

INSPIRATION | HOLISTIC HEALTH | PERSONAL GROWTH

Vol 37, Issue 1
Feb ~ March 2023
CreationsMagazine.com



CREATIONS

MAGAZINE

The
February - March
Relationships
Winter Issue

Return to Joy

Jan Guarino

"In the depth of winter,
I finally learned
that there was in me
an invincible summer."

~ Albert Camus

Gum Health ... to Go!

Most of you have read a few things about gum disease. Some of you have seen a gum specialist or periodontist for a consultation or treatment. I have written articles about traditional treatment, alternative, biomimetic, minimally invasive, biological, and advanced, high tech treatment. But, what about supplemental support?

Our bodies have an innate ability to heal themselves. When we get sick, do we rush to take medicine? I hope not. With rest, vitamins, minerals, hydration and good nutrition, we nurse ourselves into health. We have our own, innate pharmacy and we were designed ingeniously. If we support our immune system, all of our cures are within us. So what can you do at home to prevent gum disease, minimize its progression or even reverse it?

Gum disease is a whole-body issue. Long-term success of healthy gums and bone around our teeth requires lifestyle and dietary changes. We know that the cause of gum disease is bone loss, inflammation and bacterial or microbiome imbalance.

The gut is the largest potential source of inflammation. Both gut and mouth microbiomes must be balanced.

60% of the typical American diet includes sugar, excess starch, processed foods, and refined vegetable oils. By simply avoiding these unhealthy substances we improve our oral health, let alone our total body health. Conversely, by eating more fiber, prebiotics, and probiotics we ensure a healthier immune system.

I love prebiotics and probiotics because it is a biological strategy that takes advantage of the helpful bacteria that live in us and on us. By feeding these "little health buddies" they provide healthy immune support. Fiber rich foods include vegetables, fruits, nuts, seeds, whole grains, and beans. Prebiotic Foods include artichokes, asparagus, plantains, and seaweed. Probiotic foods are fermented foods, sauerkraut, pickles, miso, natto, kimchi and tempeh. Additional nutrients for gut health include zinc, omega-3 fats, vitamin A, polyphenols, phytochemicals, and probiotics. One of my favorite

sources of good fats are avocados. Bonus: mushrooms are absolutely incredible when it comes to immunity; please indulge!

Everyone usually asks me for dietary supplements that I would recommend. Here's my powerful list below:

Calcium 1 to 1.5 g, Magnesium, Vitamin D3, Vitamin K2. These are all essential nutrients for strong bones. Most people are significantly deficient in vitamin D3 and it leads to compromised immunity. Cod Liver Oil EPA/DHA 1,000 to 3,000 mg daily, is a strong anti-inflammatory. Bone broth or Collagen powder 10 to 40 grams daily. This is an important component of tissue and bone. Turmeric 1,000 to 3,000 mg daily, another strong anti-inflammatory. CBD 20 to 100 mg daily will also provide strong anti-inflammatory effects. Spirulina and Algae are both high in bone forming minerals, but will also provide strong detoxification properties. Celery contains vitamin K and potassium, both of which neutralize acids that erode bone. Oral probiotics help maintain healthy oral microbiomes.

In general, you want to avoid excess sugar, alcohol, caffeine, salt, smoking, soda, stress, sedentary lifestyle. Proton pump inhibitors (PPIs) are medicines that work by reducing the amount of stomach acid made by glands in the lining of your stomach. However, these medications wreak havoc on your bones and connective tissue that is found in ligaments. Please consult with your physician before discontinuing any medications.



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*But what is happiness except
the simple harmony
between a person and the life
he or she leads?*

~ Adapted from Albert Camus

Welcome to the February-March Relationships / Winter Issue.

Andrew Harvey tells us that nothing is more important than a global **Return to Joy**. *Living in sacred joy not only reflects the truth of absolute reality, but is the ultimate achievement a human being is capable of, and the ultimate sign that someone has awoken to their fundamental divine nature.*

In romantic relationships, it's easy to *Fall in Love With a Fantasy*. Brenda Shoshanna sets us straight saying that when we *know everything about a person, and still love them ... that is love.*

In early January, I received an email detailing several bills that are currently under consideration in the New York State Legislature. Each of these bills listed below, if enacted, will deeply erode every New Yorker's rights as a sovereign human being concerning their medical / bodily choices. Furthermore, many of these bills will also supersede parental rights when it comes to determining health care options for one's own child! Similar bills are pending in other states as well. Please consider the following bills:

- **Bill A8378, Forces COVID-19 shot mandates to attend school.**
<https://www.nysenate.gov/legislation/bills/2021/A8378>
- **Bill A279a/S75a, Forces all adult vaccine records into a state database.**
<https://www.nysenate.gov/legislation/bills/2021/A279>
<https://www.nysenate.gov/legislation/bills/2021/S75>
- **Bill 7829/S6495, Forces COVID-19 shots for college.**
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- **Bill A2240/S45, Forces flu shots to attend school, preschool and daycare.**
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- **Bill A8398, Eliminates religious exemptions for work and college.**
<https://www.nysenate.gov/legislation/bills/2021/A8398>
- **Bill S4244C, Eliminates parents' consent to shots when a child reaches 14 years of age.**
<https://www.nysenate.gov/legislation/bills/2019/s4244>
- **Bill A822, Eliminates parents' rights to consent to STD shots for children of any age.**
<https://www.nysenate.gov/legislation/bills/2021/A822>
- **Bill A416, Allows the Governor to imprison without trial anyone s/he considers a threat to public health.**
<https://www.nysenate.gov/legislation/bills/2021/A416>

Additionally, Assemblyman Patrick Burke is reportedly planning to introduce a **bill to eliminate unvaccinated people's access to health insurance.**

You can reach out to your Senators and Assembly Members online:

It will go straight to your representatives based on your address.
<https://www.nysenate.gov/legislation/bills/2021/A8398>

Many of us invest our time, energy and money to enjoy a healthy and vibrant life. Ultimately, it will mean little if we lose our bodily autonomy and parental rights. As our friend Debbie so plainly illustrated, "If your house is on fire, you're not going to run for a green juice."

Let us all enjoy a Happy, Healthy and Free 2023 and beyond,

Neil & Andrea

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CREATIONS MAGAZINE

PUBLISHERS: Neil and Andrea Garvey
EDITOR-IN-CHIEF: Neil Garvey
ASSOCIATE PUBLISHER: Lainie Covington
EDITORIAL DESIGN: Ginger Graziano Design
COVER / POETRY PAGE DESIGN: Jan Guarino, Guarino Graphics
ADVERTISING DESIGN: Robin Helfritsch Maratos, Red Robin Design
DISTRIBUTION: Green Distribution, Creative Distribution
WEB DESIGN: Denise DiGiovanna, Waterside Graphics
COVER ART: *Snow Squirrel* | Original Watercolor by Jan Guarino | JanGuarinoFineArt.com
© 2023, Creations Magazine, Inc., PO Box 1035, Marietta, SC 29661 creationsmagazine.com

ADS DUE MARCH 10th for APRIL / MAY 2023 Issue
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Return to Joy

by Andrew Harvey
and Carolyn Baker

Nothing is more important for the future of humanity than a global return to joy. At a moment of profound sadness regarding the state of the world, Andrew Harvey, in a dream vision, was given a message that changed his life. A golden banner was unfurled in the sunlit sky above, and on that banner were written these words: *Joy is the power.*

Immediately he understood, viscerally and cellularly, that the tremendous challenges we all face at this time cannot be met by grief or heartbreak or despair alone. What is needed for all of us is to find the way back to what all spiritual traditions know as the essence of reality—the simple joy of being that is the indispensable foundation for all meaningful living and all truly effective action.

We live in a civilization that has lost the essential truth of reality as it has been known in all the mystical and indigenous traditions. In the third decade of the twenty-first century, civilized humans are madly engaged in what is portrayed to them as a pursuit of happiness, but in most cases, they have little experience of joy as the ultimate nature of reality.

The obvious question that arises from this statement is: What is the difference between happiness and joy? **Joy is the ultimate nature of reality. Happiness is circumstantial;** it is a state that, as everyone knows, comes and goes. The joy of which we speak is not predicated by shifts of fate or the play of emotions.

