Wabi Sabi*. Her books have been translated into twenty-four languages. Beth has a Master's degree in Japanese, and teaches and writes about doing what you love and living well. She lives with her husband and two daughters. The author of *Calm Christmas and a Happy New Year*, she has been obsessed with Christmas since she was a little girl.

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# CALENDAR OF EVENTS

## ONGOING EVENTS

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**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

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### TUESDAYS

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#### 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.

### THURSDAYS

#### PSYCHIC PALM/TAROT READINGS

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

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

#### INNER LIGHT GROUP MEDITATION

Free Online (Zoom) event, Every Thursday night 7:30- 8PM. Mantra, Third Eye, Heart Chakra focus, Visualization & Affirmations. mbpensig@optonline.net 516-513-4000 Mobile.

### SATURDAYS

**CHILDREN'S SPIRITUALITY CLASSES** on Zoom starting in October. With Gathering of Light Interspiritual Fellowship. Phone 631-455-3471. Contact: Prayasi: GOLyouthprogram@gmail.com

#### SPIRITUAL FELLOWSHIP – GATHERING OF LIGHT

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The physical objects I admire most in this world are those created with affection, crafted with great passion and precision, and presented with the sort of pride befitting an item so meticulously made. Such pieces are difficult to come by in today's fast-paced society; a life in which great emphasis is placed on speed, and in which goods increasingly are made to be disposable. True craftsmanship is often replaced by expediency. While we are still capable of recognizing the value of something that has been expertly constructed, options that are cheap, quick and easily available are often the prevailing choice. Remember, value is not assigned by the mere cost of something, but rather by the quality of that particular something. At **Integrative Dental Specialists, Dr. Etes** and his team insist on bringing you such value: the finest level of dental craftsmanship, performed meticulously with precision and passion without sacrifice.

What sets Dr. Etes apart is his unmatched skill, curated over twenty-three years of world-class dental practice, coupled with the environment that he creates in order to deliver the best possible dental experience for you. All

too often I hear from patients that "this tooth could not be saved," or that "I was told I am not a candidate for dental implants because I have no bone," or that "I was born with bad teeth and gums and that is that." Dr Etes' extensive dental training and unsurpassed, unique dental expertise makes all of the "impossible" or difficult dentistry a reality. Our offices on Park Avenue in Manhattan and on Long Island provide our patients one-of-a-kind, individualized care which allows for the highest level of dental treatment, personalization, and accessibility.

It is painful for me to see patients mutilate their mouths by succumbing to the fear of poor oral health and deficient dental advice. Most teeth CAN BE SAVED! Anyone that may tell you, "dentures are great," must believe in the old adage, "misery loves company." Addressing dental root canal infections, bone cavitations, cavities, gum recession and disease, implants, failing crowns and dental fillings is the TOP PRIORITY at **Integrative Dental Specialists**. Utilizing state of the art surgical protocols like **The Chao Pinhole Surgical Technique®**, Dr. Etes is one of only a fraction of dentists WORLDWIDE certified

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**Jeffrey Etes, DMD, NMD, IBDM,** graduated in the top 10% from the prestigious University of Pennsylvania School of Dental Medicine. Dr. Etes is an IVY LEAGUE trained Certified Endodontic Specialist/Implant Surgeon with a dual degree in Dentistry and Board Certified in Naturopathic & Integrative medicine, and is trained in biomimetic cosmetic dentistry to provide a broad array of biological dentistry covering all facets of pediatric, restorative, prosthetic, surgical, endodontic, periodontal, and implant dentistry for his patients for over 23 years.

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# Setting the Sensitivity Record Straight

by Theresa Cheung

I sincerely want to help gentle people recognize their own true worth and feel empowered and at peace, rather than fragile and conflicted and ashamed of feeling things deeply. I would like to offer gentle people coping tools to help them manage their emotions and navigate insensitive environments. I would also like to help sensitive people identify the red flags of toxic relationships.

It is a truth universally acknowledged that sensitives typically attract self-serving narcissists and energy vampires into their lives, and in some cases, it can take their forgiving hearts a long time to wake up to the damaging emotional abuse. Last, but by no means least, I also want to eliminate damaging misconceptions about being sensitive.

**Here are the most common and frustrating misconceptions about sensitivity or being sensitive, followed by some facts that challenge them:**

- *Sensitive people are shy and introverted.* There are sensitive extroverts, too – about 30 percent of sensitives are extroverts.
- *Sensitives are fragile, ineffective “snowflakes”.* Many defining characteristics of sensitive people, such as their empathy, passion and creativity, make them exceptional business leaders or influencers on the world stage, for example, Walt Disney, Jacinda Arden, John Lennon and Princess Diana to name but a few.
- *Sensitive people are pushovers who have no firm convictions of their own.* Empathy is a defining characteristic of sensitives, but it is not an endorsement of another person’s viewpoint; rather it’s simply respecting and listening to that viewpoint.
- *Sensitivity is a women’s issue.* Up to 50 percent of sensitives are men.
- *Gay men are prone to being sensitive.* This is a social stereotype that equates being gay with being more feminine



and, as just stated, sensitivity is not a feminine issue.

- *Highly sensitive people are prone to depression and anxiety.* There may be an increased risk of anxiety and depression, but it is important to point out that depression is a serious medical condition that needs treatment and many factors contribute to the likelihood of depression, including past trauma, chemical imbalances and genetics. Lack of self-awareness, whether a person is highly sensitive or not, can also increase the risk.
- *There is a strong link between hypersensitivity and autism.* Those with autism may well have sensory issues, for example, finding things like bright lights or loud noises overwhelming, but this does not mean that everyone with sensory issues has autism. There are major differences between high sensitivity and autism, but chiefly autism comes with “social deficits” (less response in brain areas associated with empathy) and high sensitivity does not.
- *Sensitive people are too weak and self-doubting to become effective leaders, stand up to narcissists or succeed in a harsh and critical world.* Not so. Once they are armed with self-awareness and the tools and techniques to turn their gentleness into a strength, sensitive people are an unbeatable force.
- *Sensitive people are empaths because they feel what others feel.* But not all empaths are sensitive, i.e. they soak up emotions but not all the other stimuli from an environment as sensitives tend to do.
- *Sensitive people need to “toughen up”.* They can’t, because being sensitive is who they are. They are born that way.

