

INSPIRATION | HOLISTIC HEALTH | PERSONAL GROWTH



# CREATIONS

MAGAZINE

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# UNLOCKING GREATNESS

**Look Less, See More**  
**Men and Relationship**  
**Training New Habits**  
**Never Stop Cultivating Yourself**  
**16 Signs of an Advanced Soul**

*The thoughts you think when you are happiest  
are the closest to the truth.*

– Alan Cohen

# YOUR GUMS DON'T LIE

When I was a kid, I remember not being the greatest brusher and certainly not using floss. Before I had to go to the dentist, I overzealously and enthusiastically attempted to be the poster child of the American Dental Association. A poor attempt to be the beacon of good oral hygiene.

But, gums don't lie. If you are not consistent with good oral hygiene practices, the inflammation around gums takes weeks to reverse. It's like blood sugar and hemoglobin A1C levels. If you take your blood and test for glucose it will be a snapshot of what your blood sugar is right now. An A1C level, however will tell us if you were a good boy or girl for the past 3 months. Depending on the amount of gum inflammation, the location of it, the presence of spontaneous bleeding, the way the gums are attached to the teeth and even the color can reveal underlying disease not just in the mouth, but the rest of the body. Most often, gum inflammation is caused by bacteria.

Healthy gums are supposed to be coral pink, stippled and tight around teeth. They appear to be pink because they are highly vascularized with hundreds of fine blood vessels. In fact, if you unravel the gums that intimately hug our teeth, the part of gums that you cannot see visibly, it would render the surface area of the palm of your hand. If you measure the surface area of all gum tissue, lining of the cheeks, tongue, palate and floor of the mouth it would amount to the area of your whole arm. Naturally if you had an infection that covers your whole arm, you wouldn't ignore it, would you? It gets better! Because of this highly vascularized nature of the mouth, bacteria get into the bloodstream faster. Think about this. If someone is having chest pain or a heart attack, where do we place the nitroglycerin tablets? That's right, under the tongue. It dissolves quickly and gets into the bloodstream fast. Bacteria and toxins can enter the bloodstream just as fast. The mouth is the first portal into our digestive system. But indirectly, you can see how it can be a portal to the

circulatory system. Many of us are mouth breathers. Therefore, it can also be a portal into our respiratory system. What about the immune system? We have minor and major lymph nodes in and around the mouth, head and neck area.

Diseases and conditions that are associated with periodontal disease are TIA's (mini strokes), coronary heart disease, premature and low birthweight babies. In the elderly it can affect septicemia (blood infection), Alzheimer's disease, rheumatoid arthritis, bronchitis and heart attacks. We have found that flossing reduces *c reactive protein* which is a marker of inflammation, and reduces risk for heart disease. There are autoimmune diseases that have oral manifestations such as Lyme's disease, psoriasis, pemphigus and lichen planus. Our primary focus with health care is to prevent disease. The next level would be early detection and conservative treatment. Your mouth is saying a lot. Are you listening?

Oftentimes people see the mouth as an isolated area that has nothing to do with the rest of the body. I hope that now you can see that it is extremely important for overall health and how keeping your mouth healthy will, in turn, enhance and optimize your body and have it running at top levels.



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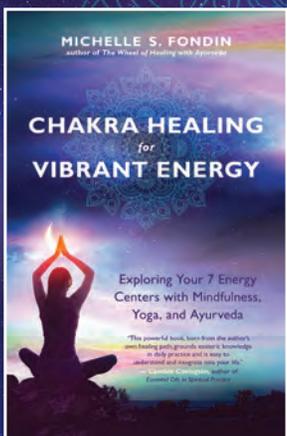
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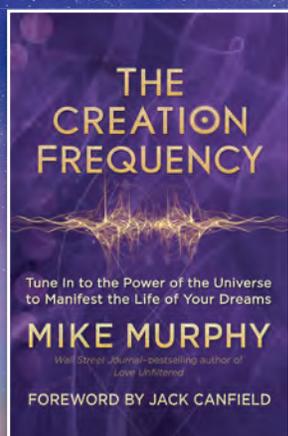


"Michelle Fondin has created a lovely guide to familiarize you with your chakra system. It dives deeply into the subtle art of optimizing each chakra. I love the food recommendations and the suggested yoga poses. Pick up this lovely guide!"

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— Alan Cohen

Thanks for visiting the June-July Summer / Men's Issue: Balanced Masculinity, Fathers, Creative Passion, Abundance and Prosperity. Nothing screams SUMMER more than blue skies, green grass, and of course, baseball—thus the cover image.



with your life, the answer lies in raising your personal vibration...where your intentions and desires resonate with the intentions and desires of the Universe." Easy enough to unravel, right?

Ok, "easy," may not be exactly accurate, but Merritt Jones details in his book that freedom, inner peace and a life filled with purpose is well within our reach. But in order for us to grasp it, we need to reach beyond our current, limiting belief system.

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Alan Cohen's statement up top is certainly welcome news. Now if we can just buy in. Beyond simply believing this, we need to get to the place of actually *knowing*. Nope, this isn't some New Age, make yourself feel-good notion. It stands to reason that in this boundless universe of which we are all a part, our personal and planetary abundance of joy, happiness, health, love and freedom would have no bounds. I doubt the universe / creator plays favorites, gifting wonderful fortune on a select or random few, while short-changing the rest. This often rigidly-held belief that life must be a struggle is born of conditioning—nothing more! Everything life affirming is our absolute birthright.

For those interested in dropping their daily "struggle," Mike Murphy's new book, *The Creation Frequency and The Art of Abundance* by Dennis Merritt Jones (see Book Reviews, p. 23) are highly recommended. Detailed in these pages on numerous occasions, but worth revisiting, is the statement, *everything in the Universe vibrates at a particular frequency*. Illuminating this truth, Murphy says, "Your thoughts, and feelings, including everything in your subconscious, are transmitting a particular vibration out into the Universe, and those vibrations shape the life you are living. This is simply how the Universe works. The good news is that once you understand how the Universe works, you have the power to get the Universe to work for you! If you're feeling stuck, unfulfilled, or dissatisfied

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proficient in various modalities that piece together the truth and in turn a whole community of people seeking guidance. We at The Inspired Soul have a dream of creating a space for people to freely discover themselves, to bring together teachers and students. We all have something to share, learning from each other. Come learn with us, tell us your story, share your longings and together we will find the inspired soul within.

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# The Surprising Value of Limited Attention

by Charlie Harary  
New York City

**O**ur brains are limited in one very significant way: in how much information they process at any given time.

The *schema* is the filter through which we see the world. Our experiences, beliefs, and neuroplasticity all make up the contents of our schemas, and it is through that prism, those sunglasses, that we see our “reality.” But the schema does more than just paint the color of what we experience; it actually determines whether we experience it at all.

There are millions of stimuli around us, all the time, but we simply cannot process them all. In fact, our nervous systems can only process approximately 110 bits of information per second. That’s it. That’s all we get.

If I’m standing in front of a classroom and speaking, in order for you to hear me and understand what I’m saying, you need to process about 60 bits of information per second. You’re also processing other



stimuli around you at the same time: checking the clock, feeling hot or cold, catching glimpses of other people in your peripheral vision, tapping your pencil on the table. All of that little stuff takes up processing power, too. And if one other person starts talking at the same time, requiring another 60 bits per second, you’re suddenly overloaded. That’s why you can’t understand two people talking to you at the same time. Science gives us the explanation as to why your mother yelled “One at a time!” when you and your

brother started talking over one another at the dinner table.

At any given moment, you’re processing all sorts of things you aren’t even aware of. You may be eating or drinking. You may be hearing the rain outside or people talking in the distance. The way your brain processes stimuli without being overloaded is by choosing which stimuli to focus on. It determines what’s most important to stay focused on and doesn’t process the rest.

In fractions of a second, your brain decides whether certain stimuli are important or not, and it simply blocks out the unimportant ones. Those rejected stimuli never make it past your filter. Do they exist? Sure. But you don’t know it because you haven’t experienced it.

How does the schema know what’s important? It looks for information for which we have context. So if we have no knowledge about something, or no experience from which to draw, it will miss the information entirely. In any given moment, there are all sorts of things going on around us that we aren’t aware of that may be affecting our lives. It means that the way we’ve shaped our personal sunglasses—our schemas—determines not only how we process the information we receive but also whether or not we receive the information in the first place. This is important, because what we turn our attention to is what enters our consciousness, and the number of things we can pay attention to at any given time is extremely limited.

As William James, MD, known as the father of American psychology, said, “Millions of items of the outward order are present to my senses which never properly enter into my experience. Why? Because they have no interest for me. My experience is what I agree to attend to. Only those items which I notice shape my mind.”

That’s why **the idea of effective multitasking is mostly inaccurate.** You only have a limited amount of capacity to interpret information, so if you’re doing two or three things at once, you can only give a small portion of your attention to each task. We’re all aware of this when we talk to someone on the phone: If they’re scrolling through Twitter or answering emails while you’re talking to them, you know it. You know they’re distracted and aren’t giving you their full attention, simply because they aren’t making the normal sorts of responses and cues we’ve come to expect during an engaged conversation.

Productive people don’t multitask. Instead, they give all their attention to whatever task is in front of them, and then put all their attention into the next task and the next, without overlap. We see this in athletes who are on their game, businesswomen who are in a zone during a speech, surgeons who are in the middle of a lifesaving surgery. They’re not texting, tweeting, or scrolling. They are fully focused. Their entire mental allocation is focused on the task at hand, which is what makes them more likely to succeed.

The thing is, for most people, life happens to them. They experience what is put in front of them. Their beliefs and their perspectives are shaped by whatever events happen to them. They don’t choose where to place their attention. It’s chosen for them. They just passively experience it.

But top performers aren’t passive at all. They take the reins. They learn how to control what they experience, what they believe, and what they perceive. That enables them to change their experiences and their circumstances. How do they do what they do? Through focus. ✨

## NEED SOME SAGE ADVICE?

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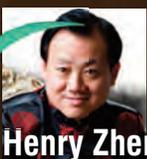
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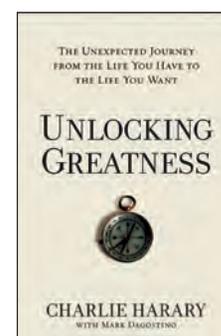
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NY business executive, **Charlie Harary** was an associate clinical professor of management and entrepreneurship at the Sy Syms School of Business at Yeshiva University and hosts a weekly radio show and the *Unlocking Greatness* podcast. Charlie is an internationally acclaimed speaker for subjects ranging from behavioral intelligence to performance management to personal empowerment. [charlieharary.com](http://charlieharary.com).

# Claim Your Inheritance

by Alan Cohen  
Hawaii

When my coaching client Lana was a small baby, her parents divorced and she never saw her father again. For much of her life, she felt sad because she was fatherless. As an adult, Lana became a life coach and wanted to set up a studio and business, but she did not have the funds. Then she received a surprise letter informing her that her father had died and left her a substantial inheritance—enough to start her coaching business and a lot more.

Like Lana, you may feel fatherless—not so much for a physical father, but for a source of support, abundance, and wellbeing to live the life you would choose. You may feel in some way deprived or outside the circle of enoughness. Meanwhile the universe has ingenious ways and means to take care of you.

