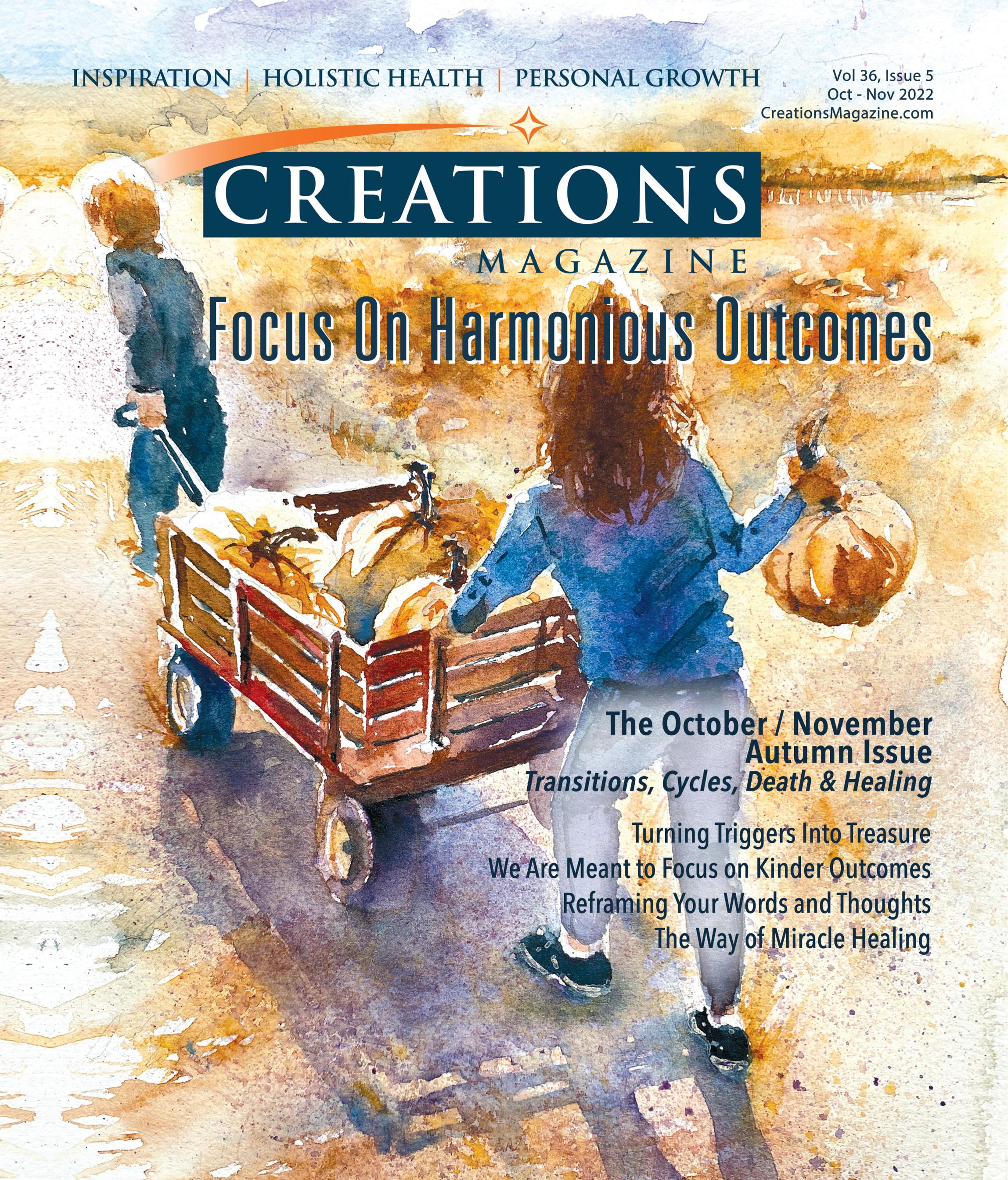


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CREATIONS

MAGAZINE

Focus On Harmonious Outcomes

**The October / November
Autumn Issue**
Transitions, Cycles, Death & Healing

Turning Triggers Into Treasure
We Are Meant to Focus on Kinder Outcomes
Reframing Your Words and Thoughts
The Way of Miracle Healing

Healthy X-rays?

You can't treat what you can't see. Dental x-rays have been around for more than 100 years and a lot has improved. There is no known "safe" levels of radiation so we have to take every precautionary step possible to reduce exposure. The million-dollar question is "do dental x-rays cause cancer?"

Cosmic rays bombard the surface of the earth all the time. Living things like plants absorb radioactive materials from the soil and they pass it up the food chain. But living things, humans included, are used to being exposed to this ever-present background radiation, so they adapt and constantly repair the damage caused by it.

If you were to look at a top 10 list of everyday things that have radiation you would be fascinated. Brazil nuts are curiously more than 1000 times more radioactive than any other food. Bananas are naturally high in potassium which is a mix of isotopes, one of them being radioactive. Beer, fluorescent lights, tiles, granite, concrete, bricks and kitty litter are on the list.

Cell phones, televisions and computer monitors emit electromagnetic waves and the National Cancer Institute says it may increase the risk of cancer and alter brain activity.

Let's relate background radiation to dental x-rays. We could say that one dental x-ray is equivalent to a few minutes of background radiation. This may sound correct but it's a whole lot less dangerous. One concentrated burst of x-ray over a small area of the skin for one tenth of a second in a targeted area of non-radiosensitive structures is profoundly different than the whole body being bathed in a regular stream of radiation over 5 minutes. Organs that are sensitive to radiation are the brain, eyes and glands such as the thyroid, mammary glands, ovaries, testes and pancreas. Our x-ray machines have shielded columns directing the energy to a small, targeted field. Shielding the patient and directing the rays appropriately are important. **With the advent of digital x-rays, our state-of-the-art equipment emits 90% less radiation than traditional machines.**

Looking at the real scientific evidence, radiation from dental exams has never been proven to raise the risk of cancer incidence.

Weighing the pros and cons is imperative. If the pros far outweigh the cons, in the name of health, we obtain radiographs keeping radiation exposure "as low as reasonably achievable." Taking 4 checkup digital x-rays is the equivalent of walking to your car from the mall on a sunny day or tanning for 15 mins. You get 20 times more radiation from smoking a pack of cigarettes and 40 times more radiation from a flight from New York to LA.

But an x-ray can save you a lot of time, money and pain if it detects a cavity, a hidden resorptive process within a tooth, or even a suspicious bony lesion. **Apart from gum disease and dental decay, other conditions that x-rays help us diagnose are infections, cysts, impacted teeth and bone conditions, tumors and cancers. They can save your teeth, but also save your life.**

How about some fun other radiation comparisons? Flying from New York to Rome is like 100 dental x-rays. Sleeping next to someone is like 20 x-rays. Cooking with natural gas per year equals 100 x-rays. Food and water consumption per year is 300 dental x-rays. Smoking a pack of cigarettes a day for a year is the equivalent of 360 x-rays. A breast mammogram is 420 x-rays. And, lastly, simply living in Denver, CO for a year equals 630 dental x-rays.



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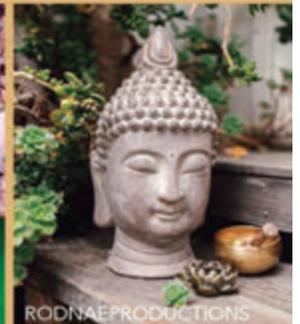
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TALKING OUR WALK

Every moment of every day, the good news is the **good** you choose to focus upon.
~ Ann Albers

Welcome to the October / November Autumn "Transitions" Issue — Change is good!

Depending on the situation, changes can indeed be good for us, the very catalyst to jolt us out of our emotional and mental stagnation and paralysis. Yes, change is usually uncomfortable, maybe a might messy, and occasionally disheartening and debilitating. But these unexpected and unplanned events open doors and paths that we may never have taken if not for these bits of "encouragement." It is the push from the Universe / Source / Higher Guidance, or however you term it, that provides us with the *courage* needed to nudge us past our blocks and fears.

I can look at my professional life as an example: Out of college in 1981, I was working at my absolute "dream" company in New York City. However, after one and a half years, things weren't working out very well — I was going nowhere and *I was miserable*. All rational thinking dictated that I be patient and give it more time — especially when my half-baked exit strategy was to open a natural foods retail store in a marginal location with little start-up capital. 24 years and 5 locations later, I'm glad that NYC job didn't "work out" (even if my ego did take a beating).

Further down this path, the opportunity (through my stores) to obtain Creations Magazine presented itself. Neither Andrea nor I had any publishing or advertising sales experience — so of course we jumped at it :)

Not easy, not comfortable. Seventeen years in, I still feel it in my stomach every time I need to call on a prospective advertising client. Making money, I love; chasing after it, not so much. And I still wait until the last day to write this column, hoping Andrea will swoop in



with some profundity and inspiration :) Nevertheless, this publication has turned into one of the top highlights of my life, opening doors to relationships and freedoms not available to me in my prior businesses.

To bring peace to the Earth, make your own life peaceful.

Hanging on my office wall, the message above is my daily reminder to avoid contributing to the pervasive fear and angst. The "Left," the "Right," and most everyone on the political / social spectrum hold deeply passionate beliefs, principles and desires to bring about the best possible outcomes for themselves, their family, friends and planet. Regardless of what "side" you *think* you're on, ultimately, we are all on the same side.

As more of us cultivate our individual *inner peace*, the more we reflect our true essence and raise the collective consciousness. As Owen Waters, Alan Cohen and others have illustrated in these pages over many years, the negative emotions of division, fear and anger are overridden by the exponentially higher energies of joy, peace and love.

So, rather than forcing our self-righteous viewpoints on our neighbors, let's instead serve the highest good by **Focusing on Harmonious Outcomes** for all.

Peace All-ways,

Neil & Andrea

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Turning Triggers Into Treasure

by Judy Wilkins-Smith

Content and trigger warnings, book bans, gender sensitivity, cancel culture. Even though most psychologists and social workers now agree that trigger warnings don't work and "cognitive avoidance" (dodging sensitive topics) is counterproductive to emotional growth, the list of social hot potatoes and things we won't or can't look at grows longer by the day.

Perhaps this is because we haven't understood these unpalatable hot buttons for what they are: messengers sent directly from our subconscious pointing us in the direction of where the buried treasure within us lies.

American novelist and activist James Arthur Baldwin wrote, "Not everything that is faced can be changed, but nothing can be changed until it is faced." And that's very true. But I'd like to take his words a big step further and say that, "Not everything that is faced can be changed, but everything we face holds a gift." We just need to look at things the right way.

Let me give you an example. A client (I'll call her "Alison") came to me after a recent vacation in Hawaii. She was deeply disturbed because mask mandates had been set in place that made it impossible for her and her family, who were not vaccinated, to sit inside a restaurant to eat. They had to sit outside or ask for takeout. "Fortunately Maui has great weather and many restaurants have outdoor seating," she said. "But that's not the point. I got hugely upset and angry. I felt discriminated against and couldn't help but think about how my grandmother and grandfather had been excluded from eating in restaurants because they were Black. I knew it wasn't the same thing, and tried not to react. But I ended up getting so upset I got sick and we had to fly home early."

