

INSPIRATION | HOLISTIC HEALTH | PERSONAL GROWTH

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CREATIONS

MAGAZINE

911 FROM YOUR SOUL:

Will You Answer the Call?

THE DECEMBER / JANUARY
HOLIDAYS ISSUE

Jan Guarino

**“YOUR HAPPINESS DOESN’T DEPEND ON YOUR PARENTS,
YOUR PARTNER, YOUR FRIENDS,
OR YOUR PAST. IT ONLY DEPENDS ON YOU.” — ANAND DILVAR**

Longevity Through an Oral Pathway

When I was in the Air Force the most elite human beings were pilots. These men and women had optimum oral health and overall health. They were at peak mental capacity because they needed to focus on the mission.

What is optimization? It's functioning at the peak level of efficiency. A clean engine is more reliable. A high-performance race car runs faster with high test fuel. Our bodies are no different.

We have heard that people in the Mediterranean are healthier and live longer. It is a perfect balance of an organic, nutrient dense diet, exercise and a low stress lifestyle.

It's not just genetics, it is the environment as well. **Lifestyle is arguably much more important than genetics.** Smoking for example is a choice people make that changes their environment and creates unnecessary burden. Overeating, excessive alcohol consumption, a sedentary lifestyle, to name a few, all create wear and tear on our organs such as the liver, brain, heart, lungs and gastrointestinal tract.

How does the mouth tie in to longevity? Studies show that dental frailty leads to overall body frailty. Multiple missing teeth are a predictor of morbidity, poor health and increased mortality. On the other hand, **when people have a full set of teeth and a healthy mouth, they have increased longevity.**

Gum disease is within the top 5 most common diseases in America. It is an inflammatory process that contributes to trans ischemic accidents (TIAs), cardiovascular disease, respiratory disease, diabetes, autoimmune inflammatory diseases and arthritis. It's no wonder why orthopedic surgeons and cardiologists require certain patients with artificial joints and heart valves to pre-medicate with antibiotics prior to dental cleanings. The mouth is a portal to the cardiovascular systems and the millions of bacteria that live in it have access to the bloodstream and, in turn, the rest of the body. Frequent professional dental cleanings decrease inflammation. Flossing has been shown to show a significant decrease in C-reactive protein, a marker for inflammation in the body.

Have you ever had a toothache or mouth pain? It affects your mood, appetite, GI system, muscles in your head and neck, ears, all your senses. It's debilitating. That's called acute pain. What about the chronic, nagging, low grade infection in your mouth? If something is festering in there wouldn't you want to identify it early and treat it? Impacted wisdom teeth, failing root canals, hidden cysts or oral cancers, HPV; all of these can be identified early and treated. Small problems = small solutions.

I love preventative, proactive treatment. For example, if you have a small chip in your windshield, they can inject resin into it to prevent it from propagating into a large crack that would lead to a windshield replacement.

By identifying genetic and environmental predispositions and using advanced diagnostics we can prevent oral triggers from initiating diseases. With a good oral hygiene regimen we can prevent unnecessary bio burden from affecting our body. Survival of the fittest applies here.

Let's look at mercury toxicity. Imagine if you are sensitive or allergic to something in your mouth that you are unaware of and can't get rid of. Part of your immune system will always be busy and distracted managing this and keeping it at bay, thus lowering efficiency and decreasing immune function.

A strategy for health is managing toxicity and deficiency by detox and nutrient supplementation.



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Welcome to the December / January 2023 Holidays Edition!

This issue we've got a new addition to this "edition." We are genuinely thrilled to introduce and welcome *Vibration Magazine* to the CREATIONS MAGAZINE family. Founder Paul Vibes and the Vibe Fest community are closely aligned with the values of our publication. Going forward, this "magazine within the magazine" will maintain a complementary presence augmenting our Resource offerings while infusing Creations' readership with a new, and younger audience. [*Gotta get 'em while they're still impressionable :)*]

What is the Vibe Fest Community? Paul from *Vibration Magazine* explains:

*It's a community on a mission. The spiritual, wellness, and artistic communities have come together to create a space where we can feel comfortable, safe, and free to express our most authentic selves. Leaving judgment at the door, we welcome all human beings of varying backgrounds and abilities to connect on a deeper level. We share a common goal to create a better world, build soul connections and have fun doing it! Integral to the Vibe community is to support each other's businesses and new ideas — involving everyone in our events to share their unique talents, because we wholeheartedly believe in each other and this mission we are co-creating. Please take a stroll through pages 21–23 and get acquainted with *Vibration Magazine*.*

Our cover title asks *911 From Your Soul: Will You Make the Call?* "For each of us," Jeanine Thompson says, "there will come a time when our Soul longs to birth something for us and through us." Often it's what we've been most strongly resisting, and fearing. However, when we ignore "the call" it not only doesn't go away, it gets louder — becoming a "911."



When Will Life Stop Being Such a Struggle? Ann Albers answers "When you stop struggling with life." As you stop pushing against the things, people and situations you don't want, you allow for the things, people and situations to flow to you that you do desire — peace, love, happiness, abundance, kindness, health ...

Did you know that *Yoga May Lower Your Risk of Cognitive Decline and Alzheimer's?* Joseph Keon details just how profoundly beneficial a regular yoga practice can be for your cognitive health.

When They Go Low, You Go High. Alan Cohen counsels us to refuse to join another person's upset. "Your greatest power to get what you want and end a conflict is to stay established in your calm center."

Owen Waters instructs us on *The Vital Importance of Inner Alignment.* Inner Alignment means becoming and expressing more of your true self. When this happens, "Society, as a whole, will then realize that heart-centered consciousness is the way forward into creating its bright, new future."

Wishing everyone the way forward to a Peaceful Holiday Season, and a Bright & Healthy New Year,

Neil + Andrea

INTRODUCING A New Addition and "Edition" *Vibration Magazine*

*A place to build soul connections,
create a better world and have fun doing it!*

*The spiritual, wellness, and artistic communities
have joined together creating a space to feel comfortable, safe,
and free to express our most authentic selves.*

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911 From Your Soul... Will You Answer the Call?

by Jeanine Thompson

Life is a spiritual journey. Every breath, every relationship, every joy and sorrow are calling you to remember who you really are, and to be and experience all that you came here for. Our discomforts, challenges, and even crises are invitations to free ourselves, expand our wings and rise into our highest expression—for ourselves, for those we love, and for all of humanity.

For each of us, there will come a time when our Soul longs to birth something for us and through us. Often this is the thing that we most strongly resist, are afraid of, or think we aren't ready for. When we ignore the call, it doesn't go away; it gets louder. Eventually, it becomes a 911.

Tune in and see if any of these are resonant for you.

- You feel lost and unsure about the trajectory of your life, and the traditional resources that served you in the past are no longer working.
- Things that used to bring you joy are falling flat.
- You feel a persistent yearning—like something is missing or off.
- You run from opportunity to opportunity, looking for some trace of your old spark.
- You're being asked to radically change some aspect of your life (or life seems to be forcing such a change on you), and some part of your familiar identity has been shaken or stripped away.
- You are hiding out or playing smaller than you know is possible for you.
- You are grappling with the bigger questions in life, such as, "What is the purpose of life? Who am I, and what am I here to do?"

We all undergo challenges in life and not all become a 911. The distinction with a 911 is that there is a magnetic pull deep within ourselves, a luring forward, that accompanies the challenge. There is a bubbling-up of new questions that, try as you might, you can no longer brush over, sweep aside, or avoid. It might speak loudly; it might scream. Or it might whisper subtly, yet with such persistence that you simply cannot ignore it.

Ultimately, it prompts a holy reassembly of who you are, and who you know yourself to be. Life is speaking, and it's asking you to grow beyond where you've been.

During a 911, you may wake up to everything you've been keeping yourself too busy to acknowledge, and all the ways you've been squeezing yourself into a box you didn't create or desire. All the parts of you seeking growth and evolution are calling for your attention. You may be directed to take action you don't understand or have feared. You may be invited to embody greater courage, truth, and alignment—to step into the space of the "and," where all of you can be present and find room to thrive.

You've always been in search of this, whether you are aware of it or not. At the core of you is a deep, primal longing—a longing to meet yourself and live in union with the sacred, which is within, beyond, and all around you.

And yet, we miss or deny that call for months, even years. Why? Because it works for us not to address the struggle. We often prefer the pain of the familiar to the fear of the unknown. As long as life is still working (sort of), we see no reason to blow it all up. Why rock the boat that's still afloat?

I think we've lost sight. We've forgotten we are more than human beings that do and acquire and produce. We deeply crave love, beauty, awe, and wonder. We crave freedom and belonging. We crave to potentiate to our fullest nature. Still, we don't allow ourselves to actually go there.

When was the last time you let a sunset take your breath away, or really listened to the sound of the ocean waves as the salty air caressed your face? When was the last time you felt totally at peace, or connected to something bigger than yourself? When was the last time you felt true freedom? When was the last time you had a sacred experience, or knew that you *mattered*?

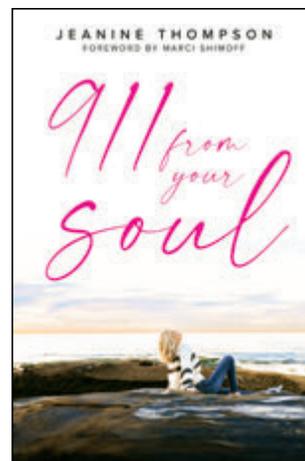
This is what your Soul is calling you home to. You are *longing* for a path back to your sacred self. Will you listen? Will you hear those 3:00 a.m. whispers, that quiet voice? Will you make the choice to go where you're being called?

Along my wild, not-at-all linear journey from psychotherapist to Fortune 50 Executive to Transformational Coach, I nevertheless accessed seven clear spiritual principles which I collectively call The Soul Solution for a 911 from your Soul. These **7 principles (Soul - Mind - Body - Heart - Gratitude - Service - Love)** provide a blueprint for daily living as you invite the truth of who you are to come forward and take the helm in your life. They are statements to live by and also deep wells of wisdom that empower you to live in greater harmony with your truest nature and your human experience.