The spiritual teacher Bashar defines abundance as “the ability to do what you need to do when you need to do it.” This definition says nothing about a particular amount of money in your bank account or a specified way your support should come. There are an infinite number of ways you can be taken care of. Money is just one of them.

I sat on an airplane next to a woman who told me that she and her husband wanted to live amidst lush nature on the island of Kauai, but the couple did not have money to make such a purchase. Then they met someone from a family that had just inherited an 1100-acre estate in one of the most beautiful areas of that island. The family lived far away and needed caretakers for the estate. They didn't have to ask this woman twice. Now she and her husband live there full time, enjoy all the amenities as if they owned the property, and the owners hardly ever visit. This



entire transaction occurred without the couple having to pay even a penny.

Don't get stuck on how your supply should show up. You may have your idea that it should come through a particular person, job, sale, or investment, but it could come in any one of a thousand ways. The universe is clever and creative when it comes to manifestation. Affirm, *I am open and willing to have the universe support me in the easiest and most efficient way possible*, and you will set in motion the positive dynamics necessary to work on your behalf.

In my book *Handle with Prayer*, I designate several different identities or positions from which most people pray. One is that of a *beggar*, in which you see yourself as unworthy and outside the kingdom and you must scratch and plead to get your prayers answered. The next identity is the *servant*, in which you see yourself as a worker on God's payroll and you live in the kingdom because you have a job at which you are earning your good. The next level is that of *Child of God*, meaning that you deserve the kingdom not because of anything you have done, but simply because you are heir to the estate established by your infinitely wealthy Source. While all the positions of prayer work if you are sincere, the identity in which you deserve the kingdom by virtue of who you are is the closest to the truth and the most rewarding to exercise.

**You have an infinite, eternal, loving Source that will give you exactly what you need when you need it.**

Someone gave me a pamphlet titled, *Are You Letting Life Love You?* That pamphlet sat on my coffee table for years, and every time I looked at the title I had to do an honest introspection. We spend lots of time trying to make life love us, through people and things and events, but less time noticing how life is *already* loving us. You have been taken care of very nicely thus far. The hand of Grace that has provided for your needs will not stop now. The ego wants us to believe that the current challenge is an exception to the presence of love, but it is not. The universe has not let you down so far, and it will not let you down now or ever. You are valuable and you are loved. This is God's vision of you, calling for you to join it.

You are not fatherless, abandoned, or unsupported. Those thoughts are tricks of the mind

fooled by current appearances. But appearances cannot override the truth that you have an infinite, eternal, loving Source that will give you exactly what you need when you need it. If you discovered that you have a winning lottery ticket, all you need to do is go to the lottery office, show your ticket, and claim your winnings. You don't have to beg, plead, argue, explain, or convince the bank of good to give you what you deserve. The number you are holding gives you all the entrée you need. You were born with the winning ticket; everyone was. But only a few are willing to show it with confidence. Ask and it is given, but claim and it is done. ✨

Alan Cohen is the author of many popular inspirational books, including the bestselling



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*The Light of God surrounds you  
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Wherever you are, God is!*

# Look Less, See More

by Dr. Jacob Israel Liberman  
Maui, Hawaii

Despite popular belief, attaining presence is not about thinking or trying to *be here now*. Rather, it is a naturally occurring state that arises when our eyes and mind, triggered by light, focus on the same place at the same time. In response to light's invitation and guidance, our eyes begin an intricate dance of *aiming, focusing, tracking, and teaming*.

When light first "awakens" us, our eyes *aim* toward its emanation, initiating an all-encompassing *presence*. Though we often relate presence to attention, it has no tension associated with it. It is not a forced voluntary process of selecting one aspect

of our environment to focus on while ignoring others. *Presence is an involuntary response to an invitation by life's intelligence pointing us toward our maximum potential.*

Our degree of presence is directly related to how effortlessly and accurately our eyes are able to aim. When the eyes aim effectively, making eye contact with—and thus, acknowledging—what has called to them, we experience *congruence*. This is a state of coming together, the perfect alignment of our outer and inner worlds, where extraneous noise around us diminishes.

I discovered this during my career as an optometrist and vision scientist. When patients came to me with vision problems, I found that most of the time their eyes would look at one spot, but their mind would be elsewhere. This incongruity between what their eyes and their mind were seeing interfered with their natural ability to experience presence. In one of my research studies, published in 1976, I found that nearly 70 percent of the participants were not looking where they thought they were looking, a sign that

their eyes and mind were not converged on the same point. In addition, more than half of the subjects were looking too hard, revealing a tendency to push rather than allow things to unfold before their eyes. I also observed that the more my patients worked at seeing or understanding something, the more they held their breath and the less they actually saw. However, when their natural breathing cycle was restored, they relaxed and their vision and learning ability significantly improved.

This is why presence is so rare. When our physical eyes (which receive 80 to 90 percent of our life experience) are not aligned with our "mind's eye," it is impossible to experience presence or oneness. If you are middle-aged or older and have taken to using reading glasses, then you likely know what it feels like to try to read the small print on the label of a supplement container without your reading glasses. The harder you try, the more your eyes strain. Yet the text on the container still does not come into focus. The way to see the text more clearly lies in releasing your effort and softening your focus, allowing your mind and your eyes to

naturally align themselves. Since *awareness is curative*, once you have experienced it, you will not go back to your old way of seeing or being.

Our lives grow richer as we focus less on the visible world and more on the invisible one. We become increasingly aware of the calling that moves us to look in a certain direction—the lead wave within the ocean of awareness that points our compass toward its next directive. Sometimes we speak of individuals who can tap into this level of seeing as "intuitive" or "psychic," yet we have all had experiences like these.

You are sitting at your desk and suddenly the image of someone flashes into your mind. Your phone rings, and it is the very person you were just sensing, confirming a connection you feel that transcends the boundaries of the rational mind.

So often in life we focus on the things we want to accomplish, missing the subtleties directing our journey. But it is in these "whispers" that the real magic lies.

Continued on page 19

## The Elixir of Life

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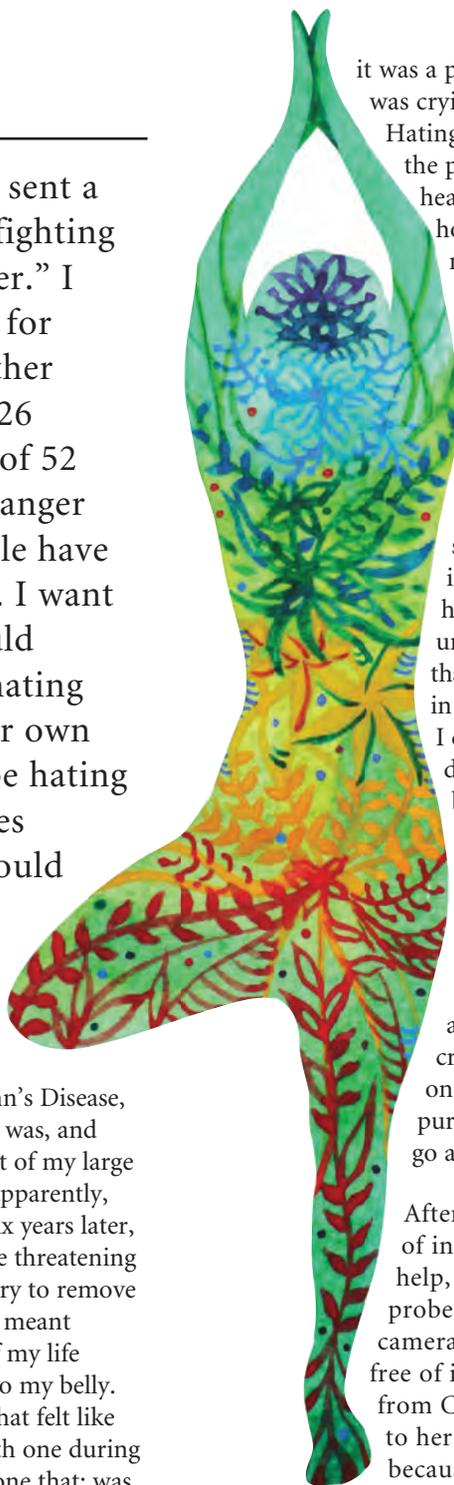
# From Curse to Cure ...

by Donna Martini  
Oyster Bay, NY

Recently I was sent a video about fighting “stupid cancer.” I don’t blame anyone for this reaction. My father died of lung cancer 26 years ago at the age of 52 so I understand the anger and the hatred people have towards this disease. I want to ask, though, should we be fighting and hating something about our own bodies? Should we be hating cancer or what causes cancer? Actually, should we be fighting and hating anything at all?

The truth is, when I needed to fight for my life from Crohn’s Disease, I wasn’t winning. The disease was, and during the battle, it took most of my large intestines as its trophy. And apparently, that wasn’t enough because six years later, it came back with a vengeance threatening either lethal cancer or a surgery to remove the rest of my tail end, which meant that I would spend the rest of my life with a poop pouch attached to my belly. Unfortunately, I knew what that felt like having spent four months with one during the first attack. Been there; done that; was determined to not do it again.

So I did what I do best...researched. I scanned the internet for information, read every book and watched hundreds of hours of video about self-healing. I completely changed my diet (organic plant-based, ayurvedic; the works). I meditated, prayed, chanted, journaled, grounded myself with the Earth for hours a day, and that’s not all; I also changed my mind about everything! When I felt myself resisting what my own intuition was telling me about my past, my emotions, and my participation in the condition my body was in, I sought out intuitive healers to help in the discovery process. And here is what I came to realize: If I wanted to stop the disease, I had to love and embrace it. After all,



it was a part of me that was crying for attention. Hating it would defeat the purpose of healing it! I had to hold that part of myself dear and tell it everything was going to be alright because I was finally listening.

Somehow years ago, the perfect storm formed in me, and I had no idea up until that point that I took part in the formation. I certainly didn’t do it on purpose, but it was mine to address and unravel from. The good news about that: If I was the one that inadvertently allowed it to be created, I was the one who could now purposefully help it go away!

After four months of intensive self-help, my doctor probed me with a camera and found me free of inflammation from Crohn’s. Much to her dismay too, because she was hell-bent on injecting

me with powerful, harmful, and expensive drugs for the rest of my life. The way she was acting about my remission, you’d think I took her cookie away from her during lunch hour. I remained undaunted. I knew what I did; how I did it, and I also knew I would be teaching others how to do the same. The most important aspect of all of it, though, was the understanding of how truly beautiful and magnificently wise we were created. I learned that when illness takes hold, we have to remember that the disease is only a tiny part of us, not the whole. No matter what doctors say our diagnosis is, they don’t know and could never know what our prognosis is. We get to decide that because we are self-healing machines

that continuously strive for balance and health. When we are taught how to use our minds and heartfelt emotions to address an imbalance, the body responds willingly. On a cellular and sometimes genetic level, it will regenerate, rejuvenate, and recreate itself in order to be well again.

Do drugs and chemo and medical treatments work? A percentage of the time, but we all know the potential for detrimental after effects. Whether we decide to use them or not (and that is a truly personal decision), we still have to address the root causes or the disease can return. We still have to assume responsibility for our bodies and the condition they are in (without blame) because when we accept the illness as a potential imbalance in our physical, mental, emotional, and/or spiritual state of being, we immediately take control of our healing journey.