As we explored her situation, it became clear that Alison was always looking out for the underdog. Although it was

deeply unconscious on her part, she often projected her own issues about discrimination onto others. As a lawyer representing women of color who were victims of discrimination, this wasn't hard for her to do. She also kept getting emotionally involved and angry at the injustices her clients experienced. "It's like all the hurt and unexpressed rage of my forefathers and mothers is coming out through me," she said. "I can't control it and I hate it! I'm even beginning to think I need to change careers." I reassured her that, although running away is what most of us naturally consider when we're feeling overwhelmed emotionally, instead of quitting her career, what she needed to do was to see beyond the triggers and anger to the treasure they were pointing her toward.

Together we set up what's called a "constellation," in this case a physical 3D map of her closest family members—her mom, dad, siblings, and maternal grandparents—comprised of pieces of paper with one family member's name written on each piece. Alison then arranged the names in her family system on the floor in a way that energetically made sense to her, a pattern that reflected the actual relationship dynamics of the family: who was closer to whom, who was distant, who was absent, who was engaged and who wasn't. We also included the presence of anger. Alison wrote the word on a piece of paper and placed it where she felt it needed to go, which was beside the names of her mother's parents. As she looked at the whole pattern, literally standing in the middle of the pieces of paper set out on the floor, I prompted Alison to talk about her family.

As it turned out, her mother's parents, who lived in the South, had been deeply active in the Civil Rights Movement in the 1950s and 60s. But her mother moved to Chicago to go to school and met her father whose family wasn't involved at all. "It's like when she moved North, Mamma washed her hands of the whole thing," Alison said. "My parents acted like discrimination didn't even exist—like they'd escaped or something. And early on both my older brothers got into computers and IT." She studied the layout of the names on the floor. "It's like everything grandma and gramps felt and did and stood for went totally unseen by everybody."

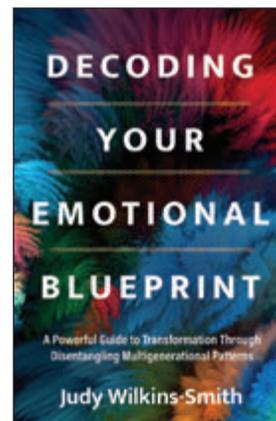
"Except you," I said. Her eyes flew wide. "So," I continued, "What do you think your grandmother and grandfather wanted for their children and

grandchildren? What were they working toward?" "A world where we could live in peace and be free to live the lives we choose," she replied promptly. "And isn't that exactly what your parents and brothers have done?" She gasped. "Oh, my God, yes," she said slowly, realization dawning.

"Is it possible that anger has its time and place? Is it possible that while your grandparents used their anger to effective purpose, holding onto their anger is not honoring them so much as holding you back and denying the gift they worked so hard to give you?" Alison was stunned. "I never looked at it that way before," she whispered. I asked her, "What has anger given you? Can you look at anger and thank it for anything?"

She thought about it and nodded. Taking a deep breath, she said, "Thank you, anger, for what you did for my family. You inspired ambition, success and peace. I can see you had a place in my family. But I don't need to carry you anymore."

Systems—whether it's a family system, a business system or a social system—are like the people that comprise them. They're wired to evolve and grow. And, like people, growth is dependent upon actions and breakthroughs in the system being built upon and expanded. Alison had been acknowledging her grandparents by emulating them—repeating the pattern of anger instead of moving beyond anger to take their legacy to the next level. Subconsciously, she was angry at herself for not doing so. She'd also been angry at the rest of her family, interpreting the gift of their peace as indifference.



That which doesn't grow, stagnates. Sir Winston Churchill summed up this cycle very well when he said, "Those that fail to learn from history, are doomed to repeat it." Alison had been repeating history, finding all sorts of people and situations around her to keep the old anger pattern alive.

When I asked Alison what new emotion could replace anger and take her and her family's legacy forward, she was quick to reply. "Determination!" she cried. "I can keep my career and not be victimized by it. I can be bold in my determination to help other women. I can show them what it looks like not to be a victim! I can help them live the kind of free life my grandparents created for me!"

See how you can move beyond a trigger and find strength? Next time you get upset by something, don't judge yourself or try to dodge it. Stop for a moment. Reflect upon the trigger. Consider the issue and its context within your family. Ask where it belongs. Where did the issue start? Who else had this issue? Was it expressed? Was it buried and ignored? Was it judged? By whom? What is trying to be expressed and/or healed through you? If you look deeply enough, you'll find the gift waiting for you, longing to ignite the next step. And that is true transformation. ✨

Judy Wilkins-Smith, author of *Decoding Your Emotional Blueprint: A Powerful Guide to Transformation Through Disentangling Multigenerational Patterns*, is a highly-regarded Systemic Work & Constellations expert, coach, motivational speaker and founder of *System Dynamics for Individuals & Organizations*. For more information: <https://judywilkins-smith.com>.

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You Are Meant to Focus on Kinder, More Harmonious Outcomes



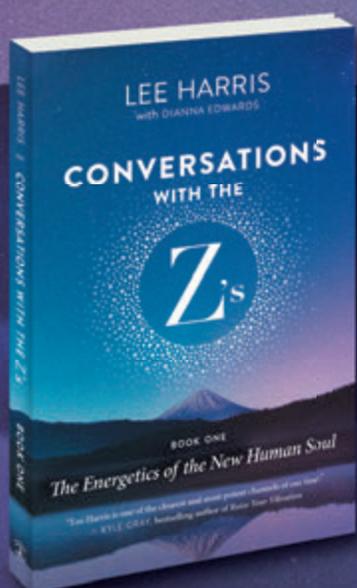
floor. Life, love, and the Source within always expand, grow, and contribute to the beautiful dance of life around.

Likewise, the oceans exist. They do not necessarily expand their volume at all times, but they expand their experience. They constantly shape and reshape their depths and their shorelines. They take in new substances offered by the earth and the rains, as well as human beings. They support different forms of life at different times and when life forms cease to enjoy their existence, they transition into the spirit realms again.

Life is expanding, growing, and becoming more at all times – not necessarily more in terms of quantity, but more in terms of experience. Life is always trying to expand into greater love.

You too are expanding life. You too are part of this vast and immense force that creates worlds. As you experience situations here upon your earth, in this great buffet of life, you make choices. You have preferences. You dream of new experiences and in your dreaming – both individually and collectively – you call new dreams forth.

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by the Angels,
channeled by Ann Albers, Phoenix, AZ

You came to this earth eager. You came wanting to create. You came, not because you were flawed, not because you messed up in prior lives, not because you wanted to learn to be a better person, but rather because you wanted to embody, experience, and expand love – both within yourself and within the world around you. You are nothing less than the love of the Source in human form, expanding love.

The oak tree wants to make acorns. The acorns want to grow into oaks, and these oaks want to make acorns. The acorns and oaks grow because the force of life inside of them is constantly expanding. In the surrender to their own expansion, they feed and shelter countless animals. They hold the soil in place. They drop their leaves in the Fall and fertilize the forest

What you never intended to do was to focus so relentlessly on the problems that you hold them in your created reality. You meant to focus on better, kinder, more harmonious outcomes. You mean to expand love.

So when you see the difficult, and even horrific things going on in your world, acknowledge them of course. They are going on. But then, dear ones, turn to the light. Turn to the feeling of a better future. Turn to the feeling of a world at peace. “That is a fantasy you say.” We say, “It is until enough of you fantasize about it and call it, through your focus upon it, into reality.” If you truly tuned into the feelings of peace frequently, moving your focus back to peace when you wobble away from it, you would start to enjoy peace in your own heart and your own life. Your peace would ripple outwards and calm those around you. Little by little, dear ones, you would begin to change your world.

There are, of course, far more personal challenges. You want to create abundance. Then, dear ones, find the feeling of it, and every time you wobble away from that feeling, try to find a thought that makes you feel more abundant. Practice this until you feel abundant in your heart most of the time. Perhaps you are abundant with

love, talent, kindness, and good people. Perhaps there are beautiful clouds in the sky, and a vast array of fruits to choose from at the market. Can you find the feeling of abundance and stay there until abundance flows to you? Life wants to expand your experience of love.

Say you lose someone. This doesn't feel much like a creative adventure or an expansion for your soul. This feels like a loss. You have been trained to see it as a loss. We see it as an expansion. When someone dies, it simply means that they are ready to expand back into the non-physical realms. Some leave because they feel complete at the soul level. Some leave because they made a decision to do so before they were born. Some are simply feeling stuck and know, deep in their soul, that death offers more love than they are currently open to receiving here upon the earth.

In the other realms, the love of the Source is so apparent and overpowering that you don't resist love. You don't resist being a loving being. You don't resist receiving God's love. You don't resist receiving the

love of your dear ones on earth. You can look back on your life with all its ups and downs, but you see it through the eyes of love. You see the expansion that took place. You see all that you learned, and how you grew. You see the things you could have done better too, but without the judgments that you place upon yourselves on earth. You live in the light, in love.

So when you lose someone, by all means, first and foremost tend to your feelings. Seek soothing and comfort, and know that your loved ones in the light are not judging you in any way. They see you as cooperative partners in their own vibrational choices on earth. They know you love them. They are no longer harboring any judgments whatsoever.

Reach for your own good feelings, as you are able and then you will be able to reach for them. In time, dear ones, as you focus on the love you have, more than the loss or the longing, you will feel them. You will connect with them. They have so much love to offer you now in their expanded form. As you surrender to the love you feel

for them and the love you feel for yourself, the compassion for self, the soothing you need, and the joyful thoughts of your time together, you will reach for their vibration and you will begin to experience the eternal nature of all souls.

You intended to expand dear ones, by seeing a variety of life and choosing among them. You intended to try new things, have new feelings, think new thoughts, and create new experiences. You did not intend to "get by," "survive," or "tough it out." Every day, even if you do the same thing and have the same routine, you can reach for greater love in the experience.

Even in the midst of life's greatest challenges, and often especially in the midst of them you reach for more love. You reach for greater kindness, greater harmony, and greater ease. You can do this while things are going well too, listening to your heart and acknowledging its desires when they arise naturally.

You are expanding beings. You don't grow because you are flawed, any more than the acorn would consider itself flawed as it

grows into an oak. You grow because the life within you seeks expansion into greater love. You are perfect now, even as you expand into more. The acorn is perfect as it expands into the oak. The oak is perfect even when it dies and fertilizes new acorns as its spirit takes life in new oaks.



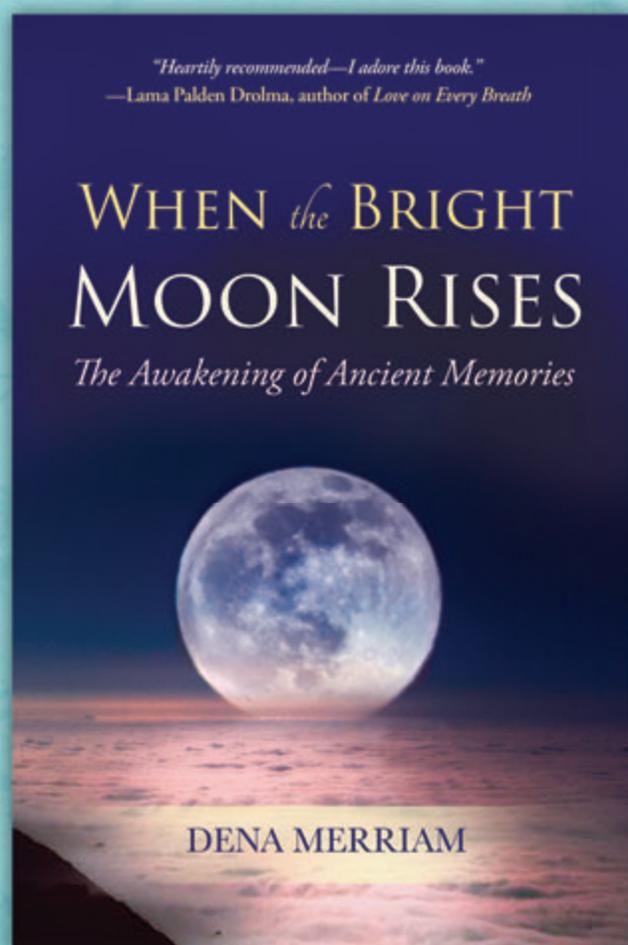
Light, dear ones, is the substance that lives and breathes within you. Set it free within you. Let it shine without condition as often as you can. Be kind to yourselves

and allow your dreams to play within your own minds until they cause feelings that match, and eventually become your personal reality.

