

INSPIRATION | HOLISTIC HEALTH | PERSONAL GROWTH

CREATIONS

MAGAZINE

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# COMPLETING SPIRITUAL UNFINISHED BUSINESS

The “Transitions” Issue:

*Changes, Cycles, Death & Healing*

- Where Your Soul Goes After You Die
- Good Grief: For Healing & Growth
- Renovation for the Soul
- The Heart-Brain Connection
- The Healing Powers of Crystals, Stones & Minerals



*New beginnings are often disguised  
as painful endings.*

*Unknown*

# The Skinny On Oral Health – FAT

Fat-soluble vitamins, that is. Oftentimes we blame disease on genetics. As it turns out, nutrition is more influential. Vitamins are classified as *water soluble* and *fat soluble*. Vitamin C is an example of water-soluble vitamins and we all know that it is crucial for our immune system.

There are four fat-soluble vitamins: A, D, E, and K. **Vitamin D** is more of a photochemically produced pro-hormone that is similar to growth hormone and other naturally produced steroids. Most of us know that vitamin D is paramount for bone health. In the mouth it plays a vital role in keeping teeth, and the bone that surrounds them, strong and healthy. It also is a major contributor to bone forming cells, blood cells and immune cells. But this is only the beginning. Vitamin D is vital for cell growth, digestion, metabolism, neurological function and immune health. Studies have shown that it helps prevent colon cancer, Alzheimer's, celiac disease, colitis and multiple sclerosis.

**Calcium** is a mineral that strengthens bones and teeth but in the absence of

vitamin D, it never makes it to those structures. Well, it's not that simple. There is one more missing link, another fat-soluble vitamin- K2. Vitamin K1 is imperative for coagulation. When it comes to wound healing and repair, we need vitamin K1 to create a blood clot or a scab that creates the scaffolding for new tissue; gums, bone, skin, connective tissue etc. K2 activates the proteins that carry calcium so that the body can modulate where it should go. If the calcium goes to the wrong organ, it will cause disease. Calcium in the heart would lead to blockage of vessels (heart attack), calcium in the brain can lead to stroke, calcium in the kidneys would lead to kidney stones.

**Vitamin A** is another missing piece from this oral health puzzle. It plays an integral role in tooth, bone and immune health. It activates osteoclasts which are bone cells that break down old bone and start the bone remodeling process. Vitamins A and D instruct our cells to produce proteins like osteocalcin which help build bone and teeth. They do so by taking calcium

to the right target. They need vitamin K2, however, in order to be activated.

Think of vitamin D as the cement mixer carrying calcium. Vitamin A is the construction workers with their tools. *Osteocalcin* is like the foreman who performs quality control ensuring that the job gets done right. Vitamin K2 turns the cement mixer on and pours the calcium in the construction site.

As you can see it's not just oral health, it's not just digestive health, it's not just immune health. Everything is connected and needs to be working in unison for optimum overall health. If you take a few supplements but your GI system is not working properly, you will not be able to absorb the supplements and deliver them to your bones, teeth or immune system.

If you are having dental or periodontal treatment, fat-soluble vitamins will ensure that you will maximize the success of the treatment. If you want to maintain or optimize your oral health, be proactive and supplement your nutrition with these vitamins. Fish oil is rich in these vitamins

as are grass fed meats, organ meats, pasture raised eggs, shellfish, fermented foods, and certain cheeses.

By taking the right supplements, getting frequent dental exams and maintaining proper oral hygiene you will enhance your oral and overall health and prevent problems and diseases in the mouth and the rest of your body. To your continued and optimizing health!!!



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# TALKING OUR WALK

That's me on the front cover, looking out over the Blue Ridge Mountains of the Carolinas. When this photo was taken over three years ago, we had no plans of making this area our home. And I certainly had no plans to turn this photo into a cover. But apropos to our "Transitions" Issue, things, people, and plans, do indeed change.

It all unfolded rather quickly. This past summer, Andrea and I headed to the hills of northwestern South Carolina — eight hundred miles south of our former home on the North Shore of Long Island; light years removed from the place of our upbringing in New York City.

*Change is good!*, we love to tout each Autumn Issue. Always easy to say that when the change involves someone else. Now we're getting to find out first-hand just how good this change is :)

Moving usually involves some sort of trade-off. We're loving the country mountain living; conversely, we're missing the beaches and especially our community. Having said that, we've found the folks down here to be wonderfully friendly and genuinely courteous and respectful. We'll still get the four seasons — but for us, a more favorable balance. We suspect we're going to really like the winter.

Concerning this publication, only the location of our home office has changed; nothing else is affected — and we are maintaining a NY base as well. Conveniently, we are now very close to two of our production team members, Lainie and Ginger who live just 45 minutes north of us in the Asheville, NC area (it was Ginger who snapped the cover photo).

This issue marks a milestone: Spanning some 34 years, this is the 200th edition of *Creations Magazine*. Interestingly, Andrea and I have now published roughly the same number of issues as our predecessor and founder, Vijay.



On an extremely sad personal note, my best college buddy, Juan, who has been an integral part my life, transitioned from this physical realm in August. His sudden passing was especially jolting as he had not been ill, and had received both shots a few months prior.

I didn't intend to go here, but this video link, [https://www.instagram.com/reel/CTr781YFtss/?utm\\_medium=copy\\_link](https://www.instagram.com/reel/CTr781YFtss/?utm_medium=copy_link) was shared with me as I was writing this column. Entitled, *Where's my card*, I found it amusing, but more provocative.

Basically, this woman's premise is that "since everybody's getting a card," (drug addicts have a methadone card, those getting the shots get a card), she feels she ought to get a card of her own, such as a "Healthy Immunity Card," and the "I Take Care of Myself Card." Something she "can flash around and be proud of." She furthers her case stating she eats well, exercises, and works hard to achieve optimal wellbeing. She's on day 42 of a cleanse, eating only fruits and vegetables, drinking lots of water, no alcohol, and does not smoke cigarettes.

This woman is clearly demonstrating a sensible proactive approach to staying healthy by supporting and maintaining a strong immune system. As a still sovereign individual, she is taking responsibility for her own health. Isn't this what we adults should always be doing?

Peace All-ways,

Neil & Andrea

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# COMPLETING SPIRITUAL UNFINISHED BUSINESS

by Connie Zweig, PhD  
Topanga, CA

Recently, I lost one of my best friends to cancer. Cindy's death left me sitting in a well of grief—but not for the reason you might think. Cindy was a student of Swami Muktananda, who brought Siddha Yoga to the West. She was heartbroken when she learned that he had seduced female students, and the scandal was covered up.

Later, she followed Swami Vishwananda and attained a high stage of witness awareness and inner bliss. But when his sexual acting out and lies came out, she was devastated once more. Cindy's projection of the light onto a mortal person led her to meet spiritual shadow and profound disillusionment.

When she was diagnosed with cancer, she initially maintained her level of awareness. But after chemo, her body full of toxins and her brain foggy, she lost that awareness and reverted to an earlier stage of development. Eventually, near death, she no longer knew what she believed or whether her practices meant anything at all. She faced death with feelings of anger and betrayal at God.

I was able to help her complete legal and medical unfinished business. But I was unable to help her complete spiritual unfinished business by accepting the human fallibility of her teachers, along with their gifts. I was unable to help her reclaim the spiritual projections she had given away and bring the light back into her own circle. And that is the source of my sorrow: Cindy did not die in peace.

The soul's yearning for transcendence carries many of us toward spiritual community and contemplative practice. But many also suffer betrayal by religious clergy, gurus, even yoga teachers, which leads to spiritual despair and a shattering of our belief systems.

Later in life, as we seek to become Elders, we need to complete spiritual unfinished business in three ways: reexamine our beliefs, reimagine our images of the

divine, and reconnect with a practice that fits who we are now.

**1. In midlife and beyond, it's vital to contemplate what we believe about the divine, what we most cherish and most highly value.** If we reflect on our past beliefs, we can revise them if they no longer serve our development. We create a late-life philosophy that's unique to our own journey and that reorients us to life in the face of impending death.

We ask: Are we connected to something larger than ourselves? Is it knowable or unknowable? As the mystic poet Kabir put it, "Who have we spent our entire life loving?"

Is there a deeper purpose to life that we can see now? Do we feel responsible for alleviating the suffering of others? Is death a final end, or is it the beginning of a new cycle?

If we deny this self-reflection, our beliefs remain stagnant, hidden in the shadow, rather than developing along with other parts of us. Elder statesman and former president Jimmy Carter, at age ninety-four, recently resigned from the Southern Baptist Convention after sixty years, saying he could no longer tolerate its institutional sexism and use of scripture to justify the subordination of women. He was aligning his beliefs with his values in late life.

**2. We also may be unaware of unconscious images of God, the Self, the divine, whatever name we use. Researchers in the psychology of religion found that a sacred god image can develop through an individual's life span, from an unconditional mother to a protector father to a Creator to a more symbolic savior/protector.** But most of the time our god images lie dormant and neglected, casting a spell over us, outside of awareness. If our childhood representations remain as we grow into adulthood, we will find our minds are in idolatry and the soul's longing misdirected.

This is a little-known developmental task for late life: to reimagine our images of the divine. If they don't fit us—our stage of life, gender, ethnicity, experience—they may no longer serve as divine guides but, instead, sabotage our conscious spiritual intentions.

My client Steve, at the age of sixty-five, identified himself as a Buddhist and practiced mindfulness. But, in his shadow, a wrathful Pope-like figure was sending

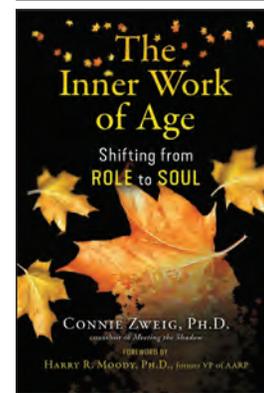
him to hell for his sexual fantasies, no matter how much he tried to purify his mind.

As Bob Dylan put it, "You're gonna have to serve somebody." If, unconsciously, we are obeying divine images that do not encourage the evolution of our soul, then we need to reimagine them.

**3. Every mystical or perennial tradition teaches that it's only through direct experience of pure awareness (or emptiness, transcendence, or whatever name we use) that we can move beyond ego and cross the threshold from role to soul.** They also teach that late life is the time to turn our attention within. We no longer need to go, go, go, carrying the burden of big responsibilities. Instead, we can slow, sit, breathe, and allow our minds to settle down into an open, spacious, contentment, without struggle or resistance. We can discover how our minds work and who we really are.

Different contemplative practices work at different times in our lives. Some use mindfulness, martial arts, chanting, contemplative prayer, or *hatha yoga* to maintain flexibility. As we struggle with physical and emotional challenges, extensive research indicates that meditation has profound physical and emotional impact. And it offers a silent refuge from the noise of daily life.

To reclaim our light from projection onto teachers and clergy, we need our own direct spiritual experience. A belief about it is not enough. We need to allow ourselves to dip into inner silence and expand into the vastness.



We may avoid or resist this contemplative time. But, deep inside, many of us feel a restless stirring, the soul's longing for more. This is the teaching of every mystical tradition: We yearn for something beyond ego, a transcendental awareness that connects us to the divine. There are many paths, but they all lead to this direct inner experience. As our connection to pure awareness stabilizes, and our awareness rests in it more and more, we begin to reclaim our light—and would not imagine giving it away.

We can respect and even revere others without projecting our light onto them. In this way, we reinvent spirituality from the inside out. ✨

Excerpted with permission from **The Inner Work of Age: Shifting from Role to Soul**, by Connie Zweig, PhD.

Connie Zweig, PhD, is a retired psychotherapist, former executive editor at Jeremy P. Tarcher Publishing, former columnist for *Esquire* magazine, and contributor to the *LA Times*. Known as the *Shadow Expert*, she is the coauthor of *Meeting the Shadow* and *Romancing the Shadow* and author of *Meeting the Shadow of Spirituality* and a novel, *A Moth to the Flame: The Life of Sufi Poet Rumi*. <https://conniezweig.com>.