I used to buy into all these negative associations – until I knew better. This is all fake news, especially the notion that a sensitive person needs to “toughen up”. They simply can’t. It’s like telling someone who is taller than average that they should be shorter. Just as being tall is not a flaw, being sensitive is not a flaw. It is not an illness, or a choice people make, either. It is how they are born. According to experts, it is an innate trait with research

indicating that at least three sets of genes may contribute to it. Some highly sensitive people may have all or some of these “sensitive” genes and intriguingly all three impact the brain and nervous system in some way.

Sensitive people are born to be gentle and to experience life on high alert through the lens of their feelings and senses. They are not better or worse than anyone else, just different. Although they may have traits in common, they are not all the same. Every sensitive person is unique, just as every person who is taller than average is unique. Indeed, the fact that the genetic coding for sensitivity continues to survive natural selection suggests that for evolutionary reasons, for the survival of the human race, it is beneficial that some people can see, feel and sense things others cannot. It offers an evolutionary advantage and exists and will continue to exist because it is the one true force that drives humanity towards greater connection. Empathy, intuition, creativity, gentleness and compassion are personality traits that unite rather than divide, and they are all defining traits of the highly sensitive individual. In a nutshell, we are all born with a unique genetic code.

To identify whether a person or a child is highly sensitive, psychologists from the American Psychological Association use a special identification or measurement scale, which asks simple questions to identify highly sensitive traits. Examples include: Do the moods of others impact you? Are you aware of subtleties in your own environment? Do you often feel the need to withdraw? Are

you easily overwhelmed? Are you highly sensitive to pain and hunger?

However, according to Aron, **all highly sensitive people, whether introvert or extrovert, possess four main traits, which can easily be remembered by the acronym DOES:**

**D: Depth of processing** – highly sensitive people analyze everything, considering every possible scenario before making a decision

**O: Overstimulation** – they can easily get overpowered by sights, sounds and the environment they are in.

**E: Empathy and emotional responsiveness** – they don’t just identify with what others are feeling, they feel it themselves.

**S: Sensitivity to subtleties** – they hear, see, feel and sense tiny details that others easily miss.

The implication of Aron’s research is that the remaining 80 percent of the population do not possess the four defining DOES traits. I am not a scientist or a psychologist, but I have been writing about and collecting stories from sensitive people for decades now. I have come to the conclusion that although the remaining 80 percent may not display DOES traits as consistently or acutely as a person who is born highly sensitive, they still have the potential to manifest highly sensitive traits. Sensitivity can be triggered in anyone, whether diagnosed highly sensitive or not, by traumatic events, such as bereavement, heartbreak or other life crises, or simply by a sudden and unexpected desire to go within and find deeper meaning. ✨

*Excerpted from **The Sensitive Soul**, by kind permission of publisher, Bookoutre.*

**Theresa Cheung** is a *Sunday Times* bestselling author. She has over two decades experience, both personal and professional, with a Master’s degree in Theology and English from King’s College Cambridge.

*Theresa has had her work featured in the Daily Mail, Daily Express, The Guardian and appeared on ITV, GMTV, BBC radio and Russell Brand’s Under the Skin podcast. Most recently, Theresa has her own podcast, White Shores, interviewing some of the world’s greatest minds and sharing inspiration on personal growth. More about Theresa : [theresacheung.com](http://theresacheung.com).*



# Heartbreak From “Social Distancing” Is Real – Here’s What You Can Do

by Dr. Stephen Sinatra

If the pandemic has made you stressed, you’re not alone. There’s no shortage of things to worry about—from the fear of catching the virus to activities and milestones missed, not to mention the economic toll it’s taken on us individually and collectively.

But beneath these obvious pressures is a silent stressor – one that concerns me greatly as both a cardiologist and trained psychotherapist. It’s the impact that quarantining and social distancing has had on both our emotional health and physical health. *In many ways, social distancing is the “silent pandemic”—and, if left unchecked, can lead to serious health issues.*

## You Can Proactively Protect Your Health

While there’s no magic pill that can remove all of the stress and heartache we’re experiencing during these times, there are many things you can do to manage stress while safely regaining some of the human interactions we’re all craving.

### • Cry

Emotions like anger and sadness are the Achilles’ heel of the cardiovascular system. When you hold your emotions in, it affects you physically, leading to everything from headaches to high blood pressure. The solution is to allow yourself to release that stress and anger by crying. It’s important to realize that crying is not a sign of weakness, but rather the opportunity to release all of that negative energy, stress and tension you’ve been holding in.

### • Connect (virtually)

It’s important to remember that even when we can’t connect with others in-person, we can connect with them virtually. I refer to it as connecting at the “heart level.” Zoom, Skype, Facetime, WhatsApp and other similar applications have made it easy to not only hear from family and friends but to see them as well. One of the positive reframes we can take from the coronavirus is that, in many ways, technology has brought us

closer together. I also encourage you to think creatively. Many people are having virtual book club meetings, playing games with others online and having socially distanced dinners with friends. I know one family that cooks together once a week. The “head chef” sends out a recipe in advance so everyone can buy the ingredients, then they all cook together online.

### • Get Moving

Exercise is one of the most powerful mood boosters there is. When you exercise, it releases stress from your muscles, reduces your levels of the “stress hormone” cortisol and boosts your body’s level of feel-good endorphins. *Some studies have shown that aerobic exercise is a quicker mood elevator than an antidepressant.*

### • Stay Grounded

The Earth’s surface contains free electrons that are continually replenished through solar radiation and lightning strikes, and your body naturally absorbs those particles when you make physical contact with the ground. These electrons help to keep your body’s innate electrical circuitry properly balanced, which lowers stress and increases calmness in the body by moderating heart rate variability, nervous system activity and stress hormone secretion. Plus, it helps to promote normal blood pressure. So, if conditions allow, just go barefoot outside. If you can’t get outside, you can also “get back to nature” within yourself. You can do that with deep breathing, meditation, yoga, Qigong or Tai Chi. These practices not only release stress but allow you to cope more easily with the stressors you encounter throughout the day.

### • Use Ashwagandha

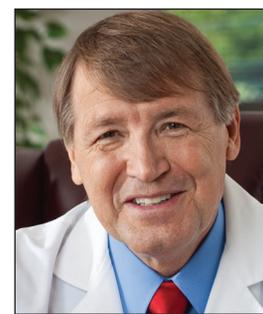
This powerful herb is part of a group of herbs called *adaptogens* that help your body adapt to stress. It works by stabilizing your body’s stress feedback loop, so it releases less cortisol. I’ve been taking it myself for more than 20 years, and it has made an enormous difference. Participants in a double-blind, randomized, placebo-controlled study saw a reduction in serum cortisol levels, anxiousness, fatigue and irritability brought on by stress within two months of using Sensoril Ashwagandha. Additionally, participants experienced an

improvement in sleep quality, physical mobility, mood and concentration, all of which can positively impact emotional well-being and heart health.

