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CREATIONS

MAGAZINE

Vol 38 Issue 4
August - September 2024
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We Are Made for Service

The August / September
"Back to School" Issue

- When Opposing Energies Collide
- From Here to There
- Food for Freedom
- Harnessing Brain Fitness

Jan Guarino



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Anthony Cerabino, Founder
B.M., LMT, M.S., L.Ac
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A Small Chip

It was a small chip on a front tooth. It was too big to ignore and too small to simply polish. Now what? “What do you think I should do?” Sandy asked. In her particular case, a tooth-colored composite filling would do the trick. It would restore the tooth to its original form and function, and it would feel smooth so as not to irritate the lip or tongue. Just as importantly, it would look beautiful.

But during the appointment, Sandy had more concerns. “I am afraid it will look too big or feel bulky.” “How will it stay in?” “Are there needles involved?”

We reviewed the process. When performing composite fillings, or bondings as they are commonly called, we use an etch; it is a mild phosphoric acid. This cleans the tooth and leaves a rough surface.

Why rough? This way the material has more surface area to grab onto, and more effectively sticks to the tooth. If you look at the etched surface under the microscope, it would resemble a lunar surface.

The dentin has tubules that are clean and open. You may think of them as pores on your skin. You would want them to be unclogged. This way when the bonding agent, or adhesive is applied, it seals the dentin and adheres well.

Then, we layer the composite material, which is a moldable paste. Once shaped appropriately, a curing light of focused blue spectrum is shined on the tooth, so as to cure it or harden it.

These high-quality materials are biomimetic. They look and behave like tooth structure. They expand and contract at the same rate, and the way they behave under light is almost identical. This material combines beauty, strength, and biocompatibility.

Finally, we polish the tooth, making it as smooth as glass. And, no — we do not need to make this tooth numb. Therefore, no needles.

Sandy was ready. We talked the talk, then walked the walk. It all worked out so beautifully — just as described. When the procedure was completed, she asked with surprise: “That’s it? Wow!” Then she ran her tongue across the surface. “Perfect!” she exclaimed. Finally, she looked in the mirror. “That looks amazing!”

Quick, easy, and most importantly, painless. That’s the way it always should be. What a wonderful experience. Best of all, there are no restrictions. Since there is no numbness, Sandy can eat or drink right away. And, we all have peace of mind now that this tooth is reinforced; it won’t break down any further, and it looks and feels great!

** Biomimetic: It originally meant developing any new material or technology that mimics nature or is obtained from nature. In biology, biomimetics relates to harnessing bioinspired materials or molecules, either synthetic replacements of natural structures or derivations from living organisms that simulate biological mechanisms.*



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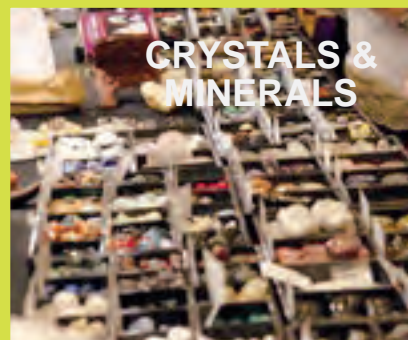
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TALKING OUR WALK

Welcome to our August / September "Back to School" Issue. Here's today's lesson:

Events leading up to the completion of this issue, provided us with a valuable refresher course. For the first time, we were without the services of our long-time Associate Publisher, Lainie, who has been dealing with a serious health condition. She has been with Creations Magazine since before we acquired this publication 19 years ago, and we have been blessed that she has stayed with us all these years.

Lainie has quite simply been our "rock." Each issue, we gather the materials (articles, ads, artwork) and then throw them her way. She then collects all the loose pieces and efficiently assembles them into the finished product you are now reading.

To "replace" Lainie, we stayed in-house and enlisted Robin, our ad designer / graphic artist. Allowing for a learning curve, the process naturally became more "involved." Weeks later, comfortable that we had gotten past this hurdle, Robin became unavailable. Sadly, her dad unexpectedly passed away.

Big life events happen. At some point in our



lives, they visit all of us. And when they do, it is a reminder (lesson) that people must come before business. In the publication business, it's deadlines. With the process on hold for several days, we abandoned any attachments to the "schedule." We needed to step back before moving on to "Plan C," who is Ginger, our editorial designer. The priority was, and is, allowing healing space for our colleagues and friends. To reverse the classic line from the film, The Godfather, "It's not business, it's personal."