I've been a hospice volunteer since graduate school, both formally and informally. Often, as I sit with people whose physical lives are ending, they speak about the years flying by in the blink of an eye. Nearly all of them thought they had more time. More time to enjoy life and do all of things they had put off until a better time. More time to make a different choice. More time to have that difficult conversation. More time to be the person they knew they could become. And then—bam! Life shifted, and suddenly they were living their last days or months in this round of Earth School. They spoke with such clarity and conviction about what really mattered—connection, relationships, love—and what, in retrospect, did not matter at all.

The lesson from these beautiful souls is clear: if you want a life with no regrets, seize the precious, gifted moments now. Peace and joy are enlivened by the deep knowing that you gave it your all and left nothing on the table.

So, if you are feeling the pull ...
If you are hearing the whisper ...
If you are at a critical point of choice in your life, and you're being called forward



into the unknown ... your Soul is speaking and inviting you to embark on a quest. Not the kind that will take you to a far-away landscape where your current life seems only a dream, but one that will take you deeper into yourself.

You are more than you know yourself to be. You are limitless, infinite, and whole.

Now is your time to answer the call. For you, for others and for all of humanity. ✨

Jeanine Thompson is a Transformational Coach, speaker, and author whose breadth of knowledge and experience spans multiple disciplines and professional expressions from clinical psychotherapy to global business to advancing spiritual growth. She shares her journey and how others can reach their full potential in her first book, 911 From Your Soul (World Changers Media, Sept. 6, 2022).

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The Vital Importance of Inner Alignment

by Owen Waters

Many people in society today work at jobs they don't like, and find themselves with little or no time for activities that increase the quality of their lives. Such people are being kept out of alignment with their inner selves.

Traditionally, society has pressured people into conformity. Peer pressure to conform to an immediate social group begins at school because, from an early age, people are taught that they should conform to outside standards.

In England, the phrase "know your place" is used as a put-down to someone who has started to become outstanding in some way. In Australia, the traditional phrase is "cut down the tall poppies." In

Japan, it is "The nail that sticks up shall be pounded down."

However, this pressure towards conformity has been lessening in recent decades, and it will continue to lessen as people realize that **there is strength in diversity. Diversity is natural. Conformity is unnatural.** In the universe, every snowflake, every person, and even every proton is unique. Together, the sum of the parts makes up a perfect universe of infinite diversity.

Diversity is designed into the universe because the universe exists in order that Infinite Being, the All That Is, may gain an infinite variety of experiences. In the case of human beings as expressions of the one source, we have freewill so that we can make choices. Making choices, and experiencing the results of those choices, is what human life is all about.

Inner alignment means becoming more of your true self. Your inner being is your true self, and by developing your inner potential, you express more and more of your true self.

In heart-centered, New Reality consciousness, mutual support is shared between people. That means that being different is good, developing personal skills is good, and exploring your own potential is good. Deep within, everyone is equal. However, in your unique form of expression in the outer world, you are different to everyone else. Not better or worse, not more-than or less-than; just different, because diversity is natural and is honored through mutual respect.

The New Reality of heart-centered consciousness is being built on this Earth, one person at a time. New Reality consciousness is a supportive and empowered state of consciousness, rather than the Old Reality consciousness of separation and fear.

When a person manifests their own unique, inner being, they become aligned, in the way that a laser beam is aligned, rather than being scattered

by external *shoulds* and *should-nots*. A beam of laser light is powerful because it is coherent, not scattered in different directions. Your outer consciousness becomes more powerful when it is aligned with your inner being, not scattered.

When many people in society become aligned in their own personal power, the whole becomes far more influential than the sum of the parts. In fact, it becomes exponentially more powerful.

When enough pioneers choose New Reality consciousness, there will come a day when their powerfully aligned influence will reach a critical mass. Then, it will transform the remainder of society and, suddenly, everyone will "get it." Society, as a whole, will then realize that heart-centered consciousness is the way forward into creating its bright, new future. ✧

Owen Waters is the author of the groundbreaking e-book, **Discover Your Purpose in Life**. Download your personal copy now, at: <https://www.infinitebeing.com/ebooks/discover.htm>.



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When Will Life Stop Being Such a Struggle?

by Ann Albers & The Angels
Phoenix, AZ

So many times you ask us, “When will life stop being such a struggle?” Our answer, with great love, is always, “when you stop struggling with life.”

Consider a stream. Unobstructed it flows smoothly, gracefully, swiftly, and powerfully. When it encounters an obstacle, such as a boulder that it cannot move, temporarily some of the currents in the stream push against the boulder. Their flow becomes chaotic, slower, and less powerful. Sometimes the water that runs into the boulder even bounces back upstream, temporarily... until it surrenders to the greater current, joins the path of least resistance, and flows smoothly around the boulder.

In your life, when you encounter something that you consider to be a boulder – something you cannot change and do not want in your path – you have a few choices. You can rally against your “boulders.” You can struggle to change them. You can resist the fact that they even exist. You can resent the people, situations, and things that are unwanted in your life all you want and yet dear ones... there is an easier and quicker way around your boulders in life... and like that stream, it involves surrendering to the path of least resistance.

Suppose someone won't cooperate with you. Your boss won't give you time off. Your ex won't pay child support. The slowest car in traffic won't change lanes. You can't get a customer service representative on the line... and the list goes on. You have encountered what you feel is a “boulder” in life – something, someone, or some situation that you perceive to be in the way of your graceful, happy flow in life.

You can sit and complain about the situation all you like but that is unlikely to change the situation. You can try to cajole, bully, or manipulate another person but that is unlikely to work as well. You can honk your horn in traffic or curse at the driver ahead of you. You can waste your precious life force trying to change the external circumstances – the “boulders” in your life – or you can surrender to your heart of hearts, surrender to love, and allow your guidance to carry you right around these perceived challenges.



This takes faith in the fact that you are loved. It takes faith in the fact that the creator of universes knows infinite resources and 7.8 billion people, many of whom could be helpful. It takes faith in the fact that the power that created your body can heal it, that the eternal source of all abundance can guide you to what you need, and the light that lives and breathes in all souls truly wants to assist you with more cooperative and harmonious relationships.

As you let go of the struggle with the things, people, and situations you don't want, you make room for the things, people, and situations you do. You can't push against a boulder and flow downstream at the same time. You can, however surrender to the present moment, to what is right in front of you, and in the very next moment, surrender to your heart and allow yourself to be assisted in flowing towards what you really desire – peace, happiness, abundance, kindness, harmony, health, and the things that you'd like, situations you want... perhaps coming in a way that looks a little different than you originally envisioned.

Are you willing to trust you are loved? Then, dear ones stop struggling with life. Stop talking about what shouldn't exist, who shouldn't be doing what, who is getting in your way, what is stopping you, or how challenged, sick, broke, angry, frustrated, jealous, or upset you are. Stop telling the story of the boulder stopping you and start telling the story about how love is trying to help.

We love you so much and we see a lot of your unnecessary struggles with life as we gently attempt to whisper in your hearts, “Let go. Let God. We want to help...”

Someone won't cooperate? “They are who they are. I am who I am. I know what I want. What next?” Perhaps you will be impulsed to have a conversation from the heart. Perhaps you'll be impulsed to work with someone else. Perhaps you'll be shown a path to work around this individual. There are so many possible solutions. Your heart will tell you the next step.

As you stop resisting the boulders in your life and instead breathe, drop into your hearts and find the next step – the thing to think or do that feels kindest, easiest, most loving – then you, like the stream, will discover the path of least resistance, cease your struggling and be guided to the life you truly want once again.



God bless you!



Ann Albers,
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When They Go Low, You Go High

by Alan Cohen
Hawaii

Relationships provide us with our greatest opportunities for spiritual growth. Some relationships bless us with love and joy, and others bring challenges that help us grow stronger and wiser.

We can be grateful for everyone who comes our way, friend or apparent foe. Ultimately our foes are our friends because they teach us through important experience.

Dee and I recently did a real estate transaction. During the process we had a few tense moments in negotiations. Once while we were speaking with our realtor, I got a little hot under the collar and raised my voice a bit. Our realtor, a seasoned professional, did not get upset at all. Instead, her voice became softer

and calmer. In contrast to my upset, she became a soothing, healing factor. Ultimately the transaction worked out perfectly for everyone.

When other people go low, that's the time for you to go high. Every relationship is founded on vibrational agreement. You share an energetic match on what you are doing together and how. If someone grows upset with you or insults or attacks you, you may be tempted to become defensive and counterattack. Such a response just keeps going in circles and no one gets anywhere.

When you refuse to join another person in upset, you maintain the power to create a successful solution. "Let the one in least fear lead" applies to interactions between people as well as to the part of you that is in least fear. Your greatest power to get what you want and end a conflict is to stay established in your calm center.

My friend Jon Mundy used to be a Methodist minister. Then he discovered *A Course in Miracles* and began to weave its themes into his Sunday sermons. Some of his parishioners did not like the change and they began to complain. Eventually a rift

grew within the church. "When I received a phone call from the region's Bishop inviting me for a meeting, I knew he was going to fire me," Jon recounted. "As I drove to the meeting, I kept reminding myself, 'Don't defend, don't attack.'" At the meeting the Bishop fired Jon, but Jon went on to develop a new and much more rewarding career as *A Course in Miracles* teacher. Now Jon has published a number of successful books and he is in demand as a leading ACIM authority.

Will Rogers said, "Never wrestle with a pig. You both get dirty, and the pig likes it." If you don't want to identify people as pigs, you can identify the pig element of the human psyche that finds reward in conflict and separation, and prefers to be right instead of happy. We are growing beyond that mentality. Should you slip for a moment and get into a negative vibrational match, remember Jesus's teaching, "A soft answer turns away wrath."

When eagles fly at a low altitude, crows sometimes come and peck at them to take away their food. Yet the eagle is much larger and stronger than the crow, with a wider wingspan. The eagle does not fight

with the crow. It simply rises to an altitude the crow cannot reach. When crows go low, eagles go high.