Knowing this makes clear to everyone that the true task of life is to uncover this primordial joy in oneself and then live from its peace, energy, radiant purpose, and embodied passion. This of course demands a lifetime commitment to working with all the forces in oneself that occlude the sun of this joy and becoming clear about all the forces

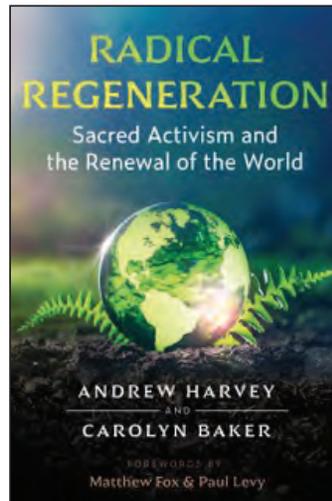
in the world—and especially within our culture—that do not believe this joy is real and sometimes have a conscious agenda to destroy its manifestation.

Living in sacred joy not only reflects the truth of absolute reality but is the ultimate achievement a human being is capable of and the ultimate sign that someone has awoken to their fundamental divine nature and its responsibilities in the world. When asked what the true sign of a great teacher or an authentically awakened person is, His Holiness the Dalai Lama replied, “He or she radiates joy in whatever circumstances arise.” This radiation of joy has nothing to do with our current banal understandings of happiness, but has everything to do with a rigorous discipline of seeing through the illusions that govern and distort human behavior—and seeing through even the illusion of death, because what is revealed in awakening is the inner divine self that no defeat or ordeal or even death itself can touch or destroy.

True joy is born from this realization. Reading about this or even thinking deeply about this is just the beginning. What has to be undertaken is the challenging and demanding journey toward knowing this viscerally and beyond any doubt.

If you want to live in the joy that is actively creating all the universes and is your own true father/mother, then you have to undertake the journey of allowing the illusions that prevent you from living in the constant sun of your real nature to die.

We see the reality of this awakened condition emanating from the presence of the Dalai Lama, shining in the noble face of Nelson Mandela, vibrant in the witness and grace of Jane Goodall, and radiating in the patience and compassion of hundreds of thousands of nurses, doctors, aid workers, environmental activists—ordinary, extraordinary beings of all kinds who have turned up in often very difficult circumstances to commit themselves to the work of love and justice.



These are examples that anyone can relate to, and it is very important to understand that if joy is the ultimate nature of reality, the journey toward it can be undertaken by anyone, whatever they have done and however dark with despair their lives may have become. For example, Milarepa became the greatest saint of Tibet after being a black magician who caused the death of 150 people. Luis Rodriguez, former gang member and prison inmate, is today an award-winning poet on a spiritual path, an urban peace activist who ran for California governor in 2014.

Andrew has worked with men recently released from prison, gang members and murderers who have decided to transform their lives and serve. Is this not the essence of the story of Jesus, who associated with criminals and prostitutes? No one shows this more clearly than Jesus himself, who scandalized the hypocrites of his day by surrounding himself with those whom society had condemned or rejected.

Horrific experiences need not annihilate your opportunities to live in joy. In fact, for some human beings, they can be the crucible in which a commitment to live in embodied joy is made final.

If you want to live in the joy that the great teachers and servants of humanity have lived in, then four things are required:

- First, you must accept at the deepest level possible that ultimate reality is sourced from a boundless joy.
- Second, you are called to do the rigorous work of understanding the shadows of your past and the psychological labor of clearing the clouds from your essential sun.
- Third, you cannot avoid that to which all spiritual traditions call us: uncompromising and calmly relentless spiritual work to align yourself, in all circumstances and as much as possible, with the powers of divine light.

- Fourth, one must commit themselves to the amazing and dangerous task of embodying and enacting divine truth in the world, as all spiritual traditions know, the greatest joy is only known by those who have not merely tasted divine truth but who have pledged themselves thusly. ✧

Excerpted with permission from Radical Regeneration, Sacred Activism and the Renewal of the World.

Andrew Harvey is an internationally renowned religious scholar, writer, spiritual teacher, and the author of more than 30 books. The founder and director of the Institute for Sacred Activism, he lives in Chicago, Illinois. Carolyn Baker, Ph.D., is a former psychotherapist and professor of psychology and history. The author of several books, she offers life and leadership coaching as well as spiritual counseling and works closely with the Institute for Sacred Activism. She lives in Boulder, Colorado.

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Look for the Love

by Ann Albers and The Angels
Phoenix, AZ

In a world that feeds you a steady stream of drama, you can be at peace. In a world where the news would make you think things are spiraling down by the moment, you can discern a greater truth – love is everywhere – present, emerging, expanding, and interacting in the most beautiful ways!

It is present in the interactions between caring human beings. It is present in the joy between you and the animals you adore.

Love flows through you as you lovingly water and trim a houseplant or plant a seed with loving hope in your garden. It is streaming into the meals you cook with love and the meals you reheat as you look forward to nourishing your body.

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Love is in the grass under your feet, growing and reaching for the light. Love is in the coffee or tea that you drink. Your beverage originated in a seed that waited patiently for the rains, pushed through the surface of the soil, reached for the light, harnessed the energy of a star millions of miles from your planet, surrendered to the harvest, processing, and packaging, rode for miles in a box or bag or container via planes, trains, ships, and trucks, and then sits here, in your mug, allowing you to extract the best of its journey, all for your morning beverage. Love lives to love you. You live to love.

There are, of course, people on your planet who have forgotten the love attempting to push up from within them, as much as the force of life pushes a seed out of the shell. They fight it, resist it, deny it, and disbelieve it. They feel they must take matters into their own hands. Can you imagine a seed straining against the growth within, trying so hard to stay in the shell and dictate how it will receive the water that could soak into it freely? Can you imagine that seed trying to build irrigation canals to funnel more rain to itself because it needs more and more water to help it break free from its own resistance? We know this is a small analogy, but perhaps it enables you to see that those who resist the love trying to rise from within are straining, stressing, manipulating, bullying, angering, even killing when all they have to do is surrender to their own hearts.

Love is in a constant flow, continually expanding. Love is always calling you

towards that which you truly desire. Love is saying, “Look over here. There is a person you want to talk to who has a bit of information about that job you want.” As you look for the item you want in your market, you notice a person that seems familiar. You have the urge to talk to them. Love is calling.

Love is present in the cells of your body inspiring them to inspire you by creating feelings from within. I am thirsty. Are you listening? Did you get that drink of water? Love is saying I need to stretch. You feel a tight spot and a natural impulse to move. Can you allow for this?

Love is present in the little bug on your carpet who is waiting patiently to see if you are going to kill him or carry him out. He is surrendered, knowing he can't control you but must allow for love to carry him into nature or into the light. He has instincts. He'd rather live just like you, but he has no real fear of the illusions of death. He just asks for your love either way.

Are you open to love, dear ones, or are you fighting against its desire to reach you? Are you focusing on all that makes you sad, mad, frightened, doubtful, etc.? Do you believe in those who would have you think you are going to die, experience financial ruin, or be part of disaster if you don't listen to their points of view? Or are you believing in love?

The Divine is Love. You are embodiments of the Divine, never separate from love. You breathe in love. Love makes your heart beat and your cells hum. Love is within every facet of creation – physical and otherwise, always calling you to greater love. When you are focused on feeling better and better, you are allowing love to seep into your awareness. You are like earth allowing the spring rains to soften and flow through it with nourishing waters.

Dear ones, you choose whether you believe in the ideas being fed to you about how your world is spiraling downhill, how people are going mad, and how your earth is going to self-destruct... or whether you believe in love. We see a world, growing and expanding into greater love, even if it is going through a bit of the “teenage” phases of self-awareness. We see a world whose population is increasingly conscious of their connection with their Mother Earth and young souls coming in with a mission and inspiration to clean her up and live in harmony with her. Your problems today inspire solutions tomorrow. Generations who felt they

could not change are being replaced by generations who will not settle without change. You are evolving, moving forward, not backward, into greater love.