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# WHERE YOUR SOUL GOES AFTER YOU DIE

by Alan Cohen  
Hawaii

**E**arly on my spiritual path I attended a worship service.

After the service, one of the congregants gave me a little cartoon book that depicted an after-death experience. The cartoon showed a man cowering before a cosmic judge, pleading for mercy for his sinful life. The judge was not moved. “Off to hell with you for eternity,” he commanded.

The story was obviously designed to scare you into being a good person or following the precepts of the religion. I didn’t join that church.

Since that time, I have learned that fear and healing have nothing to do with one another. I have gained far more generous models of a God of mercy rather than one of retribution. I have learned that grace supersedes karma, and the sins we believe will hold us back, are forgiven. Jesus spent a great deal of his ministry freeing people from religious judgments. He was a teacher of release, not bondage.

*The soul doesn’t go anywhere after death because it has never left somewhere.* The body drops away, and we resume our identity as the shining spirit we were before we crammed ourselves into an Earth suit. Unlike the physical body, the soul is invulnerable and eternal. When we apply the limits of the body to the soul, we indulge in stifling anthropomorphism, the projection of human attributes onto God. The soul is

not a blob of ectoplasm that floats out of the body and roams the universe like Casper the Friendly Ghost. The soul is an identity of extraordinarily expanded awareness. To recognize the soul, we have to see it through eyes other than the body’s. To see the soul, we must use soul vision.

To ask, “Where does your soul go after you die?” is akin to asking, “Where does a literary or cinematic character go when you turn the last page of the book, or watch the final scene of the movie?” The character ceases to be encased between the covers of the book or within the opening and closing credits, and re-emerges as the expansive idea that gave birth to the individual expression. What happened to Don Quixote, Ebenezer Scrooge, George Bailey, and Yoda when their respective books and movies were complete? Nothing happened to them at all. They continue to live in the minds and hearts of those who love and learn from them. To many people, those characters are more alive than the person working in the cubicle beside theirs. We love great literature and cinema because we meet souls with more color and depth than most people who walk the Earth. *We need larger-than-life characters to remind us of how good it could get if we set our souls free rather than stuffing them into painful corsets of oppressive social definitions.*

Your soul does not live in your body. The soul has a life entirely independent of the body. No matter how finely you dissect a physical organ or how many magnifications under a microscope you study it, you will not find your soul. Your soul exists in a dimension uncapturable by flesh, which is—no offense—just meat. What matters is what moves the meat, and for what purpose. Your soul animates your body, but is not contained by it. While the body sleeps, the soul awakens. When you are free from the endless daily distractions that grab the body’s attention like a glittery

mobile dangling over a baby’s crib, the soul emerges fully present. This is why you have visionary or prophetic dreams. With the physical senses suspended, your soul sense comes to the fore and delivers

you don’t go anywhere. You simply escape the spell of believing that you went somewhere. If you are God, and God is everywhere, then you are everywhere. The soul reemerges as the great “*I am*” after a



wisdom and inspiration muddled by the bedazzled physical apparatus.

Your soul is fully intact and alive while your body walks the world and after it returns to dust. The three-dimensional world in which you seem to be an entity separate from your soul is a dream—*Maya*, as Buddhists and Hindus call it. During moments of illumination, you recognize the emptiness of the world. We have all had “*aha!*” experiences when for a flash we poked our head out of the sphere of false containment, and glimpsed a vaster reality. People who have near-death experiences, ingest psychotropic substances, dive deep in meditation, or have a religious epiphany, momentarily step into a reality far more substantial than what appears to be physically solid. When you leave this world, temporarily or permanently,

short and generally frustrating foray into a twisted fairy tale. The happy ending emerges when we awaken from the dream. You will not sleep forever. Destiny has a grander idea for you.

## Death as a Work of Fiction

You cannot die because God is life and all that God is, you are. You can no more separate yourself from life than you could separate heat from a fire, light from the sun, or a wave from the ocean. What is one cannot be divided. The body dies; that is irrefutable. But the real you is immortal. Instead of asking “Where does your soul go when you die?” we might more appropriately ask, “Who do you become after you lay your body aside?”

The 23rd Psalm asks us to affirm, “Even though I walk through the valley of the

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shadow of death, I will fear no evil.” The operative word here is “shadow.” Death seems real because for a moment a false idea has blocked the sun like a passing cloud. But the cloud cannot remove the sun; it can but for a moment obscure it. When the cloud passes, the sun remains. When the illusion of death passes, the reality of life remains.

The most sacred prayer in Judaism is, “Hear O Israel, the Lord our God, the Lord is One.” The operative word in that prayer is “One.” Jesus reaffirmed this truth: “If your eye be single, your whole body will be filled with light.” When we see ourselves clearly, we know ourselves to be the light, not the vessel that carries the light. Light, life, and love are all facets of the same self that cannot be marred or defeated by the slings and arrows of a cruel and confusing world. In God there is no fault or flaw, and because we are one with God, there is no fault or flaw in us, including the ultimate vulnerability, death.

### Fear is not of God

While visiting a shrine in Japan, I observed a grandmother strolling the grounds with her five-year-old grandson. When the boy started to wander off the pathway, grandma became frustrated and bellowed, “If you don’t stay close to me, the King of Hell will come and take you!” I shuddered to hear this, as the woman was teaching the child to behave under fear, threat, and guilt. I work with many Japanese people who are petrified to do something wrong, lest they be riddled with guilt and shame. I am certain that someone in their family threatened them like the boy’s grandma did. It’s not just the Japanese who attempt to control through fear, or feel controlled. Many religions and cultures are masters of manipulation. They have figured out that if you can make a person afraid or guilty, you can control them. If religions deleted fear-based rules, there would not be much left of the religion. True religion is founded in love. The Dalai Lama said, “My religion is kindness.”

Controlling through threat of a horrid afterlife is very convenient because the afterlife is a mystery to those yet to enter it. It’s easy to project morbid stories onto the blank screen of the unknown. Yet more and more people who have experienced momentary death report that on the other side of the veil they found only splendor, release, and unspeakable peace. *Most people who have had a near-death experience say they did not want to return to the world. Yet something drew them back because they had unfinished business. After glimpsing heaven, they no longer fear death because they know it does not exist.*

Some people who die for a short time report scary purgatorial or hellish experiences. I do not believe these are accurate representations of the world to

come. I believe that such people have taken their human fears or beliefs with them, which distort their vision of heaven. If they could rise above what they were taught by punitive clergy or family, I believe they would emerge into the same glorious light that most near-death-experiencers report.

You don’t have to wait until you die to go to hell. Many people live a hellish life while walking the world. *Hell is not a post-mortem sentence. It is the experience we generate when we think and act outside of love.* Scaring people into behaving according to our wishes only magnifies hell on earth, for the controller and the controlled. **When you use fear to manipulate others, you reinforce your own fear.** There is no hell in love (although we have twisted the idea of love to create hellish relationships that have nothing to do with love). Your defense against damnation is to realize that love exists right where you stand, in you and around you. The opposite of love is not hate; it is fear. When we remove fear from our experience, we instantly and naturally return to love, which is always here, waiting for us to claim and enjoy it.

### Why Wait for Heaven?

You have also been told that you have to wait until you die to go to heaven. This is another ploy in the ego’s playbook of tricks based on chasms and delays. The ego’s favorite mask is “gap.” There is always something that has to happen first before you can be at peace. You have to lose twenty pounds, increase your income, build six-pack abs, find your soulmate, have a baby, get your book published, move to Sedona, or build your dream home. When you get to the other side of the gap, you will be in heaven. But, as you have noticed, as soon as you traverse one gap, another gap appears, promising that when you get to the other side, you will *really* be in heaven.

It is entirely possible to know our wholeness and find deep inner peace before we cross any more gaps. We can touch heaven before we lay the body aside. Diving into rewarding spiritual practices, immersing ourselves in activities that bring us joy, and being with people we love connect us with heaven now. One of *A Course in Miracles’* most poignant questions is, “Why wait for heaven?” You don’t have to wait until you die to be happy. Do it now and beat the rush later.

**There is no afterlife because there is only life.** Nothing can come after something that always is. The forms through which life expresses, change, but the life that expresses through them is constant. All speculations about an afterlife are distractions from the life here now. Why

would you be wondering about an afterlife if you were fully present in this life? While a great deal of attention has been given to near-death experiences, we would benefit more by studying *near-life experiences*.



Rumor has it that there are many people who have come close to living, and they are still here to tell about it. Quit worrying about where your soul goes after you die, and attend to where your soul is going while you live.

*A Course in Miracles* tells us that in no single instant is death real. You are alive while

in a body, there is a momentary shift, and then you are alive without a body. You were here, and you are still here. When the spiritual master Ramana Maharshi lay on his deathbed, his disciples pleaded with him, “Master, don’t leave us!” He smiled and answered, “Where could I go?”

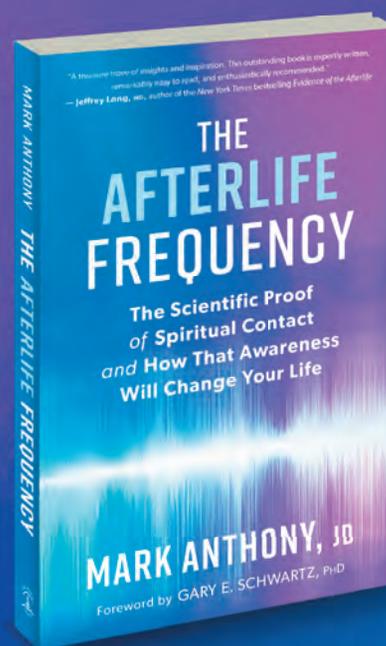
*Your soul doesn’t leave you because you are your soul. Only the body leaves.* When that happens, you are left with who you were before you became a body, and who you will always be. The introduction to *A Course in Miracles* neatly sums up the truth about you:

**Nothing real can be threatened.  
Nothing unreal exists.  
Herein lies the peace of God. ✨**

*Excerpted from Soul and Destiny: Why You are Here and What You are Here to Do ©2021 by Alan Cohen. Used by permission. All rights reserved. alancohen.com*

**Alan Cohen, M.A.**, holds degrees in psychology and human organizational development. He is the author of 30 popular inspirational books, including the best-selling *A Course in Miracles Made Easy* and the award-winning *A Deep Breath of Life*. He is a contributing writer for the #1 New York Times best-selling series *Chicken Soup for the Soul*, and he is featured in the book *101 Top Experts Who Help Us Improve Our Lives*. His books have been translated into 32 foreign languages. Alan has taught at Montclair State College, Omega Institute for Holistic Studies, and en\*theos Academy for Optimal Living. He is a featured presenter in the award-winning documentary *Finding Joe*, celebrating the teachings of Joseph Campbell. His work has been presented on CNN and Oprah.com and in USA Today, The Washington Post, and Huffington Post. His monthly column *From the Heart* is published in magazines internationally. Alan is the founder and Director of the Foundation for Holistic Life Coaching. He presents programs on themes of life mastery, spiritual development, and positive self-image psychology. For information on Alan Cohen’s books, seminars, life coach training, videos and audio recordings, visit: AlanCohen.com.

## Guidance for Understanding the Mysteries of Life, Death, and Beyond Death



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— JEFFREY LONG, MD, oncologist and author of the *New York Times* bestselling *Evidence of the Afterlife*

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— DR. P. M. H. ATWATER, LHD, author of *The Forever Angels*



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# GOOD GRIEF: CAN LEAD TO HEALING AND GROWTH

by Shelley F. Knight  
Northamptonshire, U.K.

**G**rief cannot be defined in one simple sentence, as grief itself is not simple. It is a vast and complex topic with equally vast and complex presentations in terms of signs and symptoms, longevity, and intensity.