Life on the planet can be challenging, and it can also be extremely rewarding. The best spiritual tools are the simplest. You have the power to heal conflict by turning to the part of your mind connected to your Spiritual source, and allowing your inner being to guide you. ✨

Alan Cohen, M.A., is the author of 28 popular inspirational books, including the best-selling *The Dragon Doesn't Live Here Anymore*, the award-winning *A Deep Breath of Life*, and the classic, *Are You as Happy as Your Dog?* He is a contributing writer for the *New York Times* #1 bestselling series *Chicken Soup for the Soul*, and his books have been translated into 25 foreign languages. His work has been featured on *Oprah.com* and in *USA Today*, *The Washington Post* and *101 Top Experts*. Alan's radio program *Get Real* is broadcast weekly on *Hay House Radio*, and his monthly column *From the Heart* is featured in magazines internationally. alancohen.com

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Morning Rituals for the Soul

by Vish Chatterji
Redondo Beach, CA

In the ancient system of yoga philosophy, there is a powerful concept known as *Sadhana* which is often translated as your daily practice. As with all Sanskrit words, there is much more complexity to *Sadhana* than just a practice.

There are a few words embedded in *Sadhana*. *Sadhaka* is a student following a path towards deeper spirituality. *Dhana* is a word that means both offering and wealth, the concept being that the more you offer, the more wealth you receive — and conversely, if you are wealthy, you offer in gratitude for that wealth.

Putting these concepts together gives us a concept of daily offering towards spirituality, and that offering is to your

deeper soul. As students on a path to spirituality, we make an offering to our soul in order to help it on its journey to enlightenment. So *Sadhana* is a daily offering/practice/connection to your soul. And this *Sadhana* is something that is done early in the morning as the sun rises, since in the yoga philosophy system, the sun is seen as a symbol of your soul. The morning is also a time of calm energies in our surroundings and our internal state, as we have yet to be disturbed by the stresses of the day.

In the yoga system we approach *Sadhana* with a clear and clean mind. So we wake up, bathe, and then usually light a candle and some incense to get us into the right space. Then what your *Sadhana* is varies depending on the traditions that most resonate with you. It must, however, be a daily practice performed with ritual discipline, done with an open heart, and involving some connection with your soul.

Ideas for a morning *Sadhana*:

- A religious morning ritual with worship and prayers

- Lighting a candle or oil lamp
- Lighting incense
- Saying prayers
- Singing or chanting
- Mantra practices
- A meditation practice
- A yoga practice
- Journaling and reflection
- Morning walk communing with nature
- A contemplative cup of tea or coffee

You can develop your own mix-and-match morning ritual from these ideas, but the most important thing is that you honor it daily, and feel connected to your soul during the practice. It is also beneficial to do this early.

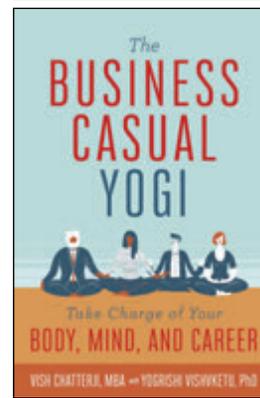
The time around sunrise in the yoga system is known as *Brahma Muhurta*, the time of the creator. It is said that *Sadhana* performed during this time has a much more powerful and multiplicative effect than at other times of day.

Spiritual practitioners often have this disciplined morning routine, but this can be hard to implement given the pressures of our modern world. **For someone starting on the path of *Sadhana*, I recommend the following five basic steps, keeping in mind that any morning routine actually begins the night before:**

Step 1: Get Sleep — A solid morning ritual is only as good as your morning energy level, which is predetermined by how well you sleep. That means the night before no screens, email, phones, news, alcohol, or stimulating activities within an hour of bedtime. Let your brain secrete its natural sleep-inducing hormones uninterrupted. Then wake up refreshed to greet your soul.

Step 2: Move — In the morning, get up and get moving! Stretch your body (especially a yoga asana practice that works the energetic as well as physical layers of your body) or just go for a walk — anything to get the energy moving through the body. No emails, phones, or news just yet.

Step 3: Get Quiet — Bathe, then sit for some quiet contemplation time. Prayer, meditation, journaling, silent mantra



practice — soak in the morning stillness.

Step 4: Eat — Eat a solid breakfast. Food in your stomach grounds you; an empty stomach makes you more susceptible to the ungrounding stresses of the day. Coffee on an empty stomach causes ulcers from a Western Medicine viewpoint, and causes *Vata*/Air imbalance from a Vedic viewpoint, which causes ungroundedness and a lack of focus.

Step 5: Plan — Spend 5-10 minutes planning what you want to accomplish in the day, reviewing your appointments, and getting your head in the right space. Perhaps you might also journal about what you are grateful for in life.

After accomplishing all five steps, you have soothed your soul and are properly prepared to manage whatever challenges the material world may bring. You are now finally ready to get to your email, phone, and news with the protective layer of your *Sadhana*. Doing material world activities *before* the prep steps, however, can leave you vulnerable to the sometimes negative influences lurking within your email, phone, and news, such as an agitated co-worker, frustrated client, or a piece of bad news. My teacher always said one hour of *Sadhana* in the morning gives you 23 hours of protection! ✨

*Vish Chatterji is an accomplished business leader turned executive coach with 20 years spanning multiple industries. In parallel, he has studied and practiced yoga, meditation, and Ayurveda (mind-body medicine) in his family's lineage. An engineer by trade with a master's degree in business administration, he coaches and advises senior executives and small-business owners blending Western management thinking with Eastern wisdom traditions and speaks on a variety of topics at the intersection of business and personal development. In addition to teaching leaders, Chatterji was a Board Director for the Beach Cities Health District in California. He is author of **The Business Casual Yogi: Take Charge of Your Body, Mind & Career**. A married father of three, he loves to garden, bicycle, and fix things around the house. Contact him at his website: headandheartinsights.com.*

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Yoga May Lower Your Risk of Cognitive Decline and Alzheimer's Disease

by Joseph Keon

Although writings in the *Rig Veda* sacred texts link yoga's origins to northern India some 5,000 years ago, it wasn't until the early 2000s that interest in the exercise went mainstream in the United States. This ancient practice involves physical postures, or poses, regulated breathing, and concentration.

Today, yoga classes are taught at over 7,000 yoga studios in the U.S., as well as in community colleges, local YMCAs, and online. According to a Yoga Alliance/ Yoga Journal survey, 37 million Americans now report they practice yoga. Their top three reasons for doing so are the pursuit of flexibility, relief from stressors, and general fitness.

Yet unbeknownst to many, **the most valuable reward for one who practices yoga may be the preservation of cognitive health.** The findings are consistent: yoga improves brain structure and function, even benefiting those already experiencing a decline in cognitive health.

Using MRI and other imaging technology, **scientists studying the effects of yoga on the brain have learned that it promotes new connections between neurons, leads to greater connectivity between brain regions, increases the amount of blood and oxygen reaching the brain, and increases the volume, thickness, and density of various parts of the brain.** As a result of these positive changes, a growing body of research suggests yoga may be a valuable tool in not only improving brain function but also in helping to ward off age-related cognitive decline and possibly helping reduce the risk of Alzheimer's dementia.

Scientists from the Hospital Israelita Albert Einstein in São Paulo, Brazil showed that compared to healthy controls, elderly yoga practitioners had greater thickness and density in the outermost layer of the brain. Called the cerebral cortex, this part of the brain is responsible for language,

reasoning, thought, and decision-making. Compared to those who do not practice yoga, practitioners also have greater volume in the part of the brain called the hippocampus. The hippocampus is critical to memory and learning and is one of the first parts of the brain to shrink due to the effects of Alzheimer's disease.

Having greater thickness, density and volume in these regions may foster greater cognitive resilience over time. With more total brain matter and more connections



between neurons, the brain not only functions at a higher level and may forestall age-related mental decline, but it has more brain matter to spare—what researchers call cognitive reserve—giving it more options for working around brain pathologies that may develop.

In one study, subjects with an average age of 62 were assessed using tests of executive function (including one's ability to make plans and decisions) and working memory. They were then split into two groups: one group performed stretches and strengthening exercises and the other performed yoga three times a week for eight weeks. Those who performed yoga experienced significant improvements in cognitive function whereas the control group did not.

Yoga also protects the brain by helping to lower levels of the stress hormone, cortisol, and by reducing levels of inflammation. Higher levels of cortisol are also associated with an increased risk of cognitive decline at midlife and future Alzheimer's disease, as well as a more rapid progression once the disease has been diagnosed. After just eight weeks of yoga practice, subjects showed a reduced cortisol response to stressors and performed better on tests involving

attention and decision-making. Multiple studies have shown chronically elevated levels of inflammation are also a harbinger of accelerated brain shrinkage and the risk of future cognitive impairment. By that measure, any action that can help lower inflammation is a valuable addition to one's cognitive healthcare.

Finally, **yoga seems to improve the quality and duration of sleep.** Insufficient quality and quantity of sleep is another risk factor for Alzheimer's disease. During sleep,

group participated in one hour of yoga and meditation instruction weekly. After three months, both groups underwent brain scans again and took cognitive performance tests. While both groups showed improved cognitive performance, the group that used yoga and meditation showed much greater improvement in cognitive function as well as greater connectivity in parts of their brains that were scanned.

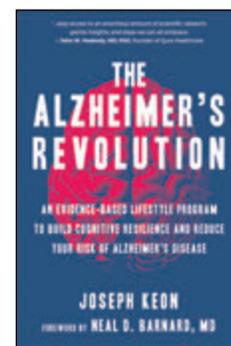
The protective changes in brain structure and function afforded by yoga are noticeable after as little as six months of practice and occur in a dose-dependent manner. In other words, **the more frequently one practices yoga—and the longer one spends in practice—the greater the changes are.** Reductions in cortisol, blood pressure, and improvements in sleep afforded by yoga can be experienced after just a few weeks of practice.