God Bless You!

We love you so very much. ✨

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When the Bright Moon Rises: The Awakening of Ancient Memories is a uniquely captivating and authentic story of the inner workings of karma and reincarnation, our powerful heart-ties that span the centuries, and the sages and masters who skillfully guide and protect us along the way.

Founder of the Global Peace Initiative of Women, Dena Merriam is a renowned international interfaith leader and has been a student of Paramahansa Yogananda for 45 years.

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The Way of Miracle Healing

by Dr. Neil Douglas-Klotz

How do we feel when we receive a diagnosis or are told about the “normal outcome” of a health problem we have? We tend to rely on statistics and experts and to discount anomalies. So anything out of the ordinary becomes a “miracle.” But what if we lived in a world where the “miracle” was normal?

We use the word *miracle* mainly influenced heavily by healing stories in the Christian gospels. But Jesus’ native language, Aramaic, had no equivalent word. Instead, he talks about offering “signs” of where his healing power comes from. I investigated this whole area over the past 40 years, through the gospel version used by

Aramaic-speaking Christians for nearly two thousand years.

Why bother with this? First, because we haven’t heard these stories or Jesus’s words accurately. They have been strained out of a language he never spoke (Greek) through centuries of theology. Second, the misinterpretation of these stories subconsciously affects how even an atheist thinks about their own healing crises and the potential for the unexpected to happen.

In the ancient world, humanity viewed life and nature very differently from the way we do today. One example: what Jesus calls the personal self (*naphsha*), was more interconnected with its environment and less individual, less “selfie” and self-ish. Another: the Aramaic word translated “spirit” (*ruha*) means also “breath” and “soul. We can see here a connection between what we now feel as taking place “inside” us and what we perceive as “outside.”

This view was not unique to Jesus, Aramaic or the other Semitic languages but was shared by other cultures in the ancient world. For instance, “breath” and “life

energy” are also the same word in ancient languages: *prana* in Sanskrit and *chi* in Chinese.

Instead of simply seeing a tree as a physical object outside of themselves, and even less as a potential piece of lumber to make a table, ancient peoples tended to perceive trees as part of their own outer/inner landscape. Perhaps a particular tree embodied a specific spirit, entity, or cosmic force. Hence, we find throughout the world stories about tree-beings, devas, nature spirits, demons, fairies, and so forth.

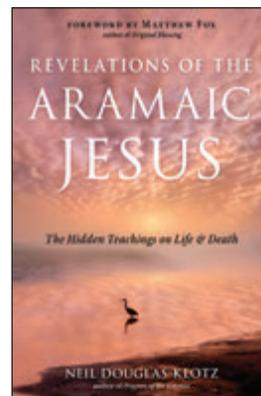
Today we consider such views illusory, or human projections that occurred while people were waiting to discover the “factual”—that is, material—basis of life. In other words, they would eventually be persuaded that “out there-ness” is the *only* reality. Do I need to mention that this gradually encroaching, exclusively materialist view has inflicted huge ecological and social problems on humanity over recent centuries?

Ancient people felt nature as an extension of themselves, diverse but not separated, like the wider clothing of their consciousness. What we today experience as exclusively internal, our “subconscious” (one of many words that didn’t exist in ancient times), was in some sense being woven and “worn” around us in nature.

A solely “physical” ailment would then, in ancient times, have had both “psychological” and “spiritual” components. I put all of these words in quotation marks because the way we use them today divides life into seemingly separate areas of concern. Ancient Semitic languages like Jesus’ Aramaic have only one preposition (b-) that means both “within” and “around” a person. Failing to note even this simple linguistic fact has led scholars into all sorts of confusion about what Jesus said and did.

So healing in the ancient world always involved a recognition of the seen and unseen, of all the worlds (*alma*). Healing reconnected breath, heart, and self through soul with *hayye alma*, the source of life energy that infuses all the worlds (an expression usually mistranslated “eternal life”).

In closing, let’s take an example of the story of Jesus healing a deaf man with a



speech impediment in the gospel of Mark:

And he took him aside from the multitude, and put his fingers into his ears, and he spit, and touched his tongue; And looking up to heaven, he sighed, and saith unto him, ‘Ephphatha,’ that is, be opened. And straightway his ears were opened, and the string of his tongue was loosed, and he spake plain. (7: 32-36, King James Version translation from the Greek)

When he places his fingers in the man’s ears and touches his tongue, Jesus unites his sensing self (his “proprioceptive awareness”) with that of the man.

The phrase “looking up to heaven, he sighed,” reads in in the Aramaic gospel of Mark, *har bashmaya wa attanah*: he directed his awareness toward the source of sensation, vibration, sound, and light (*shmaya*). In other words, the two persons are now united in the *shem* (atmosphere, light, or vibration) of *Alaha* (the name Jesus uses for “God,” which actually means Unity, the union of all opposites, Reality itself).

Then he uses the Aramaic word *eth-phatah* (mistakenly transliterated in the Greek text of the Gospels, so also in the version above), which means, “be opened, expand, clear the way!” So: “open to the waves of space that give and receive all sound, hearing, and speech.”

Through Jesus’s word and touch, Reality itself—the source of all sound—accomplishes the healing based on the man’s own trust. As he says elsewhere in Mark, “Your energized trust has renewed your life energy” (*haymanutakh a yatak*), a phrase usually translated “your faith has made you whole.”

But this is not faith “in” Jesus or a catalog of beliefs about him (another mistranslation). It’s the trust that we can share that only one Reality exists, and this Reality (whatever we call it) has, over hundreds of millennia, produced many miracles. ✨

Neil Douglas-Klotz is the author of *Revelations of the Aramaic Jesus*, being released by Hampton Roads publishers in October: revelationsofthearamaicjesus.com.

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Reframing Your Words and Thoughts

by Maureen Sharphouse

The words you use have the power to either heal or harm you. They can make you feel better about yourself and help you own your place in the world—or they can act like restrictive chains around you and erode your soul and spirit.

Let me share **private extracts from one of my journals (dated January 2003)**. Adjusting and reframing the words I used concerning myself and my perceived abilities freed me to move forwards and craft much change in my life. As you read the following journal extracts, I encourage you to pause from time to time and reflect on how the words I use may or may not relate to you.

Silencing My Inner Critic

My Thoughts: not good enough, fear of failure, fear of judgment, fear of what others think or say, not worthy of love, not liked, not enough energy, disabled, a lifetime of ill health and pain . . .

- ~~I am not good enough.~~ I am enough.
- ~~Fear of failure.~~ I can do this.
- ~~Fear of others' judgment.~~ I am the master of my mind, and it is what I think and believe that counts.
- ~~Fear of what others say.~~ I believe and trust in my voice. It is my opinion of me that is important.
- ~~People do not like me.~~ I like and love me.
- ~~I am not worthy of a great life.~~ I deserve to be happy and have success. I deserve to live my best life.
- ~~Life is hard for me.~~ Life loves me, is good to me, and flows naturally through me.
- ~~I am disabled and limited in my ability.~~ When I expand what I think, I expand what I can do. When I expand what I do, I expand my world.

• ~~I have ongoing health issues.~~ My body and spirit have the power to heal.

My Feelings: fear, nerves, shyness, guilt, regret, lack of confidence, lack of self-

belief, low self-esteem, self-conscious, feelings of weakness and vulnerability, feelings of not being good enough or worthy of love...

- ~~I am a disappointment.~~ My family is proud of me.
- ~~I lack confidence.~~ I have all the power, strength, and resources in me.
- ~~I feel physically weak and vulnerable.~~ I am mentally strong and powerful.
- ~~I feel forever exhausted.~~ I feel energized, nourished, and enriched.
- ~~I do not like myself.~~ I am a beautiful person. I feel love for me.
- ~~I feel anxious about my future.~~ I feel calm with a deep sense of knowing that all will be okay.

Adjusting and Reframing My Words and Thoughts

Time to Flip My 'But'

- ~~I want to go swimming, but I am very tired.~~ I am very tired, but I want to go swimming.
- ~~I would love to meet with friends, but my pain levels are high.~~ My pain levels are high, but I would love to meet with friends.
- ~~I want to go to the party, but I don't know how I will feel on the day.~~ I do not know how I will feel on the day, but I want to go to the party.

Time To Say 'Up Until Now'

- ~~I have been too tired.~~ *Up until now,* I have been too tired.
- ~~I feel uptight and anxious.~~ *Up until now,* I have been feeling uptight and anxious.
- ~~I have had no energy.~~ *Up until now,* I have had no energy.
- ~~I have not looked after myself very well.~~ *Up until now,* I have not looked after myself very well.
- ~~I am not good at taking rest when I need it.~~ *Up until now,* I have not been good at taking rest when I need it.

I feel raw and vulnerable sharing these journal extracts with you. However, it highlights how even the little things (e.g., changing the order of what goes before and after the word "but") can be hugely

impactful by sending a completely different message to your brain. Your mind sees the word "but" as negating what goes before it and therefore puts more focus and attention on the second part of the sentence. Try it for yourself and feel the difference it makes.

Similarly, the small difference of inserting the three short words "up until now" before a statement opens the doorway so that whatever you may have seen as being your factual reality can now perhaps be replaced by a different experience instead.

Be Cautious

When adjusting or reframing the thoughts you hold about yourself, be careful of the language you use, for your mind does not pay attention to whether you do not want something or want something. You may think the two sentences below mean the same thing, but to the brain, they relay quite different messages. Try saying the following two sentences out loud, and you will feel and see what I mean.

- **I do not want to feel stressed.** (The brain homes in on the word stressed so it can make sense of what you are referring to—and it only brings you thoughts and feelings of stress.)
- **I want to feel relaxed.** (To understand the context of the sentence, the brain homes in on the word relaxed and brings you thoughts and feelings of relaxation.)

Notice how your brain picks the focus word of your sentence to make sense of what you mean.

Keeping Things Simple: Rather than thinking or stating what you do not want to have, be, feel, or achieve, flip your attention to what you do want instead. As you put yourself into a more positive state of mind and start to feel better about yourself and your life, your brain will automatically start looking for ways to help you achieve what you want. ✨



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Maureen Sharphouse wrote the international bestselling book **Unhackable Soul: Rise Up, Feel Alive, and Live Well with Pain and Illness** and her 30-Day online "Unhackable Soul" course, a 30-day elixir to reignite the light within you, after not having a pain-free day in 35 years. A neurolinguistic programming expert, Sharphouse evolved a thriving coaching practice into a passionate mission to empower people living with pain and illness across the globe to not only be alive but feel alive. If you know someone facing chronic pain, connect them with free resources at MaureenSharphouse.com where they can find a community that cares.