The world of medicine is slow to catch up with the human

mind, body, and soul’s innate wisdom, but we don’t have to stay stuck in that world. When we make the decision to be the best we can be, we have so much more than medicine at our disposal. We have All There Is out there to tap into. ✨

**Donna Martini** is a wellness coach, activist, radio show host, and author. A long-time student of all aspects of wellness, as well as energy manipulation, she has been striving for decades to promote and teach healthy lifestyle practices to businesses, schools, government entities, NFPs, and homes throughout America. Most recently she has broadened her media coverage to music and video. With her latest release called, “One Nation’s Heart,” she hopes to spread the message of unity between our political parties and prompt a more peaceful existence and future for our children and ourselves.



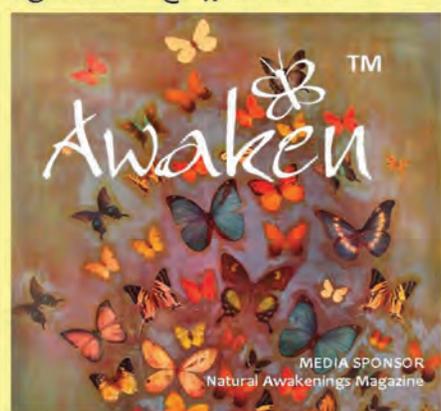
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# Training New Habits

by Pankaj Vij, MD  
Pleasanton, CA

In the words of the Greek poet Archilochus, “We do not rise to the level of our expectations, we fall to the level of our training.”

How long do you think it takes to form a habit? Many people cite twenty-one days, but that’s not enough. This time frame actually came from a plastic surgeon who said it took his patients three weeks not to do a double take in the mirror postsurgery. In fact, the average time it takes to form a new habit, according to London College University, is sixty-six days.<sup>14</sup>

Thus, it’s critically important to reset your world and to keep it reset for at least two months, so that healthy habits become the default choices. **You will have the best chance for success if you follow these guidelines:**

- Set your ultimate goal.
- Name an observable behavior that is in line with your mission.
- Be as specific as possible; choose actions you can measure or quantify.
- Focus on actions you can reasonably achieve.



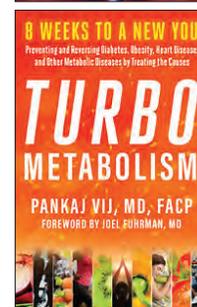
**Here are ten more things to keep in mind as you develop healthy habits and optimize your environment for success:**

- Substitute unhealthy actions with healthy actions: For the same cue or craving, replace an unhealthy food with a healthy one.
- Schedule healthy habits and place reminders on your calendar. When will you stretch, move, express gratitude, or meditate?
- Automate environments so that healthy choices are easy to make. For example, stock healthy snacks at home, in the office, and in the car. Keep gym clothes packed and ready to go. Also, did you know that using transparent glass bowls and plates increases our awareness of food quantities, helping us feel more satisfied with less food? Or that we eat 30 percent less if we use our nondominant hand? Try to work these tricks into your routine. This is the *most* important step. Automation leads to liberation from temptation!
- Form a support group of family, friends, and coworkers who will help you stay on track, or quickly get you back on track, without judgment, guilt, or regret.
- Identify cues and be aware of how you usually handle them, then see item 9.
- Watch your language, and reword your options to limit bad choices. For example, ask

yourself, “Would I prefer salad for lunch or dinner?” or “Would I rather exercise in the morning before work or in the evening after work?” Say to yourself, “Those cookies look really good, but they are not on my plan. I will have these nutritious almonds instead.”

- Piggyback on existing habits. For example, do ten push-ups every time you brush or floss your teeth. Or take a vitamin D supplement every morning with your smoothie.
- Develop and identify your “keystone” habits. In an arch, a keystone is the piece at the top against which all others lean, and a keystone habit can help support all our other goals. A keystone habit can be anything, but often it’s getting enough sleep and exercise. For you, it might be eating a good breakfast, getting a nice hug, having a good laugh, spending some time outdoors, hearing an inspiring piece of music. Even making the bed in the morning can be a keystone habit! When we lack our keystone, we may try to replace it with an unhealthy, ineffective alternative, like eating ice cream and cookies when we’re tired. Keystone habits keep us on track with our goals.
- Plan for success by considering “if/then” scenarios. For example, if you’re going to a restaurant, review the menu online and know the best possible meal to order when you get there. If you are traveling and get hungry, then what will you eat? Pack healthy snacks so you can avoid all the unhealthy airport options. If you’re going to a party, eat a healthy snack beforehand and plan to politely decline wine or dessert.
- Reward yourself and celebrate your successes with healthy nonfood rewards when you achieve milestones. These rewards could be going for a massage or a spa treatment, or going to the movies or a concert. You might even shop for new clothes that fit better because your body is looking better.

Excerpted from the book **Turbo Metabolism** ©2018 by Pankaj Vij, MD. Printed with permission from New World Library — [www.newworldlibrary.com](http://www.newworldlibrary.com).



Pankaj Vij, MD, FACP is the author of **Turbo Metabolism**. As a doctor of internal medicine, he has helped thousands of patients lose weight, manage chronic health conditions, and improve their physical fitness. Visit him online at [doctorvij.com](http://doctorvij.com).

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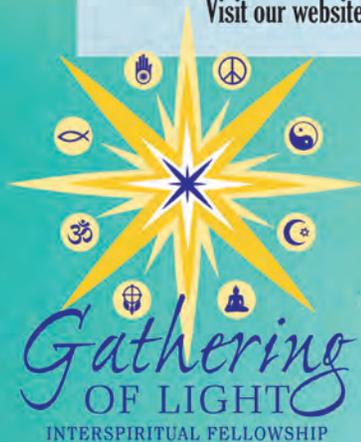
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# Never Stop Cultivating Yourself

by Ilchi Lee  
Arizona

Self-cultivation is “making yourself.” It’s a process of choosing who you will be and then becoming that person. To put it another way, it’s a process of discovering yourself and creating your own destiny. Therefore, continuous self-development is essential in the journey of a life lived in pursuit of fulfillment and completion, not only for success.

Everyone has a creative side and a need to flex it. This need doesn’t decrease or disappear as we grow older. Many people actually express their creativity more actively when they’re older and give themselves over to self-cultivation.

You might have pursued self-development in your life for the sake of improving your resume and increasing your commercial value. In your later years, however, you can engage in self-cultivation not simply as a means to attain success, but for the pure joy and inner satisfaction that comes from working to make yourself better, for maturity of character and fulfillment of the heart.

As long as we live, if we want an enriched and healthy life, we should realize our creative nature through unending self-cultivation. We should work to renew ourselves every day until that final moment when our hearts and brains stop working. Stopping self-renewal is like floating in the middle of the ocean on a boat with its engine shut off.

Creativity isn’t only the ability to make something new. It is also the ability to instill newness in the work we do, even if we continue in the same role. Creativity comes from curiosity and an attitude of exploration; from a questioning attitude. Ideas that can change your life and contribute to the world develop when you take a warm interest in yourself and the world. You’ll get lots of ideas if, whatever environment you’re in, you spend time thinking, “What can I do in this environment?” Immediately act on those ideas, even if they are small ones. Such actions come together to create change and growth in life.

Self-cultivation doesn’t mean that you have to take classes from a professional to learn something new. Continuously thinking good thoughts, acting on those thoughts, and moving your body and mind are all self-development. Speaking a previously unknown language, lifting heavier weights, and handling new devices aren’t the only types of results to be gained from self-development. Being able to smile more often, overlooking the mistakes of others with a smile, telling someone more easily that you love them, and being true to yourself—these are also the results of self-development.

Self-cultivation presupposes self-exploration, for you cannot truly develop and grow unless you know yourself. And true self-cultivation never ends with yourself. *When you develop yourself, you find that the benefits extend to your family and other people, to your community, to your country, and to the whole planet.* Changes in you lead to changes in the entire world.

## All changes begin with a choice

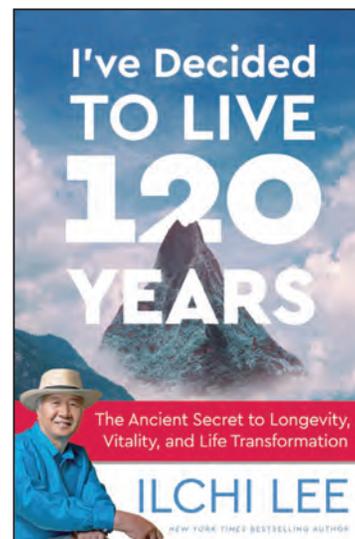
The good news is that we can make choices. This is something truly precious. Even seemingly difficult changes begin with choosing to pursue them. As we age, we face new changes in our environment, such as weakening bodies, retirement, and separation. Many people accept such changes as restrictions and limitations, and they are dispirited by the thought that they can’t do anything about them. But as long as our spirits are awakened, we can choose and create change in any environment.

The power to look back on our lives, to reflect, to dream, and to choose to be a certain way—this is a gift given only to humans. That power can grow stronger with age because, as we’ve navigated life’s stormy waters, we have lived long enough to know all too well that we alone can pioneer and take responsibility for our own lives. Until the final moment of our voyage, we should go forward, never holding back on this beautiful power.

Renewal doesn’t come automatically, and life doesn’t change just because you’re a year older. The years pass and the seasons change in accordance with the cycles of nature, but it is you who gives meaning to those changes and you who chooses renewal. Renewal comes only to those who consciously pursue it. Only those who open their eyes at daybreak can see the dawn. When dawn comes, it remains

as dark as night for you unless you open your eyes.

An era of longevity is stretching out before us in which more and more people are living longer and longer, well past a lifespan we consider normal. This era holds infinite potential for completing our lives as we want and limitless opportunities of self-cultivation. However, it can end as an unfulfilled possibility unless you are aware of it and consciously make a choice to become what you want to be. The path to the best version of yourself will open for you when you choose it. ✨



Excerpted with permission of the publisher, Best Life Media, from *I’ve Decided to Live 120 Years: The Ancient Secret to Longevity, Vitality, and Life Transformation* by Ilchi Lee. © 2017 by Ilchi Lee. All rights reserved. You can learn more about the book at [Live120YearsBook.com](http://Live120YearsBook.com).

Ilchi Lee is a visionary, educator, and author who has penned more than 40 books, including *The New York Times* bestseller *The Call of Sedona: Journey of the Heart*. He founded the mind-body practices of *Body & Brain Yoga* and *Brain Education* and established the *Earth Citizen Movement*. His principles and methods have helped millions of people globally expand their true potential. For more information, visit [ilchi.com](http://ilchi.com).

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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.

**SHAMANIC MEDICINE WHEEL GROUP** for healing and personal transformation. Meditation, drumming, journeying with Irene Siegel. 7:30pm, Huntington. Call for info and registration, (631) 547-5433, [www.CenterPointCounseling.bz](http://www.CenterPointCounseling.bz).