Grief is closely associated with death but can also be triggered when we lose anything with which we have an emotional connection. A grief process can come about through loss of health, wealth, relationships, job, confidence, safety, or purpose, to name but a few examples. All losses – whether it be a way of life or the end of a life – trigger a grief response. Many of us may be unknowingly living with grief having experienced loss, and all grief is valid and introduces a need to step on to an unknown path of recovery.

Even with the best intentions, onlookers of our grief may try to pacify our emotions rather than encouraging us to dive in and discover what is truly going on for us. Some may be awkward, avoidant, or silent in our presence, whilst others can be more forthright and outspoken. We may be dismissively told “things happen for a reason” or “you will never get over the loss”. But what collateral beauty could occur if we courageously chose to listen to ourselves and our unique grief rather than the dictated beliefs and opinions of others or of society as a whole?

Much that can be read about the grieving process is outdated and can serve an injustice to our rapidly evolving, modern society. In conjunction with recent medical and societal advancements, new and complex presentations of grief have arisen. As a result, our own journey through grief must also evolve for us to heal and even flourish as a result of our experiences surrounding loss.

I am here to reassure you that you can get through this experience of loss, the madness, the numbness, and other exacerbations, as it is all part of the healing process that we have labelled as grief. As part of the inevitable changes from your experience of grief, you will have to navigate your way through emotions that will swing like a pendulum, with your



thoughts swinging from one extreme to another. You will not know all the answers, never mind how long and hard you search for them, and sometimes, just to add to your feelings of confusion and uncertainty, it will seem like you have too many choices and an overwhelming abundance of possible answers.

Grief is one of the most uncomfortable subjects of discussion, and if you are grieving you may struggle with expressing what is happening to you. I am a great believer that what is not recognized cannot be changed, so I am passionate that you get to know you and your grief as part of the starting point of your healing journey.

When the grief journey is one following a death, it is varied in its milestones, depending on a wide variety of factors: the nature of the death (expected or unexpected), our relationship with the deceased (sibling, parent, or the relationship being closed or estranged), our personality, resilience and coping mechanisms, previous life experiences, support networks (family, friends, social

communities, and connection to ourselves), cultural, spiritual and religious beliefs.

When a death occurs, it may be hard for you to hear about milestones and how this event is only the end of a chapter of your life rather than your entire life story. I have witnessed it time and time again in my nursing days how, when a loved one dies, the family's life dies and they become stuck in their grief and their own life journey, not daring to look or believe there is a way through and forwards.

You may be feeling that your own life is a fragile mirror that has suddenly been dropped and shattered into a million pieces and is no longer of any great meaning or purpose. However, as your life continues, and as you start to piece all those shattered fragments back together, you will begin to see the whole picture once again. Yes, there will be fine cracks running through your unknown path ahead, but I like to imagine that it is through these small fissures that we enable a glimmer of light to shine back in our life.

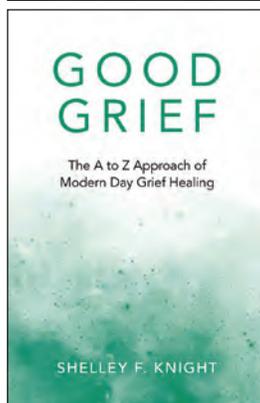
Grief is a natural response and process that we must endure

to reach a new stage in our life. It can lead us to a place of growth, awakening and profound healing—provided we embrace the lessons it offers to teach us. Despite the negative portrayal of grief, the grieving process holds a positive internal experience and purpose that lends itself to a time of recovery and self-discovery. Our grief can take us from our previously hurried daily existence to a slower reality which may be for the first time in years. We can start to look at things differently, as everything we had previously observed, trusted, and understood to be a certainty has now changed. This shift can lead us to truly question all aspects of our life, whilst noting deficits between what was, what is, and what it is we wish for in our future.

What is not acknowledged cannot be changed, and grief reveals new truths and can lead to the development of greater self-awareness, and even show us a stronger and more resilient personality than we were ever told or managed to realize for ourselves.

Our grief will mirror what is important to us in our life, and whilst our life may look like a shattered mirror beyond repair, the slowing of energy enables us to discover potential ways to start piecing our life back together in the best possible way. ✨

**Shelley F. Knight** is a once upon a time nurse and clinical hypnotherapist turned writer who provides an eclectic blend of clinical, holistic, and spiritual expertise in her specialist subjects of positive changes, spirituality, and grief. She is author of *Positive Changes: A Self-Kick Book* (November 2018), host of *Positive Changes: A Self-Kick Podcast*, and is a freelance writer for international magazines. Shelley holds a first-class degree in adult nursing, and post graduate studies in Palliative Care and Life Limiting Illness, Pathophysiology of Cancer, Cytotoxic Chemotherapy, and Clinical Hypnotherapy. In addition, Shelley holds a plethora of holistic and spiritual qualifications, including Transformational Regression Therapy, Spiritual Coaching, Spiritual Development Teacher, Holistic Diagnosis Skills, Mindfulness, Neuro Linguistic Programming, Herbalism, and Dream Therapy. She is also an intuitive Tarot card reader, and intuitive Tarot coach, with gifts of clairvoyance, clairaudience, and clairvoyance, inherited from her ancestors. *Good Grief: The A to Z Approach of Modern Day Grief Healing* is available from [www.o-books.com](http://www.o-books.com) and wherever books are sold. <https://www.johnhuntpublishing.com/o-books/our-books/good-grief-modern-day-healing>



# Send Me a Hero!

Remember what it was like to be 20?

You walked with that bounce in your step. You could stay up all night, you worked hard, played hard and still leapt out of bed the next day, consequence free and eager to greet the sunrise.

Ahhh...Remember that?

Fast forward 20-30, maybe 40 years. Things may be a little different.

Maybe you still leap out of bed. But that's only after you realized you hit the snooze button 3 times and are officially late for work. Panic sets in, you need that coffee, and you need it now.

You stumble to the kitchen and grab a cup to get your brain to function and another cup to get your body moving. Oh, and family members, they all know to avoid you till **after** coffee.

Does that sound like you?

What changed?  
Where did that 20-year-old go?  
Why are you so tired, and unfocussed?  
Who stole your energy and mental clarity?

Your energy stealing culprit is a tricky one. Because you can't see it, taste it or smell it. It is now known as *Electrosmog* and it is the most serious of all pollutants out there.

**It is bombarding your body with erratic, cell damaging frequencies, non-stop, 24/7.**

It's like someone is putting a jackhammer on each one of your 75 trillion cells, destroying their natural vibration and coherence.

Electrosmog, also known as EMFs are everywhere, radiating from our Wi-Fi devices (cell phones, computers, Bluetooth, etc.) as well as our surrounding environment of cell towers and 5G satellites.

We are losing the natural earth-based frequencies that our bodies so desperately need to survive.

Could that be why you are stressed, have trouble sleeping and have unexplained chronic health conditions? Hell yeah!

What do you need to defend yourself from this exhausting, never-ending assault on your body?

You need ... a Hero. Not just any hero  
You need ... Dah Tah Tah Dah ...  
a PEMF Hero!

**P** as in People  
**E** as in Energy  
**M** as in Maximizing  
**F** as in Fun

*People Energizing Maximizing Fun Machine.*

Ok, I did make that name up, but seriously, that's what it does.

In reality it stands for  
**Pulsed Electro Magnetic Fields.**

The PEMF is produced by copper coils embedded inside a mat that you lie down on. The mat sends earth-based frequencies throughout your body bringing everything back into balance and coherence.

It's a full body reboot. It has been called the human battery charger. When I first heard about it, I was intrigued but skeptical. At that time, I was suffering from Lupus and Sjogren's (2 life sucking auto immune diseases). I was willing to try anything, so I purchased a PEMF mat.

I rested on it 8 minutes, twice a day as suggested. After 6 weeks, here's what happened to me....

My energy skyrocketed. Not just by a little—I went from having 3 wimpy hours of energy a day to 10 kick-ass hours of energy. I could do martial arts, garden, and dance again! My brain fog lifted, my digestion improved, and my creativity soared.

I felt like I was 20 again! (even though I was 56 at the time). PEMF is my Hero. It gave me back my high-energy life, filled with fun, creativity, and movement.

\* **Super Amazing bonus:**

When the entire household uses the mat, it changes the family dynamic. Your family can flip from grumpy, anxious, and annoyed, to happy, calm & attentive.

Imagine what life would be like if you could calm your kids and reboot your spouse?

Are you in need of a Hero?

**Schedule a FREE Zoom Consultation Meeting with me, and I'll get you one in a Flash!**

*Susan Finley holds degrees in Art Education, Sound Therapy and is a PEMF Specialist (Pulsed Electromagnetic Field Therapy). She teaches online classes for Dementia/Alzheimer's care, PEMF Therapy and Sound Healing. Join her mailing list at [www.acoustictherapeutix.com](http://www.acoustictherapeutix.com). Susan's office is in Babylon at the Zemba Chiropractic Center on West Main Street. 631 412-3065 / 631 988-0613 (Text)*

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- Stronger
- Focused
- Relaxed
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**Puts the bounce  
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# ARE YOU GOING TO TAKE THIS TO YOUR GRAVE?



Summer 1996: I opened my eyes at the end of my first darshan in India to hear Pujya Swamiji saying, “Yes?” I was the last one in the room, and he addressed me in English: “Yes?” I rose quickly from my place, went in front of him, and bowed low, trying to remember the protocol. Then I sat back on the soles of my feet and saw him looking at me—or, rather, into me—with a love that seemed to permeate every cell of my body and every corner of my psyche. It was not a personal love, not directed at me, but a love so vast and available, it didn’t matter how many others were swimming in it too—there was room for all. “Yes?” he repeated.

“Pujya Swamiji,” I whispered. “Fear runs my life. I have a sense of anxiety all the time, even when I don’t know what I’m afraid of.”

“You fear because you don’t trust,” he said after a brief pause. I thought he would continue, but he didn’t. Just that—lack of trust.

“Really horrible things have happened to me that have made me unable to trust.” And I told him the full story of my twenty-five years: childhood sexual abuse and abandonment, struggles with bulimia, for which I was hospitalized several times. It was a story I’d told many times, and it never failed to elicit sympathy, open arms, and praise for how strong I am.

He just looked at me and asked, “Are you going to take this to the grave with you?” Oh, God, no, I thought—of course not.

“Are you going to let it go on your deathbed, just before you die?”

“No, of course,” I replied. “I don’t want to take this unbearable pain to my deathbed,” which was surely six or seven decades away.

“Will you let it go a week before you die, a month before you die?” he continued to ask, never shifting his gaze from its lock on my heart.

“Swamiji, I don’t want to take this to my

grave or my deathbed. I don’t want to hold onto it until a week or a month before I die. I want to be free of it as soon as possible.”

He continued to look at me calmly, with neither sympathy nor judgment. Then he said, “You are waiting for someone to come and draw the line for you. You are waiting for someone to come and say, ‘Now you are done.’ But no one will do that. You must draw the line yourself. The choice is yours. You can carry this pain to the grave, you can give it up on your deathbed, you can give it up a week or a month before you die, or you can give it up tonight.”

Tonight? Seriously? I didn’t speak, but he must have heard my thoughts. “Yes, tonight,” he said. “We have a beautiful ceremony at sunset called the *aarti*. I will tell the priest to give you the oil lamp so you can wave it and pray with it. Then go to Ganga and give her your pain. Take her water in your hands and give it all to her. Just give it to the river. If you give it, she will take it.” He patted me gently on the head as he stood and walked out of the room.

“Just give it to the river?” I wrote over and over in my journal, smiling as I replayed in my mind the swami’s touching yet nonsensical instructions. Fortunately, I was being treated by doctors and psychologists who knew what to do. I wasn’t about to rely on a river to wash away my problems.

Afternoon became evening, and I sat on the cool marble steps lining the banks of the flowing Ganga River. As the final rays of light danced on the waters, the sound of Vedic mantras filled my ears. I stopped giggling long enough to remember my vow from the airplane—to keep my heart open, or leave India.