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Light After Loss

by Ashley Davis Bush, LICSW

Sitting on the couch across from me, Raquelle shared that it would be Henry's birthday on Saturday. She and her family would be writing messages on balloons and sending them up to heaven, just as they did every year on his birthday.

Henry died 22 years ago when he was 11 years old. He had choked on a grape and died right in front of his parent's eyes.

For some, it might seem odd that Raquelle would honor her son's birthday, some 22 years later. They might think she should be over her son's death by now or it's pathological to keep her son's memory so alive.

As a grief counselor working with grieverers for over 30 years, I can tell you that Raquelle's annual ritual is healthy and is loving. It's healthy because it honors the fact that grief is a lifelong process and allows Raquelle to expand her experience to something greater than herself. It is loving because it's an expression of the love that never dies, the relationship with your loved one that you hold in your heart always.

If you are dealing with the loss of a loved one, understanding the power of love will help you cope and survive the ever-changing landscape of grief.

Here are 5 different perspectives that will deepen your understanding of the power of love:

1. Love is Worth It

Imagine a magic wand that could take all of your pain and grief away. Yes, upon waving this wand, you would have no more tears or longing or anger or sorrow

or depression. All of the grief would be gone. But with this wand, there is a catch: the wand also wipes out any memory of your loved one. It will be as if you had never met them, had never loved them, never had the impact of their presence in your life. In other words, no grief, but no loved one. Would you want that magic?

Most people say "NO WAY." Why? Because the thought of a life without their loved one is unthinkable. The grief is worth the trade. Love is worth the pain of grief because love ultimately makes a life worth living. For most, it really is better to have loved and lost than never to have loved at all.

2. Love is the Reason

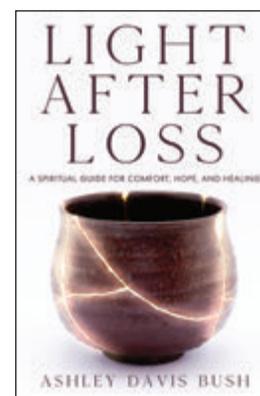
Love, in fact, is the reason that you're shattered right now. If you hadn't loved this person, you wouldn't be grieving the loss of them. It's because the love was sweet, the relationship fulfilling, the memories so rich that grief exists at all. As the character of C.S. Lewis says in the movie, "Shadowlands" about the loss of his wife, "The pain now is because of the happiness then. That's the deal."

3. Love is the Key

True love is big and vast and all encompassing. True love forgives and expands and ultimately is bigger than pain. Most people think that time will cure all wounds. But that's actually not the case—it takes more than just time. It's time plus the grief work that cures. What does "grief work" mean? It means letting yourself feel the pain, leaning into the sorrow and anger and guilt and regret and numbing confusion. It means sharing and expressing and giving voice to your experience. It means connecting with others who understand. And finally, it means tapping into a force that is greater than the grief: love. Savoring the love you had and holding onto the love that still exists is the ticket to living alongside the grief.

4. Love is the Light

The science of Neuroplasticity teaches us that what you focus on grows; *what you*



focus on determines your mood and your perspective. In other words, the way you direct your mind matters... a lot. Your experience of heartbreak and tragedy is real. And so is your experience of beauty and love. While your mind will want to review your story of heartbreak again and again, you can create balance by shifting your attention to the Light. *By Light, I mean all things good and positive. Love is the greatest Light of all of course.* So keep reminding yourself over and over that you knew love, chose love, and still carry that love within you. You are imprinted with the Light of love.

5. Love inspires Life

It's possible to move forward with your loved

one in your heart and in your soul. It's possible to move forward in a way that honors them, is inspired by them, gives acknowledgement to them. I have a friend who participates in an annual bike race to raise money for breast cancer research in honor of his late wife. I know another person who facilitates grief groups through "The Compassionate Friends," a national bereaved parents organization. He runs these groups every week in honor of his daughter who died in a car accident. He tells me, "I keep living to honor her and to make sure that her life still has an impact." Use their love to inspire you to make an impact in life.

The 13th Century Sufi poet Rumi says, "Love is the bridge between you and everything." I couldn't agree more. Let Love be front and center in your mind and heart. Let love guide you from your heartbreak, through your grief, toward Light, and back into Life. Love really is the bridge between you and everything. And love will help you heal through grief even as you continue to hold your loved one in your heart, now and always. ✨

Ashley Davis Bush, LICSW, is a psychotherapist with over 30 years of experience working with grieving individuals. She is also a Reiki master and a trained spiritual director. **Light After Loss: A Spiritual Guide for Comfort, Hope, and Healing** (Viva Editions, July 2022) is her 10th book. Learn more at ashleydavisbush.com.

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Why It's Okay to Let Your Kids Quit Sports They're Good At

by Kim Fairley
Ann Arbor, MI

For so many families, kids' sports bring a sense of pride, self-worth and accomplishment. They also foster dreams of making it big or receiving a college scholarship. This can make it extremely difficult for parents to accept it when kids want to quit their sport—especially when those kids are performing well and showing promise. But from what I've experienced as a high school and college elite swimmer, I believe that no matter how hard it is, parents need to respect their kids' decision to quit.

For ten years of my childhood, I swam competitively. At my peak, I cranked out ten to eleven miles a day, lifted heavy weights three days a week, and drove myself across town at four in the morning and after school. I trained six days a week, through major holidays, and competed in meets on weekends. With no time for anything else, the overtraining left me sleep-deprived, lethargic, anxiety-ridden, and depressed; yet I continued to push through the pain because my performance was important to my parents, especially my father.

Today, I've come to the conclusion that no matter how difficult it is, parents need to respect their kids' decision to quit and here's why:

Making Tough Decisions Boosts Confidence

Quitting allows a child to discover who they are and what they value. I swam unhappily for so many years that when I finally found the strength to leave swimming, it took me decades to unlearn the habit of deferring to others. I would ask everyone around me for their blessing before I decided anything. If I received support for something I *wanted* to do, I was fine. But if somebody's opinion differed from mine, I would ruminate for days on my course of action. It didn't matter if it I was deciding something as

inconsequential as what to wear or if it carried lifelong consequences like getting a divorce. Every decision became difficult.

When children have choices, they feel more in control of their lives. And with that control, they develop more confidence. They also enter adulthood with strong problem-solving skills that will help them live their lives more authentically.

They'll Have More Time for Joyful Activities

When I was a child, every month or so, my parents would go away on a two-week business trip. When they returned home, the first thing my father would ask was "How is swimming?"

In the early days I would shrug and tell him that it was terrible and I wanted to quit. He would go into all the reasons my quitting would be dishonoring the family.

My grandparents had bragged that my father had been exceptionally talented on the piano. He had perfect pitch and could play anything from a very young age, but he stopped because he didn't enjoy the practice. Even though my father claimed on his deathbed that he had no regrets, I always suspected he regretted quitting the piano and that was the reason he pressed me so hard with the swimming. He may have had good intentions, but this doesn't change the fact that I had no options.

We often don't know what goes on in a child's mind when they find themselves in a sport they don't enjoy. And once a child reaches the elite level, where the stakes are high, it can be hard for parents to let go. But when kids feel empowered to quit, they can find more time for joyful activities. They will grow up with a sense of valuing their personal happiness rather than always defaulting to pleasing others.

Protecting a Child's Mental Health

I felt powerless to leave swimming for so many years that I ended up in a hospital in a state of high anxiety with bulimia and a host of other ailments related to stress that have continued to plague me into adulthood. It took me two decades to trust my own judgment enough to recognize abusive relationships and get out of them.

When athletes learn to ignore their emotional needs, their emotional development can be delayed and result in a lifetime struggle with trusting themselves. Not all athletes have trouble deciding if their sport is worth the time and effort, but

when unhappy athletes are given the opportunity to quit when they want to, they learn at an early age to trust their own judgment.

It Can Free Up a Spot on the Team for a More Motivated Athlete

After so many years of competitive swimming my parents feared that my quitting would leave a hole not only on the team but in my life. I'd developed no other skills and had no job experience. In so many ways the all-consuming nature of swimming had handicapped me.

What I discovered when I finally had the courage to leave, was that nobody on the team seemed to notice. It wasn't because they held animosity. They simply had moved on. So, despite feeling as though I'd abandoned the team, my quitting had been a win-win. The decision had allowed my coach to provide a scholarship to another more motivated swimmer.

It Shows Unconditional Love and Support

Sometimes parents are so proud of their child's performance that the child gets the impression that their parents value them for *what they do* rather than for *who they are*.



Believing that your performance is more important than you as a person can have devastating consequences in adult relationships. It reveals itself as giving too much and feeling disappointed. You *overgive* because you don't trust that the other person will care about you unless you give them more.

Of course, when a child excels in a sport, it's easy for a parent to get caught up in the whirlwind of a child's achievements. But making their own choices—even bad ones—can help kids feel loved and respected. **Teaching children to be responsible for their decisions is one of the greatest gifts a parent can give a child.** ✨

Kim Fairley is an artist and memoirist who writes about wrestling with secrets, healing from grief, and competitive swimming during the early years of Title IX. Her three books include **Swimming for My Life**, releasing in the fall of 2022, and **Shooting Out the Lights: A Memoir**, which was a finalist in the International Book Awards Parenting & Family category and was named a Distinguished Favorite Memoir by the Independent Press Awards. After attending USC, Fairley earned an MFA in mixed media from the University of Michigan.

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Masculine + Feminine = Transformative Balanced Energy

by Milissa Castanza Seymour

The union of the feminine and masculine energies within the individual is the basis of creation.

~Shakti Gawain

Too often in society, gender is confused with and narrowly defined by masculine or feminine energies. This narrow definition is limiting and creates stagnation. Humans contain both energies, regardless of sex and gender roles.

A healthy balance of masculine and feminine energies makes for more fully functioning, healthy human beings. When energetically in harmony, people are more likely to experience wellbeing, contributing to their relationships and all aspects of their life in a deeper, transformative way.

Masculine energy is often perceived as strong, assertive, powerful, and leadership-oriented. On the contrary, feminine energy is perceived as soft, nurturing, empathic, and “following.” **One without the other, though, creates imbalance.** A person exhibiting leadership and aggressive negotiating skills without receptive listening skills and empathy, presents as a harsh leader. A person exhibiting a soft, nurturing nature with lots of empathy but without the strength to communicate their needs and set clear boundaries is similarly imbalanced, presenting as a doormat.

Unfortunately, society teaches lessons that create toxic energy states. Children from a young age learn lessons that stereotype

masculine/feminine energy like “Girls are helpful and nice” and “Boys don’t cry”. This encourages each sex to take on imbalanced gender-role thinking and behavior to their detriment. It shows each energy as separate versus equal in value and balancing to each other. Resistance comes up around the assumption that feminine energy is being pushed on men or that women are being pushed to be more masculine in pursuing goals instead of more “traditional” roles. The reality is that both sexes are inhabited by both energies with the goal of balance, not substitution or takeover. An aggressive leader that exhibits empathy or a nurturer that sets strong boundaries are healthy and balanced, not more female or male. Understanding this is transformative!

When viewing masculine/feminine energy from a yogic/Ayurvedic (shiva/shakti) and Chinese medicine (yin/yang) viewpoint, they’re seen as complementary energies that need each other to coexist. Opposites are appreciated in balanced relationship to each other: light/dark, hot/cold, aggressive/receptive, giving/receiving. And, so it goes with masculine/feminine energies. One without the other is at best imbalanced, at worst, toxic.