### • Have a Consistent Bedtime

It’s much easier to cope with stress when you’re rested. Strive to get at least 7-8 hours of sleep a night. Go to bed early rather than staying up late to watch the news or peruse social media feeds – all of which can rev up your stress levels. Keep your room cool and dark and remove all electronics from your sleeping space. If you have trouble calming down, try drinking a cup of valerian tea.

Finally, remember that no matter how difficult this has been, there will come a time when things adapt and get better. We’ll reconnect with our loved ones, get back to the activities we enjoy and have more freedom to plan for the future. If we can all take this time to practice some extra self-care habits, we’ll come out the other side even better off than before. ✨



**Dr. Stephen Sinatra** is one of the most highly respected and sought-after cardiologists whose integrative approach to treating cardiovascular disease has revitalized patients with even the most advanced forms of illness. He has more than 40 years of clinical practice, research and study, starting his career as an attending physician at Manchester Memorial Hospital in Connecticut. He is known as one of America’s top integrative cardiologists, combining conventional medical treatments for heart disease with complementary nutritional, anti-aging and psychological therapies. He is an author, speaker and adviser for the research and development of nutritional supplements with *Healthy Directions*. Sinatra is a best-selling author of more than a dozen books, including, **Heartbreak and Heart Disease, The Great Cholesterol Myth, Reversing Heart Disease Now, Heart Sense for Women, The Sinatra Solution and Metabolic Cardiology.**

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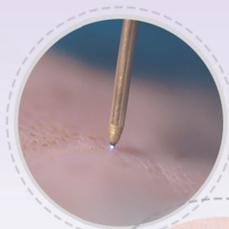
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# IV Therapies

While you might not associate IVs with a typical trip to the dentist, this practice is beginning to see more widespread adoption in the field. IVs are an amazing way to make sure patients have an adequate amount of the nutrients they need before, during, and after a dental procedure. We have discussed the merits of Vitamin C IVs before, but the benefits are worth revisiting! In addition, B12, and D3 are also IVs typically administered alongside dental procedures, each with their own positive effects on the body.

Vitamin C, traditionally found in fruits like oranges, have exceptional benefits when administered alongside a dental procedure. A Vitamin C IV can help break mercury bonds when removing old, dangerous fillings, prevent dry socket, decrease chronic or acute inflammation, and decrease or eliminate bleeding during procedures, redness, and swelling of the gums during and after a procedure. While most of these benefits can be derived from a single IV administered during a



larger procedure or surgery, you can also request a stand-alone IV to really double down on your body's saturation and get rewarded with some great benefits to your dental and total body health. In fact, after two rounds of treatment, many patients had no inflammatory cells at all and healthier immune system overall!

Perhaps the second-most used vitamin in IVs is a vitamin B cocktail (B2,B6,B12), which primarily aids in energy production. After a procedure, your body has essentially been damaged and needs to recover; a B vitamin IV gives your body easy access to the energy it needs to mend itself. Usually found in

meat, eggs, fish, and dairy, vitamin B helps the body process food into energy, regulate enzymes, and increase blood flow to damaged areas. During surgery, B2 also helps your body manage the biotransformation of agents used during the procedure, making sure they don't stick around longer than they need to. If you're worried about getting back on your feet after a tough dental visit, the B IV is the one you want.

Additionally, you could opt for a vitamin D3 supplementation. D3 is made naturally in your skin, but also typically found in raw fish and added to fortified milk. This is because D3 synergizes extremely well with calcium and aids in the production of muscles and bones, perfect for a dental application. If you've had problems with a tooth, chances are greater bone density and quick building of new bone tissue is something you're looking for. In addition, D3 helps to limit inflammation, which is really helpful if the IV is administered during surgery.

Similar to B vitamins, an A vitamin cocktail also aids in recovery after a procedure or surgery. However, instead of producing raw energy, this IV will help your body construct the cells to build new tissue around the site of the procedure. Vitamins B, C, and A work in tandem to ensure that new tissue is grown properly and quickly, minimizing the risk for infection or complications from damage. Vitamin A also stimulates your immune system, further reducing the risk for infection!

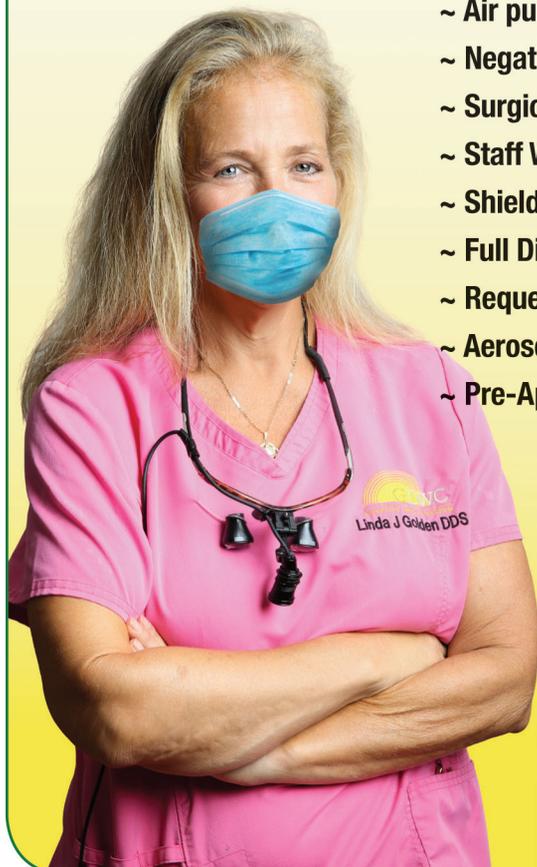
If you don't know what you need, don't worry. Here at Golden Dental Wellness Center, we will do blood work for you and carefully examine if you could benefit from IV therapy as well as which vitamins will be best for your dental and total body health. To inquire about IV therapy during dental procedures, give us a call at (516) 627-8400.

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# Some Good News on the COVID Front From Former Chief Science Officer for Pfizer

by Pamela A. Popper  
 Worthington, OH

**A**ccording to Dr. Michael Yeadon, former Vice President and Chief Science Officer for Pfizer, almost all of the positive tests for COVID-19 are false positives, and current government policies and the restriction of constitutional rights are based on faulty data. He says “the pandemic is fundamentally over.”