It's never too late to add yoga to your healthcare repertoire. Whether you prefer to explore yoga at home or wish to join a class at a studio or other facility, an excellent source for getting started is yogafinder.com. Here, you can locate classes in your area or online, as well as discover yoga retreats, trainings, and resources for yoga mats and accessories. ✨

Joseph Keon is an investigative writer in the field of preventive medicine. He holds fitness expert certifications from both the Cooper Institute for Aerobics Research and the American Council on Exercise. In his work as a wellness consultant in the public and private sphere for over 20 years, Keon focused on chronic degenerative diseases and their relationship to modifiable lifestyle choices. He is a past member of the Board of Directors of the Wild Oats Wellness Foundation and Dr. Helen Caldicott's Nuclear Policy Research Institute as well as the Marin Health Council, an advisory to the Marin County Board of Supervisors. Keon is currently a member of the American College of Lifestyle Medicine. Keon is the author of **The Alzheimer's Revolution** as well as three other books including **Whitewash: The Disturbing Truth about Cow's Milk and Your Health.**

the brain consolidates and encodes new memories into long-term storage. It's also during sleep that our brain cleanses itself of the potentially toxic metabolic wastes that accumulate during our waking hours. When sleep is disrupted or insufficient, this critical brain maintenance process is hindered and cognitive function suffers. Studies have shown higher levels of beta-amyloid brain plaques in those who have the shortest periods of sleep and the most disrupted sleep.

Even those who already are experiencing a decline in cognitive health can benefit from yoga. UCLA researchers recruited a group of middle-aged Americans experiencing mild cognitive impairment (MCI), sometimes a prelude to dementia. Participants first underwent brain scans to see how different regions of their brains were communicating with each other. Half the group then participated in a memory enhancement training class for one hour per week and practiced training games at home for 15 minutes each day. The other half of the



Peace Be With You... And Everyone Else!

by Milissa Castanza Seymour

Peace comes from within. Do not seek it without.
~Siddhartha Gautama

Pace begins with you. It's an internal state that is energetically contagious. Where does this internal state of peace come from? One idea is it comes from the heart.

The heart has been thought to have a steady beat like a metronome. It is now known that a healthy heart actually beats in an irregular pattern. The measure of time between consecutive heartbeats varies and is called heart rate variability (HRV). The variable state of beats is due to the interaction between the two branches of the autonomic nervous system (ANS). These two parts are the *sympathetic*, which makes heart rate faster, and the *parasympathetic*, which slows the heart rate and calms the system. Both act in concert calming and

speeding up the body systems and heart rate.

HeartMath Institute has done research showing that feelings/emotions have a very powerful influence on HRV. Stressful emotions like anger and anxiety create erratic, rhythmic, "incoherent" heart patterns, indicating that the two branches of the ANS are out of synch with each other. Being in a constant "incoherent" state stresses the body. Contrarily, positive emotions like love/gratitude/happiness create more orderly "coherent" heart patterns, indicating the ANS branches are operating together efficiently. Positive emotions create heart rate coherence/ANS synchronization, which leans into parasympathetic dominance causing 1) the heart and brain waves to be more synchronized, 2) body systems overall to synchronize with the heart's rhythm (entrainment), and 3) breathing to automatically synchronize with the heart, supporting system-wide coherence and well-being.

The heart is also the most powerful source of electromagnetic energy in the human body. The heart generates an electrical field 100 times stronger than

the brain's electromagnetic field and can be detected up to 3 feet away from the body as measured by SQUID based magnetometers. Research done at the University of Arizona has confirmed findings that when using heart-focused attention on positive emotion there is an association with increased heart-brain synchrony. This improves cognitive performance and effects energetic communication between individuals, producing emotional and physiological coherence. According to the research, when individuals are in a coherent state, they are more sensitive to receiving information contained in the magnetic fields generated by others.

Research indicates that heart-rhythm synchronization can occur in interactions between people and their pets as well. So, based on preliminary research, a bio-electromagnetic field radiated by the human heart and brain of one person can affect other people and even the global information field of the environment, suggesting that an energetic field is formed among individuals in groups (a "group field") that connects those individuals and transmits information.

What does this have to do with peace? We have all entered a room and "sensed" the vibes around us. Research shows there is something reliable about this experience. When using certain skills and techniques, it is conceivable that we can generate peace internally through heartrate coherence and then radiate it into our environment and out into the world.

Here are two techniques to do this:

1) Loving Kindness/Metta Meditation: (10-15 min)

Sit comfortably. Close your eyes. Focus on your breath, releasing tension throughout the body. Visualize yourself in your mind's eye.

Tell yourself:

May I be happy. May I be safe.
May I be healthy. May I be peaceful.

Allow yourself to float away. Picture someone you love.

Tell them:

May you be happy. May you be safe
May you be healthy May you be peaceful

Allow them to float away. Picture someone you feel neutral about or don't know well.

Tell them:

May you be happy. May you be safe
May you be healthy May you be peaceful

Allow them to float away. Picture someone you don't like.

Tell them:

May you be happy. May you be safe
May you be healthy May you be peaceful

Allow them to float away. Picture the world coming into view. See the planet, focusing on nature, animals, people, countries...

Say:

May there be joy
May there be safety and protection
May well-being prevail
May there be peace

Allow the planet to float away. End the meditation seeing yourself again and repeating:

May I be happy. May I be safe.
May I be healthy. May I be peaceful.

Sit with those feelings in silence. When ready, open your eyes.

2) Heart Meditation: (5 min)

Close your eyes. Focus on breathing into the heart chakra. Imagine a time you felt a positive emotion like love or gratitude. Sit with the feeling as you remember. Breathe into your heart.

Release the feeling. Open your eyes.

Take these skills into the holidays and beyond. Be an instrument of peace. It's contagious! ✨

Milissa Castanza Seymour M.S.,
InnerSoul Coach specializing in Stress Management/Well-being. She is a professional/practicing Numerologist helping clients find their soul/life purpose. Her certifications include: PranaYoga/IntegrativeYogaTherapy/Holistic Health Educator, Aromatherapist, Applied Positive Psychology Practitioner/LifeCoach/Resilience Trainer, AddHeart Facilitator, Reiki Master Teacher, NYS Licensed teacher, and Certified Chopra Ayurvedic Health Practitioner/Primordial Sound Meditation Teacher/Well-being Coach.
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Getting Answers From Your Dreams

by Machiel Klerk

All over the world and throughout history, people have turned towards their dreams to get answers for their practical and spiritual life challenges. The Naskapi Indians relied on the Great Spirit for guidance on where to hunt and where to stay the night. You also might have had spontaneous dreams that have helped you.

You don't have to wait for your dreams to bring you guidance; you can reach out to your dreams and pro-actively ask them for support. This technique is called *Dream Incubation*. It is easy to learn, easy to do and highly effective.

Michelle, a 40 year-old life coach, was diagnosed with Acid Reflux. Her doctor prescribed a medication, which had side effects. She remembered that she could ask her dream for guidance and decided to try it. The question she asked, before going to bed was: What will help to relieve and heal this acid reflux that I am experiencing?

Michelle told me, "I woke up from the following dream: I am walking with a woman on the side of a road. The woman says: *You should come over here, I have catnip for you. It will be good for you, come over to try it.* The first thing I thought in my dream was, *Is this woman serious? She wants to give me cat food?* So, I held back from going because it sounded so strange. The only thing I knew was that catnip drives cats a little wild and they get very playful. I wrote down the dream, even though it felt a bit weird to me. Then I researched catnip. I learned — to my surprise that it is a plant that can be dried and used in a tea that helps babies cure their acid reflux and any tummy issues. It apparently is a very effective treatment. It's also a tea that calms the body and can be mixed into tea blends. So I ordered some. After several days of drinking the catnip tea my acid reflux problems disappeared."

Research at Harvard on Dream Incubation shows that it works best with problems of personal and emotional



In order for you to connect with your genius, simply start talking to it. Tell the genius what you are working on, what you are struggling with, and where you would like to get support. Your genius will be delighted that it gets engaged and that it can help you. It is almost

like this inner figure needs your informed consent to step in and forward. Treat this relationship as any you might have with a respected wise friend.

To ask your genius and dream for support tonight, it's helpful to ask something that is relevant to your life and to write down the question before you go to bed. Also, make sure to write down your answer upon waking the next morning, as dreams have a tendency to evaporate quickly upon waking. There are many other steps you

can take to enhance this way of asking your dreams for guidance, but asking and formulating the question itself is essential.

I hope these suggestions will help to send you on your way to obtaining guidance from your dreams, and to living a dream inspired life! ✧



Machiel Klerk is a licensed mental health therapist, international speaker, dreamworker, author, and social entrepreneur. Fascinated by healing traditions, he has studied many cultures and their healing and dream technologies, all over the world, specifically African traditions, as he was born in South Africa. Machiel has been vocationally guided by his dreams, leading him to founding the online organization, Jung Platform. He is the author of **DREAM GUIDANCE Connecting To The Soul Through Dream Incubation**. For further information: machielerk.com.

nature or medical questions. This is in line with my own experience where I see that dreams seem to be interested in helping a person on their life path. Questions that are not in line with your own path often seem not to be answered.

Michelle loved the dream answer and continues to use dream guidance to receive information that is typically very hard to get to in any other way. Dream incubation allows you to consult your own inner doctor who knows exactly what you need.

The belief that we have an inner doctor is widespread around the world. The term "inner doctor" has many different names. In Africa it is called the Divine Twin, in Ancient Greece it was called the Daimon; in Rome it was known as the *Genius*, and today many refer to it as the Spirit Guide.

The genius refers to the spirit who is already there and who is standing next to you. It is a spirit you have, and not what you are. In other words, people are not a genius, they *have* a genius. The good news is that everyone has a genius. This genius is interested in helping a person become who they are and will pro-actively send helpful dreams from time to time. The genius will also allow a person to figure out their own way, or how they want to live. However, the genius is on standby and ready to help when it gets engaged. You can engage this genius, or inner doctor, through many different ways. Dreams are a very helpful way to engage with it.