Balancing masculine and feminine energy can be complicated due to societal conditioning but we can initiate change by transitioning to an energetic perspective and working with the breath to balance the body-mind. *Nadi Shodana* or Alternate Nostril Breathing, is a yogic breathing practice, or *pranayama*, used to help balance the *Ida* and *Pingala nadis* (meridians) that run along the spine. The *Ida* nadi represents feminine energy and the *Pingala* nadi represents masculine energy. They represent the duality of existence. *Pingala* is associated with the right nostril and the left hemisphere of the

brain. *Ida* is associated with the left nostril and the right hemisphere of the brain. Each of these nadis start at the base of the spine and crisscross the chakras as they travel up the spine to the third eye, ending at the right and left nostrils. This is the perfect practice for balancing our energy when we are frazzled with too much masculine energy or stagnant because of too much feminine energy. **This practice**

- 1) Restores balance between the right/left hemispheres of the brain
- 2) Rejuvenates the nervous system
- 3) Manages stress responses
- 4) Clears the energy channels in the body-mind
- 5) Promotes a feeling of wellbeing, clearing/focusing the mind/emotions.

Here are instructions for Nadi Shodana practice:

- Sit comfortably, feet flat on the floor.
- Imagine a thread pulling you upward from the top of your head, lengthening the spine. Let the shoulders drop downward, releasing tension. Close your eyes and draw your attention inward.
- Place your left hand on your thigh, palm facing upward.
- Place your right hand in front of your face palm inward, index and middle finger extended, resting on your forehead.
- Close your right nostril pressing in and upward with the thumb of the right hand. Breathe in through the left nostril.
- Release the right nostril, closing the left

nostril with the ring and pinky fingers the same way. Exhale through the right nostril.

- Inhale through the right nostril.
- Close the right nostril with the thumb again. Release the left nostril and exhale.
- This completes one cycle. Repeat this cycle five or six times.

Nadi Shodana is an excellent practice that is only contraindicated if you have a cold affecting breathing. In that case, you could psychically do the practice, visualizing the process of breathing through each nostril. It takes a little imagination but is a useful alternative. With practice over time, your calm/focus baseline will transform as your feminine/masculine energies shift and balance! ✨



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Multiple Paths to and from Addiction

by Peg O'Connor

One size never fits all, whether it is a pair of stretch pants, the “universal” television remote, or an adjustable wrench. Why would we assume that there is only one method or program of recovery for addiction? Many people do assume there is only one path, especially if they themselves have become sober on it.

With the best of intentions, they may exhort others to follow that same path. This view has a companion, namely that there are no viable alternatives. Combined, these two views produce a belief that if people fail with this method, they perhaps are not trying hard enough.

Each person’s addiction has its own trajectory. People begin to use and abuse alcohol and other drugs for particular reasons and these reasons may have a stranglehold on a person. Some are just looking for fun while others are seeking release from trauma, grief, depression, or anxiety. This is not to say there are not commonalities to people’s addictions. Where there are commonalities, it is important to recognize differences between people with the same addictions. Some people may have other physical or psychological co-occurring conditions, which means some treatment methods may not be effective.

Consider that some believe people in recovery must be abstinent from any kind of drugs, even those that are medically prescribed and used as prescribed. Would we tell someone with high blood pressure, high cholesterol, and kidney disease that they may not take medications to relieve these conditions? An addiction treatment program that does not allow for medically supervised prescription drugs to be used to treat a co-occurring condition may have a very low chance of success.

Addictions vary dramatically in the sorts of pleasures or highs or other effects they produce. The brain responds differently to different substances and behaviors. The frenetic high that is produced by cocaine is different from the on-beyond mellow of heroin is different from the dissociative effects of other drugs. Different drugs affect different parts of one’s psyche as well as the body itself. This matters in terms of

what treatment options might be more effective.

Medication Assisted Therapies (MATs) are evidence-based practices for treating some addictions. There are medications that may help with alcoholism by reducing the cravings. Medications such as methadone or suboxone are effective for people who are addicted to opioids. Those medications are themselves opioids, but they do not produce the euphoria of heroin or pharmaceutically produced opioids.

MATs are often greeted with suspicion that a person is swapping one drug for another. The person remains an addict. On one accounting, they may still have a physical dependency. However, not all forms of physical dependency are bad; asthma inhalers keep many of us breathing well. MATs reduce harm to the individuals who are struggling, their families, and even broader communities. With regular, controlled, and safe dosages, a person becomes more stabilized and functional.

While much of the focus on drugs and overdoses has been on the opioids, methamphetamine deserves as much attention. At present, there are no effective medications for this type of addiction. There is, however, a form of treatment called *Contingency Management (CM)* that is proving itself effective. CM works by offering rewards for a “clean” or negative drug test. The rewards may be affirmations (“Great job!”) or small monetary ones (winning a \$5.00 gift card). The rewards may increase the longer one is able to have negative test results. While some worry that is “rewarding bad behavior,” part of the reason CM may work is that people begin to see themselves as being capable of making change. They start to cultivate a sense of self-worth, which is often a very early casualty with addiction.

The context in which one lives and is trying to be sober matters enormously. If a person’s choice of drugs has been a matter of opportunity and accessibility, so too may their choice of treatment options. Some people will have access to first-rate medical care; they may have insurance that will pay for in-patient treatment with medical staff to manage withdrawal. Some may need and want the nearly cloistered



worker, licensed alcohol and drug counselor, or religious person. Each of these is a wonderful place to start. Access and opportunity may be the first consideration, but they need not be the only or the last.

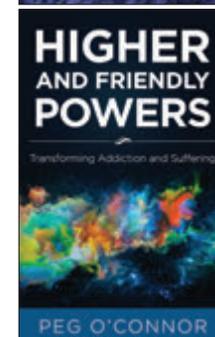
People who have been in recovery—even or especially those with long-term sobriety—may find themselves needing to recommit to their sobriety. For some, this will be redoubling their efforts with a method that has been tried and true for them. Others will need and want something new or different. Since

nature of in-patient while others want to figure out how to become sober in the place where they live and work. **One is not objectively better than the other; the measure of goodness is whether it works for a particular person.**

we as people are constantly changing, our needs in recovery will as well. There are more options now than even 20 years ago, but we must continue to multiply these options. ✨

Some people may want to become sober in the company of others who have lived the same struggles. There are various self and mutual-help groups that do this. If there is any slight glimmer from the pandemic, it is that many mutual help programs have more robust online presence. This includes Alcoholics Anonymous, Women for Sobriety, Rational Recovery, SMART recovery, Moderation Management, and LifeRing that offer online meetings.

Some people may prefer to do this work privately on their own, while others may do so in the privacy of a supportive family and friend network. Others may seek help from a psychologist, social



Peg O'Connor, Ph.D., is a Professor of Philosophy at Gustavus Adolphus College in St. Peter, Minnesota. Her training is in moral philosophy, feminist philosophy, and addiction studies. Peg is a recovering alcoholic who maintains that philosophy has helped her to stay sober. Dr. O'Connor is the author of the new book, **Higher and Friendly Powers: Transforming Addiction and Suffering** (Wildhouse Publications, 2022) and **Life on the Rocks: Finding Meaning in Addiction and Recovery** (Central Recovery Press, 2016).

An advertisement for a weekend immersion event titled "Graceful Passages: a transformative weekend immersion WITH HOPE FITZGERALD AND GARY MALKIN". The ad features a butterfly illustration at the top. It includes circular portraits of Hope Fitzgerald and Gary Malkin. The text describes the event as a weekend immersion with an Emmy award-winning composer/producer and a spiritual guide. The event is scheduled for November 10-13, 2022, at the South River Highlands Country Retreat in Lexington, VA. A website URL is provided at the bottom: www.spreadinfinitehope.com/gracefulworkshop.

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Life in the Afterlife

by Owen Waters
Texas

The conquest of fear is one of the primary reasons for life on Earth. Without it, the doorway to the next primary lesson, that of unconditional love, remains closed.

Ask yourself, how many people fail to follow their true calling in life because of fear?

When people incarnate into this world, they leave behind an extensive soul family in the spirit realms. This family consists of the souls who, in the entire universe, are the most like them, the ones who are very close to their own wavelength. Leaving the camaraderie of this intimate group of friends can be an act of soul-wrenching self-sacrifice.

Often, the act of incarnation is not carried out alone. In fact, it is usual for others from the same soul family to incarnate at approximately the same time so that they will experience the issues of their own generation together. Careful plans are made ahead of time to ensure that key friendships will occur during these incarnations. One of the ways this can be done is to be born into the same physical family as brothers or sisters.

A spiritual entity enters this world through the body of a newborn baby, takes a deep breath, and promptly inherits amnesia! All of a sudden, they don't know how to walk, talk, dress themselves, or drive to parties. All of those things come later.

Some simple functions are already present in the newly formed baby's

brain, such as the ability to cry, drink milk, and cry louder.

This almost total amnesia, combined with a brain's focus upon the external senses, creates an environment where fears can potentially become enormous.

In fact, the human body on the physical plane of Earth is the perfect place to experience fear in a wide variety of forms... and to learn to overcome those fears by gaining inner strength.

Let's face it. If someone were attuned to the higher spheres of the spirit world and saw themselves as a wise and powerful spirit who just happens to use a physical vehicle, then the opportunity for fear just wouldn't be the same. The threat of losing their physical body would be no more fear-invoking than the threat of losing the car that they use for driving to work.

The fear of death today is all-pervasive. It is so ingrained in society that it gets avoided wherever possible. If death is mentioned, the subject is usually changed as quickly as possible.

The fear of death is fed by, not just one, but three powerful factors:

- A built-in, biological survival instinct
- Fear of losing the company of a dearly loved one
- Fear of the unknown

Add these three factors together and this fear may seem insurmountable, but, taken one by one, these factors do become manageable.

Overcoming Fear

The survival instinct serves to keep people alert when dangers arise, so that they can respond quickly in order to preserve the lives of their physical bodies. If you were

driving headlong towards an unfolding traffic accident, the sudden rush of adrenalin may feel like fear, but it is really a coping mechanism for self-preservation.

Fear of losing a loved one can often be supplanted by simply wanting the best

Knowledge is the cure for fear of the unknown. The more people know about their eventual destination, the easier it is to rationally plan for it and to be sure that they have first reaped the intended benefits from their current life's experiences.



for them. If a loved one is dying of an incurable disease, it is probably better for them to suffer as little as possible from pain, confusion, and from the frustration of physical incapacity. It also helps to know something about the afterlife in which they will be living next.

Knowledge Starts Here

Some inroads have been made into knowledge of the afterlife by books that detail near-death experiences. Education also came via television from *sensitives*, such as John Edward, who channeled messages of assurance from departed loved ones.

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In the 1980s there was an onrush of public interest in life-after-death experiences. This wave of wanting-to-know was triggered by Raymond Moody's classic work, *Life After Life*, which revealed his study of more than a hundred people's out-of-body experiences after their clinical deaths had occurred. Needless to say, all of these cases had been resuscitated from clinical death and returned to their physical bodies to tell the tale!

In the typical near-death experience, according to Moody, the person's spirit consciousness experiences their passing through an energetic tunnel into a place of light, where they feel overjoyed by the uplifting life energy which fills that realm of existence. In this realm they typically meet a spirit guide, one who is often recognized as a close relative or friend who had passed on some years earlier.