Yeadon and two co-authors wrote an article in which they report that deaths increased throughout the world in March and April and by the end of June had flattened and have remained that way. It is incessant testing of asymptomatic people and constant reporting of false test results by the media that is keeping the pandemic alive, allowing government officials to continue their reign of tyranny, and causing people to remain fearful.

**The authors also report that the survival rate for COVID-19 is 99.8%**, which is similar to seasonal flu. In March and April, Fauci was predicting a mortality rate 20-30 times higher, but his calculations were wildly incorrect. While fatal in certain susceptible people,

the death rate overall is very low. The problem is that Fauci has never admitted that he was wrong, and continues to opine publicly based on erroneous assumptions.

**Other highlights from the paper include: COVID-19 is not “novel.”**

While COVID-19 is a new coronavirus, there are currently four strains which circulate throughout the world that cause the common cold and all “have striking sequence similarity to the new coronavirus.”

**A significant percentage of the population is already immune.**

Much of the population already has antibodies to COVID or T-cell immunity due to prior exposure to other coronaviruses. Yeadon et al report that “Responses to COVID-19 have been shown in dozens of blood samples taken from donors before the new virus arrived.”

**Only 15-25% of the population needs to be infected in order to achieve herd immunity.**

This is due to the fact that at least 30% of the population already had immunological recognition of the new virus even before it arrived.

**Herd immunity has likely been achieved in the U.S.**

Assuming 200,000 deaths and a survival rate of 99.8%, for every person who died there are 400 who lived. This means that 80 million Americans, or about 27% of

the population has been infected, enough to cause herd immunity.

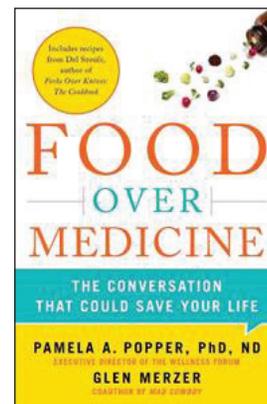
Since PCR tests detect partial RNA sequences and not intact virus, a true positive does not mean the person is infected with COVID-19. The test can detect a small fragment of dead virus from an old infection that cannot make the person sick, cannot be transmitted, and cannot make anyone else sick either. In fact, research shows that some people remain PCR-positive even after the ability to culture virus from swabs has disappeared.

**Neil Ferguson's model was wrong.**

According to Dr. Yeadon, “no serious scientist gives any validity” to Ferguson's model, which predicted that there would be 2.2 million deaths in the U.S. (even with forged death certificates the death count is 200,000); and 100,000 deaths in Sweden by June (as of October there are 5800).

**The lockdowns have not changed outcomes.**

In comparing government responses, it is clear that death rates were not impacted by human intervention. For example, Sweden did not lockdown and its death rate is similar to the UK, which had



some of the most severe restrictions in the world. Sweden also has a lower per capita death rate than the U.S. and did not close bars, restaurants, sports, most schools, or movie theaters and never ordered its citizens to wear masks. ✨

*Dr. Mike Yeadon: Governments are using a Covid-19 test with undeclared false positive rates. <https://www.youtube.com/watch?v=Ch7wze46md0> Paul Kirkham, Dr. Mike Yeadon, Barry Thomas. “How Likely is a Second Wave?” *Lockdown Skeptics* September 8 2020*

**Pamela A, Popper is an internationally recognized expert on nutrition, medicine and health; and the founder and Executive Director of Wellness Forum Health. Pam has been featured in many widely distributed documentaries, including *Processed People*, *Making a Killing*, *Food choices*, and *Diet Fiction*, and appeared in the acclaimed documentary *Forks Over Knives*, which played in major theaters throughout North America in 2011. She is one of the co-authors of the companion book that was on the *New York Times* bestseller list for 66 weeks. Pam is the author of **Food Over Medicine: The Conversation That Can Save Your Life**, and the recently released *Covid Operation*.**

**UP NEXT: February / March Winter “Relationships” Issue: Relationships, Sex, Introspection and Meditation**

**ADS DUE JANUARY 10th | Article & Poetry submissions due December 15th**

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# POETRY

## A Poem Is

by Ben Calderone, Levittown, NY

A poem is a being  
not a telling  
A poem is a self  
not an other  
A poem is an entity  
not a representation  
A poem is a reality  
not a symbol  
A poem is fulfillment  
not a wish  
A poem is essence  
not appearance  
A poem is remembrance  
not a reminder  
A poem is tempered  
not temperamental  
A poem is...  
what do you think?



## Letting Go

by Paula Timpson, Venice, FL

It is how it is  
Life is  
Letting go  
Rising from grace each morning  
Trusting loving  
The Light  
Tonight  
God remains  
All else changes  
Daily  
Letting go  
Is believing in  
Tomorrow

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by  
Jan Guarino  
w: JanGuarinoFineArt.com  
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## Choices

by Dr. Seena Axel, Delray Beach, FL

The grace of having choice  
in any form is true freedom.  
The removal of personal preference  
is forced enslavement.

Disdaining the choices you have  
and not changing them, creates numbness.  
Body, mind and spirit exit into a  
hibernating cave until the winter warms.

Honoring the choices available,  
appreciating the inherent pleasure  
in having any at all, calls forth the optimal self...  
entices the Divine Spirit out of protective hiding,  
and grounds the being in the light of love.

## Haiku

by Patricia Rossi, North Merrick, NY

snow-laced window pane  
cardinal perched on barren bough  
winter solitude

## January Rose

by Elaine P. Morgan, Warrenton, VA

In the depth of winter,  
I'm reminded of your origin.  
One miniature red rose  
born into botanical paradise,  
the essence of you lulled into false  
security by trickster sun rays,  
promises of eternal spring.  
Discarded at summers end,  
your forced buds and blooms  
no longer displaying on greenhouse  
shelving for eyes which could never  
pollinate, pledge perennial life, beauty.  
Planted in front of my living room window,  
green thumbs tended distressed stems,  
dried yellow leaves. Guardian eyes  
watched you struggle with choices,  
resist hibernation in the prophecy  
of the first frost, coming cold spell.  
In the depth of winter, I'm reminded  
of your spirit. One lingering red bud  
with intrinsic desire to break open  
in a season of adversity.

## Light Comparisons

by Meagan J. Meehan

The strand  
Strings together  
The colored lights.  
Blinking  
In multi-colored  
Unified  
Discord.

Chatting  
Bickering  
They co-exist;  
Peacefully or otherwise.  
If one goes out  
The others might continue  
Alight.  
Yet a dark hallow remains  
An example of  
extinguishment  
Ghost of the fallen.