So, what does this mean for your daily lives? Believe in love. Look for it everywhere. Feel the love in your coffee or tea, your blankets, the sunrise, the trees, the birds that sing to you, and the spouse who may be rushing to get to work because they care about the family. See love in the man who is scowling on the bus because he wants attention in his misery. He is crying for love. Pray for him. See love in the boss who is short-tempered because they care so much about doing good work, the helping hands of a clerk carrying a bag to the car for someone in need, the smile of a stranger, the person who lets you in while you are in traffic, and the one that doesn't who is attempting, albeit awkwardly to love themselves and tend to their own schedule.

Love, whether buried deep beneath bad behaviors or easily visible, is there, dear ones. Can you make it a little game in your hearts, “Look for the love?” If you do, you will begin to discern it everywhere – where it is easily visible and where it is not. Those who behave badly will feel so much less threatening and personal. You'll see them as souls crying for love. When you are connected to love, you'll be guided and impelled in ways that help you avoid the consequences of others' bad behaviors.

You'll feel better. Your life will flow. Good will come to you by surprise, all because you chose to embrace what you know deep down. “I am a spirit, having a human experience. I am sourced from love. I live in love whether I see it or not. I am love having an experience of it or not, whether I feel it or not, and so is everyone else.”

Dear ones, love is rushing to your planet now in mighty streams. You have prayed for it, called for it, and directed it with your hopes and dreams for the better, increasingly so over the past few years. Open to it. Let it flow through your hearts with this simple game: Look for the love.

You are not only gifting the world with this game but opening up to all the love you desire in all the ways you desire to experience it!

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

Ann Albers, visionsofheaven.com

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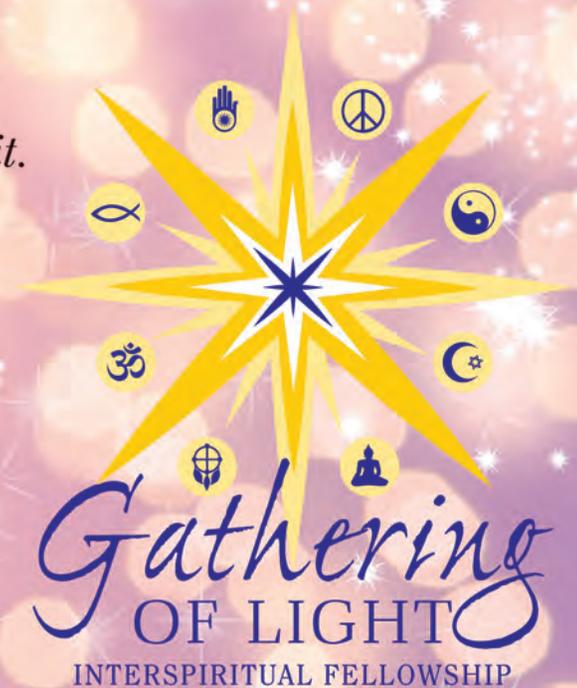
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Falling In Love With A Fantasy

(To Know Everything About A Person And Still Love Them, Is Love)

by Brenda Shoshanna
New York City

It's easy to fall in love with our dreams about who our partner is. In the beginning the dream feels wonderful and the beauty of who our partner is seems to reflect upon us. How wonderful we must be to have someone like this!

Then reality sets in. Sooner or later, difficulties arise and we are forced to see other aspects of the person, and other aspects of ourselves as well. When we don't like what we see, we blame it on them, or feel they've deceived or betrayed us.

But the truth is we never really knew them. We only knew our dreams about them.

How Can He Do This to Me?

Years ago, I discovered something shocking about a person I looked up to, spent a

great deal of time with, and adored. The shock took over for a while and one day, still horrified, I mentioned it to a mutual friend.

"I loved him so much. How could he do this to me?" I said, in tears.

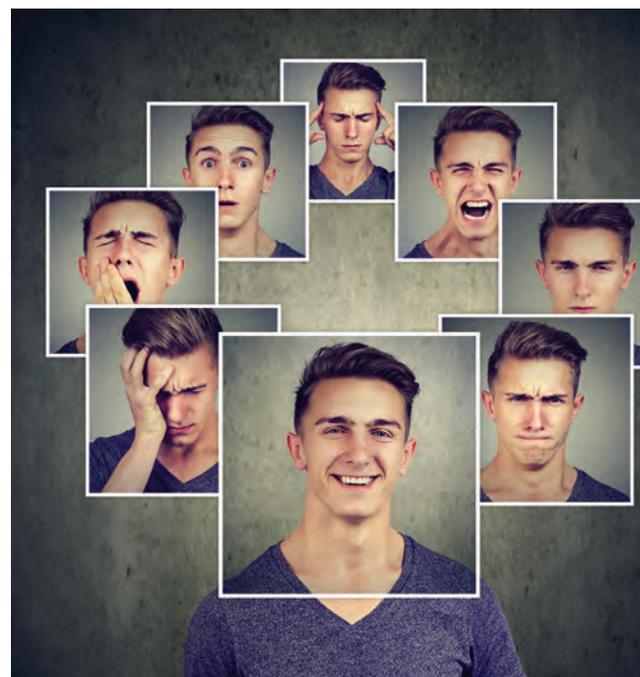
The friend looked at me clearly. "He didn't do anything to you!" he replied. "In fact, you didn't love him at all, you just loved your fantasy about him. You never even knew him. When you can know everything about a person and still love them, that is love."

My friend's words startled and moved me deeply. I recognized their incredible truth, and at that moment dedicated my life and relationships to knowing everything I could about someone, and loving them.

Pillar of Love:

When You Know Everything about a Person and Still Love Them, That Is Love.

It's easy to be in love when the person seems to be the one of your dreams. However, when you know the full truth about someone (even if it is not to your



liking) and still care for them, then you're really doing something.

When we see truly, we can live truly.
Emerson

Allowing Change to Happen

"If I haven't seen you for three days, it cannot be said I know you."

Really knowing someone includes allowing them to grow and change. We keep others stuck by seeing them in the same old way, refusing to relate to the changes they've gone through.

If you haven't seen the person for three days, they are not the person you knew before. Change is constant and unavoidable. In all relationships we set up an idea or image about who the person is and demand they remain that way. But a relationship cannot be static, and neither can a person. Whether we realize it or not they are changing day by day.

The person doesn't belong to us, they belong to time.

Everything changes constantly, including the people we are close to. Do we allow the change or even realize it's happening? Or do we see the person as they were months or weeks ago? Are we holding the person in a fixed image in our minds? If so, we do not know them, but only know our images and fantasies about them. And this fixation impedes the flow of true connection and the experience of real love.

Turning Point: Wake Up to the Freshness of Every Moment

It is crucial to be awake to the freshness of all of life and allow ourselves and others to be new. If we cannot, we are out of

touch with what that person truly needs from us now. And, inadvertently, we may be holding someone in a negative pattern they have outgrown.

Pillar of Love: Grant Each Person the Right to Be Who They Are.

Turning Point: Let Go of Your Images of Others, See Who Is Really There

A deep act of love is to grant each person the right to be who they are. A person is here to learn, grow, and fulfill their own destiny, not to fit into some image you have of them.

Step back a moment and enjoy their adventure. See the larger vista and give all room to change and grow.

Practice: In Your Mind Say to All You Meet, I Grant You the Right to Be Who You Are.

If something disturbing happens between you, rather than jumping in and correcting, blaming or rejecting them, say in your mind: *I Grant You the Right To Be Who You Are.*

This simple statement, when said from the heart, is extremely powerful, and will immediately end your uproar and distress. Once the uproar within quiets down, not only will the other feel it, but you will discover a new depth between you. You'll be on the road to truly meeting and knowing the person, not your dream of them. ✨

Brenda Shoshanna, Ph.D. is an award winning author, speaker, psychologist and long-term Zen practitioner. Her work integrates the teachings of East and West and focuses upon how to live them in our everyday lives. This article is from her new book **The Unshakeable Road To Love (Value Centered Relationships)**. The book includes eternal principles from all the world's scriptures, including Zen. These principles, called "Pillars of Love," guide us in building our relationships upon a foundation, where happiness and wellbeing are inevitable. And where upset, pain and conflict can dissolve on the spot. The books' website is <https://www.totalrelationshipsnow.com>. Contact Brenda at topspeaker@yahoo.com.