The "tunnel towards the light" experience is the transference of the person's spirit body from the physical realm of Earth to the next realm of higher (finer) density, the afterlife. The human spirit, or astral body, resonates most readily to the frequency of the spirit realm, so it tends to transfer there as soon as it has been released from the confines of the physical body.

While in the spirit realm, people notice that any infirmities of their physical bodies no longer exist, as their physical vehicles have been left behind. This brings a great sense of freedom to anyone who has suffered any debilitating, degenerative disease of the physical body in their final years upon the physical plane.

Young Again!

Other observations typically made by a person in the afterlife include the fact that their spirit body has not aged like their physical body. Unimpeded by the aging of their physical body, their spirit body appears to be in the prime of life, just like they were at around 28 years of age.

Their ability to float from place to place is also a new experience. Their spirit bodies are made of light-density, etheric energy-based material, as opposed to physical bodies, which are made of dense, electric energy-based material. Spirit bodies are usually referred to as being non-physical; however, *quasi-physical* might be a better term. Spirit bodies do have a physical-like form and feel solid to other spirits, but they are quite malleable and can be easily shape-shifted.

As etheric energy immediately responds to mental pressure, it takes just a little concentration for a person to levitate their body up into the air and travel forward in any desired direction.

If they want to be imaginative, they can soar high in the sky just like an eagle. Then, they can take this adventure even

further, and actually shape-shift into the appearance of an eagle. That is, an eagle which still has their human eyes. As the eyes are the windows to the soul, they never change and always reveal a person's true, inner essence.

Then, in a sudden shift of focus, the near-death traveler realizes that, even though their physical body has almost died, this is not the time for their physical life to end. So they return to their physical body just as it gets successfully resuscitated.

Their experience of conscious, remembered contact with people in a world of higher frequency consciousness affects them profoundly. Many become more contented with their lives. For the first time, they may see real purpose behind the paths that they have been following throughout their lives, never before suspecting that their own soul plan or intent is behind that path.

Soul Families

In 1996, Michael Newton published another quantum leap in afterlife research, *Journey of Souls*. As a hypnotherapist, he had reached even further into the deepest reaches of his clients' superconscious memories. From this, he assembled a composite picture of the afterlife experience, the phenomenon of soul groupings or soul families, the part that spirit guides play in the afterlife, and how and why people choose another incarnation for their next experience upon the physical realm.

Perhaps the most interesting aspect of Newton's research is his revelation as to how people gather together with their soul family in the spirit realms to learn lessons as a close-knit group. Once they have unraveled the lessons of their just-completed life on the physical plane, they spend endless happy hours, days and years with their dearly beloved soul group, working on the challenges of life on earth and the possibilities of what they might gain from their next experiences upon the physical realm.

When you or a loved one is faced with an impending release from the physical body, remember this. Nothing is worth fear! Nothing ever happens that wasn't pre-planned at the person's soul level of consciousness. The fact that you or they don't remember the plan is no reason to become fearful.

Old Friends Come Back To Visit

When a departed one comes back to visit you in your waking state, their presence will flow into your being and remind you of the closeness that you once shared in each other's physical company. Be aware that this is their way of saying hello. If you

succumb to the temptation to remember how much you miss them, and break into tears, then you will have, unfortunately, messed up their whole visit!

Instead, tell them in your thoughts - which they can "hear" perfectly well - that you'll see them tonight when you fall asleep and leave your own physical body for the night. We often meet with friends and family members who have passed on when we visit their world at night.

The only difference between sleep and passing away is that, in the morning, you return to your physical body. Memories of dreams dissolve quickly after you awake. If you write down your dreams as soon as you awake, then you will find it much easier to preserve their memory. Many dreams of the morning are just "house cleaning" within your consciousness. The stresses of the previous days get jumbled up together, translated into symbols, and turned over in your mind to be more easily reconciled.

The most valuable dreams to write down are ones where you become lucid enough to awake in the middle of a dream that seems particularly vivid. Those are the dreams where you were "out there" far enough to have been in contact with old friends in the spirit realms, and not just

hovering close to your physical body untangling the stresses of the day.

The deeper dreams of the night, the ones where you soared high into the spirit world, can be recalled by just intending to do so while in a deep and peaceful meditation session.

When it comes to issues of life and the afterlife, always have faith in the flow of life. There is a deeply, inner-planned synchronicity which unfolds through every important event in the life.

There is a self-made plan unfolding through everyone who has ever graced this physical earth with their wise and powerful spirits.

And, remember, the amnesia was just a part of the game! ✨



Owen Waters is the author of the ground-breaking compilation of deep insights, **Spiritual Metaphysics: Answers to the Great Mysteries of Life.**

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Suffering Is Optional: It's Okay to Let It Go

by Brenda Shoshanna
New York City

We have many desires that we cannot fulfill which cause frustration and endless suffering. Some of these desires seem to be fundamental, for example, the desire to keep everything predictable, stable and secure.

However, life is built upon Principles that often oppose our imagined needs. We then fight and resist what happens intensely, and suffering inevitably appears.

There is another way to proceed, however. As we let go of how we think Life ought to be, and learn and live in accordance with Life's actual principles, although we may have temporary pain upon occasion, suffering itself disappears.

Let's explore these Life Principles and see how they affect our life every day:

Principle 1: Life Is Nothing But Change

Although we want things to stay the same forever, life is nothing but change. No matter how much we hold onto people, memories or achievements, change must come. Our sense of safety is thus constantly threatened, and we do not know where our true security lies. To combat this we make plans, try to control whatever happens and know what to expect next.

We cannot control the events of life, though. The outcome is not in our hands. We can take charge of our reactions, but

the outcome itself is not in our hands. However, if we give ourselves fully to each moment, do our best, and not focus on the outcome, we can be joyful anyway. There is a great joy of doing everything wholeheartedly, of giving ourselves one hundred percent. Although change is constant, suffering is optional.

Principle 2: Life Arises As It Does. It is Our Demand That It Turn Out Differently That Causes Our Suffering

It is not the outcome of what happens that can be so painful, it is the fact that it does not meet our wishes or impossible demands. We demand that we not change in anyway. Some hide from age, illness, and loneliness and even run from those who are experiencing them. We demand that everyone love us, no matter who. As we struggle to be loved and cherished, sometimes we are, sometimes not. Much of our life is devoted to being loved, approved of, or cared for. It creates a fleeting sense of self worth. We even demand this of people who have no idea of how to love, or who do not even approve of ourselves. We demand it anyway and insist that life give us our just due. We do not dwell upon what we give to life, only what we get.

And yet, even when things go our way and we temporarily feel good about ourselves, or receive what we want, the gnawing pain, the suffering within does not go away.

Principle 3: Change is Just Change, Not Loss

When we see that change is just change, it can be so freeing. Mostly we experience

change as loss; loss of love, job, money, position, reputation. But change is simply a natural phenomena. When something disappears from your life or greatly alters, it does not reflect upon you. It does not mean that you failed, were rejected, or are not worthy. It simply means that a time of change came along.

Our suffering arises when we experience what happens as though it reflects upon our own worth. **To see change as simply change, as one of the basic, and even positive laws of life, removes the suffering from our experience.** This is not to say that we won't feel pain. Of course many experiences in life are painful. But pain is simply pain and suffering is what we add to it. Pain arises and naturally departs. Suffering lingers, gnaws at us, worsens, and ties us into knots.

Exercise: Find That Which Never Changes

The real question is how to live with endless change? When we discover that which never changes we will become truly stable and able to withstand the altering tides. This is a profound life koan, or challenge. It's exciting to explore it, with wonderful surprises.

To find what is real, just let go of that which is unreal. To find that which never changes, just stop clinging to that which changes everyday.

What Do You Rely On?

What have you relied on for a sense of safety and security? Just notice and write it down. What has the outcome been? Just noticing helps a great deal.

As you realize where you've placed your trust, you can pause and open your horizons. Is this a wise choice you've made? Explore what truly gives you the sense of safety in the world. What is it that never changes and will never pull the rug out from beneath you? Then, base your life upon that?

Dwelling as change brings peace

Principle: Let Life Be What It Is

This does mean that you do not take natural, positive action when the need arises. This principle simply suggests that we stop trying to control life; to know that every moment will be different and accepting that. As we dwell as change, we become familiar and at ease with the natural flow. By dwelling as change itself, we receive the ability to accept and deal with all that life presents. This ability frees us, brings great joy and aliveness as we greet the changing moments and tapestries of life, one by one. ✨

Brenda Shoshanna, Ph.D. is an award winning author, speaker, psychologist and long term Zen practitioner. Her work integrates the teachings of East and West and focuses upon how to live them in our everyday lives. She offers talks, workshops and a weekly podcast, *Zen Wisdom for Your Everyday Life*, zenwisdomtoday.com. Brenda's latest book is **The Unshakeable Road to Love**, (*Value Centered Relationships*), Contact her at topspeaker@yahoo.com.

POETRY

Fall's Fashion Show

by Gina Fiorentino-James, Huntington Station, NY

[You go girl!]

There you go again...

Dressing up

(or down?)

Broadcasting your colorful wardrobe!

Swishing, swooshing

In such style

Shaking, shimmying, sashaying

Dripping your golden gems

Displaying your scarlet scarves

Dropping your purple pearls

The wind whisks your festooning skirts

And you loosen your belt

Fittingly, you thrive by unloading, unleashing and

unfurling your vibrant prints

And announce your ever-new designs

Dangling with delight

You've unwrapped and tossed aside your drab green uniform

You're unpacking your trunk

Displaying new fireworks of colors

What a daring display!

You're so fancy Fall.

Fall, you're just so fashionable.

[You let it go, girl!]

On the Loss Of a Son

by Lisa Solomon, Long Beach, NY

I sit and wonder,

What is my thunder

After such a loss, forever more...

Take me off that list!

I don't want to co-exist

With the pain that wakes me

daily in my core!

I want to just be

Nothing coming to me

No more changes, rearranges for a while,

Or is this, 'only how I see it'?

I could let it go and 'be it'

And instead ... fill my dayswith his smile ..!

Watercolors by
Jan Guarino
JanGuarinoFineArt.com

The Rose

by Patricia Bono, Scottsdale, AZ

She, in the hospital,

Critical, pain,

Bitterness, age,

A wilted rose.

Her great-granddaughter,

Born a month before.

New life, promise, hope,

A budding rose.

A christening date set,

Too late to change,

Who knew, this twist of fate,

Would occur.

Infection,

Complications,

The imminent death,

Of a wilted rose.

The priest at the hospital,

With the sacramental oil of the ages,

Marks the sign of the cross,

On her forehead.

The last rites.

The death of a rose.

The priest at the church,

With the sacramental oil of the ages,

Marks the sign of the cross,

On her forehead.

The rite of baptism.

The birth of a rose.

At the hospital,

The last breath of life.

At the church,

The first.

Oceans Edge

by Mary Wider, Yaphank, NY

I know you were here,

near the Oceans edge.

And so I come to talk to you,
though the path of your footsteps
have long been erased.

I look out to sea.

Someone is swimming

parallel to the beach.

Way out in the distance.

A magnificent athlete.

Smooth steady strokes.

I imagine that this is you,
as I walk along in the sand,
and carry on our conversation.

Yesterday's Rainbow

by Bruce Levine, Saco, ME

Yesterday's rainbow

Past but never forgotten

A cardinal visiting

Watching me

Perched on a fence

As I sit alone with my dog

Heaven's messenger

To commemorate your day

Time gone by

Time yet to come

Yesterday's rainbow

Past but never forgotten

Dusk to Dawn

William H. Balzac, Deer Park, NY

I tried to capture

The Light

As it played upon the canvas

Of your face;

I Tried, all through the night,

When the stars were my companions.