During the evening light ceremony called the *aarti*, I allowed myself to be swept away by the song, the music, the fire, the flowers, and the incense. A boy in yellow

placed a flaming brass lamp in my hands. “Like this,” he gestured. I faced the river, waving the lamp until my time was up, and the boy took it away.

After the ceremony, as the guests began to disperse, I walked calf-deep into the river. As the chanting dissipated in the background and the flow of the river tried to wrest my feet from its sandy bottom, I entered a silence so deep, it was a place in itself, wrapping me in its arms. In that place of silence, I bent down into the water and carried out Swamiji’s instructions.

I cupped the river’s water in my hands and offered all my pain, all my tears, and all my fear into the water I held in my two hands. “You must forgive him,” Swamiji had said. I stood up to my knees in Mother Ganga until the moon was directly overhead, all the while calling forth every image that had ever caused me pain, that had caused me to dissociate, that had propelled my head into a toilet, vomiting. I recalled countless images that had formed the unbearable background of my life.

Then, in the midst of these images, I saw him—my biological father, Manny—and from this place of imperturbable silence, I saw not a monster but a troubled man who had made mistakes. I saw a man now far away who could no longer harm me, whose life was just as haunted by these choices as mine. And I saw a man who loved me despite his inability to express it. I saw a man I could forgive.

Tears mixed with the water in my hands, and I prayed and cried and prayed and cried, all in silence. These were tears not of yesterday, but of today, tears of release rather than

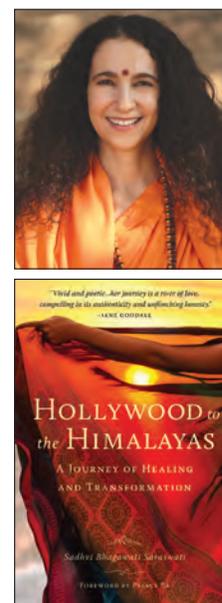
terror, knowing I needed to embrace what is rather than what might have been. I called his image to mind again, stared deeply into my father’s eyes, and said, “I forgive you.” Then I let the water pour from my hands back into the river. “Take the pain,” I prayed. “I give it all to You.”

In the weeks and months that followed, the pain that had coursed through body and mind my entire life lost its grip. The memories were there, no less vivid than before, but I no longer identified with them. They weren’t “me.”

When I spoke to Pujya Swamiji about the miraculous transformation inside me and told him that I no longer felt like the same person who identified with this suffering, he nodded and said, “Once the switch is found and the light is turned on, it no longer matters how dark it had been or where the darkness had come. What matters is that now there is light.” ✨

From **Hollywood to the Himalayas** © 2021 by Sadhvi Bhagawati Saraswati. Adapted excerpt with permission of Mandala Earth and Insight Editions, L.P.

**Sadhvi Bhagawati Saraswati** is a renowned spiritual leader based in Rishikesh, India. She is President of the Divine Shakti Foundation, Secretary-General of the Global Interfaith WASH Alliance and Director of the International Yoga Festival. A graduate of Stanford University, and a PhD in psychology, Sadhvi has lived at Parmarth Niketan Ashram for 25 years where she gives spiritual discourses, teaches meditation, and leads myriad humanitarian programs. Her memoir, **HOLLYWOOD TO THE HIMALAYAS: A Journey of Healing and Transformation** released August 2021.



# Another Leap Forward in Dental Healing: Aren't All Root Canals Bad?

It is all over the Internet, root canals are bad, haven't you heard? It must be true. "I googled and found all root canals are toxic." "My best friend's wife had a root canal and it's never felt right to her." Even President Obama bad-mouthed root canals during his 2010 State of the Union address to Congress and a televised audience of forty-eight million people, "If there's one thing that has unified Democrats and Republicans, and everybody in between, it's that we all hated the bank bailout. I hated it. You hated it. It was about as popular as a root canal."

I will be the first to admit, when a root canal is poorly executed by a dentist, the likelihood for dental infections and systemic chronic issues increases dramatically. The legal standard of care demands that root canal therapy be performed with a dental dam that isolates the tooth receiving the root canal and allows for a germ-free procedure. Shockingly, approximately 75% of root canals performed by non-specialist dentists are performed without a rubber dam. THIS IS FACT. This one variable explains logically why so many root canals result in a bad outcome: because they are contaminated by all of the germs in your mouth from the very beginning. By the way, the germs in your mouth are far worse and far more numerous than the

germs that evolve from more "private" places, and this is also FACT. It is no wonder why the root canal is often dreaded by patients and has such a poor track record of performance. Furthermore, the root canal is usually associated with, and blamed for the dreaded *Dental Cavitation*—an area of dead bone known as osteonecrosis, which is associated with chronic systemic diseases. Besides blaming root canals for chronic systemic disease, patients also place blame on toxic metal crowns, mercury fillings, periodontal disease, and old wisdom tooth extraction cavitations.

It is painful for me to see patients mutilate their mouths by extracting teeth that can be saved by succumbing to the fear from false information and Internet propaganda. There have even been recent streaming movies produced by unscrupulous dentists, to scare people about root canals and steer them to their practices in the Midwest, to have unnecessary dental extractions and procedures. Most of these teeth CAN BE SAVED. Let me be clear: if you extract a tooth and replace it with dentures or flippers, they provide only a maximum biting efficiency of ten percent. Anyone that may tell you, "dentures are great," must believe in the old adage, "misery loves company."

Addressing dental root canal infections, bone cavitations, failing crowns and dental fillings is the TOP PRIORITY at **Integrative Dental Specialists of Long Island**. Many failing root canal teeth and dental issues can be saved and addressed very safely. Utilizing proprietary disinfection protocols including lasers and ozone therapy, these diseased teeth can be restored to normal healthy germ free function. There is nothing better than the teeth you were born with. I know what you might have read or heard, but most anecdotal information about root canals is simply untrue and NOT supported by scientific facts. Dental technology has advanced to such an extent that we can even provide our patients **ToothRegenesis™** a technique pioneered by **Dr. Jeffrey Etes**. This is an all-natural, regenerative, minimally invasive procedure which can reestablish the blood supply to a tooth, even a previously root canaled tooth, and revitalize the tooth back to life. Another FACT.

Now, let us say you just cannot believe what you are reading and want the tooth out and replaced with an implant. Both zirconia and titanium dental implants are the best tooth replacements available today. Remember, however, you are now trading one issue for another. There are many factors to successful implant therapy.

Bone grafting is the foundation to implant success. Many offices rely on dead, irradiated, cadaver bone for grafting procedures. Not at **Integrative Dental Specialists of Long Island**. Instead, we utilize the latest cutting-edge technology, such as autogenous, alive, self-bone **Khoury™** grafts and **Platelet Rich Fibrin (PRF)** from your blood which contain your own growth factors and proteins, healing cytokines, bioactive healing molecules, and the all-important regenerative stem cells.

Remaining on the cutting edge of the newest dental advancements is a full-time task and a top priority for **Dr. Etes**. In order to provide our patients with the most sanitary environment possible, we employ **ENHANCED** proactive air and surface office disinfection protocols. Do not assume all dentistry is the same. **Dr. Etes** prides himself on bringing you first-class, unmatched care. When considering your dental needs, why settle for anything less than the best? We work toward one standard, the **HIGHEST** standard. The time for excuses has passed. If you are looking for the finest, safest, healthiest and most predictable results to correct your dental issues and would like to learn more about the best ideas in modern dentistry available to you, **please contact Integrative Dental Specialists to make an appointment with Dr. Etes today.**

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- **Proprietary Customized Individualized Dental Treatment Planning**
- **Biological & Regenerative (Tooth Regeneration) Ozone Laser Root Canals**
- **Therapeutic Trigger Point Injections Utilizing Ozone for Oral/Facial, TMJ Pain**
- **All Phases of Orthodontics - Including Metal-Free Invisalign or ClearCorrect**
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Schedule your visit **TODAY** and **DISCOVER** what **YOU'VE** been missing!

# THE HEALING POWERS OF CRYSTALS, STONES AND MINERALS

by Anthony Russell  
New York City

Crystals, stones and minerals have been prized for their unique appearance and perceived ability to provide and promote physical and emotional healing for centuries.

During the Middle Ages, physicians and healers alike often prescribed using these treasures of the earth as part of their treatment protocol.

For example, if a woman wished to conceive a child, she was told to wear or carry a Carnelian amulet to increase her chances of conception.

During the Victorian Era, the significance of minerals, crystals and stones enjoyed a resurgence of popularity. A good example

of this was the “Dearest” bracelet or ring, which was believed to ensure loyalty, love and devotion in a marriage. These adornments got their name from the particular stones that comprised them: Diamond, Emerald, Amethyst, Ruby, Emerald, Sapphire and Topaz in that order; the first letter of each stone spelling out the word “Dearest”.

In today’s turbulent times, people are buying crystals to beautify their homes, to carry with them, to place on their desk, and to wear as bracelets, rings, and necklaces. Stones for attracting and expressing love include rose quartz, agate, green aventurine, rhodochrosite, emerald, moonstone, malachite, and lapis lazuli.

All minerals have a number of unique physical properties that are very different from that of other solid substances. For example, some may change color depending on the angle of view and others may get electrically charged when put under stress.

The cause of this odd behavior is the crystalline nature of minerals. In a crystal, the atoms are arranged in a regular and

periodic manner that is specific for each mineral. The geometry of their atomic structure is not only reflected in the symmetry of a crystal, but also in the *isotropy* or *anisotropy* of its physical properties. A substance that reacts differently depending on the direction of an external force is called anisotropic.

*Piezoelectricity* is the technically most important scientific property of crystals. Piezoelectricity was first discovered by Jacques and Pierre Curie in 1880 during studies on quartz crystals. When piezoelectric materials are mechanically deformed, their surfaces get electrically charged. Piezoelectricity is an anisotropic property that can be found in certain types of crystals. 20th and 21st century studies in Quantum Science have provided even more evidence that there is indeed ionic energy emitted by many crystals and minerals. **Following is a short list of some of the most popular and powerful healing crystals and minerals:**

**Clear Quartz** - A clear quartz crystal is the foundation of any mineral collection. Working with crystals is a method using the energy of light to effect change. The presence of all light produces white light such as the blue, red and yellow lights in the footlights of a theater produce pristine white light when they overlap and combine on the stage. A clear quartz crystal contains every color of the spectrum, making it an “all purpose” healing stone. It can also be used as a substitute for any crystal, as it contains the healing energy of every other crystal in its emission of full spectrum light. Clear quartz will also amplify the inherent energy of any other mineral that is placed near it, thus “charging” the energy of other specimens.

**Black Tourmaline** - Black Tourmaline is prized for its ability to absorb negative ionic energy and then transmute it into powerful neutral energy, which it then expresses back into the immediate environment. It is often paired with clear quartz, since black tourmaline will absorb



negative energy and clear quartz will simultaneously repel it. This dynamic pairing should be a must have for any collector.

**Bismuth** - Bismuth has recently become a popular mineral because of its ability to considerably relieve the feelings of overwhelming loneliness and isolation. These feelings are largely

responsible for the malaise of the mind, soul, and spirit. Hence, using its energy is a sure way of healing your emotional self, particularly in periods of grief or loss. Bismuth stimulates vitality and energy, and will effect revitalization when feelings of emotional weakness or surrender occur. It supports spiritual transformation and will improve creative visualization abilities.

**Apatite** - Apatite is a dual-action stone, known for its positive use of personal power to achieve goals. It clears away confusion, apathy or negativity and stimulates the intellect to expand knowledge and truth, which may be used for personal growth or for the collective good. It is a *Stone of Manifestation*, promoting a humanitarian outlook and service to others. A stone of the Throat Chakra, Blue Apatite helps with public speaking and enhances group communication. Attuned to the Third Eye, it also improves concentration and memory skills, and is a good crystal for study purposes. It aids in time management when working on group projects. ✨

**Anthony Russell**, a crystal expert, is the holistic manager of the AstroWest healing center. AstroWest has thousands of minerals, gems, fossils, meteorites and pieces of rare and unusual jewelry on display, as well as a new private healing center. Marc Tanjeloff is president of AstroWest, a third-generation family business, at 102 West 79 St. in New York City. For more information, visit [AstroWest.com](http://AstroWest.com).