Peace All-ways,

Neil & Andrea

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CREATIONS

- 4 **Talking Our Walk** by Neil & Andrea Garvey
- 5 **We Are Made for Service** by Steve Farrell
- 7 **When Opposing Energies Collide** by Ann Albers
- 8 **From Here to There** by Patricia McDowall
- 9 **Food for Freedom** by Will Tuttle, Ph.D
- 10 **Optimists and Pessimists** by Joanne Steenberg
- 11 **Talking to Your Child About Family Estrangement**
by Khara Croswaite Brindle
- 12 **Allow Your Answers to Be Revealed**
by Brenda Shoshanna
- 13 **Brain Fitness to Enhance Mental Wellness & Reduce Anxiety** by Dr. Patrick Porter
- 14 **How to Practice Daily Mindfulness** by George Knight
- 15 **Resources for Natural Living**
- 18 **Book & Product Reviews**
- 19 **Poetry**
- 20 **Calendar of Events**
- 21 **Marketplace**

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Humanity's Essence: We Are Made for Service

by Steve Farrell
Boulder, CO

What if every member of humankind was actually designed to be in service to others and to the universe itself?

This question offers each of us a profound insight that is an invaluable gift on our journey toward a conscious, unified world: that we are fundamentally designed and destined to not only serve each other but also the rest of the universe.

Demonstrating this principle of service perfectly is the human body, a complex masterpiece of biological engineering. Made up of trillions of cells organized into vital organs, each component of our being plays a crucial role in the health and function of the entire system. On a grand scale, this microcosmic collaboration mirrors a much larger, universal design, suggesting a world where everything is created to support and nurture both its parts and the overall entity.

Could it be that the cosmos has precisely the same design?

This notion of interconnectedness is robustly supported by the pioneering research of scientists Nassim Hamein and Gregg Braden. Their findings reveal a fascinating framework of unity and mutual aid. Hamein's work paints the cosmos as a holon, where we, along with every element of the universe, are both individuals and integral parts of a greater whole. The essence of the universe, with its inherent wisdom and power, is mirrored in every fragment of its vastness, suggesting a universal architecture designed for service and support. Hamein's discoveries encourage us to see ourselves not as isolated entities but as cells within a universal organism, naturally predisposed to contribute to the health and vitality of all life and the cosmos itself.

Gregg Braden's work delves deep into the connections between emotions, beliefs, and the physical world, suggesting that our hearts and minds have a critical role in shaping our reality. His explorations into quantum science, fractal patterns, and the incredible power of human emotion establish a compelling narrative: *we are not mere observers but active participants in the universe's unfolding story.* These insights complement Hamein's theories and propose that through conscious intention

and heartfelt action, we can align with the natural currents of the universe, aiding the wellbeing of our planet and all its inhabitants.

This may explain why many who retire to a life of luxury often sense something lacking and why so many of us feel our lives lack meaning and purpose. **Service, it appears, is not just an act of altruism but a fundamental expression of our true essence and mission.** If you're hesitant to accept this idea, try being of service to the life around you and discover how good it feels. Pay attention to what happens to you and those you serve, and you will soon see the obvious truth of it.

How, then, can we embody this core expression through concrete, meaningful actions? Volunteering and community service provide avenues to enrich our lives and the world. Whether it's mentoring youth, caring for the environment, or aiding those in need, volunteering allows us to experience the fulfillment that comes from aligning with our true purpose. Acts of service can range from environmental initiatives like participating in reforestation projects to social endeavors such as aiding local shelters, food banks, or educational programs. By engaging in activities that enhance the physical, mental, and spiritual wellbeing of ourselves and others, we embody our commitment to the overall health of the universal organism.

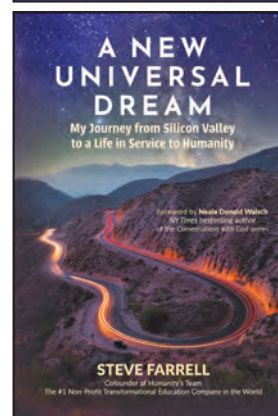
Engaging in acts of kindness and support fosters a connection and joy that material wealth cannot match. When embraced as a lifestyle, the ethos of kindness and service uplifts our collective existence and drives us toward a future characterized by harmony and mutual respect. To immediately feel the impact of this idea, again, try serving the life around you, and when you observe how it affects both you and those you serve, it will all be clear.