I wrap them around the tree  
Entwining them  
Together.  
I am the  
All-Powerful-Master of:  
Their placement  
Their destiny  
Their fate.  
As I shift them around  
Their ever-green universe

I am struck  
By how alike they are to us;  
The human race.

We too beam  
Scattered around  
Within our planetary world.  
All shapes and colors  
We laugh  
Or we cry;  
Fight  
Or forgive;  
Thrive  
Or die.  
  
Light—  
Our tool to attract attention.  
To warn  
To warm  
To divert  
To lure—  
Is life.

The tree strand shines  
Joined together  
Indefinitely  
Defying darkness  
Chasing shadows.

In this season of:  
Sparkling bulbs  
Merry music  
And decoration  
We celebrate  
The best of gifts:  
Goodwill

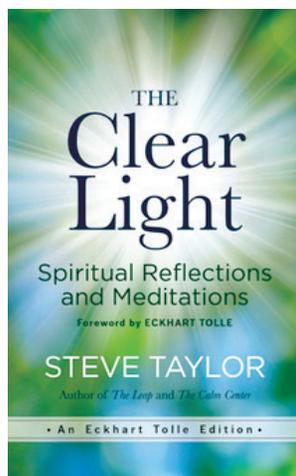
Poetry is nearer to vital truth than history. – Plato

# The Clear Light of the Present

A Poem Excerpted from  
"The Clear Light" by Steve Taylor

There is nothing that can't be undone —  
no past injury that can't be healed  
no past mistake that can't be corrected —  
in the clear light of the present.  
Every past action that arose from spite  
can be redeemed by kindness  
in the clear light of the present.  
Every action that arose from ignorance  
can be redeemed by wisdom  
in the clear light of the present.  
Painful memories of suffering  
will evaporate like patches of fallen rain  
in the clear light of the present.  
And dark deep imprints of trauma  
will uncover themselves so that they can be  
healed  
in the clear light of the present.  
Conflicts that have exhausted us  
and grudges that have poisoned us

for lifetime after lifetime  
can be flushed away in an instant  
of pure compassion and forgiveness  
in the clear light of the present.  
There is no need for the past to shadow us  
when we always live, and are always free  
in the clear light of the present.



# "Guides the Evolution of Life Throughout the Universe"

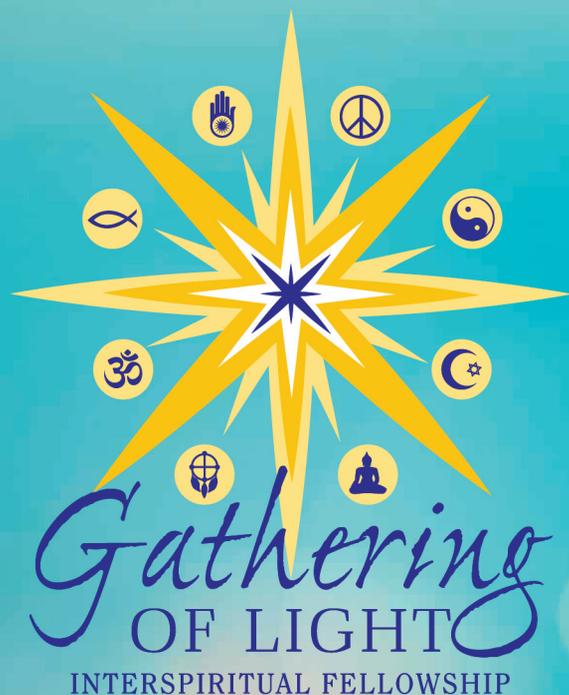
by Eckhart Tolle

And God said, "Let there be light," and there was light. According to Genesis, the first book of the Bible, the creation of light preceded even the creation of the sun and the other celestial bodies. In fact, this light appears to be a prerequisite for the creation of the cosmos (a Greek word that translates as "order"). It is clearly the case, therefore, that the word light is used here to refer to something much deeper than that which can be perceived by our sense of sight. It is a word derived from the realm of sensory perception, but it points to a mystery that is prior to and beyond the world of appearances and manifestation. Perhaps we could describe it as the organizing principle that guides the evolution of life throughout the universe, an infinite, eternal, and transcendent consciousness that gradually expresses itself more and more fully in the dimension of space and time. This would imply that the creation of the clear light universe is by no means finished yet, but is a process that is ongoing, and that

humans, too, are a work in progress. There is an evolutionary impulse that drives all life-forms toward greater consciousness, toward enLIGHTenment!

When Jesus said, "You are the light of the world" (Matthew 5:14), he was speaking to every human being. He was able to make this assertion because he had realized this reality within himself and was therefore able to state unequivocally, "I am the light of the world" (John 8:12). Similarly, in Mahayana Buddhism, the term clear light is synonymous with luminous mind, which refers to the Buddha-nature that is the essence deep within every life form.

*Excerpted from the Foreword of  
The Clear Light by Steve Taylor,  
New World Library ©2020.*



631.455.3471 [GatheringOfLight.org](http://GatheringOfLight.org)



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View our event details here:

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# BOOK REVIEWS

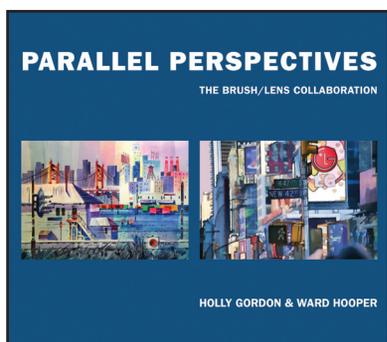
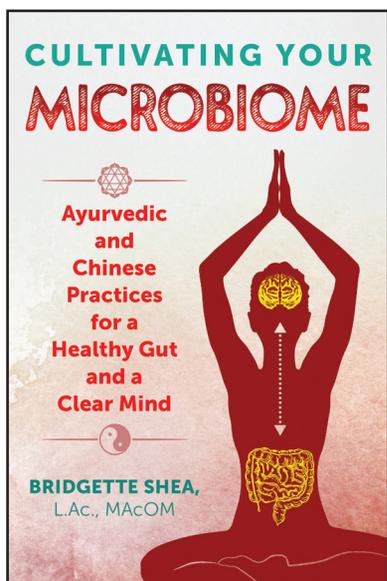
## & PRODUCTS

### BOOKS

**CULTIVATING YOUR MICROBIOME: Ayurvedic and Chinese Practices for a Healthy Gut and a Clear Mind**  
by Bridgette Shea, L.Ac., MAcOM  
HealingArtsPress.com

In traditional medicine, the digestive system and microbiome are recognized as the foundation for good health. Our internal flora influences our immune system, brain function, hormonal balance, cravings, sleep, mood, inflammatory response, digestion, nutrient assimilation, and elimination. In this holistic guide to cultivating a healthy microbiome and managing gut health naturally, Bridgette Shea explores digestive functioning from the perspectives of both Western science and traditional medicine, and examines Ayurvedic and Chinese medicine principles on digestion and constitution types. She reveals how, in addition to describing what we now call the *microbiome*, traditional Chinese medicine also has long recognized the importance of an abdominal organ that modern science has only recently acknowledged: the *mesentery*, the tissues that connect and support the internal organs.