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# SEVEN HEART-HEALTHY SECRETS FOR A SHARPER MIND

by Dr. Stephen Sinatra

**T**here is no question we all want a sharp mind and a healthy heart. But did you know your heart and brain—which are seemingly two very different organs—are closely connected and highly dependent on each other? When one fails, the other is in trouble! That is why as a cardiologist I am just as focused on brain health as I am on the heart.

## What is the Heart-Brain Connection?

First off, your brain is what gives your heart its marching orders. When signals go awry, your heart won't beat as it should—even affecting your heart's rhythm. Plus, *your heart and brain rely on the same vascular system to fuel them with oxygen and nutrients and carry away waste. If your arteries aren't clear, both organs suffer.*

Your heart and brain are also highly susceptible to oxidative stress, chronic inflammation, disruptions in blood flow, and more. In fact, the intricate network of your brain and its 100 billion cells (neurons) are even more vulnerable than your heart to these stressors. When environmental factors damage our brain cells, it can make it downright tough (if not impossible) to think, process information, and recall facts.

**The good news is that many of the same recommendations I make for keeping your heart healthy also boost the health of your brain and entire body. Here are the seven most important things you can do:**

- **Eat a Heart-Brain-Boosting Diet:** For heart and brain health, I recommend what I call the *Pan-Asian Modified Mediterranean* (PAMM) diet, which combines the Mediterranean diet with foods from the Asian side of the Pacific Rim. It includes ample amounts of vegetables, fruits, fish, olive oil, and other healthy fats—including salmon, sardines, nuts and seeds, avocados, and DHA-fortified eggs, which support brain health. Plus, it is important to limit sugar and simple carbohydrates, which can cause inflammation that adversely affects your heart and brain.

- **Watch Out for Chronic Stress:** When you are stressed, your body releases the “stress hormone” *cortisol*. This is fine if your stress is short-term and your body quickly returns to normal. Yet, high levels of chronic stress—and elevated cortisol—affect the section of the brain associated with memory and emotions, and cause your autonomic nervous system to be on constant alert. Plus, prolonged stress can damage your body's ability to know how much cortisol to produce.

To reduce stress, make time for exercise, get plenty of sleep, spend time connecting with family and friends, try alternate nostril breathing, and engage in mindful meditation or yoga. I also recommend taking ashwagandha, which helps to stabilize and rebalance your body's stress feedback loop. It is also important to make sure you are getting enough magnesium and B-vitamins, often called the “stress vitamins” since they can become depleted during times of stress.

- **Limit the “Invisible” Brain Threat:** Electromagnetic fields (EMFs) are generated by everything from cell phones to wireless networks, and even our home appliances like televisions, microwave ovens and stereos. This invisible pollution affects all the electrical currents in your body, including those that regulate the beating of your heart and the 500 trillion synapses in your brain. So, limiting your EMF exposure is extremely important.

To limit EMF exposure, use a corded landline instead of a cordless phone and only use your cell phone on speaker. Never put a cell phone up to your ear and near your brain—which is even more important for children since their bodies are highly susceptible to radiation. I also suggest hardwiring your computer using an ethernet connection, instead of Wi-Fi. Plus, avoid using microwave ovens. Earthing, where you connect to the Earth by walking barefoot or using a grounding pad, also helps to protect you from EMF radiation.

- **Be Aware of the Statin-Brain Link:** While several medications can cause symptoms like brain fog, one of the biggest ones to be aware of is cholesterol-lowering statins. In addition to suppressing the production of cholesterol, statins inhibit your body's production of coenzyme Q10 (CoQ10), which can result in brain fog.

Plus, driving cholesterol too low with statin drugs affects brain function. That's because your brain needs cholesterol to form the synapses between the neurons in your brain that enable you to think and process information. If your LDL cholesterol gets too low, you can even end up with total global amnesia, where you forget where you are and who you are, for a few minutes or even several hours. This is extremely rare but does happen as I've addressed several cases in my time as a cardiologist.

- **Get the Creative Juices Flowing:** While mentally stimulating exercises like crossword puzzles and Sudoku are good for the brain, physical exercise is an important brain booster. Both aerobic exercise and strength training help to improve blood flow to the brain. Plus, they help to boost your levels of the growth factor BDNF, which helps to promote the formation of new brain cells and neural connections.

- **Watch Your Blood Pressure:** Approximately 20% of the oxygen you breathe in goes to your brain and high blood pressure can keep your brain from getting the oxygen it needs. Healthy blood pressure is around 120/80 mmHg. Some of the best foods for your blood pressure include beets, blueberries, garlic, onions and apples.

- **Give Your Body the Right Supplements:** To support heart and brain health, I recommend a good multivitamin, which contains plenty of B-vitamins. I also recommend taking coenzyme CoQ10 (100 mg daily if you are taking a statin), along with omega-3 essential fatty acids and magnesium. For added brain support, take turmeric, American ginseng, and vitamin K2. Plus, acetyl L-carnitine and resveratrol are protective for both the cardiovascular system as well as the brain. Be sure to look for highly bioavailable forms of these nutrients, including turmeric, to enhance absorption in the body.

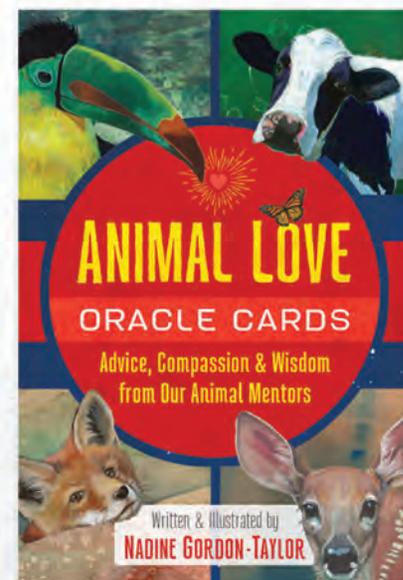
Finally, imagine your heart and brain holding hands. Just like good friends, they support each other and you can do your part by supporting these two critical organs that must be in tip-top shape for good health to support you throughout your entire lifetime. ✨



**Dr. Stephen Sinatra** is one of the most highly respected and sought-after cardiologists whose integrative approach to treating cardiovascular disease has revitalized patients with even the most advanced forms of illness. He has more than

40 years of clinical practice, research and study, starting his career as an attending physician at Manchester Memorial Hospital in Connecticut. He is known as one of America's top integrative cardiologists, combining conventional medical treatments for heart disease with complementary nutritional, anti-aging and psychological therapies. He is an author, speaker and adviser for the research and development of nutritional supplements with *Healthy Directions*. Sinatra is a best-selling author of more than a dozen books, including, **Heartbreak and Heart Disease, The Great Cholesterol Myth, Reversing Heart Disease Now, Heart Sense for Women, The Sinatra Solution, and Metabolic Cardiology.**

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# WHAT MAKES YOU HAPPY?

by Milissa Castanza Seymour  
Bethpage, NY

*Don't cry because it's over, smile  
because it happened.*

~ Dr. Seuss

**F**all has arrived. I'm happy for crisp air and the backdrop of colorful, falling leaves. I imagine that others are happy when seasons change too but it does make me wonder—*What makes people happy?* The well-known phrase “Life, Liberty and the pursuit of Happiness” begs the question – is happiness pursued?

“If I get that job or new relationship, then I'll be happy” are common thoughts. These desires seek happiness *out there* somewhere. But, all of these external wants don't make anyone happier - long term. The most current research says that *we* create happiness. It's not found. But, is seeking happiness a waste of time? Not exactly. Money or a relationship will bring happiness - *temporarily*. The happiness high wears off and the search for the next happiness fix begins. Researchers discovered that happiness has a shelf-life.

So, what *is* the key to happiness? Research says that new-found happiness levels spike then return to an inherited set-point. Some of us have inherited a happier set-point than others. This dictates happiness levels over the course of our lifetime,

accounting for about 50% of our total happiness. **Only about 10% of happiness is influenced by our environment. Situations and life circumstances have a negligible effect on happiness.** The good news is that 40% is left within our control, informed by how we think and what we do daily. We make ourselves more or less happy through our outlook and choices. WE choose happiness.

What are some of the characteristics of happy people? How do they think, behave, and act? Happy people experience distress and unhappiness like everyone else but they bounce back better due to their coping skills and happiness habits.

**According to happiness studies, happier people:**

- Express gratitude
- Spend time with friends and family
- Are optimistic about the future
- Offer help to others
- Set and commit to goals/ambitions
- Are resilient in the face of crises and challenges, showing good coping skills and positivity
- Exercise on a regular basis; weekly, at most daily
- Live in the present moment and enjoy simple pleasures

Martin Seligman, a professor at the University of Pennsylvania, did a study where he taught a group of severely depressed people a happiness enhancing strategy. They were instructed to do an exercise online to remember and write down three good things that happened

to them daily. For example, if a friend called to check in or a neighbor dropped off a meal, they were instructed to write it down. He discovered within 30 days, the participant's depression lifted from “severely depressed” to “mildly/moderately depressed”, with 94% experiencing relief. This research has been repeated with similar results. This is one example of research that shows happiness levels are within one's control.

**Here are other ideas to amp up happiness** from psychologist Sonja Lyubomirsky, a Stanford University Ph.D. and professor at the University of California, who has spent the majority of her research career studying human happiness:

- Choose a time daily to contemplate your blessings. Reflect on why you are grateful and how your life has been enriched.
- Identify one thing each day that you normally would take for granted and acknowledge it.
- Acknowledge one ungrateful thought each day and substitute a grateful thought. Example: “My sister is inconsiderate” to “My sister was late because of traffic but called.”
- Enlist a family or friend gratitude partner. Share your list of blessings with them so they can encourage or motivate you when you forget or lose energy.
- Introduce a visitor to things, places, and people that you love. This will help your perspective stay fresh by seeing things through someone else's eyes.
- Express your gratitude directly to someone who has touched your life through a letter, a phone call, or face-to-face encounter.

Lyubomirsky's research shows that keeping our strategies fresh is key to our success. Over-practicing one technique can become stale and boring so mix it up. Write in a journal daily or weekly. Choose to contact a gratitude buddy. Write a letter. Make a gratitude phone call. Keep it varied. The key to the practice is being consistent and interesting.

So, get started! Get a gratitude journal. Let your practice fit your lifestyle - daily, weekly, or 2-3 times a week. Write at your convenience about events, situations, or people that enhanced your sense of gratitude. Recognize your talents, positive experiences, and opportunities that have presented, and how you seized the moment, no matter how small or seemingly insignificant! Enjoy the process and happy fall! ✨

**Milissa Castanza Seymour M.S., is an InnerSoul Coach and multiple certified healing arts practitioner specializing in Stress Management/Well-being for over thirty years. She is a professional, practicing Numerologist helping clients find their soul purpose. Her certifications include: Aromatherapist, Prana Yoga/IYT Holistic Health Educator, Applied Positive Psychology Practitioner/LifeCoach/Resilience Trainer, AddHeart Facilitator, Past Life Consulting Hypnotist, Reiki Master Teacher, NYS Licensed teacher, and Chopra Well-being Coach 2022. [innersoulcoaching.com](http://innersoulcoaching.com).**



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Loretta Ames

# RENOVATION FOR THE SOUL

by Donna Martini  
Oyster Bay, NY

**F**or two years now, I have been renovating my house. I liked the rooms and the furniture. Nothing was wrong with them—and that is what was wrong with them. Almost everything was in good or great condition, and I could not justify the work or money needed to redecorate, even though most everything was over 18 years old.