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Our Number One Global Crisis

by Dr. Donna Marks
Palm Beach, FL

We've become so desensitized to addiction (repeating the same behavior despite negative consequences) that by the time it's diagnosed, it's often too late. Between misunderstanding this disease and inadequate treatment models, very few people stay sober and far too many die. I was almost one of those fatalities.

As a little girl, watching addicts was perfectly normal. Incessant cigarette smoking, drinking to oblivion, eating to obesity, and personality changes was standard. Television ads promised relief from every ailment; beautiful people holding cigarettes alongside a sparkling stream, mouth-watering chocolate bars and gooey pizzas, dazzling cars, bubbling champagne, magic pills, and more—promising a happier, sexier life. Eventually, I needed relief from the constant gnawing pain and inferior feelings that

loomed wherever I went. At age 12, the first hit of nicotine started my journey into the addiction maze, then the high from that first kiss with a boy. It took a lifetime of learning, growing, and a relapse before I disentangled from the tentacles of this insidious disease deeply embedded in my mind.

Addiction is our number one global crisis, and the sooner we get out of denial, millions of lives will be saved. Almost all medical illnesses (heart attack, stroke, cancer, Diabetes II, lung diseases, overdose, and suicide) are directly related to the abuse of alcohol, drugs, sugar, and trans fats. (COVID fatalities are highest with these comorbidities). So, how do we treat these illnesses? With pills. Doctors address “bad habits” and use words like “cut down” or “modify,” then prescribe.

Mental illness has reached a worldwide crisis and is accelerating because of addiction. Children raised in families with addiction are bound to suffer emotional issues. Social media and video gaming addiction, sugar-laden diets, and increased psychiatric drug use have all festered addiction and poor mental health.

Most things that people get addicted to are designed with that intent. The lawsuits against tobacco companies revealed additives to make cigarettes

more addictive. Narcotics like Oxycontin, made and distributed by Purdue, are so addictive and deadly that a 6-billion-dollar lawsuit had resulted. Yet this and other addictive narcotics are still available for physical pain, even for those in recovery from substance abuse. It's time to look at all the other addictive products and what compels us to want more.

There's a whole new world of addiction: video gaming, porn, shopping, sex, love, codependency, working, extreme exercise, thrill-seeking, online gambling, a never-ending list. And when these external fixes don't quell the underlying void and anxieties, people often wind up in a physician's office, walking away with other addictive drugs—benzodiazepines or anti-depressants. Both are difficult to stop without painful, lasting withdrawal effects.

I first got sober in my early 30s, but unfortunately, that recovery program only addressed “substances,” not my other addictions. When I quit smoking cigarettes, I replaced that addiction with compulsive exercise. Then, it was work, romance, and even therapy and spirituality workshops. After my breast cancer surgery, I was given narcotics, despite recovering from addiction for sixteen years. I didn't get addicted, but I made some of my life's worst decisions while under the influence of Oxycontin.

I spent decades in therapy because my life was getting worse, not better. Some therapists didn't understand addiction. My last therapist was sure I couldn't be an addict, when in reality, my entire existence was untreated addiction. It took a full-blown relapse to bring me to the truth I'd searched for so long.

The answer was provided on the last night of my drinking, during an emotional meltdown and yelling at God for not loving me after all my hard work. “It's not me that doesn't love you. You don't love yourself.” That moment of truth was the best medicine I'd ever had. It was the missing piece of the puzzle. Going forward was easy.

I totally reframed my concept of addiction. There's only one. It's an invisible hole that seeks to plug into anything that will



provide a fix. I learned that every addiction is a substitute for love. I was attached to addiction instead of loving relationships. I confused the temporary feeling of high with feeling love. I realized that saying, “I love cigarettes, pizza, shopping, soda, wine, cigarettes, etc.,” actually meant, “I love the way those things make me feel.” Feeling high and feeling love is not the same.

I learned that **love is an action word with three components: emotional, physical, and spiritual.** Emotional love means addressing old and new emotional wounds by facing and consciously releasing pain as well as learning how to have healthy relationships.

Physical love means treating my body like a sacred temple—with good nutrition, exercise, and rest. Spiritual love is connecting with something that inspires, recharges, and guides me. Then, *instead of addiction draining me, self-love drained the addiction.* Like any other bad relationship, I forgot all about it. I've used this method for the past ten years with myself and others. Abstinence isn't enough without joy in our lives. I live on a beam of light. Whenever I'm not feeling right, I jump back on.

I'm not blaming; it's useless. We, individually, are responsible for treasuring our lives and well-being. Now is the time to break up with addiction and replace it with love. Then, someday, addiction will be only something we used to do. ✨

Dr. Donna Marks is the author of *Exit the Maze*, and has been a licensed psychotherapist and addictions counselor in Palm Beach, Florida, for over thirty years. In 1989, Dr. Marks developed a chemical dependency training program at Palm Beach Community College, which has grown into a four-year degree and received the Florida Governor's Council Award. She is also a certified gestalt therapist, psychoanalyst, hypnotist, sex therapist, and teaches *A Course in Miracles*, along with sharing her methods with hundreds of thousands of listeners on podcasts and radio shows. Learn more about Dr. Marks, her books, and services at www.DrDonnaMarks.com.

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Help With The Holiday Roller Coaster

by Anthony Cerabino
Bay Shore, NY

Are you eating because you are stressed? Are you stressed because of not buying the right gifts? Are your emotions making your food choices? Do you have energy crashes at a particular time of the day?

Do you have cravings for sweets, sour, salt flavors or all of them? Do you still feel hungry or tired after eating a meal? Why is it so easy to get on the sugar/salt roller coaster? Are you reading labels before you buy food items? Does the stress of meeting family overpower your feelings? Is there a way that you could manage your stress without taking medications? Does preparing foods ahead of time help

you with your quality of food choices? Does having an accountability partner help you to make better food choices? Can your emotions be balanced more with Acupuncture treatments? Can Acupuncture help with food cravings?

Acupuncture has steadily been growing a reputation for helping with food cravings, or any addictive behavior disorders. Acupuncture has also been gaining much more attention with the therapeutic effects of balancing one's emotions and mood stability. Acupuncture can help balance the electromagnetic system of the body that is a part of a team of regulatory systems in the body including your nervous system, your immune system, and many other systems, which create homeostasis or balance in the body. Acupuncture can help assist all the body systems to work as a team to keep proper balance. Acupuncture works similarly to the old switchboard operator. Acupuncture points can redirect or rewire the proper flow of energy to an area of the body that is either blocked or misdirected.

Acupuncture points are like track switches. Sometimes the body just needs a little help to redirect the flow of energy.

Acupuncture is an evolving medicine alongside Allopathic medicine. Acupuncture has a very long history with many types of styles and procedures just as Western medicine does. NAET is one of the modern approaches to Acupuncture that was developed just over 35 years ago. There are well over 16,000 practitioners worldwide using this form of Acupuncture now, and you don't even have to use needles. An Acupressure tool or a cold laser light is used to activate the Acupuncture points. NAET is a fusion or combination of modern medicine science with traditional Chinese medicine science. NAET helps to re-program the body's nervous system to help particularly with allergies, cravings and cellular memories or emotional memories.

Similarly, the NADA (National Detoxification Association) developed from a modified existing Chinese medicine

program in 1974, by psychiatrist Michael Smith in the South Bronx's Lincoln Recovery Center, can also help with cravings and addictions of any type. *A short list of the benefits of NADA include, reduced cravings, and increased calmness, better sleep, less agitation, a discovery of inner quiet and strength and a possible reduction of the need for pharmaceuticals. NADA is frequently used to support smoking cessation, weight loss, PTSD and generalized stress and anxiety.*

When riding the Holiday Roller Coaster consider trying Acupuncture to help remedy your cravings and impulses. May all your family gatherings be filled with bliss and merriment throughout this wonderful Holiday Season. ✨

Anthony Cerabino is the founder of *Healthcare Wellness Center in Bay Shore, NY. He is a licensed Acupuncturist, Medical Massage Therapist and NAET Practitioner. He has been practicing alternative medicine for well over 25 years. healthcarewellness.org 631-665-1666. See ad page 8.*

All Ways

by Natalie Seymour

In every walk with nature, one receives far more than one seeks – John Muir

There will be many points in our lives where we come to a crossroads. Some of these times are simple. Do we go out for dinner, or stay in and order a pizza? Do we take a trip north to see the mountains, or head south to somewhere tropical. Then there will come the times, not the moments, but the stages, of our most important crossroads. Most of these times arise after what we believe is the end of a chapter in our lives, and we're faced with the difficult decision of where to go next.

They've said there's a hard road and an easy one. They've told us to take the road less traveled. We've also been told that we should only move forward, and never backwards. But what about the times where all you see is nothingness. No road left in sight, just a dead end with no outlet.

There is still a way to keep going. **Don't move forward.**

Turn around and take that very same road you came from, and travel back down your original path. We associate "go" with moving forward, but you don't necessarily have to move forward in order to keep going.

Life isn't always about starting over, or finding a new path while leaving everything behind to become something completely new. Sometimes you have to go back down the road you once came, and clean up the litter on the path along the way, whether it was created by you or not. Clean up your path. Pay more attention to the road signs along the way. The warnings to slow down, or that there are bumps ahead. Be aware of others crossing your path, know when to yield, and when it's your turn. Find that some parts of the road may be hazardous to travel in certain conditions, while safe at other times. Maybe you'll pass by a bench that you've never noticed, that was there all along, strategically placed to give you some time to rest when you most need it.

You may have to put in work as you go, to repair bridges that decayed over time due to neglect. You might have to avoid potholes and dips in the road where you hurt yourself the first time. You may even come across a staircase, midway back

through your original journey, to climb and travel the same path, but from a different vantage point. You could possibly even notice side roads that you hadn't seen before, because you ignored the option to move any way but forward.

You don't need a brand new start or a reinvention. Maybe it's just time to let go of the luggage you were carrying that weighed you down and distracted you the first time, and walk back down the same path you came, a little lighter, with a better ability to focus. Your new journey could lie in revisiting what you were originally determined to leave behind.

This means second chances.