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Getting to Know Your Body's Inner Guidance

by Ellen Meredith

Energy medicine is the practice of communicating with yourself using the language of energy. You are made of energy; your body communicates with itself using energy; and your actions and choices are fueled by energies as well. You are essentially a matrix of swirling, intertwining subtle forces, not the solid “thing” your mind perceives.

The guidance I get when I tune in to my body taps into this energetic exchange. What I receive is not always in words, and it isn't usually philosophical beliefs or platitudes. It arises in pictures and direct knowing, feelings and sensations, nudges or clear understandings. It comes to me in the language my body speaks: energy. And I try to respond in kind, communicating not just with thought or words but energetically, with movement, gesture, image, sound, smell, sensation, activity, and more.

When you can tap into all that communication through energetic exchange and partner with your own subtle energies, you will find yourself able to heal most anything. Beyond that, you will discover your own individual ways to be well and flourish.

This seems like a big promise. But it is really just common sense:

- ◆ If you can communicate with yourself and within yourself, you can activate the amazing internal guidance system built into how we are structured to determine what you need moment by moment.
- ◆ You can also make clearer choices about what you do and how you do it.
- ◆ When you can communicate this way, your body feels heard and supported and stops shouting at you with symptoms.
- ◆ In addition, your stress levels drop, because you are aligned within yourself, from inner truth through outer expression.
- ◆ Your body can then use its resources to heal rather than needing them to cope with stress.

◆ The “instructions” that allocate resources and guide your body to function shift to actively support well-being rather than dis-ease.

◆ This fuels you to develop your gifts and fulfill your potential.



An unexpected benefit of learning to hear body guidance is that it opens you and provides the instrument for hearing the guidance of your Wiser Self and Councils as well.

Your inner guidance system is not just a right-answer machine, telling you, “Yes, do this” or “No, avoid that.” It is also not just a place to seek higher spiritual guidance from your Councils, though that is valuable. It is a form of inner wisdom, built into the instrument that is your body, specific to you as a soul having a human experience. It's a source of ongoing specific and pertinent insight about what is happening within your creation of self and world — what is needed, what is intended, what is viable or unsustainable, and so on. It's there to help you see more clearly, choose more wisely, and experience more fully.

And it is the doorway to everything: healing, fulfilling your soul's potential, peace, and radical change.

Why is it important to get to know this guidance system and access this doorway? Increasingly, all of us are being buffeted by shifts in our circumstances, thinking, and the world as we know it. This deeply affects our ability to heal, be well, and evolve our bodies (and social structures) to handle new situations. If I can't tune in to my inner guidance system for truth and clarity about my own soul's choices, I am at the mercy of the swirling winds of change and the theories, competing beliefs, and even

slippery “facts” of our present time. Inner guidance acts as a crucial anchor in times of uncertainty.

Radical change is likely to be the theme of our shared reality for some time to come. I think it is ironic that 2020 was the year

focused growth, evolution, and actions — the tide is turning to pull us inward again, gently leading us to get to know our roots, our receptive and creative side, our ability to gestate new life in the womb of inner awareness.

It is something like a new tooth erupting: we are going to love it when it arrives, but in the meantime, the gums are inflamed, and it is painful to chew.

I grew up in the feminist 1970s, marching to transform the world. We proclaimed, “The personal is political.” We pushed as hard as we could for justice. Some things changed, but a lot didn't. The systems that create inequity continued their inevitable advance toward this moment, when they are finally collapsing under their own weight — unsustainable, unaffordable, and unlivable.

Now, the world is changing us. I like to think mother nature let us have our freedom to run amok, to live in disharmony with her and with our creature nature, until this moment. Today, she is inviting us, event by event, to wake up to what we have been doing to our bodies, minds, and spirits. We are being shown how life as we have been living it has affected our physical, mental, spiritual, and societal health and the health of the planet.

What we took for granted, what we considered order, what we thought about ourselves and other people are all coming into question. We are being unmasked, even those of us who felt awakened and evolved. And within that process, mother nature is giving us the opportunity to evolve further and come home to wiser ways of being. I'm not blaming mother nature here for the collapse of societies as we've known them — I am giving her credit! ✨

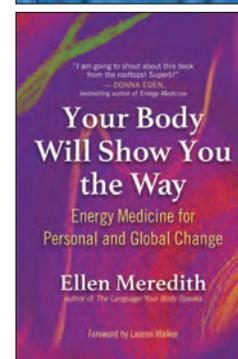
when crazy worldwide upheaval manifested in the form of a global pandemic, social disruption, collapse of infrastructure, and collision between autocracy and the voice of the people — 2020, which for eyes means perfect vision!

Around 2010, one vision my inner teachers offered was that we were entering a new era that would be ushered in by at least thirty years of radical change. The word *radical* derives from the Late Latin word *radicalis*: “forming the root, inherent.” And so radical change is not so much about altering the outer conditions or arguing over new policies and rules as it is about experiencing a transformation in our hearts and minds, in our habits and ways of communicating.

From my perspective, that is great news. You can transform the outer world by refocusing your attention on the core. As my Councils put it, “The task is to find the true shift that brings you home when homeless, into safety when threatened, into allegiance when split, into connection with the inner sparks that will fuel this journey.”

And they added: “As you learn to do this, you bring others along.”

I have come to see this new era as the rise of *empowered yin*. After some ten thousand years of extreme yang — outward-



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Ellen Meredith is the author of **Your Body Will Show You the Way and The Language Your Body Speaks**. She has been in practice since 1984 as an energy healer, conscious channel, and medical intuitive, helping over ten thousand clients and students worldwide. Visit her online at ellenmeredith.com.

5 Benefits of Raising Kids with Pets

by Kara Venus, New England

There are so many benefits to raising fur babies alongside human babies. According to *The American Academy of Child and Adolescent Psychiatry*, “A child who learns to care for an animal, and treat it kindly and patiently, may get invaluable training in learning to treat people the same way”.

In addition, seventy percent of U.S. households, or about 90.5 million families, own a pet, according to the 2021-2022 National Pet Owners Survey conducted by the American Pet Products Association (APPA).

As a rescue dog advocate and author, I believe those numbers are reflective of the fact that pets come with some powerful health benefits. Studies have shown that caring for a dog, cat, or other animal can help relieve depression and anxiety, lower stress, and improve your overall health.

More specifically though, how are pets good for our kids? In addition to teaching them empathy, responsibility, and love, pets can make great friends and companions for children.

My childhood dogs are some of my fondest memories! It was important to me that my daughter was raised alongside the dogs that have been a part of my family for 8 years.

Here are some additional benefits of raising kids with pets:

Kids Learn Respect and Empathy for Others

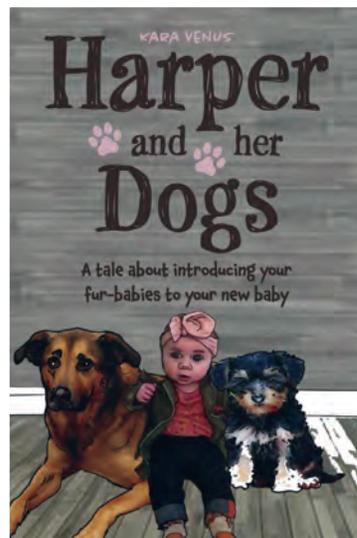
Children learn gentleness and empathy at a young age. Every day we teach my one-year-old daughter to be “gentle” when interacting with our dogs. We’ve seen this translate to a friend’s pets and animals she’s met out at farms, etc. We are also teaching our dogs to better understand “gentle” when interacting with our daughter. Teaching kids to understand what others are feeling, connect with them, and extend support, is very important.

Children Learn How to Be Responsible

Kids can become more confident by having the responsibility of taking care of their furry best friend. Learning to feed, walk, take out, and clean up after a pet are all great lessons in responsibility! If you feel that your child is not yet ready for the responsibility of a dog, start small with a fish or other low maintenance animal! Shelters have all kinds of pets available: fish, birds, rabbits, hamsters, ferrets, dogs, cats and even chinchillas! Petfinder.com is a great place to start your search!