Then I had a more than irritating skylight leak in the master bathroom and was forced to rip down wallpaper and re-sheetrock. As I pulled paper and scrapped glue, I saw a twenty-year-old paint color emerge. Memories came flooding in, and I realized how much emotion these walls had stored. I allowed myself to go there, just for a moment, to feel the pain, fear, anxiety, dread, and a whole lot more.

The master bedroom and bath were where I sought solace after my divorce and later, a few relationship break-ups, as well as the death of several loved ones. It was the place I laid sick for months, recuperated from four surgeries, and almost died from complications due to autoimmune disease. It was where I prayed and sometimes tossed and turned at night, talking myself out of a dismal future.

I worked with this knowingness for some time as I ripped things down, cut holes in sheetrock, spackled, sanded, and painted. I was determined to make this a restorative space, free from any unproductive or unhealthy remnants of the past.

While undergoing the process, I noticed the complete mess I was making in several rooms of the house—and that’s why so much time passes before we renovate, right? Sometimes the in-between stages seem so much worse than the condition we start with. Anyone who has taken on a restoration task knows, though, how wonderful it feels to finish—to see the final results, especially when we do the work ourselves.

But the thought of a completed project was not all that kept me going. I felt free. I felt empowered. No matter how uncomfortable I was taking on each challenge, I did it anyway and noticed myself becoming more in tune with what I wanted. And something else I did not count on...fearless resolve!

Projects I never saw myself doing on my own—never had to do on my own—were now on the agenda. Fear of heights, lack of appropriate tools and skill, and my dyslexic brain taking inaccurate measurements—what used to hold me back was no longer a deterrent. It would seem that the more I challenged my scared little self to purge and repair my house, the more my body and mind purged and repaired as well. Suddenly, there was the need to buy power tools, an extension ladder, and all sorts of fasteners, screws, and brads. I read every tool’s manual and poured over countless do-it-yourself videos. I realized there was no task that was too big; there was only ambition that was too small.

First on the list, the cracks in the master bedroom’s fourteen-foot cathedral ceiling...no problem! Fixing those led to the furniture being refinished, then the spare bedroom and living areas were tackled, five closets cleaned, and four hundred and fifty pounds of clothes donated. There was furniture sold, given away, or transformed; curtains and rods changed...nothing was sacred; nothing was held onto. If the energy attached to objects

did not feel right or good, if I didn’t need it, it didn’t get to stay.

A year into my renovations and immediately after a bout of Covid, I sat at my kitchen table sipping morning coffee in the near dark. A wave of construction bravado came over me, and I grabbed a hammer and crowbar and started tearing down the non-load-bearing wall blocking all my light. Twenty-year anxiety about how I would work in the radiators and electric were no longer a challenge. As the sun’s rays flowed through the open studs, ideas, brawn, and resolve were flowing through me.

During this time our family realized that my 81-year-old mother had to leave her fifty-year residence. I took on the job of staging her house so we could sell it, and then my son and I reconstructed an entire floor in my house so she would be comfortable moving in. I worked tirelessly and enthusiastically night and day. Where this energy came from is a mystery to this day. Fortunately, her house sold quickly and with the help of my two children, she moved into her new space with little stress. Doing all of my prior “home” work in my own space prepared us both for this... a miracle, for sure.

As my renovations come to an end, now, there are just some odds and ends and one room left to do—my office. I had no conscious reason why I left that room till last until very recently. While lying in bed, I heard in my head, “You are going back to school!” A strong urgency and knowingness came over me that I needed to study psychology and earn a professional degree. So you know, I never wished to go from coach to counselor or psychologist but on this day, I knew incorporating both was my destiny.



**Donna Martini is a wellness activist, coach, and author of several books, including *The Ten Commandments of Divorce* and *My Mini Book of Mighty Mantras*. She wants readers to know that she was a construction consultant in her prior career and took all necessary safety precautions before undergoing**

Throughout my entire life, the thought of school brought to mind so many scary memories of being a dyslexic kid. I self-taught as an adult so as not to bring myself that stress, not to mention all the consideration for the time and money it takes to get an advanced degree. Now, though, dyslexia has become my superpower, and any uneasiness about money, hardships, or time have no effect on me.

After two weeks of research and due diligence, I successfully enrolled. My former office—the place I conducted business, wrote books, and drew cartoons—is on its way to becoming a library fit for a sixty-year-old student.

And so it goes, the Soul knows even when we do not. I find it quite amusing the method mine used to lead me through. The truth is I followed each step to the nth degree no matter how crazy or unfathomable it seemed or how much construction chaos I had to live in. All of this to prepare for a newly renovated life I didn’t even know was about to unfold. All of this due to a leaky skylight; a most fortunate occurrence, if ever there was one. ✨

these projects. Donna also wants readers to know that the money for these projects and for school came as serendipitously as the guidance. She writes this reminder: “When we envision what we want without worry about the how and when, the ways and means seem to just flow right in.”

# POETRY

## SOMEONE CALLED ME "MA'AM" TODAY

by Diane Sciacchitano, North Massapequa, NY

Do mirrors lie?

Is the reflection staring back at me fairly passable for a woman of age?

Or could I be in denial?

I am not a "Miss" any longer.

Admittedly I have moved forward to the next stage, but when did this transformation occur?

Was I absent for my own graduation from "Miss" to "Ma'am?"

Alas the years have careened bye and the memories are overflowing.

The blessings are many, a testimony to one's lifetime of loving hearts that surround me.

This new moniker "ma'am" shouldn't be daunting.

The reflection in the mirror is just my badge of a life well lived.

The passage, inevitable, the gift, the test of time.

## BROKEN VOWS

by Dr. Seena Axel, Delray Beach, FL

Vows don't only get broken  
on the battlefield of discord,  
disconnect or cheating.

Promises made with full heart-felt,  
deep belief in the possible,  
die in the wake of unpredictable life change.

Personal development/ spiritual growth, the life-death cycle  
ongoingly occur, even when uninvited, deeply transforming  
one human differently from the other.

The vows, once solemnly taken, are no longer congruent  
to current relationship dynamics.

To leave or to change...that becomes the question.

The courage to be IN the conversation, becomes key.  
The strength to speak the truth you've come to know,  
takes depth of substance and soul.

To eliminate blame or shame...guilt or remorse  
...to ground yourself,  
standing on more than two feet of honesty and valor,  
that takes inner strength and fierce desire.

Vows don't only get broken  
on the battlefield of discord,  
disconnect or cheating.

Change is always happening;  
sometimes when you're looking the other way.  
Life changes us. We need to change the vows we take.

Promises outlive their veracity.  
Only true love endures.  
Especially when it's founded in earth's pure depths.

Embracing the new requires letting go  
of what no longer serves. Love is eternal.  
The form, like life itself, is in constant evolution.

The substance of love is forever imbedded,  
eternally imprinted, and easily transformable.  
The challenge ... promises made anew.

## PEACE

by Allison Taylor Marrero, Huntington Station, NY

Red, Gold, Orange  
Brilliant, Bold,  
Beautiful  
Trees say goodbye  
to the old  
with a flourish  
and flair

Even in slumber  
they emanate  
peace  
A peace  
and faith  
in life  
All is well  
All is well

Life will come again  
Something new  
will be born  
I will be born  
I will be different  
Still, all is well  
All is well

Watercolor by  
Jan Guarino

## HAIKU

by Nancy Maia

Quietly knitting  
as life slowly slips away.  
Helpless to do more.

## BEFORE YOUR EYES

by Rhonda Weiss, Leeds, NY

If you watch, I am  
Going to deteriorate  
Before your eyes  
Not because I want to  
But, because I have no  
Choice  
Showers only last so  
Many days  
Washing underarms can only  
Extend it but a few  
(Days) more  
Hair can only be  
Arranged so many  
Ways  
Before it looks  
Dirty and unkempt  
Clothes to change into  
Run out  
There is no place to  
Sort through my  
Prescription medications  
Before they too run out

And my high blood pressure  
Runs Amok  
And I can't go to work  
If I've nowhere to live  
I've degrees but  
So what  
If I can't find  
Accessible housing  
Affordable housing  
You soon will  
Call me Bum  
Instead of by my given name  
My humanity  
Is shredded  
As I deteriorate  
Before your eyes  
But, you refuse  
To lend a helping hand  
And I have done  
All that I could do  
To remain  
Like One Of You

# HIS NAME IS LOYD FRAZIER

by Fred Byrnes, Huntington Station, NY

When the towers came down  
on 9/11 and the dust cloud  
skull and crossbones grinning  
rolled through Manhattan streets  
You were at the McDonald's  
you owned,  
four blocks from darkened history  
As that dust cloud  
began to coat the windows  
of your McDonald's,  
you locked the doors  
ordering your workers and customers  
to stay inside  
You saw a police officer collapse  
on the sidewalk  
You unlocked a door  
and helped him inside  
Then a firefighter collapsed,  
outside you went  
and brought him inside



We who knew you  
and later learned of your actions  
weren't surprised by your courage  
Five years after 9/11  
the cancer caused  
by that deadly cloud  
claimed you  
We who'd gone to school with you  
We who played softball  
on Sunday mornings with you  
We attended your Funeral

# STILL BREATHING

by Cheryl Bottone, Northport, NY

Don't take away my life  
through  
vein or blood or toxic  
chemistry  
I'm still  
breathing  
No dysfunctional heredity  
can make me leave  
I'm still  
breathing

No psychotic genetics  
can spoil my spirit  
I'm still  
breathing  
Not trauma or pain  
can hold me hostage  
I'm still  
breathing  
I'm still grieving  
Still breathing

# PIONEER SONG

by Carisa Mannix, East Northport, NY

Over time the generations lost their sharp edges  
A sod house and church on Sunday was their only defense  
Relentless toil soothed by the whispers of the tall prairie grass  
In the very same field, death comes to the son as it did the father  
The heart stops beating and the deep imprints are carried on

# TRANSFORM DISTRESSES INTO BLESSINGS

by Barbara Y. Martin  
and Dimitri Moraitis

**H**ealing means  
change—changing  
from one condition  
to another.

Healing is one of the cornerstones of the spiritual life. At some point, we all need healing in mind, body, or soul. If some facet of your life is troubled, face that situation and heal it. Don't let troubles linger. **The process of transmutation is essential to spiritual growth.** You cannot climb the spiritual ladder without the art and science of spiritual healing.

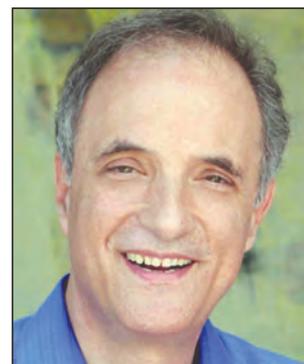
Throughout your evolution, there will always be a need for healing and transmutation. You may not think of yourself as a healer, but if you are walking the spiritual path, healing is a part of that path. So it's important to learn the skills, both physical and spiritual. This doesn't mean you need to become a doctor or a

professional healer, but it does mean that you need to understand and apply healing principles. The first step is a willingness to change, not just physical conditions but any conditions you are presented with. *Forgiveness is key in healing. Far too much precious time has been wasted holding onto grudges, regrets, angers, and hatred.* Become adept at the art of forgiveness. It matters not who made the mistake. By genuinely forgiving, you are freeing yourself of the energy that distressed you.