Let's expand this vision beyond humanity. Imagine a world where not only all humans — you, me, and everyone — but also all plants and animals are recognized as being physically, mentally, emotionally, and spiritually designed to serve. Every tree, every blade of grass, and every animal plays a part in a grand network of life, each contributing to and relying on the other parts for mutual survival and wellbeing. When we embrace this broader vision, we can see that our acts of service extend beyond human interactions and encompass all living beings. This integrated approach reinforces our interdependence and the importance of preserving and nurturing every form of life and aligning our actions more closely with the planet's rhythms and needs.

The Way Forward: A Thriving World for Everyone

The insights and discoveries shared by visionaries like Nassim Hamein and Gregg Braden show us the immense potential that unfolds when we embrace our role as caretakers of the Earth and each other. What if all members of humankind acted upon this innate impulse to serve? From this perspective, every act of service enriches our collective wellbeing, moving us closer to achieving unity and oneness, which is our ultimate goal.

By embodying this spirit of service, we respond to a higher calling that transcends self-interest and seeks to uplift us all. Let's move forward with open hearts and willing hands, prepared to create a world where conscious living is not just an ideal but a reality for everyone. Together, in the



spirit of service and unity, we can transform the dream of a harmonious, sustainable existence into a tangible reality for future generations. ✨

*Evolutionary Pioneer Steve Farrell transforms the definition of success in his book **A New Universal Dream**, in which he details his journey from Silicon Valley to a life in service to humanity. Steve was also honored to have been a contributing author to the Evolutionary Leaders anthology, *Our Moment of Choice*, winner of a 2020 Gold Nautilus Award. Alongside Neale Donald Walsch (author of *Conversations with God*), Farrell is the co-founder of *Humanity's Team* and *Humanity Stream+*, the world's largest streaming platform for consciousness-raising Masterclasses and Transformational Education. Find out how to take their *Conscious Living and Leadership* pledge at HumanitysTeam.org.*



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The Power of Hypnosis for Permanent Weight Loss with *The Hamptons Method*

In a world where fad diets and fitness trends come and go, the quest for sustainable weight loss remains elusive for many. Enter hypnosis—a timeless method that promises not just temporary results, but lasting change.

At its core, hypnosis works by reprogramming the subconscious mind, the realm where deeply ingrained habits and beliefs reside. Unlike the conscious mind, which often struggles with willpower alone, the subconscious is more susceptible to positive suggestions when in a state of focused relaxation. This makes hypnosis a powerful tool for changing unhealthy eating habits and reducing cravings.

During a hypnotherapy session, the individual is guided into a trance-like state of heightened awareness and focused attention. In this relaxed state, the mind is more open to suggestions that promote healthier behaviors. For example, a suggestion for a positive association with nutritious foods and a diminished desire for sugary snacks. Over time, these suggestions can become ingrained, leading to natural and effortless changes in eating habits.

Hypnosis works best when it is part of a comprehensive weight loss plan. This might include a balanced diet, regular physical activity, and other supportive therapies such as cognitive-behavioral therapy (CBT). Consistency is key; regular hypnotherapy sessions can reinforce positive changes and support long-term success.

While losing weight is often the primary goal, the benefits of hypnosis extend far beyond physical appearance. A positive mindset and mental wellness are critical components of lasting weight management. **Hypnosis can help individuals build self-confidence, reduce stress, and cultivate a sense of empowerment—all of which contribute to a healthier and more fulfilling life.**

Despite its proven efficacy, hypnosis is often misunderstood. Contrary to popular belief, hypnosis is not about losing control or being manipulated. Instead, it is a collaborative process where the individual remains fully aware and in charge. Numerous studies have demonstrated the effectiveness of hypnosis in weight loss, highlighting its potential as a safe and viable option for those seeking lasting change.

No weight loss program would be complete or even effective without reinforcing the importance of regular exercise over an extended period of time. Equally important is the emphasis on reinforcing the difference between emotional and nutritional eating.