#### 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.

**SPIRITUAL WORKSHOPS BY GOL** Experience an array of mindful and provocative group sessions focused on supporting each individual's spiritual growth. Prior sessions included; book discussions, energy circle, chakra work, past life, food issues and more. 7PM at 95 Old Country Rd, Melville Call 631-265-3822 for more info. See our calendar on our website [GatheringOfLight.org](http://GatheringOfLight.org).

**MEDITATION GROUP** Enjoy the amazing Physical, Emotional, Mental, Spiritual benefits. 6/5, 6/19, 7/3, 7/24, 7:30 – 9:30 PM Smithtown. Information, Registration: 631-724-9733 [lightawakenings7.com](http://lightawakenings7.com).

**CHAKRAS SERIES IS BACK!** 6/12 First Class Begins. Attendance required at first class to join the Series. Class II: 6/26, Class III: 7/31, 7:30–9pm Smithtown. Information, Registration: 631-724-9733 [lightawakenings7.com](http://lightawakenings7.com).

**SELF-EMPOWERMENT ADULT THERAPY GROUP** Every other Tuesday, 6:30-7:30pm, Babylon. Overwhelmed with guilt? Feel you are never good enough? Hide your true emotions? Receive validation and support. Learn boundary-setting in a relationship with a difficult parent. Registration- 631-836-3027. Pamela Castelli, LCSW. [www.castellilcsw.com](http://www.castellilcsw.com).

#### WEDNESDAYS

**HEALTH & ENVIRONMENTAL GROUP** –We are growing a group who will speak, advocate and take action on crucial issues facing humanity, including the food industry, the medical system, the environment and more. ONE Wednesday each month. The next three meetings: 6/3, 7/18/ 8/15. **FREE** to attend. **FREE** plant-based whole food served. 6:30PM, The Hilton Long Island in Melville. Info: Steve 516-921-1417 [steve@realtruthtalks.com](mailto:steve@realtruthtalks.com) or Neil 631-424-3594 [neil@creationsmagazine.com](mailto:neil@creationsmagazine.com) (see ad page 25)

#### THURSDAYS

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

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

#### SATURDAYS

**SPIRITUAL FELLOWSHIP – GATHERING OF LIGHT** - Are you looking to deepen your spiritual connection? We welcome all faiths, beliefs, and traditions. Come join like minded people in community. Saturday, 10 AM. [gatheringoflight.org](http://gatheringoflight.org). 631-265-3822. (See ad p.10)

**SPIRITUAL DISCUSSION** 1st Saturday of every month, 10AM-12Noon. Traveling a spiritual path is a journey of discovery and is always easier when undertaken with the fellowship of other like-minded people. Our Saturday discussion is for those who would like to share their journey with like-minded friends. Center for Spiritual Living Long Island, 17 Maple Place, Hicksville. 516-822-9314. [www.csl-longisland.org](http://www.csl-longisland.org).

**CHILDREN'S SPIRITUALITY CLASSES** 10AM during GOL services at 95 Old Country Road, Melville 11746. Contact Linda Brenner at [lbrenn23@optonline.net](mailto:lbrenn23@optonline.net) to confirm.

**SUMMERLAND CHURCH OF LIGHT, NSAC** Renew your Spirit each Saturday at 10:30 am in our loving sanctuary, where all truth and knowledge-seekers are welcomed. 380 Nicolls Road, East Setauket, at the Unitarian Universalist Fellowship at Stony Brook. 631-316-1588.

**MAGICAL, MYSTICAL PSYCHIC READINGS** with Rev. Pauline Southard at A Time for Karma, Rockville Centre. 12:30PM – 5:30PM. Readings can include: Astrology, Tarot, Channeling your spirit guides, Angels and Mediumship. Fridays also. For appointment call 516-445-4242. [www.karmickat.com](http://www.karmickat.com).

**VEGAN LIVING PROGRAM** – Receive help and support to create a vegan lifestyle through a series of **FREE** classes and activities. June 2-30 at Molloy College Suffolk Center, Farmindale, NY. Info & Registration: [www.VeganLivingProgram.org](http://www.VeganLivingProgram.org) (see ad page 20)

#### SUNDAYS

**CENTER FOR SPIRITUAL LIVING LONG ISLAND** teaches universal spiritual principles that help us through life's challenges, allowing us to live more fulfilling lives. If you resonate with authors like Louise Hay, Wayne Dyer and Michael Bernard Beckwith, see their ideas come alive at CSL-Long Island. Center for Spiritual Living Long Island, 17 Maple Place, Hicksville. 10:30 A.M. 516-822-9314. [www.csl-longisland.org](http://www.csl-longisland.org).

**INNER LIGHT CENTER FOR SPIRITUAL LIVING** Are you looking for a meaning to Life and to YOUR life? We are a community of people who are seeking a more fulfilling life through the principles of universal spirituality. Join us for service each Sunday at 11AM. 10 Cedar Swamp Road, Suite 5, Glen Cove, 516-796-0769. [www.innerlightcsl-li.org](http://www.innerlightcsl-li.org). and <https://www.facebook.com/innerlightcsl/>

**THE TEMPLE OF METAPHYSICAL SCIENCE, NSAC**— Come join us in our search for Spirituality & Inner Peace. The American Legion Building, Baker Street & S. Ocean Ave., Patchogue. Healing & Service: 11AM. (800) 316-1231. (See ad p.3)

**UNITY LONG ISLAND** – If you like Wayne Dyer and Louise Hay, you will love Unity Long Island's Positive Path of Spiritual Living! Services are held @ 11:00AM, 38 Old Country Road, Garden City, NY 11530, 2nd Floor. 516-823-0940 [www.unitylongisland.com](http://www.unitylongisland.com) [UnityLongIsland@gmail.com](mailto:UnityLongIsland@gmail.com). (See ad p.7)

### SPECIAL EVENTS

#### JUNE 3

**PSYCHIC & HOLISTIC HEALTH EXPO**— Sunday, 10am-5pm, Radisson Hotel, 110 Motor Parkway, Hauppauge. **FREE** Admission! Psychic Readings: \$40/15 min. (cash). Holistic Vendors. Info: (516) 639-6903.

#### JUNE 22

**LECTURE: WHO IS AMANA?** with Sarah Curley, Master Social Worker, Spritual Teacher, Healer, Intuitive Artist and Channel of Amana. Friday, 8:00PM. Members: 10:00, Non-Member: \$15.00. Levittown Hall, Levittown Pkwy, Hicksville. 516-731-0909. [www.eyesoflearning.org](http://www.eyesoflearning.org).

#### JUNE 23

**THE GOL JOYNATION ECSTATIC DANCE EVENT** – a transformative evening of freeform movement where music is the teacher. Saturday, 6:00PM – 11:00PM. \$15 (GOL Members \$10). For tickets or info: 631-265-3822 or [GatheringLT@aol.com](mailto:GatheringLT@aol.com). 95 Old Country Road, Melville, NY 11745. (see ad page 27)

#### JULY 25 & 31

**UK INTERNATIONALLY RENOWNED DEEP TRANCE SPIRIT ARTIST, SANDY INGHAM** will be working with Winter Brook, psychic medium in 2 Joint Demonstrations in Northport. Wednesday, **July 25** and **Tuesday, July 31** @7pm. Limited seats. \$45.00 RSVP (631) 261-9300 or [winter@winterbrookmedium.com](mailto:winter@winterbrookmedium.com).

#### JULY 27

**LECTURE: SPIRIT ART & COMMUNICATION** with Sandy Ingham, International Trance Spirit Artist Medium & Winter Brook, Psychic Medium. Friday, 8:00PM. Members: \$10.00, Non-Members: \$15.00. Levittown Hall, Levittown Pkwy, Hicksville. 516-731-0909. [www.eyesoflearning.org](http://www.eyesoflearning.org).

#### JULY 29

**AWAKEN WELLNESS FAIR** Expert Speakers, Gifted Healers, Unique Vendors, Inspired Readers. **FREE** Tickets and Reader/Healer Discounts available online till 7/28. Sunday, 10AM-5PM, Roger Smith Hotel, 501 Lexington Ave., NYC. [www.AwakenFair.com](http://www.AwakenFair.com) (see ad page 9)

### UPCOMING EVENTS

**VERMONT RETREATS:** Hiking, Meditation, Detoxification, Juicing, Infrared Sauna, Steam Room, Raw Food & more. Custom & Private Retreats. Offered by [www.TheWaterWellNY.com](http://www.TheWaterWellNY.com), [Meehanfk@gmail.com](mailto:Meehanfk@gmail.com) or call Kathy at 516-383-5420 (see ad page 11)

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# STOP! Before you do any other weight loss program read this now!

Have you tried all the latest fad diets and lost that unwanted extra weight – only to put all those dreaded pounds back on again? What if someone told you that you could lose weight – permanently – and that you could do it without exercise, hunger, cravings and none of those costly pre-packaged foods that popular diets offer – and that the weight-loss program is 100 percent guaranteed? You'd probably be very skeptical. If you're ready to finally shed those pounds forever ...

Hello, I'm **Dr. Michael Berlin** and I'm tired of all the weight loss ads promising all-natural, long-term results that really do not deliver the whole solution to permanent weight loss. Yes, they have part of the solution, but without the **whole** solution, you cannot get truly permanent results. This is why weight loss is so difficult. You see, there are 10 things in the right proportions that you need to heal in order to get truly permanent and healthy weight loss, and if a program does not deliver all 10 then your weight problem will return. This is because your weight problem is not a weight problem; it is a health problem. Extra weight is a symptom of deeper physical and/or emotional imbalances that **all** must be resolved to get permanent results! The 10 factors are related to: nutrient absorption, stress levels, sleep quality, food combining, liver function, toxicity, hydration, emotional eating, food sensitivities, and hormones. If any one of them is left unresolved, your weight problem will return. It's that simple. You see, people think that you need to lose weight in order to get healthy; but the truth is that you need to get healthy to lose weight! Think about it ... most of us when we were children could eat anything and not gain weight. But over the years, from junk food, toxicity, and stress, our insides get ruined very slowly. As this happens our hormones will very slowly shift from *fat burning to fat storing* — until we reach about 40 years old — and nothing we do can really cure our weight problem. We say that "I'm just getting older" or "its my hormones," and you are right. However, what **CAUSED** your hormones to change? It was that your insides got run down. And these days it

is happening to everyone, including our children, much faster than ever before because of our toxic, fast paced world.

So, if the **CAUSE** of our weight problems is because our bodies got run down on the inside, then the only permanent cure is to reverse the damage, clean the slate, and heal your weight problem for life! In our office we guarantee healthy, permanent weight loss because we don't treat your weight problem, we heal you completely on the inside. We rebalance all 10 factors and we reverse the damage and sluggishness that occurred in your organs, naturally, safely, and efficiently, with only wholesome foods and some supplements. We teach you how to shop, cook, and eat for life in a way that is the healthiest for your whole family. The result is that you will go back to your natural, healthy weight within 3-6 months and *stay there!* Your body will be lean and efficient. Our patients lose about a pound a day the first month and are completely healing and preventing diabetes, cancer, heart disease, sleep problems (including apnea), digestive problems, high blood pressure, cholesterol, neuropathies, and more! Plus, we have incredible all-natural spa treatments to help people de-stress, detoxify, and lose 4-14 inches in one hour. For free information go to: <http://drberlin.weightseminar.com>.