Pets Promote Physical Activity

Walking, playing, taking them to a dog park are all ways to increase and promote physical activities in kids. With today’s



technology, kids are spending more time on screens than ever; pets that promote outdoor physical activities can help everyone! Owning a dog encourages us to walk daily, and to be more active. It’s no surprise that dog owners especially were found to be 54% more likely to get the recommended amount of physical exercise.

Pets Teach Children Emotional Responses to Love, Loyalty and Even Grief

Children need to learn how to deal with all of the curve balls life throws at them and a pet can be a great way to

learn! I remember when my first dog died, I learned how to process grief. I discussed how I felt with my family and even at school. I was able to write an essay dedicated to my first dog, which helped communicate my feelings.

Having a Dog or Cat Early in Life Can Positively Affect a Developing Immune System, and May Reduce the Risk of Certain Allergies or Asthma in At-Risk Children.

(Bonus!) According to Cleveland Clinic, having a pet at home can also help with allergies! “Some research suggests that children who are exposed to animals before age 1 are less likely to encounter these allergies later in life as adults, says allergist Sandra Hong, MD. What’s more, pregnant people with dogs are 50% more likely to get the recommended 30 minutes of daily exercise — thanks to Fido’s inexhaustible energy (and bladder).”

Combining pets and babies is never a decision to take lightly, just know that it can overwhelmingly be a positive experience. There are a ton of resources and research out there to support you on your journey. ✨

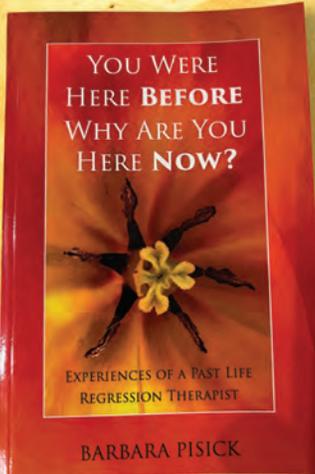
Kara Venus lives with her daughter, husband and two dogs. Her love for dogs and volunteering with local rescues inspired this story! She works as a marketing professional by day and enjoys skiing, gardening, and traveling. She hopes this story encourages readers to feel confident about welcoming a new family member, two-legged or four-legged!

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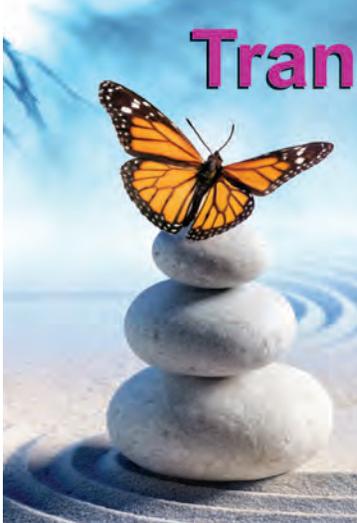
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What's REALLY Behind All the Polarization?

Everybody's talking about it, journalists are writing about it, and all kinds of explanations are being offered for the extreme divisions we're seeing in many forms today ...

Men versus women, immigrants versus citizens of their adoptive country, reactionaries versus progressives, country versus city dwellers, free-marketers versus those demanding social safety nets, the ultra-wealthy versus the impoverished, environmentalists versus profit-centered corporations, and so on. Reasons given for the divisiveness seem to correspond to the backgrounds of those trying to explain it and range from historical trends to "human nature," to power struggles at all levels of relationship—personal, political, and national—to religious end-of-days scenarios and more.

These types of analysis are more descriptive than explanatory, though.

To understand the dynamic correctly, we must look at our planetary situation from a higher perspective. Astronomers are familiar with the *procession of the equinoxes*, which to lay people means that in its transit around the heavens, which takes about 27,000 years, our solar system comes into alignment with each of the 12 constellations in turn, for a period of about 2,300 years each, more or less. While in alignment with a constellation, for example Aquarius, we are said to be in the age of that constellation. We are now leaving the orbit of the constellation Pisces and coming more closely into alignment with Aquarius with each passing year. Therefore, we are exiting the Age of Pisces and are at the dawning of the Age of Aquarius—as celebrated in the song of that name from the musical *Hair*.

A fact not necessarily known by astronomers but known by esotericists, is that each constellation is characterized by different energetic qualities, which influence us very strongly while our solar

system and planet are in alignment with it. Piscean qualities are individuality, devotion, and idealism—all of which have helped an evolving humanity graduate from the herd mentality to individual

elder brothers, the Masters of Wisdom, along with their leader, Maitreya, the World Teacher for the Age of Aquarius. Maitreya has been in our midst, though unknown, since 1977, working behind



intelligence and creative thinking. The same qualities, though, have also tended to divide individuals and groups devoted to differing ideals and pit them against each other. We are experiencing the extreme results of Piscean energies today as widespread polarization and conflict in almost every aspect of life.

Simultaneously, we're seeing seeds of new ways of thinking that are influenced more by the incoming Aquarian energies of synthesis, cooperation, and brotherhood—and we'll see these seeds grow in importance as our alignment with Aquarius becomes more direct. The present turmoil caused by the clash of two opposing worldviews will gradually end in a peaceful unity that synthesizes all the color and diversity of life. Life on our transformed Earth would be difficult to imagine today in our wildest flights of fantasy.

However, to get there, we have to respond correctly to the energies of Aquarius and change our structures accordingly. Fortunately, we'll have the help of our

the scenes to prepare us for the needed changes. He is expected to make himself known soon, however, and with his guidance and that of his group, the pace of change is likely to accelerate.

Maitreya brings yet another energy — the energy of Love — which amplifies whatever energies are already dominant. That is, those whose energy is divisive will become more so, and those who are working for the common good will be strengthened in their efforts. This way, the differences between the two ways of being will become undeniably clear, and humanity's choice between them made easier. Thus Maitreya wields the *Sword of Cleavage* — the Love that separates the wheat from the chaff, the sheep from the goats.

One of the Masters of Wisdom has commented on this coming time in a message recorded in *Share International*

magazine by its editor, the late **Benjamin Creme**:

All that men now hold dear will be held in question; all that has brought the world to its present sorry and dangerous state.

Soon, the weakness of the present structures will begin to show itself to even the most blinkered viewer. The cracks and rifts will become apparent for what they are: the signs of breakdown of an outworn and decaying order ready for renewal. The speed of that renewal lies in the hands of men; they alone must give full welcome to the new, and enter gladly into the tasks of reconstruction.

Learning to share, they will inaugurate the era of trust. Trusting, they will cooperate in solving the many problems which now face them, and in grateful imitation of the Masters will awaken to the love which has been

ever present but unknown.

We are on the cusp of a cosmic transformation, regardless of how it appears at the moment, and we can rest assured that when the Masters determine the most beneficial time to make themselves known publicly, they will step forward without fail to assist.

For a more detailed look at this deeper explanation of our current polarization, check out the webinar at this link: <https://www.youtube.com/watch?v=-ZQUDGNk4kE&t=28s>

Cher Gilmore is a long-time student of the Ageless Wisdom teachings, a periodic contributor to **Share International** magazine, and an administrator for *Share International USA*. More information about *Share International* and the emergence of Maitreya and the Masters of Wisdom into the everyday world can be found at Share-International.us.

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Accessing Unity Consciousness

by Milissa Castanza Seymour
Bethpage, NY

He who knows others is wise. He who knows himself is enlightened.
~Lao Tzu

Here's a brief Chopra meditation: Sit comfortably. Close your eyes. Focus on your breath. Ask yourself, "Who am I?" State the question a few times, then let it go. The answer will eventually come in your practice, without thought. Sit in silence before opening your eyes.

That basic question seems to connect to what truly matters as the mind wants to answer: "I am a daughter. I am a parent. I am a life coach." These "insert label here" identities are the mind's go-to sentence completions. They sound important but in the grand scheme of being, are they? Can the mind be relied on to accurately identify us? Do the mind's puzzle-piece labels create a picture of the authentic self?