Going beyond probiotics and prebiotics, the author presents practices to reestablish balance in your internal microbiome, support the mesentery, improve digestion and elimination, and restore a clear mind and strong immune system. She explains how to read your symptoms, from brain fog and fatigue to congestion and stool quality, and offers herbal remedies, acupuncture and acupressure techniques, and dietary methods to improve your internal health, including a microbiome dietary reset. *Cultivating Your Microbiome* shows that by changing your microbiome, you can



greatly improve your physical, emotional, and mental health.

**PARALLEL PERSPECTIVES: The Brush/Lens Collaboration**  
by Holly Gordon and Ward Hooper  
City Point Press

What do you get when you have the improbable pairing of photographer Holly Gordon and painter Ward Hooper? *Parallel Perspectives: The Brush/Lens Collaboration*, an eye-arresting contemporary art book, or visual memoir, featuring two popular mediums: painting and photography inspired by the Long Island landscape. *Parallel Perspectives* offers seamlessly created images that work on many levels: It pays attention to tiny details yet pulses with large swaths of vibrant color. The pictures look like paintings, but could be photographs, and vice versa. Gordon finds images and builds digital layers that blend an

unflinching assessment by a documentary photographer and environmentalist with a painterly sensitivity. Hooper's loose brushstrokes capture the ever-shifting light and shadow through watercolors that are as elusive as the light.

Most curious and coincidental is the creative connection that Gordon and Hooper discovered quite by chance. Social media brought Gordon and Hooper together, combining life, loss, serendipity, and art after their similar work evolved independently over the many years. Collectively, they have nearly 100 years of experience—he with his paintbrush and she with her camera. Now their artistic relationship is an affirmation of the human spirit, pushing aging and infirmity aside while showing how artistic vision is infinite. This book compares and contrasts photography and painting with their mutual affinity

for color and light. Technology changed painting with the invention of the camera in the 1860's and today technology is changing photography, as we know it. Holly Gordon's photography is part of the change.

While painting and photography have had a frequently adversarial history, in this collaboration the relationship is confluent and transformative. This book is for anyone who cherishes treasures of stunning, memorable beauty. BTW, not so incidentally, about a dozen of Holly Gordon's photographs have graced the covers of *Creations Magazine*.

**HOW GOOD ARE YOU WILLING TO LET IT GET? 60 FEELGOOD Cards for Creatives, Healers, and Helpers**  
by Sarah Bamford Seidelmann M.D.

This Card Deck from Sarah Bamford Seidelmann M.D., Woman of Medicine, Shamanic Mentor, and author offers insightful messages and sacred wisdom. Sarah and her magnificent spirit animal, Alice, the Elephant created this card deck of inspiration to encourage creatives, healers, and helpers. Alice offers up thoughtful messages in a lighthearted (and sometimes salty) way, and Sarah adds her reflections along with a prompt and prayer. Themes include Humility, Moderation, Self-love, Family, Friendship, Creativity, Pitfalls & Quagmires, Addiction & Recovery, Dealing with Fear. Primed to help people feel supported, inspired, and uplifted, this card deck asks, "How good are YOU willing to let it get?" Sarah and Alice hope that your answer is "very good indeed!" and heartily believe this deck of feel-good cards will help you get there.

### PRODUCTS

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magicdatesbites.com

Known as "nature's candy" and a powerful whole-plant superfood snack, dates are a nutrient-dense, paleo delight with

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**PARMA VEGAN PARMESAN**  
eatparma.com

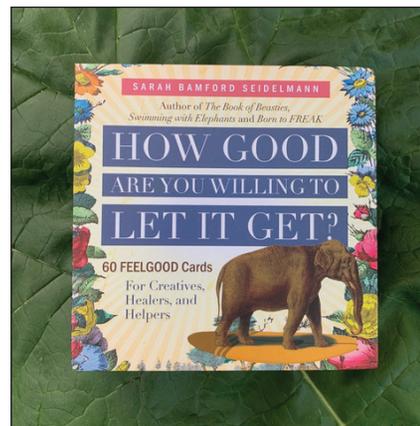
If you've been looking for a vegan, plant-based parmesan, alternative, you have just arrived at your destination: Parma Vegan Parmesan is a complete protein super-food that is Gluten-free, Dairy-free, and Soy-free; Non-GMO, Paleo, Keto, Kosher Certified and oh yeah, tastes great! Original *Parma!* has a delicious cheesy umami flavor, made from a handful of simple

Ingredients — Nutritional Yeast, Organic Sunflower Seeds, Walnuts, Himalayan Crystal Salt and Organic Hemp seeds. The rest of their vegan line includes Chipotle Cayenne, Better Than Bacon, and Garlicky Green.

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- Charlotte's Web Balm and Balm Stick – Designed to target specific areas of the body that need extra care such as elbows or knees. Both are formulated with menthol, peppermint oil, turmeric oil and ginger oil. Convenient and effective.



# Spiritual Celebration of Jesus' Birth: Communion with the Infinite Christ in Meditation

by Paramahansa Yogananda (1893-1952)

For nearly a century, Self-Realization Fellowship (SRF) has celebrated the true meaning of Christmas with an eight-hour meditation to commune with the Divine, the Source of all love and peace. Inaugurated in 1931 by SRF's founder, Paramahansa Yogananda, the custom of holding an all-day meditation takes place in SRF temples and meditation centers throughout the world. For the first time this special event will take place online, and all are welcome to join. Details about the all-day Christmas meditation, which will take place on December 19 from 8 a.m. until 4 p.m. PST, will be available beginning in December on the SRF website at [www.yogananda.org](http://www.yogananda.org). Wishing you the Peace and Promise of the Season.