I look for you now

In faces

Far and near:

A Swinging, singing, Soul,

You've settled now,

Somewhere in my Heart...

...Never,

To depart.

Poetry is nearer to vital truth than history. – Plato

If a Bear High-Fives You in the Woods ...

by Susan Finley
Babylon, NY



My heart was pounding, my breath was heavy, I could no longer continue on and so, I collapsed on the side of the mountain. I couldn't believe I was so wrecked.

I was at a healing retreat in Woodstock, NY, on a morning hike with my teacher, Dr. Lewis Mehl-Madrona. We were a small group of 5. All was well as we started up the road to the monastery. I kept pace, thinking it would eventually slow a little but it didn't — the pace increased and so did the incline of the road. After about 35 minutes I started to have difficulty keeping up and watched in amazement as Lewis seemed to mysteriously glide up the mountain road with such ease and grace while he was puffing on his cigar.

I lost ground quickly and was literally left behind in a puff of smoke. He and the others looked back when they could no longer hear the dragging of my exhausted feet and my Darth Vader-like breathing. I smiled and waved stoically, as I uttered "I'm just going to sit here for a while on this rock, I'll catch you guys on the way back." Well in my mind that's what I said, but in reality it was probably more like "Rock, wait, here, ugh"

When they were out of sight, I rolled off the rock with a loud thud, in complete and utter defeat. I looked up at the sky that seemed about 2 seconds away from opening up and pouring down on me, I was feeling completely inadequate and disappointed in myself and *if I had the strength, I would have kicked myself!*

The sounds of rustling leaves and snapping twigs quickly shook me out of self pity mode. I suddenly remembered the huge bear population in Woodstock, and my friend, Stefanie telling me earlier, that if you see a bear that is "your medicine;" the bear is there to give you a message. I thought how nice, but *what if the bear didn't get the memo and he was thinking more along the lines of me being breakfast or lunch?*

That thought jolted me to my feet, but my fear had me quietly tip-toeing back to the road. As I was doing my lone walk of shame up the mountain to the monastery, Tony Robbins popped into my head. I could hear him saying "don't compare yourself to others, just compare yourself to you, yesterday." Just then a light rain began to fall.

As I started to think about yesterday, I remembered it was not that long ago that I had Lupus symptoms so badly that I

could not even get out of bed, and when I did it was hours of stretches, supplements and heating pads just to get my joints and muscles moving. Having only 3 hours of energy a day and no strength, I had to give up everything I loved: my work as a sculptor, yoga, martial arts and weightlifting, and my ribs used to hurt so much that I could no longer do my favorite breath of fire exercise. When I was getting stronger I tried to do Tai Chi and was told by my teacher that I had no chi! But still, I never gave up!

As I reflected back on this I realized this was not a walk of shame like I originally proclaimed it to be. Rather, it was a symbol of how far I have come, how much I have healed. I think I needed to celebrate that! Thinking of myself in this new light — not as a failure but as a victor — my heart lightened, my chest lifted and my energy came back. I continued on and made it to the monastery. My group was no longer there and I searched the grounds that seemed to be deserted.

I rounded the corner of the building, and about 100 feet away from me, I spotted a bear coming down the side of the mountain. I stopped and stared at him, he stopped and stared back. This time I was not afraid; I was ready for a message.

I'm not sure what I was expecting, but he seemed ready too. As I was staring and asking if he had a message for me, he stood up and lifted up his right paw, and I lifted my hand up as if I was high-fiving my best buddy. I felt as if the bear was acknowledging me for how far I have come and was encouraging me to continue on.

Sounds silly and crazy I know, but I think that bear was proud of me, and more importantly, that day I discovered I was proud of myself! ✨

Susan Finley is on a mission to help you discover your own natural healing and intuitive abilities as well as techniques to help you reduce stress and radiate happiness from within. Susan holds degrees in Art Education, Sound Therapy and is a PEMF Specialist (Pulsed Electromagnetic Field Therapy). She is an avid researcher and specializes in VibroAcoustic, PEMF and Scalar Energy Therapies for pain, anxiety, depression and sleep issues. She holds classes & workshops online and in person at her office as well as weekend retreats on sound therapy, mindset and self healing. www.acoustictherapeutix.com.

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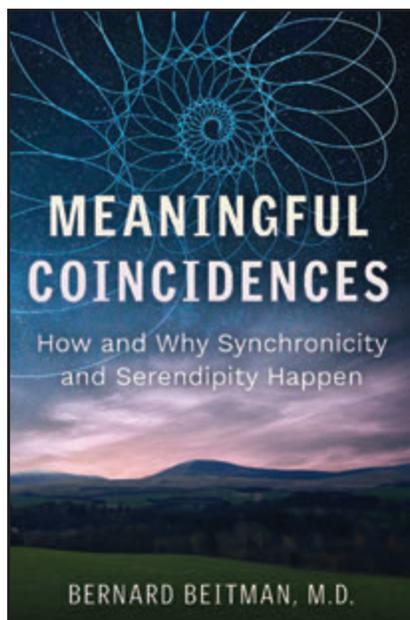
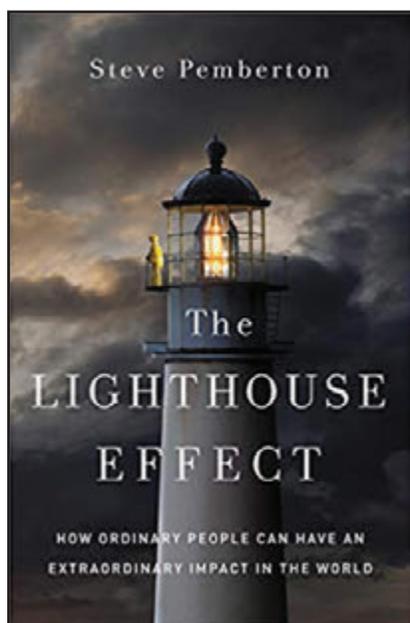
BOOKS

THE LIGHTHOUSE EFFECT
How Ordinary People Can Have an Extraordinary Impact in the World
 by Steve Pemberton
 Zondervan.com

The author, Steve Pemberton found a human lighthouse in an ordinary man named John Sykes,

his former high school counselor. When all seemed lost, John offered Steve a safe harbor and together they navigated a new path to success, healing each other along the way. *The Lighthouse Effect*, Steve's stirring follow-up to his memoir, *A Chance in the World*, honors the ordinary people like John that have made an extraordinary impact on others and who, like the structures they resemble, seek no reward. The book tells the real-life stories of ten unassuming heroes, people he met as a young boy and as recently as a few years ago. Though the stories are from different generations, races, genders, and faiths, these individuals share a common denominator: the lighthouse effect.

The Lighthouse Effect dispels the myth that public officials, celebrities, or the latest trends will save us from our societal and personal problems. Instead, it's the steady light we shine on each other that provides direction, unity, and safe harbor for the future. Through these stories, you will identify how your own life experiences are the only qualification you need to be a "human lighthouse."



MEANINGFUL COINCIDENCES
How and Why Synchronicity and Serendipity Happen

by Bernard Beitman, MD
 www.ParkStPress.com

Each of us has more to do with creating coincidences than we think. In this comprehensive exploration of the potential of coincidences to expand

our understanding of reality, psychiatrist Bernard Beitman, M.D., explores why and how coincidences, synchronicity, and serendipity happen and how to use these common occurrences to inspire psychological, interpersonal, and spiritual growth.

Through a complete catalog of coincidence patterns with numerous illustrative examples, Dr. Beitman clarifies the relationship between synchronicity and serendipity and dissects the "anatomy of a coincidence." He defines coincidence types through their two fundamental constituents—mental events and physical events. He analyzes the many uses of meaningful coincidences as well as their potential problems, emphasizing that synchronicity and serendipity, though most often positive, also have their shadow sides. Detailing how to record your experiences, he explains how you will see patterns guiding your life decisions

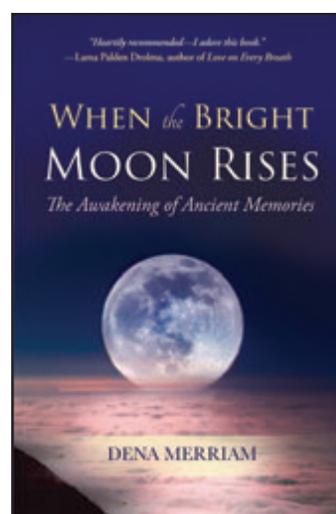
and learn to expect that coincidences are more likely to occur during life stressors, high emotion, and strong need, which helps you be ready to use them when they occur. Exploring the crucial role of personal agency—individual thought and action—in synchronicities and serendipities, Dr. Beitman shows that there's much more behind these occurrences than "fate" or "randomness."

WHEN THE BRIGHT MOON RISES
The Awakening of Ancient Memories
 by Dena Merriam
 gpiw.org/sitaram-press

"When the Bright Moon Rises" is a testament to the Love that holds the universe together, a Love accessible to us if we bring conscious awareness to it: it fosters understanding of ... being centered in peace and protection for all.

– Carolyn Rivers

When the Bright Moon Rises is first and foremost a love story—love between the sages and the cosmic forces known as the deities, love of the sages for the people, and love between individuals seeking to express this universal force of love that exists within all of us. It is also a study of karma, the cosmic law of cause and effect. This narrative begins in Vedic India, around the 9th century BCE, with the meeting of two people and the seeding of a love that cannot be fulfilled but which comes to fruition nearly 10,000 years later during the Tang Empire in China, where they are reborn as the renowned poet Li Bai and his poet wife. The awakening of her memories of previous births initiates an inner struggle that is only resolved under the guidance of her Daoist Master. This is her story. (see ad p7)



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 nakednutrition.com

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- Protein boosts your metabolism, helps preserve muscle mass, and aids muscle recovery after exercise.

- Juice bar smoothies are tasty and convenient, but they're usually loaded with added sugars. With Naked Shake, you can be confident that you're not compromising when it comes to your health.

- Preserve Muscle: Pea protein is one of the best plant protein sources when it comes to maintaining or building lean muscle; it contains a wide range of essential amino acids that are critical for muscle growth and repair, and is also easily digested, making it an excellent alternative to whey protein.

- Support Weight Loss Goals: Each serving delivers 20 grams of protein and healthy fats in the form of MCT oil. Both protein and MCT oil help support your weight loss goals by keeping you satiated for longer.

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How to Break Up With Your Cell Phone

by Kathleen Burke
New Mexico

Know that I have cried at least once about this. I don't adore my cell phone. The honeymoon ended long ago. Yes, I am fed up with the whole update, upgrade, planned obsolescence cycle. I questioned the cell phone craze from its inception, worrying that the effects on humans might be something less than healthy. I have been skeptical about 5G and for that matter 4G, 3G, etc. I know people who have developed suspicious brain tumors.

I never loved a single cell phone I ever owned. Most of my phones have been hand-me-downs ... from friends who were sick of archaic flip phones getting in the way of their social life. Yet I was an early cell phone user, carrying around one of those cellular bricks in the mid-1990s. I carried phone books in the truck, a white pages and a yellow pages. Phone books don't last long jostling around in the cab of a busy contractor's pickup.

Fast forward 30 years. Phones have come and gone in my life. Most of them are stacked up on my mantle, next to a circa 1980 Onkyo stereo receiver. I feel ambivalence toward the phones ... not the receiver.