To answer that question, ask "Who is observing the questioner asking the question?" Who is the witness to the mind's antics? The mind is filled with feelings, thoughts, memories, desires, repulsions, and fears. The mind changes often. It is a reactive GPS transmitting from satellites in an individual's worldview orbit, developed and operated by their history and experiences. It reflects a personal map of sorts. It directs daily functioning, often on automatic pilot. Taking a step back to witness the mind in action though, it becomes clear that there is something more.

What is beyond the mind? What is that constant invisible force that silently informs our well-being? It's consciousness. **Call it pure awareness or unity consciousness, it exists beyond the mind. It is a space where all beings connect outside the limiting worldview of each individual mind, where wellness lives, accessible at any time to promote personal well-being.**

Unity consciousness is accessed in the space between thoughts during meditation. This space is part of each person's pure potential, the antidote to disconnection and dis-ease.



Once realized, it allows alignment with the truth that lives in that space. We become more compassionate, creative, peaceful, honest, and loving. As these truths seep into daily living, the connection opens. A fluid relationship develops where these values

naturally influence daily life over time, in turn deepening the connection to pure awareness. This evolution elevates daily living to a consciously informed experience. Spiritual beings having a human experience becomes the norm versus the automatic pilot mind-driven life, devoid of witness consciousness. Once we step back and witness our thoughts as they come and go, it's hard to go back to unconscious living.

So, is it possible to know when we are out of alignment, not allowing pure awareness to enter daily life? Yes, it is observable.

Notice beliefs, inner critical dialogue / conflicted emotions, addictions, and stressed-out moments that are energy drainers. That begins the shift. Small "a" awareness is developed when the drains to well-being are noticed. These mini breaks are necessary to bridge and integrate conscious awareness into daily living. It's what I call a "Bits and Bites" approach to well-being. *Sitting once or twice a day to meditate is wonderful and necessary to begin to reprogram the nervous system and allow the body-mind to recalibrate to calm, even lengthening longevity.* That's the "Bite" part where a block of time is dedicated to meditate, accessing the space between thoughts by stopping, breathing, and tapping into big "A" awareness / pure consciousness. The "Bits" part is stopping throughout the day for a few minutes to observe in real time what is happening inside, stopping the drain by witnessing it and reconnecting

to higher awareness. This can be practiced as often as needed throughout the day as a reminder that pure consciousness is our true nature and the automatic pilot of the mind is draining well-being in that moment. It allows a shift out of a reactive stress response into a clearer space to process what is going on in order to make proactive choices.

Here are two "Bits" that can create the shift:

1. In a moment of stressed-out reactivity, focus the mind on taking a few breaths. Those few breaths shift the nervous system into *parasympathetic* engagement, calming the system and allowing for proactive choices.
2. Going deeper, **PAUSE:**
Pause – take a break for a few minutes and breathe
Ask yourself, "What am I feeling?"
Uncover the thought / belief connected to or just prior to the feeling
Sit with it. Breathe, then ask, "Is it true? What's the evidence?"
Explore the story you're telling yourself and reframe it by asking "What is another way to see this?"

Witness consciousness is developing awareness that we are more than the mind. "Bits" of awareness are as important as "Bites" of scheduled meditation because it allows us to find our center in the middle of real-life moments where triggers become portals to who we really are — part of the unified field of pure consciousness! ✨

Milissa Castanza Seymour M.S. is an InnerSoul Coach specializing in Stress Management/Well-being. She is a professional Numerologist helping clients find their life/soul purpose. Her certifications include: IYT Holistic Health Educator, Applied Positive Psychology LifeCoach, Aromatherapist, Chopra Ayurvedic Health Practitioner/Primordial Sound Meditation Teacher/Well-being Coach.
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Inspiration Can Come From Life's Adversity

by Kristian James
Los Angeles, CA

No matter what people tell you, words and ideas can change this world.

~ Robin Williams
Dead Poets Society

Robin Williams' quote has always stuck with me because words and messages can alter someone's day from being sad to happy even if for a minute. I have taken the negatives in my life and learned from them. I use my darkest times to help those going through similar experiences, directing them through their saddest times, assuring them calm waters are ahead. Sometimes you need to take it day by day and others you need to slow it down even more — hour to hour or even minute to minute.

Growing up I didn't have the easiest childhood. I had a mother who was an

alcoholic with a later diagnosis of bi-polar disorder. My father was a workaholic and someone who would put me down for gaining weight which, eventually, led to childhood obesity. He dealt with his own weight issues by putting his anger and frustration onto his youngest son.

I always excelled in school and at sports regardless of the fact I was heavier than the other kids. Sports were my escape, as were movies and reading.

When I reached junior high and realized that I wasn't good enough to be on a sports team, my depression and eating really took hold of me. This also caused my father to double down on belittling me, telling me I was lazy as my mother told me I was fine while giving me that extra serving of high calorie food.

These years were the most formative for me when it came to my writing and would, later, be helpful when I went to Iraq, and dealt with horrific sights on a daily basis.

I'd sit in my room writing scary stories and song lyrics like those bands I looked up to in high school such as Papa Roach,

Metallica and my favorite band, Staind.

I connected with these bands and how they went through similar problems such as mine – broken homes; being verbally and mentally abused by their family members because they were different.

I became serious about writing when I got home from Iraq in 2007 and began turning the trauma I had experienced most of my life, including the stress of what I'd just endured, into stories and scripts. I learned that my gift was being able to write at a rate of speed that others cannot. I draft and create the characters in my mind and I can type their conversations I'm hearing in my head just as fast as they are speaking.

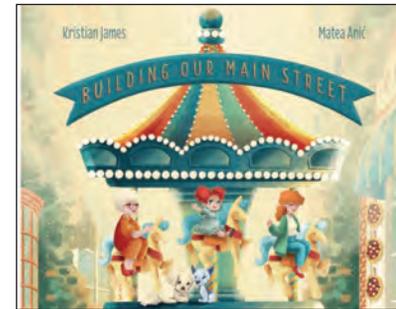
It wasn't until December of 2019 that I found my true calling, writing children's books. Instead of wanting to scare people with my stories, I decided I wanted to bring smiles to those that need them; much like I could have used when I was an early teenager going through a difficult time.

My difficulties are my own, as are anyone else's, but we should be there for others when they cannot see that proverbial light at the end of the tunnel. Without my struggles I wouldn't be who I am today and I wouldn't have had the blessing of having met my beautiful wife Jessica and having our daughter, Abigail.

Over my twenty years in the military and thirty-eight years of life, I went through a great deal of trauma and was even diagnosed with post-traumatic stress disorder from my military missions. I used my writing ability to get me through



these dark times by creating uplifting stories for those that need them just as I do. My writing is my cathartic way of dealing with the visions of war and death and having worked in a coroner's office for the last two years assisting with the overflow of covid decedents.



Find your healthy escape, whether it is writing, mentoring, coaching or watching movies. Whatever it is, find your passion that brings a warmth to your heart and a smile to your face. The one truth is, we have one life to live, so why

not follow our hopes and dreams? It's essential to follow what you love because we can be rejected a thousand times as I have with my books. But at the end of the day, for those thousands of "no" replies, all we need is that one "yes" to change it all. Strive for your "yes" and one day, you'll get it like I did with my wife when I asked her to marry me and she said yes. That one "yes" changed my life more than I can ever write into a thousand-page novel. Be good to yourself and to others. ✨

A first lieutenant and a 20-year veteran in the U.S. Air Force who served in Iraq and Afghanistan, **Kristian James** is also a children's book author. His first title, **All Hallows Eve in Salem: The Unofficial Town of Halloween**, has sold across the globe. Kristian's two upcoming releases are **Building Our Main Street** and **Once upon a Christmas Eve in Salem**. As a new project, Kristian would like to propose that kids write to their favorite monster in his book **All Hallows' Eve in Salem**, and their favorite monster mails them back a letter. It would be like writing to Santa Claus, and all he'd ask for is a return stamp.




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Vibration MAGAZINE

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. 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.

A place to express not suppress

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.