The following excerpt is from **The Second Coming of Christ: The Resurrection of the Christ Within You** by Paramahansa Yogananda, now available in an eBook edition. (Reprinted by permission. Self-Realization Fellowship, Los Angeles, Calif., [yogananda.org](http://yogananda.org)).

Each year at Christmastime there are stronger than usual vibrations of Christ-love and joy that emanate to earth from the heavenly realms. The ether becomes filled with the Infinite Light that shone on earth when Jesus was born. Those persons who are in tune through devotion and deep meditation feel in a wondrously

tangible way the transforming vibrations of the omnipresent consciousness that was in Christ Jesus.

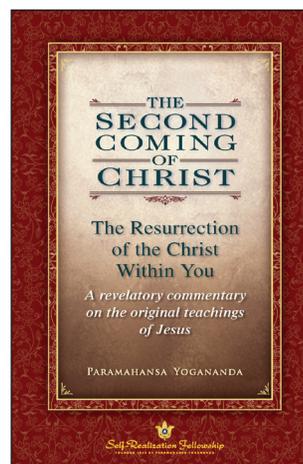
To celebrate the birth of Jesus in solely materialistic ways is a desecration of the meaning of his holy life and of the immortal message of divine love and God-union that he preached. Seeing in the West the shallow, often irreverent, observance given to the birth anniversary of this great avatar, I inaugurated in Self-Realization Fellowship the spiritual celebration of Christmas, before Christmas Day festivities, by devoting a daylong meditation service to the worship of Christ. The ideal is to honor Christ in spirit in meditation from morning till evening, absorbed in feeling in one's own consciousness the Infinite Christ that was born in Jesus.

That experience is one of profound peace and joy, more than a human heart has ever known—expanding into an all-embracing consciousness. Often has the form of Jesus appeared before me during these services—such love in those eyes! It is my prayer—and my conviction that it will come to pass—that comparable observances of the real meaning of Christmas will become a tradition throughout the world.

The message of the “heavenly host” to the shepherds in the countryside of Bethlehem was “on earth peace, good will toward men.” **Peace in the world starts with**

**peace in individual hearts.** “The peace of God, which passeth all understanding” [Philippians 4:7] is the peace Jesus came to bring to man; it is the only sure foundation for world amity. It is found in the interiorized state of one's God-communion in meditation. Then, like an ever-full reservoir, it pours out freely to one's family, friends, community, nation, and the world.

If everyone lived the ideals exemplified in the life of Jesus, having made those qualities a part of their own selves through meditation, a millennium of peace and brotherhood would come on earth. ✧



Courtesy of Self-Realization Fellowship, Los Angeles, Calif.

**Paramahansa Yogananda** (1893-1952), author of the modern spiritual classic *Autobiography of a Yogi* and widely regarded as the father of Yoga in the West, contributed in far-reaching ways to a greater awareness and appreciation in the West of the spiritual wisdom of the East. Arriving in America from his native India in 1920, he established his society, Self-Realization Fellowship, that same year. *Autobiography of a Yogi*, Yogananda's life story, was published in 1946 and expanded by him in subsequent editions. Recognized from the beginning as a landmark work in its field, the book has been in print continuously since its initial publication more than fifty years ago. Honored as one of the 100 best spiritual books of the 20th century, it remains one of the most important, and most readable, works on Yoga and Eastern spiritual thought.

## Book & Product Reviews, continued

• Charlotte's Web Roll On – This CBD roll-on features two different essential oil aromatherapy blends. The Peppermint Roll-On is formulated with peppermint oil, menthol, eucalyptus oil, and rosemary oil. The Lavender Roll-On is a blend of lavender oil, bergamot oil, and chamomile oil. They each come in 10ml (.34oz) glass bottles with roller balls. Very nice!

**OE ORGANIC ENERGY SHOT**  
<https://oeshot.com/>

Tap into Earth's top energy authorities when you need a boost with the brand new OE Organic Energy Shot—a USDA 100% Organic Certified energy shot that contains no preservatives, no artificial additives, and no toxic chemicals! OE Shot is formulated to elevate your mind and body's performance without harming you or the planet. Ingredients, including

Green Coffee Beans, Ashwagandha, Ginger, Ginseng and Turmeric will give you pure power prior to a workout, to maintain energy balance in your day, or simply when you're feeling sluggish. Backed by the research of Cardiologist Dr. Rasham Sandhu and Neurologist Dr. Maheep Viridi, in collaboration with Fitness Expert Pat Brown, OE Shot offers something entirely different (and better for you, says the company) than anything else on the market. The manufacturer further claims this product helps maintain energy, focus, mood and athletic performance; helps with inflammation, blood sugar, stress and anxiety, and supports immunity with antibacterial properties. Available in two flavors: Pina Colada and Mixed Berry.

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## AESTHETICS

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## BAKERY

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## Are You Green Inside and Out?

Green Inside and Out is a Long Island non-profit organization that empowers and educates consumers on ways to reduce toxins and live a low-impact eco-friendly lifestyle. We host a monthly show on WUSB 90.1 fm, blog, work on policy, and we are excited to announce our...

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[www.greeninsideandout.org](http://www.greeninsideandout.org)

## COUNSELING/THERAPY

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

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## GROUPS/CLASSES

**TRAIN TO BECOME AN INTERFAITH MINISTER** – All Faiths Seminary International. Accepting Applicants for the Fall. Info Call: 212-866-3795. 1-Yr & 2-Yr Programs Available. Correspondence Students Welcome. Classes Held at: The MAKOR Center, 109 E 39th Street, NYC. [Infoallfaithsseminary.org@gmail.com](mailto:Infoallfaithsseminary.org@gmail.com); [allfaithsseminary.org](http://allfaithsseminary.org). Rabbi Joseph Gelberman, Founder, Rabbi Stuart Paris, President. (see ad p.14)

**SUPPORT GROUP/BOOK DISCUSSION** based on Dr. Thomas Cowan and Sally Fallon Morell's book, "The Contagion Myth". For supporters of their work who are looking for like-minded people during this challenging time, call Ann 516 597-5903.

**TRAIN TO LEAD TRANSFORMATIONAL WORKSHOPS IN LOUISE HAY'S PHILOSOPHY** Tampa, FL - June 12 – 19. All materials provided. Authorized by Hay House, Inc., Details: [hyltraining.com/florida](http://hyltraining.com/florida) or call 713-201-2020.

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# Perception is 9/10ths of the Law

by Donna Martini  
Oyster Bay, NY

“What other people think of you is none of your business!” When we see or hear this sentence, we feel justified ignoring other people’s opinions of us. Is this always good practice, though?