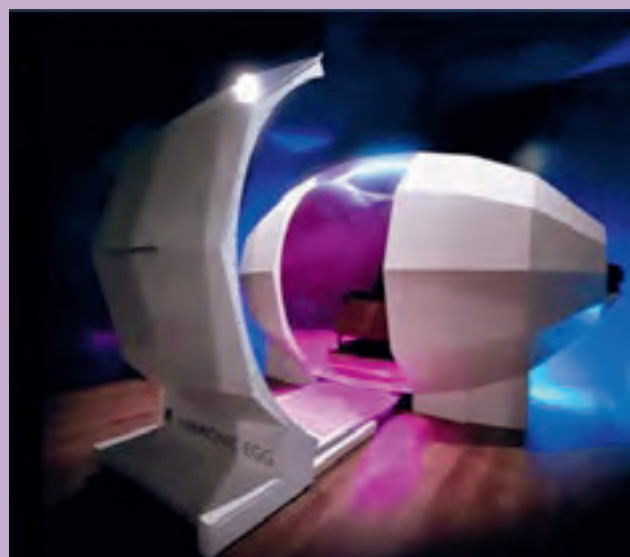
Hypnosis offers a unique and powerful approach to weight loss, one that addresses the mind-body connection and promotes holistic wellbeing. By reprogramming the subconscious mind, individuals can achieve sustainable weight loss and enjoy a healthier, happier life.

Think about the most important reason that you would like to attain and maintain your desired weight permanently. To learn how hypnosis can support your weight loss goals, **please contact The Beach Hypnotist at 631-903-0910 or visit the website TheHamptonsMethod.com**. Also by visiting the website you may download a complementary streaming audio.

The Beach Hypnotist conducts the **Permanent Weight Loss Program** the fourth Tuesday of every month at Stony Brook Southampton Hospitals Ed & Phyllis Davis Wellness Institute at 4:30 p.m. **The Quit Smoking for Life – Without Weight Gain** is conducted the third Tuesday of every month. Every Tuesday 2:30 PM to 3:30 PM for “Transformation Tuesdays” a continuing zoom webinar exploiting the power of the subconscious mind and how it impacts attitudes, beliefs behaviors.

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When Opposing Energies Collide

by Ann Albers & The Angels
Phoenix, AZ

You live in exciting and turbulent times. Never before has humanity called for so much love, and never before has so much love been allowed by humanity, into your 3D reality. As a result of this influx of light, there is great turbulence. Old energies are attempting to continue their existence in a fast-moving flow of love that will no longer sustain them.

Darkness (which is only a name for that which lives in an illusion of separateness from the Source) can only be sustained when surrounded by others lost in illusion. It cannot live in a heart filled with love, a mind focused on the good, and a body illuminated by the soul. It cannot be sustained in your earthly systems when the light of love, compassion, and prayer shines upon them.

Nonetheless, it is part of nature's order that when two energies of similar intensity meet, there is some turmoil as they attempt to reach a greater state of harmony. For example, when a hot and cold front collide, they can temporarily stir up tumultuous weather systems. When a strong virus becomes active in the body, it can inspire an overactive immune response. When two pebbles are thrown into a quiet pond, there are seemingly chaotic interference patterns before the ripples find a new order. And when two human beings with vastly differing views collide, the results are often a battle or an explosion of passion!

However, if one energy is much stronger than the other, there is very little turmoil as the system seeks to create greater order. A virus introduced into a healthy body is swiftly disabled. A strong cold front moving into a cooler area does little damage. When a person with a strong opinion meets one who simply accepts them, they cannot really stir up a response. So, while you witness the turbulence on your news, and sometimes in your minds and bodies, you can take heart because this is simply a meeting of truth and illusion, love and not-so-loving, stuck energy and a fast flow.

There is bound to be a little chaos as that which resists love meets the fast flow, dear ones. You feel it. It is harder than ever to stuff your feelings, put up with things that don't truly uplift you, and pretend to be ok when you are not. It is so much easier to be authentic, honest with life and the world, and honoring of your own spirit. If you take a flashlight in a darkened room, you see all the cobwebs, and if you thrust open the windows, you stir up the dust, but then, dear ones, you can clean out, clear out, and find greater order.