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You can have a great looking lawn that needs very little water, needs no chemicals, and can be mowed just once a month. But while that may sound like a minor miracle to some people, it is just the beginning of an even more interesting story.

Pearl's Premium has released a new 5th generation blend of Pearl's Premium Ultra Low Maintenance Lawn Seed, which is an entirely natural, non-GMO grass. In fact, the grass carries the trademark, "People, Pet & Planet Friendly."

Jackson Madnick, founder of Pearl's Premium, has worked with PhD turf experts on perfecting a blend of grass seed for years. His grass seed is a success story of its own, as it has received over 300 rave reviews, 2 national and international awards for innovation and has been planted on over 450,000 lawns in all fifty states.

The new generation of Pearl's Premium Ultra Low Maintenance Lawn Seed is impressively easy to grow. You plant in

May or September or October; the best times of year to plant a lawn.

The first attractive feature of this seed mixture is how you plant it. According to Madnick, "You don't have to tear up your lawn. You just plant Pearl's Premium grass right over the existing lawn to out-compete the grass and the weeds when cut 3.5 inches tall." Grass that will out-compete the weeds seems like an idea that someone should have thought of long ago, but is finally here now.

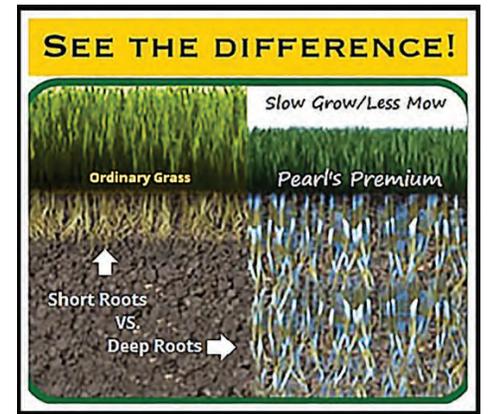
This all-natural grass grows very slowly. This is a huge advantage, because with Pearl's Premium grass **it needs mowing only once a month**, rather than weekly. Chemical fertilizing likewise becomes unnecessary, except for a little organic fertilizer twice a year or a quarter inch of organic compost spread once per year.

Another really great thing is that the grass roots go really deep, minimally 12 inches & up to 48 inches deep in a year. This has a whole set of implications, all

of which are beneficial. The grass gets water from much deeper down in soil, has more root water storage and this **reduces 75% of watering**, making it more drought tolerant. Slow growth & Deep Roots reduce water and fertilizer need, an important reason the new Pearl's Premium blend can out-compete other types of grass and weeds, without chemicals, so it is safer for the drinking water table, pets and children.

This grass grows deep roots, but does not spread sideways, so there is no weeding of grass out of the flowers or vegetables. Other grasses can be a problem for those of us who plant gardens, but that is a problem that the new Pearl's Premium seed solves.

Far less water and no chemical need are not the end of its environmental benefits. The long roots of the grasses sequesters carbon at 8 times the rate of ordinary grass, to help lessen climate change, benefiting all life on Earth. That may seem a bit of a stretch if you think about



it being just one lawn. But it is not just one lawn; it is hundreds of thousands of them, each doing its part. And Pearl's donates grass seed to Habitat for Humanity and other causes.

And so, you see, this miracle may not be so minor after all. This may be the "Holy Grail of Grass" as some call it. You can buy from all Whole Foods Markets in New England or buy by visiting Pearl's Premium website at [www.PearlsPremium.com](http://www.PearlsPremium.com).

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# 16 Signs of an Advanced Soul: Where Do You Stand?



by Susan Magine

If you're reading this you are probably one of the many seekers alive in the world today. You've been on a spiritual path for a while now—you've meditated, read several books, taken a few classes, maybe you have even committed to a spiritual discipline, but have you made any spiritual progress? How do you know?

It's a good idea to look back at yourself and your life once in a while and examine your spiritual progression. If you do, you might find that you need to make adjustments, change your routine, or try a new approach so you can continue evolving. Or you may be pleasantly surprised to find that positive changes have indeed taken place within you.

All highly evolved souls share common characteristics. To see if you have progressed, here are **16 Signs Of An Advanced Soul**. Use them to check for improvement on your own soul's journey:

**Trust** – You have an increasing trust in the benevolent flow of life.

**Forgiveness** – You forgive others quickly and completely, every time.

**Peace** – You possess a constant peace and calm no matter what life circumstance you encounter.

**Gratitude** – You have a thankful state of mind and feel gratitude every day.

**Joy** – You are naturally joyful, regardless of life's trials and tribulations.

**Acceptance** – You accept the good and the bad equally in life. You know that everything exists for the benefit of your soul's evolution.

**Connectivity** – Your mental view of life expands to include all, regardless of differences, species or separation. You consistently feel you're a part of all aspects of life.

**Positivism** – Your mind regularly streams loving and peaceful thoughts rather than negative and heavy ones. You maintain a positive, calm state of mind at all times.

**Truth** – You seek honesty in all. You see the truth in all.

**Service** – You have let go of self-obsession and instead seek out every opportunity to be of service to others, knowing that this is the true key to happiness.

**Boundaries** – You can balance healthy relationships with time for solitude and reflection. You no longer have a need to fix anyone or anything. You find it easier to say "No," gently yet firmly, when others negatively invade your space.

**Simplicity** – You take pleasure in the simple

things of life. You live in an organized and simple fashion and disregard the material, having no need for it.

**Discernment** – What you consume has shifted. You care about the source of the products you use, the food you eat, the media you watch, the people you surround yourself with, and you avoid the unhealthy and unsavory.

**Self-love** – You take care and appreciate yourself, fostering a love for self that allows you a larger capacity to love others.

**Compassion** – You feel and display compassion for others without overstepping your own personal boundaries.

**Aura** – You have an ethereal glow that attracts other beings to you. Adults, children and even animals seek to be in your presence. You naturally emit a peaceful and positive vibe that invokes healing in others.

## Spiritual Progression

As you progress spiritually, you begin to shed the pain,

negativity and suffering that comes with a life on Earth. The more you progress, the brighter you become as your soul remembers who and what it truly is ... a manifested aspect of the Divine.

These 16 signs are the marks of a truly advanced being. How many do you possess? What do you need to work on? To reclaim your knowing and progress as a soul, you must recognize your own strengths and weaknesses. This is the key to keeping yourself on track, enabling you to make the best of your time in this life while making the world a better place for having you in it. ✨

**Susan L. Magine** is driven to help others open their minds and hearts through her work as a writer, psychic/medium and intuitive healer. She specializes in the exploration of human consciousness through hypnosis, reiki, yoga instruction and meditation techniques. She is the creator/author of the web site, *Mechanisoofbeing.com*. Look for her first book, **Psychic Reality and the Expansion of Consciousness**, to be published in 2019.



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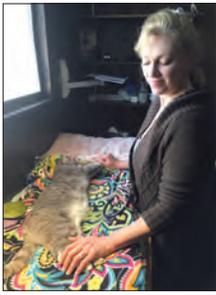
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In 2016, Dr. Olga graduated from American College of Integrative Medicine and Dentistry, recommitting herself to the art and science of Naturopathics and "Doctor Do No Harm" motto.

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## Look Less, See More

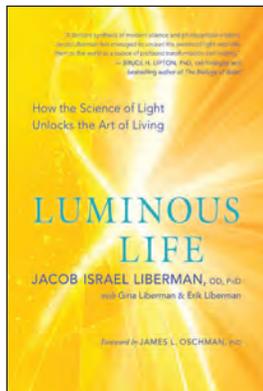
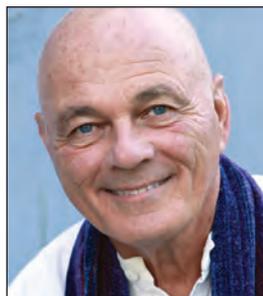
After working with thousands of people, I have come to realize that my job is not necessarily to identify and solve problems but rather to gently recede into the background and allow the intelligence of life to guide the process. Serving as an intermediary between the formless information received and the wellbeing of the patient, I have come to discover that by doing less, more happens, and by doing nothing, everything happens.

Much like the Taoist concept of *wei wu wei*, doing “nothing” does not imply that nothing happens. We simply allow something larger to lead, which

reinforces our trust in the wisdom of life. Seventeenth-century priest, physician, and mystic Angelus Silesius expressed this concept eloquently when he said, “God, whose love and joy are present everywhere, can’t come to visit you unless you aren’t there.”

Seventeenth-century French playwright Molière said, “If we leave nature alone, she recovers gently from the disorders into which she has fallen. It is our anxiety, our impatience, which spoils all; and nearly all men die of their remedies not of their diseases.”

We live in a universe designed to function in the most economical way, whether we



are discussing the workings of the body, Mother Nature, or the universe as a whole. That means that life is super-efficient and operates with the least amount of effort. **The least amount of effort is the state called presence.** The power of presence provides each of us the wisdom to be instruments of the Divine.

Wisdom has no author; it moves through us anonymously. The intelligence of life effortlessly directs nature and all its inhabitants. As this guidance moves through us, our personality disappears and what remains is a contagious radiance entraining everything and everyone into a state of wellness.

### Spontaneous Healing

Not long ago I was sitting in a spa steam room when I noticed a man walking outside. He was holding on to the wall and walked as if he was visually or physically challenged. He then entered the steam room very carefully, and sat down. After coughing for several minutes he told me that he had a condition similar to multiple sclerosis that significantly affected his gross and fine motor coordination, speech, and most of his internal functions. He also told me that he was a teacher and writer for years prior to receiving the diagnosis of his illness.

He asked me what I did. I told him that I was working on a new book about

how life always guides us to do what we know by heart. At that point he began to share passionately about his interests, and as I listened attentively he literally transformed before my eyes. His speech cleared, his balance and coordination normalized, his face appeared less inflamed, and his eyes became clear and sparkly. He was no longer the man I had met just forty-five minutes earlier. When he finished speaking I told him that he had a great deal of wisdom and needed to teach again. When he shared his passion for what he knew by heart, it was as if his disease had miraculously disappeared.

That is what can happen when our passion is ignited, and we feel unconditional love for one another and for life itself. According to *A Course in Miracles*, “Miracles occur naturally as expressions of love. The real miracle is the love that inspires them. In this sense everything that comes from love is a miracle.” In recognizing our life’s purpose

and inseparable connection with all that exists, we embrace the great mystery illuminating our journey, becoming a living expression of presence and the love and caring that flows from it. ✨

*Excerpted from the book Luminous Life ©2018 by Jacob Israel Liberman. Printed with permission from New World Library — www.newworldlibrary.com.*

**Dr. Jacob Israel Liberman**, author of **Luminous Life**, is a pioneer in the fields of light, vision, and consciousness and the author of **Light: Medicine of the Future** and **Take Off Your Glasses and See**. He has developed numerous light and vision therapy instruments, including the first FDA-cleared medical device to significantly improve visual performance. A respected public speaker, he shares his scientific and spiritual discoveries with audiences worldwide. To find out more about his work, visit him online at [jacoblberman.org](http://jacoblberman.org).

