

#### ACUPUNCTURE

#### E.W. NATURAL HEALING ACUPUNCTURE

**P.C.** – Henry Zhen-Hong Lee, NYS Licensed Acupuncturist, Herbologist, 40 years experience. Long Island (516-822-6722), Queens (718-445-8438) and Manhattan (646-220-5388) locations. (see ad p.5)

HEALTHCARE WELLNESS CENTER – Medicine and Wisdom in Perfect Harmony. Anthony Cerabino, Founder, Licensed Acupuncturist and Massage Therapist. Healing modalities include: Acupuncture, Medical Massage, Herbal Medicine, Nutritional Counseling and Allergy Elimination (NAET). Most insurance accepted. 85 W. Main Street, Suite 302, Bay Shore, NY. 631-665-1666. www.healthcarewellness.org. (see ad p.6)

#### ADDICTION

# HAVE YOU FOUND YOU ARE USING MORE SUBSTANCES THAN USUAL SINCE COVID?

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

#### BOOKS

**YOU WERE HERE BEFORE, WHY ARE YOU HERE NOW?** *Experiences Of a Past Life Regression Therapist* by Barbara Pisick, PMHCNS. Available on Amazon, www.pastliferegressiontherapy.com, blpsik@yahoo.com. (see ad p.21)

**WELLSPRINGS WITHIN –** Taking Ordinary Experience into Transcendent Realms of Awareness by Mario Starace. www.mariostarace.com or www.amazon.com/dp/BOCNVD55YZ (*see ad p.12*)

NATURAL REMEDIES FOR MENTAL AND EMOTIONAL HEALTH – Holistic Methods and Techniques for a Happy and Healthy Mind by Brigitte Mars, A.H.G. and Chrystle Fiedler. ISBN 978-1-64411-786-6. www.innertraditions.com 800-246-8648. (see ad p.7)

### COUNSELING/THERAPY

## PAST LIFE REGRESSION THERAPY by well-

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

**REGRESSION AND PAST LIFE THERAPY** with Frank Nichols, LSCW. Professional and empathetic service. Call: 631-896-6352. *(see ad p.13)* 

**PAUL STEIN, PH.D.,** Dreams | Symbolic Marital Projections of Anima & Animus | "Re-birthing" | Individuation | Jung's Holistic Approach (646) 709-8634 plsphd@dreamsphd.com https:// dreamsphd.wordpress.com/

#### CLASSES/GROUPS

**BRING WELLNESS INTO YOUR LIFE.** Art classes, combining Reiki and sound energy for healing and growth. Visit https://www.jdexpressiveartstudio. com for more information.

## REIKI WORKSHOPS ON ZOOM & IN PERSON

**IN BELLMORE:** Reiki 1 Certification Workshop: \$100; Reiki 2 Certification Workshop: \$200; Advanced Reiki Certification: \$200; Reiki Master & Teacher Certification Workshop \$700, includes a FREE one-hour healing session with Lorry by app't. Text to learn how you can attend Reiki workshops for only \$25 each for life: 516-708-5213. www.reikimastersensei.com.

#### TRAIN AS A LIFE COACH IN LOUISE HAY'S

**PHILOSOPHY** Approved by Louise personally, authorized by Hay House, Inc. Online zoom sessions plus in-person, **Sept. 25 - Oct. 5**. Lodging, some meals, manuals and materials included. https://healyourlifetraining.com/san-diego

## HEALING / BODY WORK

**SHAMANIC HEALING SESSIONS** with Thelma Condra, Shamanic Practitioner and Reiki Master teacher. www.energyhealingsessions.com.

**HARMONY AND LIGHT WELLNESS -** Harmonic Egg sessions are now available on Long Island! Sound and light therapy to relax and reset your body. Located in Port Jefferson. harmonyandlightwellness. com (631) 828-5055. *(see ad p.3)* 

#### BRING HARMONY, BALANCE AND PEACE

**INTO YOUR LIFE** Shamanic Healings and Readings, Crystal Workshops and an array of beautiful healing Crystals and Shamanic Tools offered at The Sacred Stone in Bohemia. Shamanic Drumming Circle the 1st Sunday of each month, 6-8pm. Space is limited, please call to reserve 631-241-3578.