So, for those of you who worry about the world, see this for what it is: a time of seeing what has been hidden—for better or for worse, a time of examining what is useful on your planet and what no longer serves, a time of questioning how much energy you want to waste in anger and fear, and how much easier it is to turn your sights towards love.

Love is the fast-moving flow. Align with it in the simplest ways, and you will feel exhilarated. Resist it in the simplest of ways, and you will feel exhausted.

Your bodies are all becoming accustomed to this new energy, and so many of you are indeed physically tired as you readjust. Many of you experience some dizziness. Many of you are finding health issues that were quietly causing problems. They are coming up simply to be brought into the light so you can heal and live more fully. All of you, dear ones, are in motion, and we are not talking about changes in your external world necessarily but rather about the energies and emotions that are stirring within you.

To weather this period in grace, go back to simple truths. Love and accept yourselves as you are, even as you grow into more. If you are tired, rest. If you do not feel like doing something, either find a way to make it fun or don't. If you have an urge to do something—even if it seems frivolous—love yourself enough to allow the flow to move you in this fashion. You never know how some seemingly small choice can affect your life in a glorious way. You could meet the love of your life because you craved a cup of coffee so much you got off the couch to get one! You could find your dream job because you felt like scrolling through articles online. If you trust the movements within you, you are trusting God.

Be kind to yourselves. Be gentle with yourselves in body and mind right now. Try not to push yourself unless pushing yourself exhilarates you! Try not to make

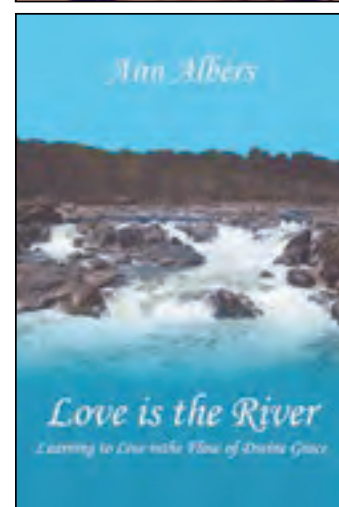
yourselves wrong for feeling what you feel. Love yourself through your difficult feelings. Try to focus away from that which gives you pain and focus towards that which gives you soothing or joy.

These things we have been teaching you over the past few years will enable you to weather this tumultuous period with grace. Even when you feel tired, upset, or fearful, you can take a little break from your thoughts and do something kind for yourself. You can take a nap or sit quietly and breathe and allow us to nurture you.

Whatever you do, don't give your power away to that which looks dark at the moment. The light is far brighter. The love is far more prevalent than you will see on your news. The flow is far greater than that which resists.

With every single loving choice, you open to this mighty flow of love, allowing your own lives to transform moment by moment and become the conduits for love upon your earth.

Whether you are “doing” a thing, if you are “being” loving or kind, your life has value, meaning, and purpose. Don't let



the darkness you see fool you into states of despair. Love is and always will be the one true power in the universe. Despite this messy rebirthing, you will live to see a kinder, more harmonious, and beautiful world evolve.

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

Ann Albers is a popular author (Love is the River, Learning to Live in the Flow of Divine Grace), spiritual instructor, angel communicator, and modern mystic. She has spoken at conferences among the world's foremost spiritual authors, been featured on international radio shows, and, for the

past two decades, has assisted thousands in tuning into their intuition, manifesting their dreams, and learning to love themselves the way the heavens do. Her free weekly “Messages from Ann & the Angels” reach an international audience with inspiration and tips to help you stay tuned in and turned on! Learn about her newsletter, books, CDs, and more at www.visionsofheaven.com.

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From Here to There

by Patricia McDowall
London, UK

Have you ever felt that you are not quite where you want to be in life? Perhaps struggling with your career, your relationships, your finances and you think of a place in your head of where you want to be instead. So how do we get from here to there?

Having been a Spiritual Life coach, a spiritual writer and channel for many years, working with people in various roles as a healing therapist, through study of psychology, philosophy and ancient wisdom and through life experience challenges of my own I have a few ideas on this *Here to There* scenario.

My first thoughts go to the old chestnut of Law of Attraction. “Oh been there, done that” I can hear ringing in my ears. Didn’t work!?! There is a reason why. We have to observe how we are attracting situations to us that we don’t want and not getting what we do want. The answer simply is we create by default, by not choosing or steering our own lives.