When there are troubles in our life, many people tend to look the other way or hide. We see that part of us as unpleasant and to be avoided, not realizing that while this may be a weak link at the moment, it has the potential to become a strength. **Refuse to think that there are problems too great to overcome.** There is no part of your life that you cannot transform into a blessed experience. ✨

*Excerpted with permission from **Heaven and Your Spiritual Evolution** ©2021, Spiritual Arts Institute.*

**Barbara Y. Martin,** one of the great metaphysical teachers of our time, affectionately known as the "Mozart of metaphysics" because of her numerous spiritual gifts, was one of the first to lecture in-depth on the human energy field and is one of the foremost clairvoyants and metaphysical teachers. She is co-author of a series of award-winning books that include the international bestseller **Change Your Aura, Change Your Life, Communing with the Divine, Karma and Reincarnation, The Healing Power of Your Aura, Animals of Love** and her newest book **Heaven and Your Spiritual Evolution.**



**Dimitri Moraitis,** co-founder and co-spiritual director of Spiritual Arts Institute, is an illumined metaphysical teacher, healer and co-author of numerous books as well as co-creator with Barbara of the SAI programs, course curriculums and numerous workshops. With Barbara, he is co-author of the international bestseller **Change Your Aura, Change Your Life, Communing with the Divine, Karma and Reincarnation, The Healing Power of Your Aura** and their newest book **Heaven and Your Spiritual Evolution.** He is an eloquent speaker on a wide variety of spiritual topics, has lectured across the country, appeared on numerous radio shows and leads the workshops and training classes offered at the Institute with Barbara.

# BOOK REVIEWS

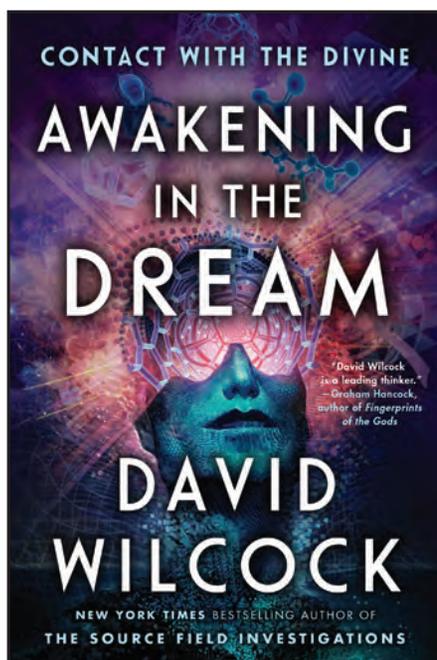
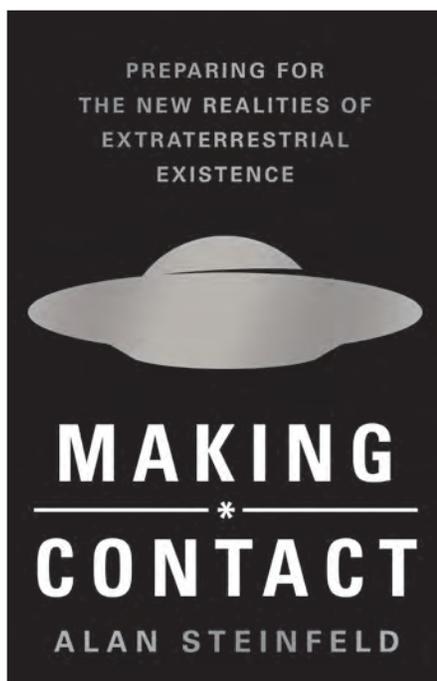
## & PRODUCTS

### BOOKS

**MAKING CONTACT:**  
**Preparing for the New Realities of**  
**Extraterrestrial Existence**  
by Alan Steinfeld  
smartmarts.com

Alan Steinfeld addresses the question: How can we prepare for an event that is literally beyond anything humanity has ever faced? **MAKING CONTACT** presents multiple perspectives on what no longer can be denied: UFOs and their occupants are visiting our world. The book answers questions remaining in the wake of the Pentagon's recent disclosures as to who and why these beings are here.

Included are original writings by leading experts of the phenomena, such as Linda Moulton Howe, *Earthfiles* reporter, Whitley Strieber, best-selling author of *Communion*, Prof. John E. Mack, former head of the Harvard Medical school of psychiatry and an alien abduction investigator, Nick Pope, former UK Ministry of Defense UFO investigator, Grant Cameron, expert on American presidents and UFOs, Drs. J.J. and Desiree Hurtak, globalists and founders of the worldwide organization, The Academy for Future Science, Caroline Cory, director of *Superhuman* and *ET*:



*Contact*, and Mary Rodwell, author of the *New Human* about star-seed children. Alan Steinfeld contributes and curates the collection with 30 years of experience with the subject. George Noory of *Coast to Coast AM* kicks off the volume with his veteran overview of the need to wake up to the *new realities of extraterrestrial existence*.

At this critical juncture in the government's official acknowledgement of the reality of UFOs/UAPs, scientists, politicians and mainstream news outlets have no idea what to make of these startling revelations or the outpouring of sightings and "contact" experiences currently being reported on a global scale. The book stands as the most comprehensive clarification to date on the intent and intelligence behind the phenomena. The variety of viewpoints expressed in the volume provide a solid foundation for the preparation of the greatest challenge to ever face humankind: Meeting the cosmic others.

**AWAKENING**  
**IN THE DREAM**  
by David Wilcock  
DivineCosmos.com  
penguinrandomhouse.com

In this information packed book, David Wilcock presents an autobiographical mystery-adventure, tracing a path of passions, interests and experiences that culminate in incredible personal and planetary discoveries. As his abilities to receive psychic messages both in the waking and dream state developed, Wilcock shares through his personal experience the common human frailty of being aware of certain information, and not acting on it or ignoring it, which brought on

challenging and even painful situations. He brilliantly ties together many loose ends forming an exciting hypothesis of

the beautiful global transformation that is now in progress. Topics include lucid dreams, synchronicities, extraterrestrial telepathic contacts, precognition, Illuminati information, the "Watchers" and many references to "The Law of One". There is also a section on the Great Pyramid serving as a guide to our history and our future.

We are told that spiritually more advanced souls, called "Wanderers," have incarnated on earth—although they may not express their full potential while on earth. Wilcock has included a unique 12 points "Wanderer Questionnaire" created by Scott Mandelker, that was quite eye opening in terms of pulling together what may have appeared to be disparate experiences, but in reality, when most of the questions are answered in the affirmative, create a personality composite that one may find most helpful in explaining what heretofore was unexplainable. A UFO researcher of many years, Wilcock also takes a deep dive into UFO abduction cases and lists a pattern of events common to all UFO contactee cases. David Wilcock is a lecturer and filmmaker, appearing regularly on the History Channel's hit show *Ancient Aliens* and is a New York Times bestselling author of *The Source Field Investigation*, *The Synchronicity Key* and *The Ascension Mysteries*.

### PRODUCTS

**ESSIAC GOLD**  
essiac.ca

If there's one word that sums up consumer interest in supplements during these times, it's immunity – and with good reason. Market research looking at sales data, purchasing habits, and consumer mindset all support the fact that consumers have increased interest in strengthening their immune system through dietary supplements. The newest product from Essiac from Canada International features Active Hexose Correlated Compound (AHCC®), a medicinal mushroom extract known for its immune system protectant capabilities. **ESSIAC Gold™** consists of four whole plant™ ingredients: burdock root, sheep sorrel, slippery elm, and Indian rhubarb, as well as AHCC®. AHCC possesses commanding immune-modulating properties that have been shown through 30 human clinical trials to stimulate the production of white blood cells that are crucial for the immune system. "ESSIAC Gold is the most concentrated Essiac formula to



**MALA GIRL BROTHS**  
malagirlbroths.com

Let's get brothy! Mala Girl Broths has taken one of the stresses out of the kitchen... how to create flavor! Treat yourself, family and friends to a truly beneficial organic comfort food...BROTH. These delightful sipping broths come in 6 different flavors, and are 100% vegan, plant based, organic heaven... perfect for creating your own "brothe-cary" at home.

Each packet concocted with culinary precision by a passionate chef-owner, Mala Girl Broths contain half the sodium of typical broths, and contain 15 organic ingredients with 9 key health benefits. From spicy, to mystical, motivating and international, Mala Girl brings a new kick of veggie-powered flavor to your morning mug and your cooking game including Soulfull Classic Broth, Mystic Maca, Mushroom Brainiac, Miracle Moringa, Fireball Basil and Cosmic Curry.

# THE FEDERATION OF STATE MEDICAL BOARDS CHANNELS THE SOVIET SECRET POLICE

by Tamzin A. Rosenwasser, M.D.  
Arlington, VA

Physicians have received a chilling threat about COVID-19 vaccination from the Federation of State Medical Boards (FSMB): “Physicians who generate and spread vaccine misinformation or disinformation are risking disciplinary action by state medical boards, including the suspension or revocation of their medical license.

Due to their specialized knowledge and training, licensed physicians possess a high level of public trust, and therefore have a powerful platform in society, whether they recognize it or not. They also have an ethical and professional responsibility to practice medicine in the best interests of their patients and must share information that is factual, scientifically grounded, and consensus-driven for the betterment of public health. Spreading inaccurate COVID-19 vaccine information contradicts that responsibility, threatens to further erode public trust in the medical profession and puts all patients at risk.”

*The FSMB has been described as a “private lobbying organization that represents the state’s attorneys who work for medical boards.” It does not by itself have the legal authority to take a doctor’s license but is highly influential.*

The NKVD, the People’s Commissariat for Internal Affairs, was the Soviet secret police agency, the precursor to the KGB.

The FSMB statement reminds me of Ignaz Philip Semmelweis, the physician who spread “misinformation and disinformation” about hand-washing in a hospital in Hungary in the mid-1800s. He had noticed that the mortality rate after childbirth was about six to nine times higher in a clinic where the physicians had been mandated (that word again!) to do autopsies in addition to taking care of patients, than in another clinic, where midwives delivered the babies, but did not do autopsies.

Dr. Semmelweis thought that there was something being carried from autopsies to the delivery room. He therefore required the medical students and doctors he

supervised to wash their hands with a chlorinated lime solution, which cleaned and also even removed the smell from their hands. His rule caused a dramatic fall in death rates among post-partum women. Nonetheless, his ideas were discounted and widely ridiculed.

In 1861, Dr Semmelweis became depressed and was put into a mental hospital, where he was beaten. An injury became infected, and he died of sepsis. The person who took his place in the maternity clinic abandoned hand-washing, and mortality rates increased seven-fold.

In the 1980s Barry Marshall and Robin Warren wrote a scientific paper concerning their discovery of the role the bacterium *Helicobacter pylori* plays in peptic ulcer disease. At that time, the “consensus-driven information” generally believed was that peptic ulcer disease was caused by too much stomach acid plus spicy food and stress. They were met with skepticism, but at least they weren’t beaten to death in an insane asylum for their efforts to take care of their patients. They won the Nobel Prize for physiology in 2005.

Now, we have an experimental vaccine for a disease with a greater than 99 percent survival rate except in patients who are over 70 years old or have comorbid conditions. Though it is available only under an Emergency Use Authorization, people are under intense pressure to receive it. Severe side effects have occurred in some recipients: myocarditis in more than 3,000; Guillain-Barré syndrome in more than 450; bleeding and clotting disorders in about 2,000; and death in more than 11,000. But mass vaccination is apparently consensus-driven.

To coerce people to be vaccinated against their will violates the Nuremberg Code. Did we not once have an actual meeting of minds that the things done by doctors in Germany at the direction of that National Socialist government warranted the Nuremberg Code, designed to prevent any recurrence of such medical experiments?

Was there a consensus in Germany in the 1930s and 1940s that Jewish, Romany, and Slavic peoples were a disease on the superior Aryan race? Was that consensus enforced by fear? Was there also a consensus that Jehovah’s Witnesses, Catholic priests, and Lutherans like Dietrich Bonhoeffer who did not agree with that consensus were to be tortured and executed along with the people they defended?

Is there now a consensus among all 50 States that physicians are to be muzzled, silenced, and have their lives destroyed in case they do not agree with the new NKVD?