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*Welcome the new school year with Lessons and New Beginnings*  
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# Stem Cell Therapy Offers New Hope for What Plagues Us

by Joseph Christiano, ND  
Orlando, FL

We've long been conditioned by the medical establishment to treat any acute or chronic symptoms with symptom stoppers. Decades of turning to anti-inflammatory or pain medications have engrained this practice into our psyches. But after exhausting the over-the-counter medications (NSAIDs) options until our livers are screaming for some relief, surgery is the next step.

Conventional treatments are slowly losing their attraction and efficacy as patients become more educated and search for better options. Today's smart patients have

a huge list of options before them when dealing with musculoskeletal problems and degenerative illnesses. Whether it's elite athletes looking for more efficient ways to recover from injuries so they can return to their sport, or individuals with lingering back pain who need relief, or the man or woman with a degenerative condition that needs multiple types of treatments, adult stem cell therapy and activators are promising new disruptive technologies in regenerative medicine. They are becoming game changers for healing and regaining quality of life.

Earlier, stem cell therapy became controversial when it was associated with embryonic stem cell technology. *But the science has evolved and now entails transferring one's own cells to the ailing location in the body through adult stem cell therapy, or through adult stem cell activators—derived from natural plant sources with nanotechnology added—taken orally to rejuvenate and repair damaged cells.*

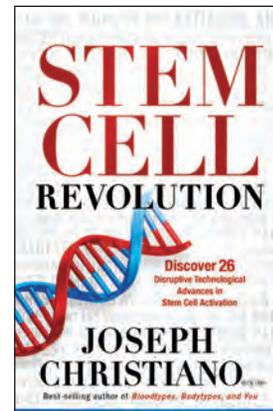
**Compare the significant differences in stem cell therapies to traditional medical treatments:**

**An all-natural approach**  
– Stem cells are the body's cellular remodeling and repair crew. They have the unique ability to develop into other types of cells and tissues. Stem cells detect specific damaged tissues and repair them selectively. The beauty of stem cell therapy is that it's all natural with no side effects. It requires no dangerous additives, chemicals or medications. In addition, adult stem cell therapy is derived from the individual's own blood and components, so it introduces no toxicity in the body or concern for rejection.

**Shortens healing time**  
– Unlike conventional medicine, the use of adult stem cells for the treatment of sports injuries and similar injuries outside of sports can result in much more rapid repair and healing. This shortens the time of recovery and allows the individual a speedy return to activity. It's a proven, effective alternative to dangerous and costly orthopedic joint, tendon and spine surgeries.

**Safe, non-invasive procedure** – With the traditional surgical route, there's never a guarantee the problem will be fixed, but there's a possibility the procedure could be botched. At best, patients contend with a long recovery and the residual effects of scar tissue buildup. With nonsurgical stem cell treatment, the procedure takes two to four hours and is performed in an outpatient environment. Normally, from 60 to 100 ccs are harvested from a patient's own belly fat after first numbing the skin. The stem cells are isolated through a special process in a lab, and then are mixed with a simple blood draw (called platelet-rich plasma, or PRP). That combo is injected at the specific joint and ligament site that's causing the problem. The stem cells remain alive for about six months multiplying, regenerating and rebuilding the damaged tissues.

Alternatively, patients can choose from among 26 different adult stem cell activators, each targeting a different organ, system or tissue of the body, and take them orally over a period of several weeks. Activators can be used both preventatively and reactively, they're safe, and they've proven effective for a broad range of ailments.



**More affordable** – High costs of traditional medical treatments can now be greatly reduced by circumventing outlays for surgical procedures, doctor visits and medications. While the cost of stem cell therapy varies among physicians, the procedure ranges from \$1,200 to \$7,000 per site for a knee or shoulder joint. For a more complex joint, such as the lumbar spine or hip, the cost can be \$8,000-plus. If more than one site requires attention, some physicians may discount the additional sites. Depending on the tissue damage, severity of the condition, size of the area that needs to be injected and, most importantly, the patient's healing capability, people usually need a series of one to six treatments to improve.

- Adult stem cell activators are more affordable still, and patients don't need to take them long-term for the activators to be effective.
- Stem cell therapy is currently not covered by insurance, but this is expected to change in the near future.

We're fortunate to be living in this day and age when we have these new therapies available. They offer new hope for acquiring faster healing, quicker recovery from injuries and better reversal of the negative effects of degenerative diseases. ✨

**Joseph Christiano, ND, CNC, CNHP, is a naturopathic doctor, certified nutritional counselor and certified nutritional health professional through Trinity College of Natural Health. "Dr. Joe" has spent more than 50 years both personally and professionally in natural health, including: exercise/diet, pain management, anti-aging and stem cell therapies and treatments. He is president and founder of Body Redesigning by Joseph Christiano®, and best-selling author of Bloodtypes, Bodytypes and YOU, among others. His new book, Stem Cell Revolution, describes how stem cell therapies, treatments and activators are becoming game changers in the world of natural health. Learn more at bodyredesigning.com.**

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# All the Tests You Need (but who do you trust around your “needs”?)

by Alan Cassels  
Canada

While the Beatles might have famously sang that “All you need is Love,” according to many medical experts you may also need other stuff, like medical screening tests.

We media consumers who are living our lives naïvely unaware of impending medical problems, will learn very little from those who are promoting medical screening tests. A lot of the time the promoters of these tests portray them as necessary, vital, lifesaving and without any downsides. This is an uninformed message to leave with the general public.

We should welcome good journalistic reporting of medical screening recommendations especially given the “better safe than sorry” culture in which we are all swimming. Let me, however, state my elephant-sized bias up front: In any promotional information about medical screening, (which is looking for signs of disease in otherwise healthy people), if the information doesn’t mention the concept of “over-diagnosis” either directly or indirectly, then that story has a fatal flaw. Why? Because all screening tests involve some degree of over-diagnosis and this means people will be harmed.

If you have been, like me, watching how prostate and breast cancer screening recommendations have been trending over the last few years, you will know that the two most well-studied and evidence-based forms of screening on the planet have recommendations that are moving targets and they all seem to move in the same direction: more conservative, i.e. what was recommended last year or even last month may not be recommended today. These shifting sands are the terrain that any good reporting on medical screening has to navigate because new evidence emerges constantly, often revealing vast discrepancies over how effective or safe medical screening tests are.

Officials used to say every man over 40 needed a PSA test and every woman over 35 required an annual mammogram, but neither of those things hold true today. Why? Because better research is capturing the problem of over-diagnosis, alerting us to the many issues related to false

positive and false negative findings, and reminding us that there is always the potential for harm, both psychological and physical. Despite the marketing of breast cancer screening’s lifesaving potential, most people don’t know that the yield is very low. *The best systematic evidence from the Cochrane Collaboration says that you have to screen about 2,000 women for ten years to save one woman dying of breast cancer, yet you will cause about 200 women to undergo psychological distress and ten will be treated unnecessarily.*

Since mammography is such a widely promoted and divisive enterprise, any journalistic treatment of it that fails to mention high quality evidence of benefit and harm deserves a public spanking.

For men, the fact that the many controversies over PSA testing are never broached in this story was a missed opportunity. The report notes “PSA guidelines recommend against screening for prostate cancer, but some doctors recommend getting a baseline test at age 40.” What it didn’t say is that if you consulted the most unbiased and authoritative source on PSA screening (the USPSTF), you would have found they give the big thumbs down to baseline baffle-gab and simply say don’t routinely offer PSA tests for healthy men. **The reasons are straightforward as the PSA test has left hundreds of thousands of men impotent, incontinent or both due to the treatment, with very few lives saved.** Others have awarded it the title “Poster Child for Over-diagnosis.” Let’s be clear: the PSA test is a simple blood test that unleashes a cascade of interventions, worry and medical activity.

Each of the screening tests mentioned, including those for breast, cervical and colon cancer, blood pressure, glucose and cholesterol also fail to discuss any downsides for which there are many. And don’t get me going why those guidelines are all over the map with some groups recommending never testing cholesterol, to others recommending it be checked almost in utero. The suggestion that otherwise healthy people need to be constantly,



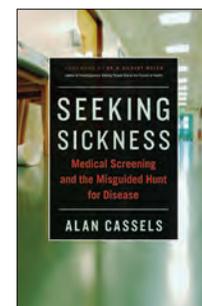
proactively probed and scanned for impending disease, without the discussion of the benefits and harms represents the arrogance of preventive medicine, which often comes across as aggressively assertive, presumptive, and overbearing.

I would politely ask any media outlet to take things to the next level on screening by challenging this arrogance instead of promoting it.

Bottom line for me: people do “need” something, perhaps in addition to love. They need high quality information about medical screening. They need to know there are perfectly good reasons why screening is controversial and recommendations clash. They need to know that harm can mount when screening recommendations are made for too wide and too unselective an audience. ✨



Alan Cassels is a pharmaceutical policy researcher at the University of Victoria and the author of **Seeking Sickness: Medical Screening and the Misguided Hunt for Disease** (Greystone, ©2012).



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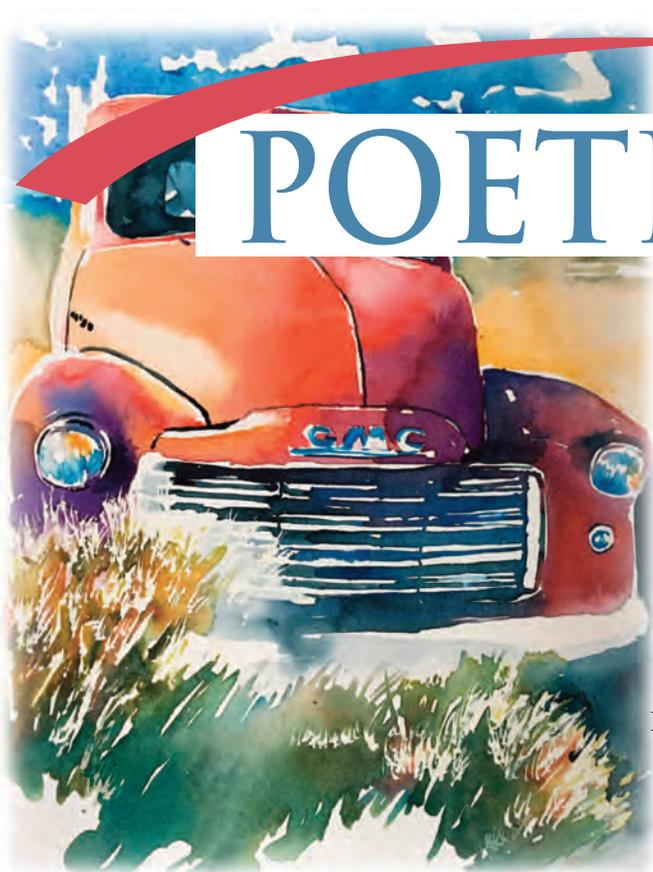
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# POETRY



## The Right Place

*by Bruce Groh, Shirley, NY*

I couldn't think of the right place to ask you to marry me.  
So I asked where in your back yard was your favorite place  
to spend your time.

You told me there once was a trellis at the back end of the  
garage where you once played with your dolls. It was your  
favorite place. So I took your hand and walked you there.

As you pointed, I opened a red box  
and removed a shinny ring, a glistening rock.  
Placing it on your finger, you breathed deeply, then exhaled.  
Your eyes watered as you said yes three times.