### HEALTHY PRODUCTS

**DOCTOR'S BIOME** – Boost your immunity with a doctor-formulated organic probiotic drink in a vegetable fruit juice. Use code CREATIONS34 at check out for \$34 OFF each case of 30 bottles. www.doctorsbiome.com. (*see ad p.17*)

VibeMedX – The Ayurvedic Adaptogen for Anti-Aging and Immune Power - pure Shilajit. 84+ minerals rich in organic fulvic acid, humic acid, vitamins, enzymes, tocoperhols, bioflavonoids, antioxidants, and metabolites. www.vibemedx.com. (see ad p.3)

## HOLISTIC DENTISTRY

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

**INTEGRATIVE DENTAL SPECIALISTS** Dr. Jeffrey Etess, 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)* 

NORMAN BRESSACK, DDS, PC / DR. BATOOL RIZVI –1692 Newbridge Road, N. Bellmore, NY 11710. 516-221-7447. (see ad p.23)

**GOLDEN DENTAL WELLNESS CENTER** 444 Community Dr. Ste #204, Manhasset, NY 11030, 516-627-8400 *(see ad p.22)* 

## HOLISTIC HEALTH

HEALTHCARE WELLNESS CENTER – Medicine and Wisdom in Perfect Harmony. Anthony Cerabino, Founder, Licensed Acupuncturist and Massage Therapist. Healing modalities include: Acupuncture, Medical Massage, Herbal Medicine, Nutritional Counseling and Allergy Elimination (NAET). Most insurance accepted. 85 W. Main Street, Suite 302, Bay Shore, NY. 631-665-1666. www.healthcarewellness.org. (see ad p.6)

## PSYCHIC/SPIRITUAL

**UNIQUE READINGS** by Compassionate Spiritual Artist. Ten-minute session for \$35 via phone only. Text for appointment: 757-496-0315.

**PSYCHIC INSIGHT** by Crystal. I'm a sixth sense spiritualist. I use angels, elements and guides to get a clear understanding to your divine destiny. 646 953-5892. Full life reading \$35.

Call for All your Life Insurance Needs! "Making Friends Through Service"

SAHANIS: Shiv, Arish & Priya Office: (718) 271-0453 Cell: (646) 644-0174 Email: <u>sksahani@ft.nyl.com</u>



PSYCHIC PALM / TAROT / MEDIUM READINGS BY RONI TODD – Over 45 years

experience. Roni can help with life's challenges using clairvoyance, spiritual communication, & psychic insights. Relationship expert. New York's #1 Palm & Tarot Reader, at TWO Long Island locations. Available for private & phone readings. 516 889-3732, www.ronitoddpsychic.com.

**CLAIRVOYANT READER** with over 35 years experience. Text (919) 464-6890. ConsultationsbyJoyce.com, Accurate, High Quality and Confidential.

### SPACE / PROPERTY

**OFFICE SPACE TO SUBLET** Private room sublet within PT practice, professional building includes all. Ideal for a wellness / medical practitioner. In the heart of Garden City. Call (516) 421-6353.

**LOOKING FOR A SPACE TO SHARE OR RENT** Expressive Arts Facilitator and Reiki/sound practitioner. Contact Jo-Ann at 631 875-6802.

**OFFICE SPACE TO SUBLET/RENT.** Professional private, quiet, parking, all utilities, furnished, window view. Flexible rent on days used. Call 516-674-4868.

#### SPIRITUAL EVENTS

**LOCAL AND GLOBAL CONSCIOUS EVENTS** Classes, Workshops, Retreats, Fairs, Summits, Gatherings. Yoga, Shamanic, Q-Gong, Dolphins/ Whales and so much more! SpiritualEvents.com.

SPIRITUAL SINGLES

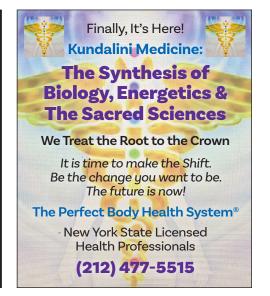
**MEET YOUR DIVINE COMPLEMENT** on the Oldest, Largest, Exclusively Spiritual Dating Site. Increase your Pool of Conscious Singles. Our Members are Amazing! SpiritualSingles.com.

MAN SEEKING A FEMALE RELATIONSHIP Dennis, a 73 year-old man, on a heartfelt searcth for lasting connection filled with trust, companionship, and love with a special woman, 64–81. Message dwalter1551@gmail.com. (see ad below)

## YOGA

YOGA FOR ANXIETY: Poses and Practices to Embody True Confidence. For information or to request a complimentary module from one of our 7-Week programs, email: Y4Anxiety@gmail.com.

**REVOLUTION YOGA ONLINE** Full Schedule 7 Days a Week - All Levels of Classes, Restorative, Meditation, Pre/ Post-natal, Mom & Me, Teen, Kids-party/camp/ classes, Live Zoom Classes and Full Class Archive. Online Teacher Trainings and Courses. 7 N. Village Ave., Rockville Centre, NY 11750. 516-619-6421. revolutionyogaspace.com.







I'm Dennis, a 73 year-old man, on a heartfelt search for a lasting connection filled with trust, companionship, and love with a special woman. I hope to find a life partner and a best friend, someone with whom I can share the remainder of my years. Life is meant to be lived to the fullest, hand in hand with someone you truly care about. I'm open to connecting with someone between the ages of 64 and 81.

If you're interested in embarking on this journey with me, please feel free to drop me a message to know about you at **dwalter1551@gmail.com**.