So here we are, 2022. Species are disappearing from Earth faster than ever before in history. Insect and bird species, even pigeon racing, are becoming extinct. Few people understand why these things are happening. Even fewer have been willing to talk about it.

I am turning off my cell service in 3 days. "What!?" -- the reactions of my friends. Precisely. I have over 2,500 personal contacts in this current phone, which, by this point, appears indispensable. I use this mini-brick for a few dozen or more purposes, like most people. I travel internationally sometimes. Will I be able to even do that without a phone? Puzzling.

Allow me to explain: I am one of those aforementioned people, two paragraphs up, who understands. Science explains why creation as we know it, i.e. life on this planet, cannot sustain billions of

cell phones and millions of cell phone towers operating around the globe. Humans (note: humans), birds, insects, and plants are dying due to short wave electromagnetic frequencies coming at us (note: us), from every above-ground direction. Entire species are frying.

Monarch butterflies are almost gone (from the planet, that is) accompanied by dozens more of some of the most delicate creatures among us; the ones who fertilize the flowers which create the food we eat. Bees and others.

Birds are dropping dead out of the sky by the millions. It happened in my state last summer with no definitive explanation of why. Lots of hand-wringing and maybes. Hmmm, we know insects and birds are dying from bombardment with short wave EMF frequencies. Those millions of dead birds were found emaciated, with empty stomachs. Insects are perishing. Insectivore birds, as a result, are facing famine.

You may not want to question whether your cell phone (and its incumbent blight on the landscape: cell towers) is killing these creatures. Your cell phone is destroying creation.

Maybe you don't believe me. "But... global warming, but... deforestation." "But, but, but...", my mother would say. Global warming, deforestation, and pollution of all varieties may be the cause of some extinctions. Some. Allow me to refer you to the experts: Alfonso Balmori, Daniel Favre, Mark Broomhall, Diana Kordas, Ulrich Warnke, Neelima Kumar, some of whose studies you can find here: <https://www.cellphonetaskforce.org/birds/> <https://www.cellphonetaskforce.org/bees/>

I'll not drag you through example upon example of wildlife studies proving death by electromagnetic fields (EMFs), i.e. cell phones/cell towers, but let me share with you the example that finally brought me to tears after stoically reading, in Arthur Firstenberg's *The Invisible Rainbow*, case upon case of what EMFs are doing to nature. Bear in mind that putting a radio tracking device on an animal is like forcing the animal to wear a cell phone, 24/7, sometimes until its death:

"In another study, involving water voles at England's Bure Marshes National Nature Reserve, colonies that contained radio tagged females gave birth to more than four times as many males as females. The researchers concluded that likely none of the radio tagged female voles gave birth to any female offspring."

Firstenberg goes on to say: "In some cases radio tagging endangered species may



drive them further toward extinction. In 1998, the first Siberian snow tiger ever to go through her pregnancy and give birth while wearing a radio collar delivered a litter of four, of which two died from genetic abnormalities."

That, dear reader, is why when I take my next overseas trip I may look a bit awkward stumbling around with a fifteen-year-old Lonely Planet travel guide looking for a decent place to stay the night, or trying to find out when the next local bus heading south arrives. I might need to stop and ask humans for help. Do humans still know how to relay directions to another human? There will be small inconveniences. At times it may be annoying, however not without good reason.

Yes, breaking up is hard to do. As I considered this split a few weeks ago I even felt the beginnings of a panic attack. I searched myself for the reason for the emotional reaction. The explanation may be anxiety, but also a fear of abandonment. It's not the phone, of course, it is the random caring text messages, last-minute invitations, group texts with long-standing time-tested real friends. It is the fear of missing a random love note, of losing dear friends.

Fortunately, my contact list is backed up and downloaded to my computer. Thousands of relationships will not perish. Friends may become annoyed, but the closest ones will not be deterred. Most text messages will still reach me on my wired laptop via an alternate identification address. Some will have to reach me via social media. Some will call my landline.

I need to purchase some gadgets to replace my cell phone functions: a flashlight, a small memo pad, a camera that can take

photos downloadable to my laptop, a battery-operated alarm clock -- all relatively inexpensive. A decent pocket camera (remember that term?) is available for \$40 and purportedly performs comparably to any high-end smart phone.

I have spent two months considering this break-up and soon it will be complete. There are ways to do this. It takes some effort. I have even made practice runs, leaving the phone at home some of the time and on short trips.

My health and vitality have improved already from having my cell phone off most of the time and my

computers wired to Ethernet. My health and happiness are much enhanced. I am more energetic than I recall ever being.

I am no longer weathered from intense EMF exposure all day long from wireless devices at my home office. I don't reach for a cocktail now to assuage weariness and exhaustion. Instead, I have a productive evening time at home. Life is improving as a result of reducing my EMF exposure. My cat even sits on my lap again, now that he doesn't have to compete with an EMF-emitting device in his way.

Sometimes breaking up is the only way out, from heartbreak and other burdensome circumstances. In this case, it is a little more far-reaching than all that. I am becoming less culpable for the die-off of species; birds, butterflies and others. Unburdening myself from that while doing what is best for my health and for creation around me means more than, well, almost anything else I can come up with. ✨

Kathleen Burke is a hiker gardener in New Mexico, USA. She assists in the efforts of the Cellular Phone Task Force. She can be reached at kathleenmariaburke@yahoo.com

To contact the Cellular Phone Task Force: P.O. Box 6216 Santa Fe, NM 87502, USA phone: +1 505-471-0129 info@cellphonetaskforce.org 43 newsletters, including this one, are available for viewing on the Newsletters page of the Cellular Phone Task Force. Some of the newsletters are also available there in German, Spanish, Italian, French, Norwegian, and Dutch. To share on Facebook: To subscribe, go to www.cellphonetaskforce.org/subscribe

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

ESSENTIAL DENTAL OF ROSLYN – Natalie Krasnyansky, D.D.S., 70 Glen Cove Road, Roslyn Heights, NY 11577, 516-621-2430.

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

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

INTEGRATIVE DENTAL SPECIALISTS Dr. Jeffrey Etes, DMD, NMD, IBDM. 245 Hillside Ave, Williston Park, NY, 516-253-1800, and 120 E 56th St., NYC, 212-845-9740. integrativedentalNY.com. (see ad back cover)

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CALENDAR

OF EVENTS

ONGOING EVENTS

MONDAYS

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

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

TUESDAYS

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

WEDNESDAYS

FREE! SOUND THERAPY FOR HEALTH & HAPPINESS Feeling Broody and Gloomy? :(Join our private Facebook group. New Video released every Wednesday :) Join us at: www.Acoustictherapeutix.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.

SPECIAL EVENTS

OCTOBER 12 & 15

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OCTOBER 15

VIBE FEST ALPACA FARM EDITION – Connect with the wellness and spiritual community. Enjoy live music, vendors, workshops, yoga, meditation and much more! For tickets email info@PaulVibes.com or visit: <https://linktr.ee/VibeFest>. Sponsor and Vendor slots are open. Saturday, 2 to 8pm. (see ad p.12)

NOVEMBER 10-13

GRACEFUL PASSAGES a Transformative Weekend Immersion with Hope Fitzgerald and Gary Malkin. Transmute loss into liberation and fear into peace. www.spreadinfinitehope.com/gracefulworkshop. (see ad p.13)

NOVEMBER 11-13

IGNITE YOUR INNER HEALER WEEKEND RETREAT in Woodstock, NY. Discover how to be your own healer! Enhance your body's natural healing abilities with tuning forks and mindset to reduce stress, boost immunity, increase energy and harmonize the body. For Event details www.acoustictherapeutix.com. Text SueZee at 631-988-0613.

NOVEMBER 20

AWAKEN WELLNESS FAIR – Body, Mind, Spirit, Green Expo. Experience Unique Vendors, Expert Speakers, Psychic Readers, & Gifted Healers. Tickets: \$15 online, \$20 at the door. Sunday 10am to 5pm. AwakenFair.com. (see ad p.3)

UPCOMING EVENTS

A BACH FLOWER CERTIFICATION PROGRAM Conquer fears and worries. Our emotions impact our wellness and quality of life. Three-tiered training program leads to Bach Flower Certified Practitioner (BFCP) status. Enroll now for programs. Courses online with master teachers. CE's Available. Training practitioners worldwide since 1998. learnbachflowers.com.

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*If you know something is true,
you don't need to convince anyone of it.
If you are trying to convince anyone,
it is probably yourself.*

~ Alan Cohen

Choices

by Annette Cravera Goggio
Oakhurst, CA

We are not victims of our destiny. What exists for us in our future is purely of our own choice.

True, there are elements in our lives that present themselves at times but it is still our choice to use those elements, those moments, those people who show up, those events in which to take a role or not. The trouble is in not recognizing that we are manifesting our destiny *all the time*.

It can be a small desire or a large one that causes those elements to show up. We may not even be aware of our *desiring*. An idea can form in our mind and off we go into a cloud of *wanting something*. We can be touched emotionally by a movie, a conversation with a friend, or a picture in a magazine and we feel *something* to its end, an end we couldn't have imagined. Or we can wake up in the morning and

have a strong urge to call someone, drive somewhere we haven't been before, or just stay in place and *boom*, something important happens in our life. In each of these scenarios, we play a central part in creating what we could call destiny.

We can also consciously desire something, pray for it, think we are doing all we can to create it and then nothing happens. What gives? It turns out that we may project conflicting desires that tells the universe, give me this—oh but if you do then I have to deal with that—and then I'll have to do this, and so on and so on. Thus, inaction is the only course you can be on, which is in itself the manifestation of your desires—your desire to have that thing, your desire not to have to deal with it if you got it, and the desire to not have to take action. Money and healing. Two of the most sought-after outcomes that are not always forthcoming, no matter the amount of desiring, for the reasons I have just mentioned.

We are not one in our conscious or unconscious deliberations. Our Mind, our Heart and our Soul are in the mix, that can often have different points of

view on a matter, known or not. To discern whether these three parts of us are in sync, ask the following questions: (1) What does the Mind think? (2) What does the Heart feel? And, (3) What does the Soul urge? If any one of these parts of us are at odds with another, inaction will likely be the outcome. If all three are in agreement, hang on, something will show up, though it may surprise us in what form it comes. Unlike our usual cause-effect expectations in life, we will get it in a form or presentation that is in our *highest good*, not necessarily a replica of what we've seen in our Mind or Heart or Soul. Why is that? Because we don't know what is in our highest good for that particular time, that particular place, and that particular desire.

What if we're not consciously desiring something or questioning our Mind, our Heart and our Soul and still something surprising shows up that causes us to make a decision? It could be a matter of

prior agreements we've made in the time between lives—to meet up with someone, do something, or be somewhere. These are the elements that drop in at crucial times in our life, to think on, to feel deeply, to explore our life path. Asking those same questions will guide us through the choices that are presented. Though we may not be consciously aware of the asking, we will be, and hopefully hearing a clear voice within ourselves, yes or no, to create what we need and want. ✨



Annette Goggio, MPH, holds graduate and undergraduate degrees in the health sciences. Her practice in energy medicine is based on the teachings of Dixie Yeterian and Donna Eden of Eden Energy Medicine. Ms. Goggio offers a suite of services including hands-on and distant healing, life counselling, and numerology. To learn more please visit: aquantummoment.com. Her recent book, **Healing: A Conversation**, provides readers with a framework for understanding life purpose and the education of the soul.



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