## Of My Father

*Barbara Novack, Laurelton, NY*

The click of the camera  
caught my father unawares.

He was pointing, his arm  
obscuring his face.

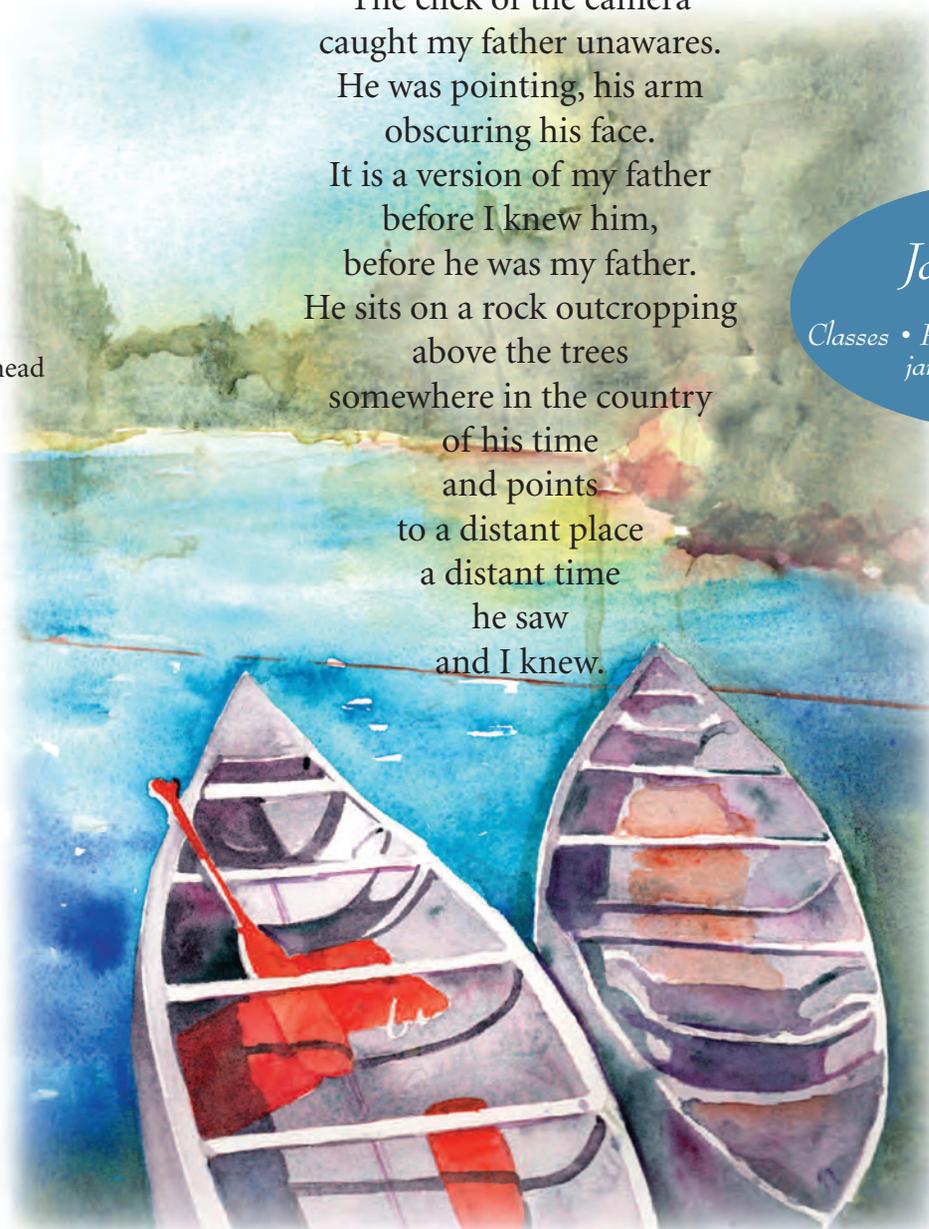
It is a version of my father  
before I knew him,  
before he was my father.

He sits on a rock outcropping  
above the trees  
somewhere in the country

of his time  
and points

to a distant place  
a distant time

he saw  
and I knew.



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## Seeds Of Love

*by Carina Henriques, Jupiter, FL*

Love is a seed that lays dormant within us,  
It is idle Energy awaiting full  
conscious expression,  
Our inner illumination is its sunshine,  
Our touch is its soil, its richest obsession.

Love is a seed steeped in divine intelligence,  
Growing from the living waters of our tears,  
Co-dependent in its evolution,  
Co-creative in its expression, eternally for years.

We are all...seeds of Love,  
The most magnificent Energy in the Universe!  
We are all Love, and awakening to such,  
We lift this amnesic veil, this self-inflicted curse.

As we set sail upon rivers that flow,  
In directions unknown, we navigate our hearts,  
And remember that we are Love...we are Love.

A tiny rumble begins and  
the seed of Love within us parts!

## Father and Child

*Barbara Novack, Laurelton, NY*

They sit together in the sunlight.  
He holds the baby gently  
in his arms,  
intently studying  
this being  
he helped make.  
It squirms against his bare chest;  
he cradles it tenderly.  
Strands of dark hair fall over his forehead  
as he looks down  
at the infant  
so small  
in his arms.  
No Madonna could be more serene  
or worthy  
of adoration.

## Pilgrim

*by Larry Feigelman, Plainview, NY*

I am unseen  
a faceless body  
attached to a row  
of shopping carts  
laboring at the very  
bottom  
separated by language  
custom and prejudice  
a meager existence at best  
Still better than the one  
I left behind

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

– From *Asphodel that Greeny Flower*

# BOOK REVIEWS

## & PRODUCTS

### BOOKS

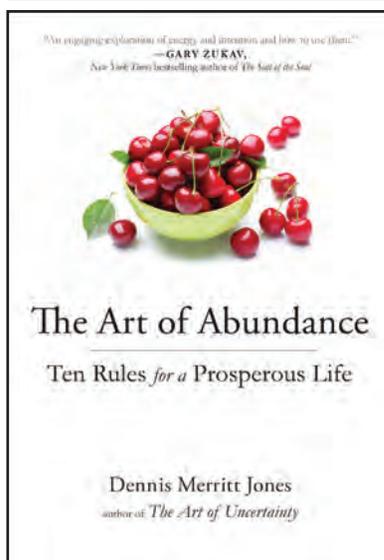
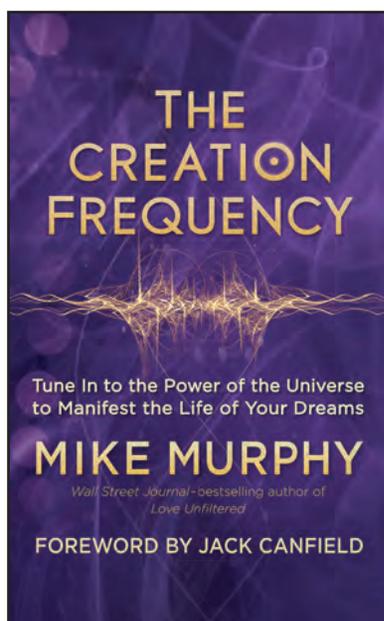
#### THE CREATION FREQUENCY

by Mike Murphy  
www.newworldlibrary.com

Do you look around and wonder why you aren't living the life of your dreams, why you are unfulfilled and unhappy? The reason, according to Mike Murphy, is because you are running on someone else's program. Murphy's new book, *The Creation Frequency* contains the answers to finally creating the life we want—the life of freedom, abundance and peace. Murphy states that the solution to our problems can be achieved when we:

- Unearth hidden beliefs and behaviors that block our ability to co-create, and learn how to imprint new patterns and desires into our subconscious
- Create a personalized tool for transmitting our desires into our subconscious and out into the universe
- Connect our desires to the greater good for all

Murphy's insight is born of experience. With his life in total shambles from drugs and alcohol, Murphy was shown a simple, yet powerful method for completely turning his life around. By using the creation frequency, or the vibration of the universe, he went from being a broke, desperate, divorced, addicted mess to a wealthy businessman, loving husband, father and passionate philanthropist. Once you understand how the universe works, states Murphy, you have the power to get the universe to work for you. CREATIONS MAGAZINE receives self-help books virtually every day—this one got my attention. Straightforward and easy to follow, this book is the tool it proclaims to be!



#### THE ART OF ABUNDANCE

by Dennis Merritt Jones  
penguinrandomhouse.com

Whether we're striving for a new job, a higher salary, or a stronger relationship, Dennis Merritt Jones explains in *The*

*Art of Abundance* that we all essentially want the same things: freedom, inner peace, and a life filled with purpose and meaning. A life of wholeness and peaceful satisfaction is well within our reach. The problem is that most people don't know where to look for this life of limitless abundance that lies waiting just beyond their current belief system.

Jones identifies ten rules, or practices that, when followed faithfully, lay the foundation for a life worth living. In order to make each rule as easy to apply as possible, Jones lays out the premise, the problem, the principle, the practice, and the payoff of each. These practices assist readers in creating a greater flow of goodness into their lives—in ways they may have never considered.

With inspiring quotations, illustrative parables, and powerful personal exercises, *The Art of Abundance* will help readers recognize and claim an enriching life of consciousness, intention, and peaceful satisfaction.

#### THE ECSTASY OF BEING: MYTHOLOGY AND DANCE

by Joseph Campbell  
www.newworldlibrary.com

Dance was one of mythologist Joseph Campbell's wide-ranging passions. His wife, Jean Erdman, was a leading figure in modern dance who worked with Martha Graham and had Merce Cunningham in her first company. *The Ecstasy of Being*

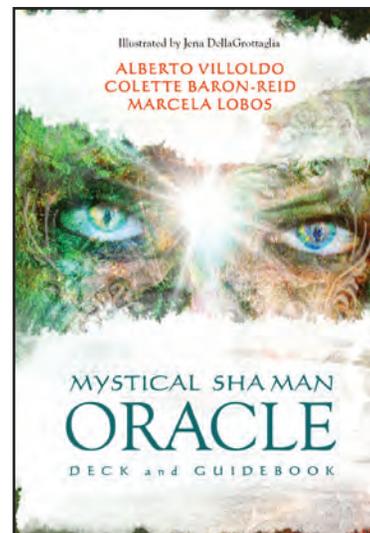
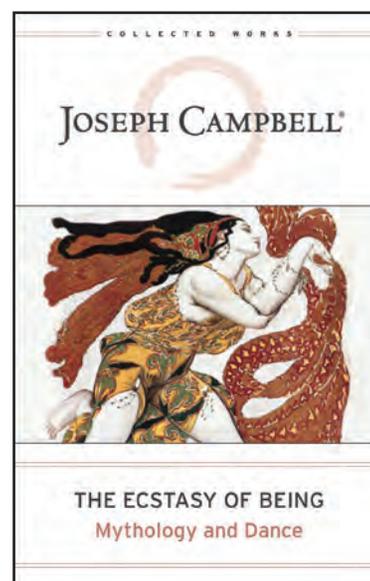
brings together seven of Campbell's previously uncollected articles on dance, along with "Mythology and Form in the Performing and Visual Arts," the treatise that he was working on when he died, published here for the first time. In this new collection Campbell explores the rise of modern art and dance in the twentieth century; delves into the work and philosophy of Isadora Duncan, Martha Graham, and others; and, as always, probes the idea of art as "the funnel through which spirit is poured into life." This book offers the reader an accessible, yet profound and provocative, insight into Campbell's lifelong fascination with the relationship of myth to aesthetic form and human psychology.