It isn’t surprising this happens because nobody takes us aside as we are growing into this wonderful human being and says “well you have to get a hold of your thinking. You have to put some real effort

into it until this creating thing becomes second nature.” In actual fact it is part of our inbuilt system—we cannot help but create, but to deliberately create is another matter.

So think back to a time when you wanted something so badly all you could do was think of that thing and you saw it in your mind’s eye, maybe it was a toy you wanted as a kid or you wanted to go to a place or have a pet and you got so emotionally involved with it that the energy went out to the Universe and in some way managed to grant your request. You may not even have seen it coming; it may have appeared from somewhere unexpected.

What was important was not how it came to you but what you did as a kid to bring it to you, to connect to the energy of that thing and allow it into your life.

So why didn’t it work some of the time? Well often doubt would have come in and spoiled the party. As a kid you didn’t see all the reasons why you couldn’t have the item. Or maybe you did, maybe you listened to parents say “we can’t afford it” or you felt you hadn’t been good enough to deserve it. So you were taking steps forward in bringing it to you but taking steps back when you felt the doubt or felt undeserving. The key word here is FELT.

Thought processes, emotional connections, allowing and belief patterns all play an important part in this Law of Attraction. It isn’t just a conscious thought or ordering of something in your mind’s eye, it is more than that.

Firstly, creating should be coming from a place of gratitude for what you already

have; do the process when you feel happy and grateful. Otherwise you will be focusing on lack of something which is a whole different energy to feeling the world has shown you things to be grateful for.

Next clarity, get clear on what you want. If it’s a new job see it in all its levels. Where will it be? What are you doing? Why will you be doing it? Think about why you want it and why you believe it will come to you. Focus on one thing or scenario at a time. So it FEELS real. Feel excited about it. The feeling part is extremely important. Out with doubt!

Check your beliefs because if you are feeling in any way not self-loving, worthy or deserving, then you are working with limiting belief patterns. Maybe there are ideas of poverty, money being the root of all evil...all sorts, so be aware of your beliefs, values and what you really want to create in your life. You can clear many of these deep rooted beliefs with various therapies; Theta works well, working on your subconscious thoughts.

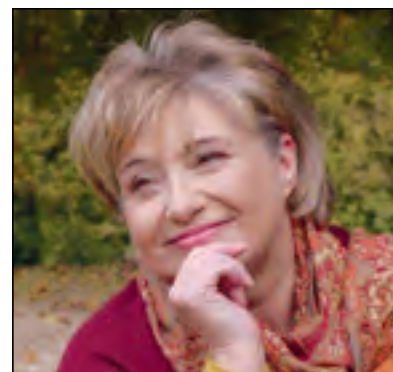
Some are just your conscious habitual thought patterns you have repeated over and over and are now rooted in your inner dialogue. So clear old patterns and unlock yourself from staying here when you want to be there.

BELIEVE to RECEIVE. Allow it into your life. Go with gratitude, thankfulness, happiness, clarity, focus, clearing old patterns of beliefs, allowing and receiving. Then start again by being grateful for what you receive and thankful.

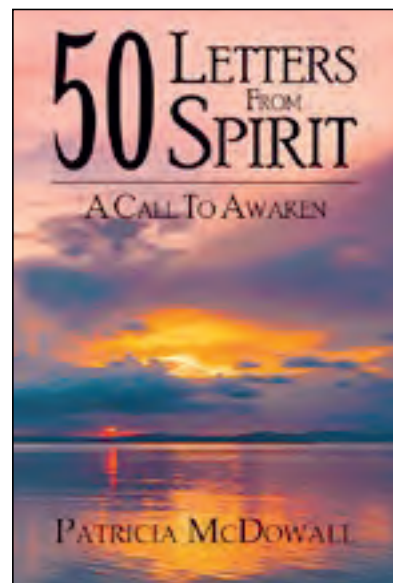
Have no thoughts of lack, no doubt, no comparing to others. It’s about commitment to you, driving your own life, your choices, your changes, and your design. *It isn’t about figuring out how it comes, it is focusing on the deliberate creative thought process with the power of emotion behind it.*

My favourite saying is “The World is full of wonderful surprises.” It just popped into my mind one day and I believed it with all my heart. I received a potted plant, a free spa day pass and a tax refund!!