And as you go, never underestimate the power of your choices. The bridge you rebuilt may help someone else find their way during their own journey, as it intertwined with yours. Maybe the luggage you let go of and left behind was picked up by someone else who needed it. We will never fully know all of the impacts that our journey has had on someone else's.

It is time to dig deeper. Life is a giant, winding forest with beautiful songs and terrifying whispers. It has many stories to tell, and treasures to unearth. There

is too much to miss to only travel a path one time. Similar to re-reading a book or re-watching a movie, we find so much that we missed the first time.

So, sometimes moving forward isn't always the answer. Sometimes we may have to move backwards, up, down, or sideways, and **go in whichever direction allows you to still see a path to travel, a way to keep going.**

Some of us may get the most out of this life pursuing just one path, with the wonderful opportunity to continuously wander back and forth until we get the most out of it, and find all that we came for. Almost like a brush on a canvas, painting the same line back and forth, while the color gets richer and deeper with each stroke.

So give yourself permission now, and relieve yourself of the burden to move forward. Consider all ways, always. ✨

Natalie Seymour a 28 year old N.Y.S. certified English teacher, has a deep passion for writing. She is currently completing her certifications to become a Deepak Chopra health and well-being coach, and is pursuing an M.S. in Special Education.

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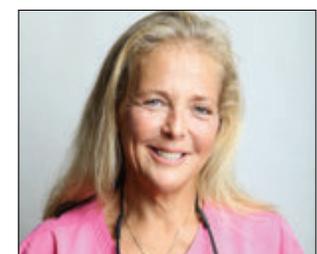
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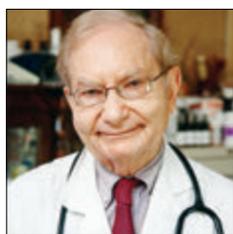
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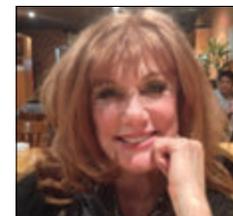
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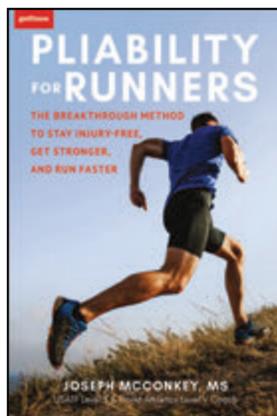
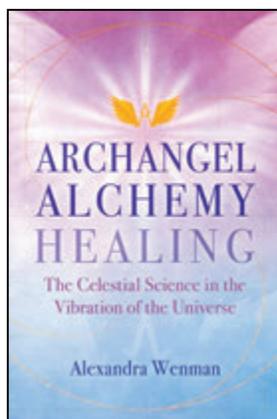
ARCHANGEL ALCHEMY HEALING: The Celestial Science in the Vibration of the Universe
by Alexandra Wenman
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Providing channeled guidance, meditations, attunements, and healing practices, Alexandra Wenman shows you how to tap into your own magical and healing gifts by experiencing, feeling, and embodying angelic qualities, energies, and vibrations.

She explains key concepts such as the hierarchy and purpose of the Archangels, the relationship between the subtle and physical body, and the holographic nature of the soul. She introduces light language and its symbols, along with a channeled Ascension message from Archangel Gabriel on our present evolutionary state. Detailing the therapeutic practice of Archangel Alchemy, Alexandra explores its protocols, invocations, and healing techniques, including hands-on healing, distance healing, and Earth healing.

Presenting evidence to support the existence of the Angelic Kingdom, and of life and the myriad dimensions beyond our physical reality, Alexandra looks at how and why the therapy of Archangel Alchemy works, backed up by scientific research, quantum physics, and the sacred geometry of nature, as well as psychology and metaphysics.

This guide to the Archangel Alchemy healing system enables anyone to



harness the power of angelic energies to heal, harmonize, and connect to your soul purpose.

PLIABILITY FOR RUNNERS: The Breakthrough Method to Stay Injury-free, Get Stronger, and Run Faster
by Joseph McConkey
hatherleighpress.com

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ADVENTURES OF A SOUL: Psychics, Mediums, the Mystical, and Me
by Anne Newgarden
StarGardenPress.com

"I don't normally talk about this to my clients. But I'll talk about it to you, because you're going to be writing

about people who do what I do. And about what are called 'the invisible realms'" Hearing those words during her first-ever psychic reading, Anne Newgarden had no idea how true they would one day prove to be.

In *Adventures of a Soul: Psychics, Mediums, the Mystical, and Me*, Anne takes readers along on a wild ride as she searches for the truth about psychics and mediums, reincarnation and soul mates, angels and spirit guides—and for true love. You'll get an inside view as she meets with top psychics for in-depth readings; converses with the dead; discovers past lives; develops startling intuitive abilities; communicates with angels and spirit guides; and finds a soul mate who curls her toes and heals her heart. Honest, poignant and funny, *Adventures of a Soul* is part memoir, part self-help book, and part New Age guidebook. It is the inspiring story of one woman's wild adventures that radically transformed her worldview and her life. If you've ever been curious about the paranormal, wondered what a psychic or medium reading is really like, pondered life after death (or lives before this one), or felt there might be more to reality than what meets the eye, this book is for you. Reading it might just make the paranormal your new normal too!



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beeandyou.com

BEE&YOU makes all-natural and biologically active bee products while promoting sustainable beekeeping. BEE&YOU relies on a unique "Contract-Based Beekeeping Model" to protect bees and beekeepers' rights and safety. This product line includes: **Propolis Raw Honey Syrup** for cough, mucus and sore throat relief; **Royal Jelly**

Bee Pollen Propolis (chewable) provides immune support and allergy relief; **KidsShot Elderberry Propolis**, high in antioxidants, natural immune booster; **Propolis-Royal Jelly Raw Honey** is rich in antioxidants and has strong antimicrobial properties; **Propolis + Raw Honey Mix** for kids is made with only 2 natural ingredients: raw honey and Anatolian propolis extract. A great superfood for Kids' healthy immune system.

BRAND FACTORY
ourbrandfactory.com

Featuring innovative materials with thoughtful and elevated design, Brand Factory holds functionality and sustainability at its core. Beyond using unique materials, Brand Factory's low waste design process only uses the materials needed without sacrificing function to create a healthy balance of form and innovation. Brand Factory also manages their own factories, so every aspect of the production cycle is sustainable and ethical.

Moka – Printed on the side of the cup, "This cup is made from repurposed coffee grounds and husk that would otherwise be discarded." Moka is recyclable, reusable, sustainable, freezer and dishwasher safe, and BPA free. Moka is also heat resistant, barista friendly with 12- and 16-ounce sizes, and fits into standard cup holders. Available in the earthy shades of Sand and Pebble. \$8 - \$10

Suga - "This reusable bottle is made from renewable sugarcane" is printed on the side of this recyclable, sustainable, BPA free, 22-ounce water bottle that features an easy carry handle. Durable enough for the freezer and dishwasher, Suga is available in four earthy tones: Sand, Sky, Ocean, and Pebble. \$10

POETRY

Watercolor by
Jan Guarino
JanGuarinoFineArt.com

NAVIGATIONAL DREAMS

by Maureen Bourque, Nashua, NH

I am
A ship without a rudder
Turning from a distant self, I no longer recognize
Windless now
Nothing to achieve
A breath
A tiny puff of wind
Blowing from me, freedom forward
No longer recognizing the islands, I inhabited
Scanning shimmery horizons, are scattered points of light
Lighthouses waiting for me to re member
these waters of Love
Depths within an ocean
These waters are calm
Or churn with explosive sprays
Gentle lapping upon my soul's shore
The deepest vibrations of Love navigating
the emotions of this being

Today and the Future

by Bruce Levine, Saco, ME

Focusing on today
Tomorrow
Or only the day after
Creates unbalance
Living only in the past
The future
Without the present
Is metaphoric

A balanced life is achievable
And memories can self-sustain
But the past is the past
And the future is yet to be lived

Moving forward without regret
Is a lesson like an acquired taste
Difficult to achieve or accept
When pressure and outside influences intercede

Entitlement can be hidden on a shelf
Living for today and preparing for the future
Without forgetting the past yet not wallowing in it
Is a recipe for happiness

Haiku

by Patricia Rossi, North Merrick, NY

angelic choir
spiritual awakening
glorious rejoice

River Veins

by Nadine Scharman, Swannanoa, NC

Liquid silver water runs
through my veins
Flowing past me
Alive with streaming light
Bubbling by on rocks
I breathe in my earthly parameters

I feel it all flowing inside me
Clouds waving
As the light flickers on my lightly closed eyelids
We are United in this moment
Water, light, earth's sound
turns me liquid
peacefully I flow everywhere
in river veins

Awaken

by Diane Sciacchitano, North Massapequa, NY

The stillness of an early morn
A Gift
Dew on the grass,
birds flitting from branch to branch
My heart soars
A gift of being present
to embrace nature's wonders
At no cost to this observer.
I meditate in the silence of dawn before the
world awakens and
the rumbling of everyday living is beckoning me
not knowing how this day will unfold but
filled with the anticipation of
never-ending possibilities
Alas, once more I embrace the remnants of
this tranquil euphoric state
I have been privileged to immerse myself in
if only for a fleeting moment in time
Never taking for granted this new day
is a gift from my Creator and
I am humbled and grateful.

ANGELS IN OUR MIDST

by Susan Marie Davniero, Lindenhurst, NY

Our Guardian Angels protect us
Sent to us by God's loving trust
Wings in glorious celestial light
Heavenly messenger in flight
The aura of an angel is near
Caring hands of guidance there
Mysteries of Divine intervention
Eternal wonders since conception
Ministering spirits aid and assist
Everlasting Angels in our midst

Poetry is nearer to vital truth than history. – Plato

Vibration MAGAZINE

#VIBENATION



A PLACE TO EXPRESS
NOT SUPPRESS

What is the Vibe Fest Community?