About thirty years ago, I had a chat with my aunt about co-workers who were talking about me behind my back. I was really angry because their perception of me was unfounded, unfair, and jeopardizing my career. My aunt told me flat out, “Tough luck! Their opinion of you is their truth to have and to hold, and if you want to change that, you are the one who is going to have to do it.”

Ouch! That stung, but I realized she was right. I eventually did sway my co-workers, but I had to change my anger into love before I could do it.

It seems perception is 9/10ths the law; meaning, even though our persona is ours, another person’s opinion and perception of it is theirs. And while they hold it, they own it, allowing them to do anything they want with it.

By deciding to listen to these opinion’s, though, we only give someone a momentary upper hand. We can choose to open our minds and our hearts just long enough to glean what we can use... what we need to grow forward and achieve our goals.

During my lifetime, listening helped me grasp how others initially formed their opinion. Most often, it had nothing to do with truth and everything to do with gossip or a misunderstanding. Knowing this I was able to address issues that would have been left to boil.

By listening, I learned what it might be like to be my sister, daughter, mother, friend, boyfriend... another ouch! Sometimes, that was tough to listen to but doing so eventually gave me the strength to let go of unproductive and hurtful habits and mindsets that were keeping me from sharing the best of myself.

By listening, I became a better Soul interpreter, able to understand the depths of another’s pain and anguish; able to go really deep to find better ways to relate to them.

By listening, I have learned who was not “pro Donna” and my hopes, dreams, and goals. That helped me let go of people who were not so good to hang around with!

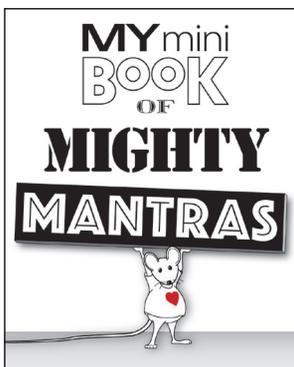
By listening, I was able to move forward with plans I would not have been able to otherwise do because an adverse opinion was blocking my path.

By really opening my ears, I came to understand I wasn’t expressing myself and my views in a way some people could comprehend. That helped me share my views better and become so much more effective as a writer, speaker, and coach.

When I listened, I showed others that I cared and was choosing to honor them even when I disagreed with their thoughts about me. That earnest desire led to the ability to change criticism and someone’s need to cut me down to size into an opinion I could use to emotionally rise!

And most importantly, by listening I honored my Soul and spiritual growth. Realize, when we aspire to live our best day as our best self, we need to be truly open, earnest, and honest about hearing and seeing all that is keeping us from both. Too often, though, we become too stubborn or afraid to know the truth.

Lucky for us, our Souls never stop trying to help us aspire to greatness. And after so many years of listening, I have come to find how darn creative they are at giving us exactly what we need and want. Through our trials and interactions with others, we are offered our most profound spiritual gifts. We just need to get over ourselves a little to accept them. ✨



Donna Martini is a wellness activist, speaker, cartoonist, and author of two books, **The Ten Commandments of Divorce** and **My Mini Book of Mighty Mantras**. As an intuitive coach, she helps businesses, non-profits, government agencies, families, and individuals learn how to tap into their full potential through an energy technique she calls *Positive*

*Manipulation*®. Her cartoon character, MantraMouse, uses simple phrases to help people of all ages come to understand their human complexities, innate power, and potential. Donna can be reached at donna@donnamartini.com. Follow her on <https://www.facebook.com/donna.martini.7> Learn more at [mantramouse.com](http://mantramouse.com).

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# The Truth About Probiotics!

by Dr. Howard Robins, New York City

Did you know that the probiotics you are taking may be worthless? Did you know that they may be giving you no benefit at all? What you will read below may be upsetting but there is good news at the end!

*60 Minutes* recently did an eye-opening story telling the startling truth about the probiotics we are using.

We all know that we need good bacteria, also called *microbiome* or *biome*, in the wall of our gut to stay healthy and aid digestion and absorption of nutrients.

But did you know they do so much more? They make Vitamins and essential amino acids, they're able to communicate with our immune system and other organs in our body as well.

## What the experts say:

Dr. Jeff Gordon working at Washington University in St. Louis is recognized as "the father of the microbiome." He has spent much of his life exploring the mysteries of the bacteria in our gut. He claims that research has shown that the microbiome in your gut can affect whether you stay fat or thin, get diabetes, control your mood and even increase your risk to get cancer.

A potentially life-threatening infection of the colon called *C. difficile*, caused by using antibiotics to fight other infections

in your body, kills the good biome in your gut at the same time, infects 500,000 people in the USA, and kills 28,000 people from uncontrolled diarrhea every year!

Dr. Patricia Hibberd an infectious disease specialist and a professor of medicine at Boston University said on *60 Minutes* "The whole idea that maybe throwing in good bacteria that we would take by mouth would hopefully land in the right places in the GI tract and work with the immune system—we just don't know how to do any of that".

She was asked that since the probiotics industry is a multibillion-dollar industry, is there convincing evidence that commercially available probiotics have been found to be beneficial for reducing diarrhea from antibiotics, treating irritable bowel syndrome and decreasing allergies?

Her surprising answer, contrary to what you may believe to be true was "NO!"

But you take them, and even spend quite a bit of money for them and you absolutely have felt a difference, right?



It was suggested that one cause of this confusion may be the placebo effect, that some people using probiotics may feel better because they expect to feel better.

Figuring out what probiotics do inside you is very complicated. Each person's microbiome is unique, so the same probiotic may have different effects on different people, claim professors Eran Elinav and Eran Segal, at Israel's Weizmann Institute of Science.

They collected thousands of samples from a group of adult volunteers half who were given very large doses of commonly available probiotics and half a placebo. They used multiple endoscopies and colonoscopies to look across the entire gastrointestinal tract at places where nobody has looked before.

What they found was that the probiotics that went in, went right out the other end and didn't populate the gut! They expected that at least some would temporarily settle in the gut, but they didn't!

Apparently capsule, powder and tablet probiotics are destroyed at the rate of over 90% in the stomach and even spore forms, that may survive, have too little time in transit to come back to life out of "suspended animation" to become strong adult bacteria before they exit.

Unfortunately, these findings contradict much of the conventional wisdom and

beliefs about probiotics.

**Is there an effective probiotic we can take? Yes, and it's called a SYNBIOTIC (spelled correctly with an "N")**

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by Dr R. Geoffrey Broderick

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