**Dr. Tamzin Rosenwasser** earned her MD from Washington University in St. Louis after putting herself through medical school. She is board certified in Internal Medicine and also Dermatology, and has practiced Emergency Medicine as well. Dr. Rosenwasser served as President of the Association of American Physicians and Surgeons (AAPS) in 2007 and 2008. Dr. Rosenwasser has written numerous articles and opinion editorials, and has been a guest on many media broadcast shows. She is currently writing a book on medical practice. She also serves as a member of the Research Advisory Committee of the Newfoundland Club of America. She currently serves as Treasurer of the Association of the American Physicians and Surgeons. As a life-long dog lover and trainer, she realizes that her dogs have better access to medical care and more medical privacy than she has. For interview requests only, she can be reached directly at 941-492-6996 or email [AngelPublicity@aol.com](mailto:AngelPublicity@aol.com) and we will get your requests to her, as well.

Isn’t forced consensus a synonym for group-think? If no one can ever think or say anything that does not meet with the approval of the FSMB, we will never advance. At one time, there was probably a consensus that the only way to get from point A to point B was to walk.

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## BOOKS

**ANIMAL LOVE ORACLE CARDS** by Nadine Gordon-Taylor. InnerTraditions.com, 800-246-8648. (see ad p. 13)

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

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

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# CALENDAR OF EVENTS

## ONGOING EVENTS

### MONDAYS

**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, DrireneSiegel.com. Now offered Online.

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

### TUESDAYS

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

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

### WEDNESDAYS

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

### THURSDAYS

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

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### SATURDAYS

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

### OCTOBER 20

**FREE HELP FOR DEMENTIA CAREGIVERS** If you are a caregiver caring for a family member with Dementia, join our Free Online Class from 7-8:00pm, *Decoding Dementia, Hidden Causes & Secret Remedies*. Discover how to create a happier, healthier life for both you & your loved one. Take every advantage to help stop the progression of dementia by learning the best environment, foods, music, and alternative therapies, you can provide right now. Don't delay, every moment counts. To join, go to [acoustictherapeutix.com](http://acoustictherapeutix.com) and sign our mailing list to get your Zoom link.

## UPCOMING EVENTS

### AL-ANON'S INVITATION TO YOU

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

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# ACTION ALERT!

by Arthur Firstenberg  
Santa Fe, NM

## APPEAL TO U.S. SUPREME COURT BEING PREPARED

In the fall of 2018 the City of Santa Fe, New Mexico awarded franchises to five telecommunications companies for the purpose of placing both fiber-optic cables and 5G antennas in the streets and on the sidewalks of our fair city. Immediately the Santa Fe Alliance for Public Health and Safety, which has been working against wireless technology since 2005, hired an attorney and filed a lawsuit against our city, our state, and the United States of America.

Today, two years and eight months later, there are still no 5G antennas on the sidewalks of our city. Everyone – the Alliance, the government defendants, the citizens of Santa Fe, those that are watching around the world, and the telecommunications companies that hold the franchises -- are waiting to see whether our lawsuit will succeed.

Other organizations are also in court trying to stop 5G. Both the Environmental Health Trust and Children's Health Defense are doing excellent work and have sued the FCC over its recent orders facilitating the rollout of antennas. But regardless of the outcome of those lawsuits, the fundamental problem will remain, and 5G antennas will continue to be built, as long as the federal law that the FCC administers remains in place. That law is the Telecommunications Act of 1996, and the provision that has been strangling all opposition to cell towers for 25 years is Section 704 of that law.

Section 704 prohibits states and local governments from regulating cell towers

on the basis of the environmental effects of radio-frequency radiation, and for 25 years, "environmental effects" has been interpreted by the courts to mean "health effects." Since 1996, no city in the US has been permitted to protect the public from the radiation, or even to hear testimony about the health effects of cell towers. No lawsuit for injuries or losses caused by cell towers has been permitted to go to trial in any court. A large class of environmental refugees continues to grow as thousands lose their health, their homes and their businesses every day.

Ours is the first organization to sue a city to stop 5G antennas from being built on its sidewalks. Ours is the first lawsuit ever filed that challenges the notion that "environmental effects" means "health effects." And ours is the only lawsuit that is challenging the constitutionality of Section 704 of the Telecommunications Act of 1996. We are suing to force our city and our state to protect our health, and **we are asking the courts to declare that Section 704 is unconstitutional and invalid because it deprives people of life, liberty and property without due process of law.**

On May 27, 2021, the Tenth Circuit Court of Appeals in Denver decided against us, making our case ripe for appeal to the United States Supreme Court. We have retained two law firms, one on the east coast and one on the west, to draft the petition for certiorari and argue the case if the Supreme Court agrees to hear it. Both law firms have experience in constitutional and environmental law. We will also be soliciting *amicus curiae* (friend of the court) briefs from organizations and governments. Our petition for certiorari must be filed in the Supreme Court on or before October 25, 2021.

Our complaint against the City of Santa Fe, the New Mexico Attorney General, and the United States, originally filed in the district court in 2018, is here:

<https://www.cellphonetaskforce.org/wp-content/uploads/2021/08/Doc-19-First-Amended-Complaint.pdf>

This important effort will be costly. Donations in any amount are welcomed and are tax-deductible for US residents.

**DONATE:**  
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## VICTORY, AT LEAST FOR NOW, IN ITALY

In my previous newsletter, I reported that there had been an 18-day hunger strike against 5G in Italy and that the Alleanza Italiana Stop 5G had delivered 340,000 signatures to the Minister of Health asking for a moratorium on 5G and the Internet of Things. The exposure limit in Italy for radio-frequency radiation is 6 V/m, which is ten times lower than in most of the western world, and 5G cannot be deployed where the exposure limit is that low. Therefore the Italian Parliament was proposing amendments to the National Recovery and Resilience Plan that would have raised the exposure limit to 61 V/m, which would be in line with most of the rest of Europe.

On July 29, 2021, the Alleanza announced that their petition has been successful. On July 13, during the week of protests, Parliament rejected the amendments and voted, at least for the present, to keep the exposure limit at 6 V/m.

## INTERNATIONAL APPEAL Stop 5G on Earth and in Space

**Sign the Appeal:**  
[www.5GspaceAppeal.org](http://www.5GspaceAppeal.org)

To forward this newsletter via social media, copy and paste this link:  
<https://www.cellphonetaskforce.org/wp-content/uploads/2021/08/Appeal-to-US-Supreme-Court-Being-Prepared.pdf> ✨

**Arthur Firstenberg**, Author, *The Invisible Rainbow: A History of Electricity and Life*  
P.O. Box 6216  
Santa Fe, NM 87502  
USA  
phone: +1 505-471-0129  
[arthur@cellphonetaskforce.org](mailto:arthur@cellphonetaskforce.org)

The previous 22 newsletters, including this one, are available for downloading and sharing on the Newsletters page of the Cellular Phone Task Force. Some of the newsletters are also available there in German, Spanish, Italian, and French.

## New Articles Posted

– on –

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# Animals Do Communicate With Us!

by Dr. R. Geoffrey Broderick

I was having a conversation with one of my new clients from California and we were talking about our animals because he just had to put his dog to sleep. Because his dog was on another horrible pet food. We were talking about their spirits when they pass, and the fact that our pets, while with us, actually communicate *with us*.

How many times have we walked into a room and turned to our pet and said, "Oh, are you telling me that you are thirsty or hungry?" Why did we do that? It was because they were communicating with us -and we picked up on it.

He then told me a story. One of his dogs, years ago would bite his ear every night at 3:15 am and she would wake him up to go out. This dog would go straight to his beautiful garden and urinate on it -therefore killing the flowers. He had a neighbor who was an "animal communicator", so he asked him to come over and have a talk with his dog. While he sat with the pet, the dog told him, the reason she would wake him up in the middle of the night was because, "she couldn't stand the sound of the 'screaming' flowers anymore because they were so thirsty". After this chat with his dog, the neighbor said to my new client, "Do you have an irrigation system?" The parent of the dog said, "Yes". Well, your dog said, "The two spigots that water the garden are broken". The next day, his landscaper was called to the home and sure enough the nozzles were not working. He fixed them and his dog never woke him up again. What a shame that we can't actually hear what our pets are saying to us? We all need to try harder to listen to our pets. Be in a quiet room with your pet and just listen! Let me know your experience and what you heard from your pet. I said, if you listen carefully, your pet children will tell you the pet food you are buying in the pet food store is poison and making them sick.

Your great-grandfather's dogs lived into their 20's. Why? Because, "pet food" was not invented yet and dogs and cats ate what they ate. Then in the 1950's, pet food was invented and we started to see a dramatic decline in their life span. At the same time, our pet companions started to get cancer, diabetes, cataracts, skin conditions, allergies, and more.

Growing up, I always heard the false expression, "There are no coincidences". In 1969, I was a Senior in Kansas State University's Veterinary Medical School. I just happened to be in the first class in Nutrition ever taught in any kind of any medical school in America. Coincidence? I don't think so. Before that, any relevance to any food value was taught in simplistic courses like, "Feeds & Feeding" or "Dietetics" which meant that proteins are proteins, fats were just fats, and brown rice and white rice were

just simply carbohydrates -all having the similar nutritional value. This first course in Nutrition was formulated and taught to us by the great Dr. Russell Frey. His inspirational and revolutionary scientific knowledge set me on a path that would eventually change the history of Veterinary Medicine in America. It became very clear to me that Dr. Frey was striving to educate and remind us of the realization that the truth was previously given centuries to all of us by Hippocrates.

About two thousand six hundred years ago, Hippocrates of Kos, lived and taught circa 466 to 377 bc. Hippocrates words were, "Make a habit of two things: help or at least, do no harm!". He also emphatically said, "Let food be thy medicine and medicine be thy food". (I could find no mention of drugs or pharmaceuticals in his notes.)

Now, in my 53rd year as a veterinary surgeon, doctor, and nutritionist, I have come to the glowing realization that the medical professions have forgotten the teachings of Hippocrates. In their fer blungett (Yiddish for confusion) they also have failed to put into practice the words of the man whom they themselves arrogantly claim to be the father of *their* medicine.

With the guidance of my amazing teacher, Dr. Russell Frey, I became his protégé for life and created, CORNUCOPIA, the real organic food for our four-legged warm and fuzzy children alternative to the dangerous use of industrial waste, road-kill, and disease producing sickening food that was, and is, forbidden for consumption by law for human beings.

In creating this ALTERNATIVE FOOD, fit for ALL beings, the path to real human-grade foods for pets began with Cornucopia. Cornucopia is the only certified real human grade food for pets that we know of. Although, there are many in the harmful industry known as the "pet-food cartel" who use expensive persuasive advertising and misleading labeling that creates misinformation about the existence and safety of allegedly comparative ingredients in foods.

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*He puts unconditional love and passion into his food, his patients, his practice, and this is his reason for being here at this time.*

This is true information, freely given to you, as opposed to the nonprofessional misinformation sold to you at the pet food and pet product stores.

**Dr. R. Geoffrey Broderick is the most famous veterinarian in the world.** Doc," as he is known all over the world, makes and eats (both with his own hands) the HIGHEST HUMAN-GRADE CERTIFIED ORGANIC, GMO-free, gluten-free, antibiotic-free, free-range food for pets on Earth. Cornucopia is the only food for pets that bears the Harm-Free Seal, anywhere!

If you and your human-children are AFRAID to eat your pet's food, then why would you ever give it to your beloved pet-child? Think about it! There is no trade-off to unconditional love.

## Why Cornucopia is the healthiest choice for your pets: It is above certified organic! Real Food! HUMAN GRADE.

- No Ground-up Euthanized Animals or Fetal Tissue
- No By-Products
- No Farmed Fish
- No GMOs
- No Antibiotics
- No Rendered Meats or Food Waste
- No Hormones, Pesticides or Herbicides
- No Artificial Sweeteners, Colors or Flavors
- No Preservatives
- No Gluten
- No Sugars
- No Meal
- No Wheat, Corn, or Soy
- No Carrageenan
- No Roundup
- No Aspartame, MSG or "Natural Flavors"
- No Animal Cruelty
- No Euthanasia Drugs or Drugs of Any Kind EVER in our Food!



# Cornucopia™



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