It's a community on a mission. The spiritual, wellness, and artistic community of Long Island have come together to create a space where we can feel comfortable, safe, and free to express our most authentic selves. Leaving judgment at the door, we welcome all human beings varying in size, backgrounds, and abilities to connect on a deeper level. We share a common goal to create a

better world, build soul connections and have fun doing it! The vibe community is big on supporting each other's businesses and new ideas. We like to get everyone involved in our events to share their unique talents because we wholeheartedly believe in each other and this mission we are co-creating.

Where can you find us?

We host both large and intimate events that are planned on a monthly basis. Events include live music, holistic and artistic vendors, healing workshops such as yoga, meditation, sound baths, networking, and much more. Feel free to reach out if you'd like to join our community or have any questions at all. If you have a vision, that is community-centered and helps make the world better, we want to hear it.

Special Feature, "The Community Poet"

POEMS BY DANNY COSTELLO.

A TIME FOR MORE HEALING

A world means as much
as the people on it.
A Spirit is living inside the earth.
A time for more healing starts today.
First we care for the Earth.
In return it lets us heal ourselves.
Life in Nature makes us whole.
As living on Earth, keeping it
healthy, lets us thrive.

I AM HEARD

Prayers in peaceful youth. Love to joy.
Kindness prevails.
Open doors to help the weak.
Pass the time with long time friends.
Roses to my beauty.
Pausing to rewind time. Yesterday unites us.
Each one brings light out of quiet roads
expanding every walk towards a lesser evil.
Early days, using my strength.
I meant all the words I said, to try
our luck after the storm.
Laying down to rest I sing. Uniting us all.

TO READ MORE ABOUT DANNY, CHECK OUT HIS BIOGRAPHY ON PAGE 3. TO CONTACT DANNY, REACH OUT TO HIS FATHER, BRIAN COSTELLO AT BCCHAMP126@GMAIL.COM.

Paul is the founder of Vibe Fest and Vibration Magazine.

Paul has a bachelor's degree in Social Work and is a life coach for the special needs community. In 2015, Paul founded a non-profit called The Long Island Buddy Club, an organization that takes members of the special needs community on planned social outings. Paul enjoys helping others and is heavily involved in the communities around him. Because he could not find a festival on Long Island willing to go deeper, he decided to create with the community a festival to connect and express, not suppress. Paul is a big believer in collaboration over competition, which lays the foundation for the Vibe Fest community, and is another reason why he started organizing these events.

Meet Paul Vibes



To stay up to date on all community gatherings, please, follow
VibeFestNY on instagram and/or message us at Info@PaulVibes.com

 VIBEFESTNY  [LINKTR.EE/VIBEFEST](https://linktr.ee/vibefest)  INFO@PAULVIBES.COM

Member Spotlight

Cassidy Santoro is a Priestess of the Goddess, Astral Channeler, Gifted Healer, Ceremonial Leader, and Shamanic Teacher. Cassidy has been working with Spirit since the age of three channeling, traveling, and healing. She has been working for the last decade to develop and create her own style of transmutation healing. She works beyond the physical realms to connect with guardians and guides that can assist in seeking connection, purification, and enlightenment for her clients and students.

James Santoro is an Ordained Priest, Magickologist, Professional Musician, Shadow Worker, and Occult Demystifier. James has been working with Spirit in various disciplined divination practices for over 15 years. He has been working to curate his own method of transcendental teachings that expand the subconscious mind to a space of pure radical acceptance and fluidity. His work pulls from esoteric traditions and ancient mystery schools highlighting the blend between Western occult practices and Eastern mysticism.

Together Cassidy and James founded Shamanic Magick. Services offered: Initiations and training for beginner to advanced psychics, shamanic healings, ancestral workings, fertility, womb work, medicine ceremonies, sacred rituals, and rites of passage.

INSTAGRAM: @SHAMANIC.MAGICK



Ghostielocks
Manni

Meet Manni. The creator of Ghostielocks.

While attending FIT, Manni formed an undying love and passion for screen printing. Manni spent countless hours in the screen printing studio experimenting. This curiosity and experimentation is what started Ghostielocks a few months later. Manni began exploring new techniques in combination with screen printing and designing actual products from scratch. The brand was no longer solely based on screen printing, but rather merging art with design. Working with a blank garment as their canvas, each piece focuses on individualism resulting in one of a kind, hand-made pieces. By shifting the focus on the idea of wearable art, the designer is able to celebrate the identity of the wearer and reject the idea of gender based clothing. *Services offered: Handmade Screen Printed Apparel and Accessories with a focus on Multimedia Textile Design.*

INSTA: @GHOSTIELOCKS_ | SALES.GHOSTIELOCKS@GMAIL.COM



Wicked Chef NY
Leesa

Meet Leesa. The creator of Wicked Chef NY.

Wicked Chef isn't just a food truck. It's a labor of Love. Pain. Loss. Addiction. Abuse. Resiliency. Tenacity. All wrapped into one delicious experience. Leesa does this because when people eat her food she wants the city, and your brain, to stop for a moment. The goal is to let your soul feel content even for a moment. Leesa makes magical infusions that promote a certain effect. Leesa has fought her way here through the labyrinth to take back the life that was stolen. For Leesa her power is as strong, and her wisdom as great. Leesa has failed many times. However, Leesa is resilient AF. Leesa has lived many lives just in this lifetime. Leesa has finally stepped into the role she was born to be. *Services offered: Culinary Street Artistry.*

INSTA: @WICKEDCHEFNY | WICKEDCHEFNY.COM | WICKEDCHEFNYS@GMAIL.COM



Intuitive Alicia
Alicia

Meet Alicia. The creator of Intuitive Alicia.

Alicia Munian has been on an intense spiritual journey her entire life. From an early age, she experienced intense Lucid Dreams. As she got older, she had several profound experiences, including seeing apparitions and predicting her own dog's passing. After dealing with traumas during her teenage years, including having a parent battling cancer, by the time Alicia was in college, she developed severe depression. It is often during our darkest times that we truly awaken the light within. Alicia studied Metaphysics & Esoteric knowledge through numerous renowned teachers covering topics including Mediumship, Angel Card Readings, Healing Meditations, Reiki Energy Healing, Akashic Record Readings, and Channeling. *Service offered: Psychic Reading, Hypnotherapy, Group Retreats.*

INSTA: @ALICIAMUNIAN | INTUITIVEALICIA.COM | ALICIAMUNIANPS@GMAIL.COM

Soulgoodfood
Janell

Meet Janell. The creator of Soulgoodfood.

At Soulgoodfood we aim to serve food at retreats and all sorts of wellness events. The intention is to provide nutrient rich foods, not only for the body... but the soul too! We believe food is medicine. We stand by this every meal. *Services offered: Food Catering*

INSTA: @SOLGOODFOOD | JANELLCASTILLOIS@GMAIL.COM

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Alexander Acupuncture
Jack

Meet Jack. The creator of Alexander Acupuncture.

Jack has a deep passion for helping others. He puts his all into each and every treatment and cares strongly for the healing process of each of his patients. Jack has always had an interest in the mysteries of the natural world including the human body and plants. He realized the dire need of a more gentle holistic approach to healing that could complement the often forceful and extreme techniques of modern medicine. This gentle method would lead the body to heal itself, using preventative medical techniques, natural herbs and harmless bodywork to bring the body back into harmony before western medications or surgeries were needed. He also realized the need of this same holistic practice to help lessen the side effects and speed the recovery of patients undergoing modern medical care. Let Jack help you discover your own individual healing path. *Services offered: Acupuncture.*

INSTA: @ALEXANDER.ACUPUNCTURE | ALEXANDERACUPUNCTURE.COM | JACUPUNC@GMAIL.COM



Intuitive Empath
Regina

Meet Regina. The creator of Intuitive Empath.

She survived a kidnapping event which catapulted her. She survived because she was in-tune and so deeply connected with her Guides. They taught her what to do and say every step of the way! Since then, she has been increasing connections to her Guides and her Spiritual Journey has blossomed. *Services offered: Meditation Classes and One-On-One Healings.*

4HEAVENONEARTH.COM | FACEBOOK: REGINA ROSE



Poet and Writer
Danny

Meet Danny. A 26 year old non-speaking autistic from Patchogue, N.Y.

Danny writes his poems, stories, and observations by typing on a letterboard using the RPM method of communication developed by Soma Mukhopadhyay. After being stuck inside a silent prison for most of his life and being judged and marginalized by his outward appearance he is now happy to share his unique view and life philosophy with the world. Danny loves to explore Long Island by hiking, biking, and enjoying the North and South Shore beaches. He has recently been featured in a book titled, "Writers Without a Voice" by Rajan Agrawal which is available on Amazon or your local library. *To work with or to contact Danny, reach out to his father, Brian Costello at bcchamp126@gmail.com.*



Graphic Designer
Deirdra

Meet Deirdra. The creative graphic designer behind the look and feel of this magazine.

If you made it to this last bio, thank you for reading until the end. I hope you learn a little about the members of this community. I partnered with Paul Vibes on this project to feature and spotlight amazing individuals and businesses. I was inspired by all of you, so after work, I jumped on my Mac to help support you all in your missions. *Thank you Paul for trusting me with this task. It was a pleasure to work with you.* When I am not working as a senior designer or freelance designer, I like to give back and support my loved ones. My sister introduced me to Vibe Fest and got me involved with the community. Shout out to my sister Haley. Feel free to re-share this magazine if you enjoyed it. If you were featured in this issue of the magazine, please shine in the spotlight. *Services Offered: Graphic Design, Branding, Illustration, and Social Media.*

DEIRDRAKEARNS92@GMAIL.COM | LINKEDIN.COM/IN/KEARD

Member Spotlight

Michelle Waldvogel is a mother of two amazing children, a wife and a gifted healer. She is a certified Reiki Master, a certified Sound Healer, and a New York State-certified Radiologic Technologist with a concentration in Magnetic Resonance Imaging (MRI.)