Law of Attraction is called a Law for a reason ... it won’t budge. Follow the rules and see what happens. Now that you have your bags packed with the right tools, I wish you happy travel from HERE to THERE.



A natural intuitive since childhood Patricia McDowall, has held various spiritual roles helping people for over 25 years. Her interest in ancient traditions and healing lead her to train in holistic therapies as a Reiki Master, Advanced Theta Practitioner, Meditation Teacher, Journaling Therapist and more recently as a Spiritual Life Coach. Her connections to Spirit lead to her channelled book, 50 Letters from Spirit, A Call to Awaken published in 2018. Since 2019 Patricia has been writing articles which offer guidance from Spirit, methods to embrace the positive and work through challenges and help enable people to reach their full potential. She speaks at wellbeing festivals in the



UK and facilitates workshops. ✨

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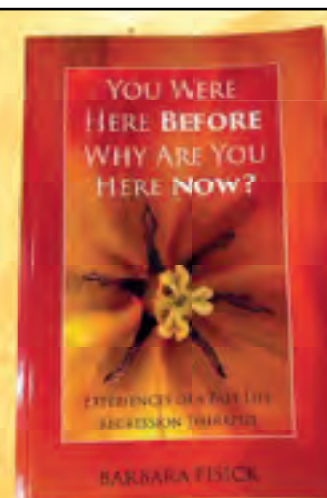
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Food for Freedom

by Dr. Will Tuttle
Middletown, CA

With the Covid crisis in early 2020, the vegan movement clearly had a golden opportunity to champion the rights, freedom, and sovereignty of not just individual animals, but of individual humans as well. This would have been an enormously valuable contribution to the wellbeing of society during that dark and challenging time.

Yet the vegan movement, similar in many ways to the political left, revealed the extent to which it had been infiltrated and captured by the seductive power of wealth and narrative control. Unable to maintain a vital inner connection with the core values of vegan living, many vegans allowed the rampant fear porn gushing from the media, government, and medical authorities to sweep them into unquestioning compliance, and, ironically, into championing the

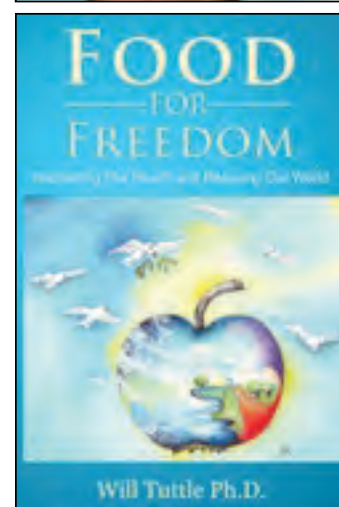
virulently anti-vegan pharmaceutical-medical-chemical complex.

Equally incongruous, many of us demand respect for our own sovereignty, and rightfully organize and work to educate others about the importance of health freedom and of all our inalienable rights, while at the same time destroying the freedom and sovereignty of animals by failing to question prevailing cultural narratives. We blithely purchase and consume the flesh and secretions of terribly abused and enslaved animals who are reduced to mere livestock property status, thereby directly inflicting brutality and tyranny that are much more severe than that against which we are fighting. As health freedom advocates, we justifiably rebel against being viewed as mere exploitable livestock by the globalist plutocrats managing pandemic and climate narratives, and yet we act in a similar manner ourselves with regard to animals, reducing cows, pigs, chickens, and others to mere exploitable property status. How is it possible that we fail to see that by purchasing animal-sourced foods and products, we directly cause the destruction of the sovereignty of others, the very sovereignty we prize so much for ourselves?

It is clear that the animal liberation movement is called to embrace the movement for human freedom, and that this medical-health freedom movement is similarly called to embrace the animal liberation movement. It is the same basic effort, and the ruling class that profits and benefits from the exploitation of animals also benefits from the exploitation of humans. These plutocrats control not only the social, governmental, and media narratives, but also control, through infiltration and predatory philanthropy, what would be the opposing narratives, thus ensuring the ongoing reliable and profitable exploitation of both animals and humans.