#### MYSTICAL SHAMAN ORACLE CARDS

by Alberto Villoldo and Colette Baron-Reid, with Marcela Lobos  
www.hayhouse.com

Legends say that before there was time, before there was language, there were the sacred symbols. The Medicine Wheel, the Curse, the Eagle, the Jaguar, and others spoke to us intimately. In their countless manifestations, they offered hope, expressed caution, illuminated opportunity, inspired creation, courted power, and shared knowledge. The sacred symbols belong to the realm of archetypes and the collective unconscious, the spiritual common ground shared by peoples modern and ancient.

Now, three master teachers and healers—Alberto Villoldo, Colette Baron-Reid, and Marcela Lobos—have



brought their wisdom and talents together to offer a doorway into the realm of the sacred symbols with the *Mystical Shaman Oracle*. When you consult the oracle, you summon power and insight that can help you understand the present, heal the past, and influence the course of your future. We can become our own prophets and visionaries. We can converse directly with Spirit, dialogue with the forces of nature, speak with the great archetypes—the ancient gods—without intermediaries. No one needs to stand between the Creator and you, or between you and the great powers of nature.

### PRODUCTS

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www.LorenaCanals.us

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# Men & Relationship: 8 Important Points

by Barry Vissell, MD  
California

Over the years of working with men and their relationships, not to mention my own 53 year relationship with Joyce, I have seen some central issues emerge. The last thing I want to do is generalize, saying that all men do this or feel that. However, I have seen certain tendencies that apply to many men. If any of the following 8 points applies to you, take it to heart. If not, let it pass, but be sure you are not in denial.

**1. First, learn to take better care of your heart.** Yes, by all means take care of your physical heart with proper nutrition and exercise. But also take care of your heart of hearts, your soul. Many men seem to have a tendency for workaholicism, or as Swami Beyondananda calls it, the “do-be-do-be-do” imbalance. Many men are preoccupied with doing and spend too little time being. How about starting the day with a time of stillness and deep breathing? There are other ways you can find to nurture your inner life, like spending time alone in nature, reading uplifting books, or taking time throughout the day to give thanks for all the good in your life. “Soul-work” is a necessary precursor for fulfilling relationships.

**2. Voice your appreciation to your partner and to all your loved ones.** We often tend to remain silent, assuming our loved ones know how much we love them. Let them know at least once a day. Our words of appreciation are nectar to the ones we love. More than simply saying “I love you,” let this person know exactly what it is about them you appreciate in this moment. Overcome your embarrassment about being poetic. Women are hungry for heartfelt expressions of love. Everyone is.

**3. Learn how to be more vulnerable.** Intimacy is “into me see.” We can let our partners see us more deeply. We can feel and express our feelings. Yes, we as men sometimes feel afraid, but we’re taught to keep it well hidden. Outwardly, we often

present a strong, competent image. When we can show the women in our lives our human frailty, this is giving them a very wonderful gift of love. When we feel sad, instead of covering it up with activity, we can share it with a loved one. Instead of jumping into an angry posture every time we feel hurt, the vulnerable (and courageous) approach is to reveal the hurt feelings directly. Whenever I have done this with Joyce, I have short-circuited a potentially long, drawn-out argument. When I only show her the anger, I am keeping myself defended, and lose out on the love I could be receiving.

**4. Ask for help.** We as men tend not to ask for help enough. This can be another way to become more vulnerable. Ask for help with physical things, but also ask for help with your emotions, such as sadness, confusion or fear. Showing your partner that you need their help allows them to love you more fully.

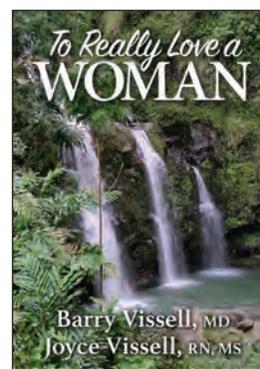
**5. Learn to be a better listener.** Really listening, rather than jumping into fixit mode, to our partner is a profound gift. Often, we can’t listen because there is so much clutter in our own minds and emotions. Taking better care of ourself and being more vulnerable will help us to be more present with our partner.

**6. Practice taking the lead in the relationship.** Too many times, we as men yield leadership to women when it comes to the relationship. It often comes across as, “Here, the relationship is your thing. You make it work better.” Women can’t help but resent this attitude. Let’s make our relationships just as important as our work. When we are dying, we won’t be complaining that we didn’t spend enough time on our job. It’s our relationships that more deeply nourish our souls. Initiate relationship growth. Ninety percent of the couples who register for our retreats are signed up by the women. Invite your partner into a deeper conversation or to read aloud from an inspiring book.

**7. Remember that your partner needs fathering by you as much as you need parenting by them.** It can bring such sweet joy to give your nurturing fathering to your partner. Make it a practice to sometimes see past the grown-up, powerful adult to the innocent little child in your partner. Gently, and tactfully, invite your mate to be held in your fathering arms in a *physically non-sexual* way. It is so important to your partner to not have physical sexual energy mixed in with fathering energy. Likewise, allow yourself to feel the little boy within you

who needs the love and comforting embrace of the parent within your partner. This is another way to give a profound gift to your partner, and deepen the relationship as well.

**8. Reach out more to your brothers.** Many men tend to isolate themselves from meaningful relationships with other men. I have observed that many men are nearly starved for father/brother love. In our fear of being “sissies,” we have pushed away half the population of the earth. Practice vulnerability with other men, and you will find it becomes even easier to be vulnerable with the women in your life. Deepening your friendship with a man leads to deepening your friendship with yourself. And this allows you to become more accessible to women. ✨



**Joyce & Barry Vissell**, a nurse/therapist and psychiatrist couple since 1964, are counselors near Santa Cruz, CA, who are widely regarded as among the world’s top experts on conscious relationship and personal growth. They are the authors of eight books, including two new books, **To Really Love a Woman** and **To Really Love a Man**. Call 831-684-2299 for further information on counseling sessions by phone or in person, their books, recordings or their schedule of talks and workshops. Visit their web site at [SharedHeart.org](http://SharedHeart.org) for their free monthly e-heartletter, their updated schedule, and inspiring past articles on many topics about relationship and living from the heart. Upcoming longer events led by Barry and Joyce Vissell:

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# Violence Begets Violence

by Tom Capshew  
Fredericksburg, Virginia

**V**iolence begets violence. It is a universal Truth. Just as an acorn cannot produce a palm tree, violence does not give birth to compassion. Violence devalues another person. Compassion maintains a recognition of value in another person, no matter what they value, think, speak or do.

The reason we are confused right now is because we have been fed a load of misinformation from a dominator culture asserting that compassion equals weakness. Compassion is always stronger and more enduring than violence and domination when seen at the proper scale. The dominators first lead us to believe that our self-interest is paramount, including our individual lives. They show us by their actions and words and we begin to believe them. Second, the dominators offer us opportunities to feed this self-interest, from touting “the American Dream” to offering us higher and higher salaries to do the work they need us to do to further their self-interests of money and power. They use our midbrains, with both dopamine for pleasure activities, and the amygdala for generating perceived danger, to move us farther and farther away from our life’s purpose and the essential stuff of life. The end game of this pattern is the same: marginalization, insignificance, high

medical bills, and dying with a sour taste in our mouth and a deep sense of an unfulfilled life.

As a person who stands at the crossroads of psychotherapy and spirituality and helps people to find a way forward that combines mental health and spiritual health, I see the “killing-of-spirit” effects every day and this spiritual malaise can be found in every stage of life: children, adolescents, young adults, middle aged adults, and older adults all exhibit it. The spiritual malaise can be found among all levels of what our society would call “success,” from the children and adolescents who have not yet “accomplished” anything, to the adults who by all external markers are in the top 5% of the accomplished and successful.

What happens is we may learn to feed our bodies with healthy food, feed our emotions with pleasure and avoid pain and danger, and feed our minds with knowledge and sensory stimulation, but we have forgotten to feed our spirits. We have become, not all of us, but many of us, soul starved.

What do our spirits need for nourishment? Our spirits’ core need is connection. Connection to something bigger than ourselves. Only when we are in relationship to something bigger than ourselves can we put our existence into perspective and make meaning of our lives and the world around us. With this deep connection, our figure finds the ground in our existence that provides context and meaning to being alive.

*Violence is an anathema of life. Violence devalues other life to exalt one’s own. Feeding our spirit a connection to something impure breeds violence. This food that breeds violence has many*

flavors, but all flavors of violence share the same aborted process. Rather than connecting to the creative force of the universe, which feeds all of us and everything in existence, the connection is made to a difference among humans; ethnicity, gender, sexual orientation, educational level, socio-economic status, nationality, etcetera, etcetera, etcetera. Our brains can always find a difference—it is an organ that has helped us survive as a species in a previously much more dangerous natural world. Once we begin feeding on the food of difference, we are preparing ourselves for the risk of making an impure connection to something bigger that brings us significance, meaning and purpose. Name a group that promotes hatred and we can easily see that joining that group is a connection that leaves one feeling understood with a growing sense of belongingness and purpose. The central message of the group may initially sound unpalatable, but over time, our minds entrain to the message. Over time, our brain begins to filter the overwhelming sensory information we all receive daily to screen out the information inconsistent with the central message of the group and allow information consistent with the central message of the group to pass through, supporting what we have come to believe. Over time, believing is seeing.

One of the essential characteristics of this impure connection—finding value in difference—is that as our value increases, the value of anyone or anything that is considered “not group” or “other” decreases. Once this dynamic begins, our value increases in our mind to 100% and the value of the “different other” decreases in our mind to 0%, making violence inevitable.

So what is our way out of this spiraling death plunge? Meeting violence with violence only breeds more violence. **Meeting violence with compassion and value breeds compassion and value.** Not condoning or giving a pass to the violent acts that have occurred—they should be addressed in our rule of law that was developed to protect the common good. But planting the seeds of compassion, finding value in the lives of those with different or even hateful beliefs is the only way forward that creates the opportunity for reconciliation. The path forward is to “love our neighbors as ourselves,” inviting them into a connection with the source of all of our being, regardless of what name or label we choose to use for it/her/him. The creative force of the universe is the source of life, value, connection, meaning, and purpose. All of us have unlimited access. ✨



Tom Capshew is the author of *Divine Warrior Training: Manifesting the Divine in Our World*. He is working on his second book, *Consciousness Rising*, available in early 2018.

Tom works with

individuals, couples and families in a private psychotherapy practice. His private spirituality practice is available in-person and online. For a free meditation mp3 and to join his mailing list, visit <http://thomascapshew.com>.

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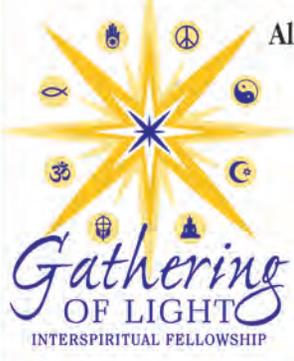
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