Her core values revolve around having respect for all beings, being non-judgmental to any situation, and approaching the world from a space of unconditional love. She prides herself on passionately supporting the people around her with genuine and unconditional love, safety, and honesty. In May of 2022, Michelle had an intense spiritual awakening. From that point, she intensely studied and learned how to work intentionally with crystal healing and protection. During the years 2017 to 2021 Michelle had a traumatic pregnancy and birthing experiences. These occurrences made her highly attuned to supporting women during and after pregnancy. Her goal is to create a safe space for inner healing for anyone willing to receive. Michelle is eager to help you release, rejuvenate and connect with your energy. She is so grateful to be able to continuously support you on your unique inner healing journey!

Michelle offers services in Reiki Healing, Sound Healing, Guided Meditation, Crystal Healing, Chakra Healing, EFT and TFT Healing, Crystal Sparkle Mat Sessions, and Monthly intuitive crystal workshops.

INSTAGRAM: @EARTH_MAMA_INNER_HEALING
EARTHMAMAINNERHEALING@GMAIL.COM



USE THE HASHTAG #VIBENATION TO GET FEATURED IN THE NEXT ISSUE!

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MARKETPLACE

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E.W. NATURAL HEALING ACUPUNCTURE P.C. – Henry Zhen-Hong Lee, NYS Licensed Acupuncturist, Herbologist, 40 years experience. Long Island (516-822-6722), Queens (718-445-8438) and Manhattan (646-220-5388) locations. (see ad p.10)

IN PAIN? STRESSED OUT? TIRED? ANXIOUS? DEPRESSED? Get Relief the Natural Way – at Relief Wellness Center. Acupuncture, Massage, and many other modalities. Peg Duignan, MS, LAC, LMT. 631-786-5429.

ADDICTION

HAVE YOU FOUND YOU ARE USING MORE SUBSTANCES THAN USUAL SINCE COVID? You are not alone. The numbers of people managing their stress with the use/misuse of legal and illegal mood altering substances is skyrocketing. Call today to talk to someone. The Kenneth Peters Center for Recovery, Long Island's premier boutique program for the treatment of substance use disorder serving the Long Island community for thirty years. Syosset: 516-364-2220, Hauppauge: 631-273-2221, www.kenpeterscenter.com.

BOOKS

YOU WERE HERE BEFORE, WHY ARE YOU HERE NOW? *Experiences Of a Past Life Regression Therapist* by Barbara Pisick, PMHCNS. Available on Amazon, www.pastliferegressiontherapy.com, blpsik@yahoo.com (See ad p.14)

UNCERTAIN PLACES: Essays on Occult & Outsider Experiences by Mitch Horowitz. An exploration of our extraordinary shift away from materialism toward renewal of the numinous, mysterious, and uncertain. www.InnerTraditions.com 800-246-8648. (see ad p.5)

ANGEL WEALTH MAGIC by Corin Grillo. Simple Steps to Hire the Divine & Unlock Your Miraculous Financial Flow. Manifest Wealth at the Highest Level. www.newworldlibrary.com (see ad p.7)

COUNSELING/THERAPY

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

REGRESSION AND PAST LIFE THERAPY with Frank Nichols, LSCW. Professional and empathetic service. Call: 631-896-6352. (see ad p.9)

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e.s.i. HEALTHY DENTISTRY 43 Terry Road, Smithtown, NY 11787. 631-979-7991. (see ad p.2)

ESSENTIAL DENTAL OF ROSLYN – Natalie Krasnyansky, D.D.S., 70 Glen Cove Road, Roslyn Heights, NY 11577, 516-621-2430. (see ad p.3)

GOLDEN DENTAL WELLNESS CENTER 444 Community Dr. Ste #204, Manhasset, NY 11030, 516-627-8400 (see ad p.26)

NORMAN BRESSACK, DDS, PC / DR. BATOOL RIZVI –1692 Newbridge Road, N. Bellmore, NY 11710. 516-221-7447. (see ad p.27)

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CALENDAR OF EVENTS

ONGOING EVENTS

MONDAYS

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

SACRED MEDICINE WHEEL GROUP for healing and personal transformation. Meditation, drumming, journeying with Irene Siegel. 7:30pm, Huntington. Call for info and registration, (631) 547-5433, DrIreneSiegel.com. Now offered Online.

TUESDAYS

PSYCHIC PALM/TAROT/MEDIUM READINGS by Roni Todd. Private Readings in Roni's Psychic Sanctuary. Tuesday or Wednesday by appointment only. Call 516-889-3732.

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

GATHERING OF LIGHT INTERSPIRITUAL FELLOWSHIP – A Place to Connect, Reflect, and Revitalize Your Spirit. Music, Meditation, and a Universal Message of Positive, Practical Spirituality. **10:00am**. 203 East Pulaski Road, Huntington Station, 11746. www.GatheringOfLight.org 631-455-3471 (see ad p.6)

SPECIAL EVENTS

DECEMBER 4

EYES OF LEARNING / PSYCHIC CIRCLES – Psychics will give individual readings to the circles of attendees. **1 to 4pm**. Admission: \$15/members, \$20/non-members. www.eyesoflearning.org

DECEMBER 8

EYES OF LEARNING / 2023 ASTROLOGICAL FORECAST – Charlene Lawrence will discuss upcoming opportunities, challenges and annual horoscope for each sign. **8 to 10pm**. Fees and details: www.eyesoflearning.org

DECEMBER 12-14

FREE HOLIDAY GIFT FOR YOU – “Happiness Now” 3-day Virtual Workshop / Party on rewiring your brain for Happiness! Perfect way to reduce Holiday stress and start your New Year off right! 12pm-1pm ET, hosted by Susan Finley. Acoustictherapeutix@gmail.com.

7 PM. One-hour healing appointments in Bellmore include: MPS Therapy (www.dolphinmps.com), Reiki, Copper Pyramids, Tibetan Bowls & Gong Wash text: 516-708-5213, www.reikimastersensei.com.

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UPCOMING EVENTS

SOUND HEALING GROUP GUIDED IMAGERY MEDITATION PLUS READINGS – 12/7 & 1/11 at 7:30 PM and 12/10 & 1/14 at

UP NEXT:

The February / March

“Winter / Relationships” Issue

Introspection, Meditation, Relationships & Sex

ADS DUE January 10th

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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**

- Mercury Free & BPA Free Non-Toxic Composite Fillings
- Bio-Compatibility Testing
- 90% Less Radiation with Computer X-Ray Imaging
- Over 45 Years Experience Dedicated to our Patient's Needs
- Non-Surgical Periodontal Treatments with Scientifically Proven Results
- Metal Free Crowns & Cosmetic Dentistry
- Teeth Whitening
- Oral Pathology Screening with Velscope
- Tens Cam Treatments – Energetic Healing for Pain & Inflammation
- Ozone Therapy
- Free 15 min Consult for 2nd Opinion of Proposed Treatment
- Natural Bone Grafting with Stem Cells and PRF – Platelet Rich Fibrin

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HOLISTIC DENTAL & WELLNESS CENTER

Another Leap Forward in Dental Healing: Dental Biologic Understanding

Dr. Jeffrey Etes, DMD, NMD, IBDM, and his team at Integrative Dental Specialists of Long Island pride themselves on delivering the attention that his patients deserve, along with the highest level of dental expertise. "We set the highest treatment standard to achieve phenomenal functional, healthy, and aesthetic dental results," assures Dr. Etes.

According to Dr. Etes, the best way to save your tooth is for the dentist to understand what has happened to the tooth. It isn't just about being a tooth mechanic. The term "Drill and Fill" has been around since the start of the dental school in 1840. We have come a long way since then. There are consequences to the mechanics of drilling teeth. It is extremely important for the dentist to fully understand not only the physical part of repairing teeth, but also the biological living part of the tooth. Teeth are alive; a complex neurovascular bundle surrounded by a tubular fluid communication tooth network.

If you don't respect the biology of the tooth, it certainly won't comply with the dental therapy. **Keeping your teeth alive should be your dentist's primary focus.** Besides tooth decay, there are several ways teeth can be damaged like blunt trauma, wear and tear, and periodontal disease. Let us not forget about the gum and bone around teeth that are also very important.

Dr. Etes and his team respect your biology. Think of Dr. Etes as a dental architect. He really understands how all the parts go together safely and effectively and, by doing so, can help restore your mouth and smile back to looking and functioning naturally so well that no one will even know you were having dental work. All that is left is your glowing smile!

Far too often, Dr. Etes sees patients that have been told they are not candidates for certain dental procedures. By utilizing today's state

of the art dental technologies and advanced dental procedures, what once was a "no" is now an obvious "yes" for dental treatment. For example, some patients could not have dental implants because they didn't have enough bone. "Fortunately, our practice has the technology to harvest your own living bone for self-bone grafts along with utilizing Platelet Rich Fibrin (PRF) from your blood to allow the placement of the correct type of dental implant specifically for you," he affirms.

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. The time for excuses has passed. If you are looking for the finest,

safest, healthiest and most predictable results to correct your dental issues that are supported by the most advanced dental technology, **contact Integrative Dental Specialists to make an appointment with Dr. Etes today.**

Jeffrey Etes, DMD, NMD, IBDM, graduated in the top 10 percent from the prestigious University of Pennsylvania School of Dental Medicine. He is a Certified Endodontic Specialist / Implant Specialty Surgeon with a dual degree in Dentistry and Board Certified in Naturopathic and Integrative Medicine. Also certified in Biomimetic Cosmetic Dentistry, he has provided a broad array of biological dentistry for his patients for over 25 years.

Integrative Dental Specialists of Long Island is located at 245 Hillside Ave., Williston Park, NY. For more information, call 516-253-1800 or visit idsli.com.

- ADVERTORIAL -



Dr. Jeffrey Etes, DMD, NMD, IBDM
Biomimetic Cosmetic Dentistry & Implant Surgery
Endodontic Dental Surgical Specialist
IVY League Trained, Top 10% of Class
Board Certified Naturopath
21+ Years of Practice

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Email Dr "Jeff": drjeff@idsli.com



"We're not waiting for the future in dental care... we're creating it."

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- Life-Like Natural Chroma/Value/Hue "White Filling" Color Matching
- Metal-Free Crowns & Bridges (Same-Day 3Shape Ceramic Crowns Available)
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