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

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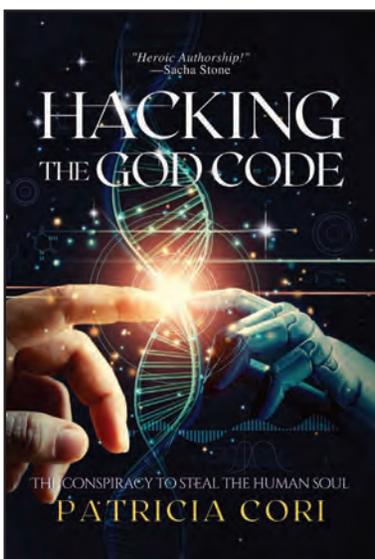
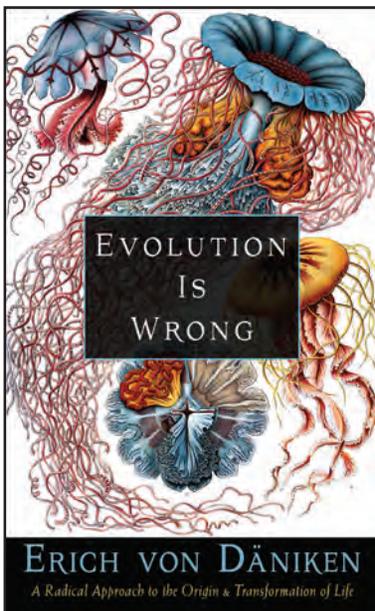
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BOOKS

EVOLUTION IS WRONG

by Erich von Däniken
redwheelweiser.com

Erich von Däniken published his first (and best-known) book, *Chariots of the Gods*, in 1968. *Evolution Is Wrong* is a fascinating exploration on why the Darwinists' Theory no longer explains everything. There was once a set of ideas called the "theory of evolution" conceived by clever people and confirmed by countless scientists. Then people discovered the electron microscope. This made it possible to make the molecules within the cell visible, and suddenly questions about evolution arose that were not possible before. Which force actually bundles the atoms in the right order? What moves the molecular chains into the correct position? How did the first living unit within the cell actually come about? How does inheritance work, how does information pass on to the next generation? Did humans descend only and exclusively from primates—as Charles Darwin and countless other great minds assumed—or did additional "engines" intervene in evolution?



that one develops from the other. Or the "gastric-broodingfrogs" (*Rheobatrachus*) found in Australia. They hatch their young in the stomach. Impossible in a slow, evolutionary process. Erich von Däniken uses countless examples to demonstrate the impossibility of the previous evolutionary idea. He quotes scientists who argue against the previous teaching, but also those who defend it. Unfortunately, established science still refuses to look at discrepancies and holes in the theory of evolution, even though it is quite obvious that there is more going on with regard to the development of all species, as well as human culture, than could be explained by the theory of evolution alone.

HACKING THE GOD CODE
The Conspiracy to Steal the Human Soul
by Patricia Cori
patriciacori.com

Hacking the God Code delivers what author Patricia Cori calls a "booster shot of truth" to all who are ready to hear it. She states, "It exposes the sinister web of lies and manipulation that has been perpetrated upon humanity at all levels of society and the institutions we have been taught to trust. At this time of incredible upheaval, I expose the tactics of a corrupt and unfathomably ruthless global cabal, whose aim it is to enslave us by destroying our precious DNA connection to God-Source energy." With "the determination of an investigative journalist and the passion of a spiritual warrior," Cori brings to light "the agenda of the New World Order and its Global Reset, and how it is targeting every soul on this planet." With her unshakable belief that the truth shall set us free from even the darkest manifestations against the human race, Cori offers critical solutions for healing, for finding the strength to fight back, and for

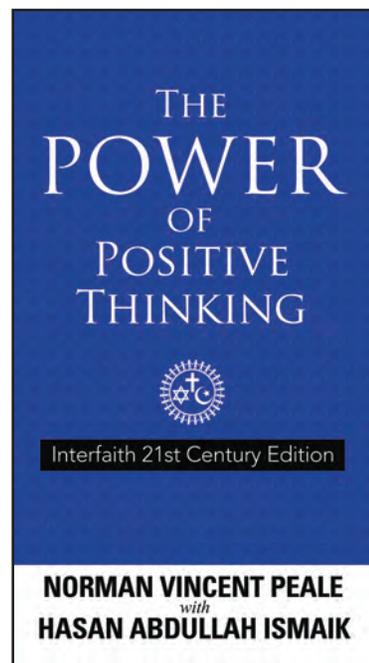
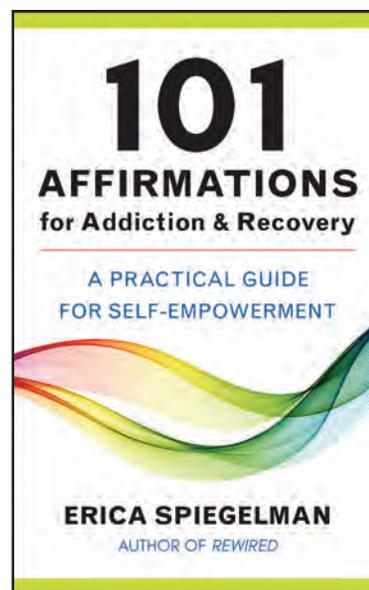
manifesting a clear direction for the light teams among us to be empowered and liberated from fear for their health, the future of their children and their very lives. "Leveraging the power of sacred geometry and sound, meditation and visualization, we can regain our sovereignty and harness the invincible power of God/Source to banish the forces of evil from our sacred Mother Earth," she said. "And to do that is not only our right, it is our destiny."

101 AFFIRMATIONS FOR ADDICTION & RECOVERY
by Erica Spiegelman
hatherleighpress.com

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The Rev. Dr. Norman Vincent Peale's inspirational *The Power of Positive Thinking* is one of the most influential books of modern times. It has sold more than twenty-four million copies worldwide and been translated into



forty-two languages. It quotes generously from the Christian Bible. This *Interfaith 21st Century Edition* of the classic is annotated with analogous quotes from the Quran, the Hebrew Bible, and the modern Christian New King James Version Bible to resonate with people of all faiths, awakening them to the shared philosophy and beliefs of the three Abrahamic religions—Judaism, Christianity, and Islam—and provide a unifying and universal voice in our polarized world. Hasan Abdullah Ismaik's humanitarian interests include promoting harmony between the East and West; supporting religious discourse, and international cooperation, conflict resolution, and stability in the Middle East. Mr. Ismaik seeks to strengthen the bonds of love and understanding between believers around the world.

PRODUCTS

NESTED NATURALS SUPER GREENS
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Declared one of the 'Best Greens Powders of 2022' by Forbes Health, *Nested Naturals Super Greens Original* is a blend of organic superfoods plus dairy-free probiotics, fiber and enzymes. Now you can supercharge your day with energy, immune support and healthy digestion—the whole works—in just one scoop. *Nested Naturals* has done all the research, formulation and sourcing to create a comprehensive, premium quality, organic, vegan, awesome super greens blend. The blend of fruits and vegetables in Super Greens Original is ground into a fine powder to give you a potent boost of micronutrients that can be absorbed by the body quickly and easily. Proper intake of fruits and vegetables in a well-balanced diet helps to promote overall health and wellness. Super Greens Original is non-GMO, Vegan and Certified Organic.

POETRY

Introspective Realizations

by Dr. Seena Axel, Delray Beach, FL

When I realized I had been hurting for a while,
I set out exploring alternative healing & deeper wisdom.

When I realized my heartache came from expectations held tight,
I let go and discovered the truth of what's so.

When I realized my wounding triggers originated from
the actions of others, I developed compassion & took
responsibility for my part of the story.

When I realized my loneliness came from wanting others to fill it,
I learned to love myself.

When I realized that some things will never change in one lifetime,
I surrendered & accepted my own inner truth,
knowing & this moment of now.

When I realized my soul's yearning came from the craving "to be met",
I re-claimed the Crone Feminine Goddess I'd become.

When I realized that we are all in this together & feel angst,
I became "Love Made Visible" ... everywhere ...with everyone.

When I realized (once again) that my frustrations come from wanting
things to be different, I laughed out loud ...
and set myself free.

Puzzle of life

by Eulalja Capozello (Deceased)

The ocean, the sky and the earth
Are God's blessings or your own curse
You are your ships navigator
Therefore your own thought creator

Your puzzle may be beautiful and long
Like a nightingale's morning song
You may always walk in the light
With a bright smile and great delight

You're lucky the sun is on your side
Night or day your constant guide

Your puzzle of life may be very small
And your heart's desire may never reach its goal

Oh why, why have the fates been so cruel
Did you ever ask if you lived by the rule
Each thought is a note of your melody of life
Play softly your symphony but do not strife

You hold your puzzle of life in your hands
Don't search elsewhere my dear friend
all the pieces are deep within your soul
Look only there and you'll find your life's goal

Watercolor by
Jan Guarino
JanGuarinoFineArt.com



A Man – A Dog

by Patricia Bono, Scottsdale, AZ

In the cage I saw her.
A hairless skeleton,
With eyes, huge, brown, gleaming gold.

An ancient frayed collar told the story
Of the ravage endured.

Who would do this?

Yet she sat.
Patient.
Eyes, huge, brown, gleaming gold.

I brought him to her.
He sighed and turned.
I said, "Look, her eyes."

And he who was lost,
Was found.

She was set free.
So was he.

Eyes, huge, brown, gleaming gold.



Silence

by Dave Frieman
Huntington Station, NY

A sanctuary
of sensual beauty where
one's soul can hear God

Beyond Words

by John Califano, New York City

today I passed you
on the sidewalk
awkwardly
you looked at me
alarmed and fearful

I
immediately understood
your
true
feelings
deeply troubled and confused

we both
spoke with our eyes
desperately
trying to navigate

the raging sea
of face masks
all

socially distanced
self-censored
locked down

emotionally quarantined
deafening the silent chorus
of collective paranoia

imbued with a newfound sense
of self-serving designer moralism

does anyone
know that

I secretly longed to cradle your cheeks
and kiss you tenderly?

please forgive me

I am weak and sadly human
not now

but maybe someday
we shall meet, once again

whole and alone
naked of fear

in a sacred, holy place
where

there is
no
darkness

Some advice for those ambivalent or outright intolerant to poetry: Arrive to a poem the same way you do meeting new people. Sometimes it's exciting, other times tiresome or intimidating ... We should engage with people, and poems, of all walks, embracing the challenge of divergent perspectives. Not all of them will be firm friends or favorites, but each teaches us something we didn't know before. — Vanessa Kisuul

CALENDAR OF EVENTS

ONGOING EVENTS

MONDAYS

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

SACRED MEDICINE WHEEL GROUP for healing and personal transformation. Meditation, drumming, journeying with Irene Siegel. 7:30pm, Huntington. Call for info and registration, (631) 547-5433, DrlreneSiegel.com. Now offered Online. (see ad p.11)

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.

HAPPINESS HIVE PODCAST: Interviews with amazing people who have beat depression, chronic illness and anxiety with sound therapy and how they did it! Host Susan Finley. Join the Happiness Hive Facebook Group <https://www.facebook.com/groups/acoustictherapeutix> for details.

WEDNESDAYS

METAPHYSICAL GROUP TRAINING by Maria D'Andrea. Learn how you can discover and develop abilities beyond your 5 physical senses to ascertain insight of people, places and things. Location: Huntington. Call/text (631) 559-1248

METAPHYSICAL GROUP TRAINING by Maria D'Andrea. PSYCHIC SELF-DEFENSE will be held in Huntington, **beginning February 8**, 7pm. Bimonthly classes will vary. PRE-REGISTRATION is required. Call/text (631) 559-1248

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. GatheringOfLight.org 631-455-3471 (see ad p.7)

SUNDAYS

MEDITATION, MANIFESTATION AND SOUND THERAPY - FREE weekly online gathering to up your health and happiness, 10:00 -10:30 am ET, hosted by Susan Finley. Join the Happiness Hive Facebook Group <https://www.facebook.com/groups/acoustictherapeutix> for entry.

SPECIAL EVENTS

FEBRUARY 17

EYES OF LEARNING / How to Tap Into Your Intuition with Lisa Fazio. 8 to 10pm. Learn to unblock so you can receive messages from the other side. Fees and details: eyesoflearning.org.

MARCH 12

EMPOWERED PATH EXPOS invites you to the Holiday Inn, 1730 North Ocean Avenue, Holtsville, NY. Sunday, FREE Admission, Free Raffles. Psychic and Holistic Wellness Expo!

MARCH 17

EYES OF LEARNING / Rituals & Magick Join Reverend Maria D'Andrea to discover what you can do to heighten your energy and work with rituals and magick! 8 to 10pm. Fees and details: eyesoflearning.org.

UPCOMING EVENTS

AL-ANON'S INVITATION TO YOU

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

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- menstrual / menopausal issues
- neurological issues
- respiratory conditions



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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.

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Another Leap Forward in Dental Healing: Dental Demise

In my more than twenty-five years practicing dentistry, I continue to see the same pattern of dental demise: Person gets silver filling, person gets larger white filling, person graduates to crown, person needs root canal, root canal fails, and ultimately, receives dental implant. It DOES NOT need to be this way. The first thing to understand is that not all dentistry is the same. The great majority of dentists have good intentions, but factors like differing levels of education, experience, and skill, combined with inadequate dental insurance reimbursements and high patient volumes, contribute to less than ideal results. Unbeknownst to many, dental insurance is vastly different than medical insurance. Dental insurance should be regarded as a gift card, allowing some payment toward a procedure, but not likely to provide you with complete cost coverage for the level of dental maintenance and care you require and deserve. For routine cleanings, most dental insurance plans reimburse an amount less than what the hygienist performing that cleaning earns per hour, resulting in a rushed and inadequate service in most cases.

Many patients feel that they have done their due diligence in researching and choosing a dentist. "My dentist has hundreds of five-star online reviews."

Unfortunately, there are paid services that will generate a false online narrative.

Another factor to consider is that today many independent dentists are forced to sell their existing practice to corporate entities. Oftentimes, the now former owner/dentist is obligated to continued working at the practice, albeit now as an employee, unable to provide you with the same level and quality of care, because the office is now under corporate guidance and scrutiny. Sadly, this transfer of ownership (and care) is often unknown to the patients. Moreover, with the influx of "big box dental corporations," there is a need to maintain high patient volumes with lower levels of quality in dentistry; this seems to attract the hiring of newer, inexperienced, and likely debt-ridden new dentists, who are willing to "churn out" production quotas, and not really take the time to perfect their craft. Those who suffer are the patients. Like it or not, these are the facts.

Luckily, you do not have to endure this. At **Integrative Dental Specialists of Long Island, Dr. Etes** and his team will always provide you with the best level of dental care, NO EXCEPTIONS. Our office has the specialized dental skill set and the most modern equipment to ALWAYS treat you

with the best and safest care. We always use the most premium dental materials available today—which are holistically minded and biocompatible. We do it correctly, or we do not do it at all. Integrity is doing what is correct, especially when no one is watching. Dental integrity is what Dr. Etes represents. Remember, do not assume all dentists have the same level of skill and expertise.

There is nothing better than your own natural teeth. Many dentists today are quick to extract teeth, yet, there is nothing available today that is a perfect replacement for a natural tooth. Even a properly treated "root canal tooth" is better than no tooth. The key words here are *properly treated*. Most root canals have dismal results because unfortunately, most are not done to the high level of care which Dr. Etes provides. There is a difference, a huge difference. Unlike most holistically minded dental professionals, Dr. Etes strives to save your teeth, leaving extractions and implants only as a last option. For patients requiring tooth replacement, Dr. Etes offers world class treatment options.

Remaining on the cutting edge of the newest dental advancements is a full-time task and top priority for Dr. Etes. In order to provide our patients with the most

sanitary environment possible, we employ ENHANCED proactive ultraviolet air and surface office disinfection protocols. Do not assume all dentistry is the same. Dr. Etes prides himself on bringing you top notch, unmatched care. We work toward one standard, the HIGHEST standard. The time for excuses has passed. **If you are looking for the finest, safest, healthiest and most predictable results to correct your dental issues, supported by the most advanced dental technology, contact Integrative Dental Specialists to make an appointment with Dr. Etes today.**

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.

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