For example, the animal agriculture-medical-chemical complex has for decades captured governmental agencies and legislative bodies to the extent that, in the U.S. (and similar scenarios exist in many countries), we have a massive system of government subsidies that drastically and artificially reduces consumer prices for meat, dairy products, and eggs. This promotes the exploitation not only of cows, pigs, chickens, and other livestock animals, but the exploitation of us humans as well, as our physical, psychological, environmental, and cultural health is sabotaged, increasing the profits and control of the same powerful industries, and the bankers and asset managers in the background. While animal-sourced food production in the U.S. receives billions of government dollars annually in subsidies, price supports, income assistance, emergency assistance, commodity loans, direct payments, allotments, tax breaks, rail and feed subsidies, grazing privileges, the dairy export incentive program, and other governmental services, less than one percent of government subsidies goes to the production of health-promoting vegetables and fruits.

This is not accidental. By severely lowering the market price of animal-sourced foods, the ruling class encourages the U.S. population to consume over 200 pounds of meat per capita annually, twice the global average and virtually the highest in the world, guaranteeing the U.S. having the world's most expensive (i.e., profitable) medical system, and arguably one of the most disease-ridden populations as well. If we are eating animal-sourced foods, we are being exploited, and all of us are harmed by the toxic poisons and excessive medical costs involved, with



medical procedures being the leading cause of bankruptcies. Additionally, these immense government subsidies enable U.S. meat, dairy, egg, and feed grain producers to flood Latin American and other international markets with low-priced products that put local farmers in these other countries out of business, directly driving hunger, displacement, and immigration pressures on U.S. borders, further propelling the plutocratic agenda of cultural expropriation, both at home and abroad.

If we fail to see the interconnected nature of animal and human liberation, we become merely ironic in our quests for freedom. Enslaving animals for food, our

health is harmed on every level, inevitably eroding our freedom. Liberating animals, we can rescue our world from the narratives, traditions, and embedded levers used by the ruling class to propel their agenda of unbridled domination.

Looking at our critical cultural situation, how will we be able to successfully awaken the hearts and minds of the masses of people who are sufficiently poisoned and wounded that they care neither for animal freedom nor human freedom, but seem content to eat and exploit animals as livestock, and to allow themselves to be similarly exploited and oppressed? To approach this question effectively, we are called to a deeper understanding both of our culture and of ourselves. ✨

*Excerpted with permission from **Food for Freedom: Reclaiming Our Health and Rescuing Our World** by Dr. Will Tuttle (Middletown, CA: Karuna, 2024).*

Dr. Will Tuttle, visionary author of the acclaimed best-seller, **The World Peace Diet**, published in 17 languages, is a recipient of the *Courage of Conscience Award* and the *Empty Cages Prize*. He is also the author of several other books on spirituality, intuition, and social justice, as well as the creator of online wellness and advocacy programs. A vegan since 1980 and former Zen monk, Will is featured in a number of documentaries and is a frequent radio, television, and online presenter.

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The Power of Love Optimists and Pessimists

by Joanne Steenberg
Maine

I came across a powerful quote this week by George Bernard Shaw. It stopped me in my tracks and made me shift my thinking in big and important ways. He said, "Both optimists and pessimists contribute to society. The optimist invents the airplane, the pessimist the parachute."

I just LOVE that! In our striving to love all humans, we need to love both the optimist and the pessimist. It is not about choosing sides, but acknowledging the inherent value each brings to the table. The power of diversity lies not only in embracing different religions, cultures, and beliefs, but also in valuing diverse perspectives and thought processes.

The optimist finds hope and opportunity in even the darkest of times. As Helen Keller said, "Optimism is the faith that leads to achievement." This unwavering belief in possibilities fuels innovation, resilience and the courage to dream beyond limitations. And yet, often misunderstood as negativity, the pessimistic viewpoint becomes a counterbalance, prompting thorough planning, and risk assessment.

I think Winston Churchill captures this sentiment well: "The pessimist sees difficulty in every opportunity. The optimist sees opportunity in every difficulty."

Imagine a team embarking on a challenging project. The optimist ignites enthusiasm, painting a vivid picture of success and inspiring others to strive for greatness. And the pessimist, with a critical eye, identifies potential pitfalls, prompting necessary precautions and contingency plans. We need both.

My dad was somewhat of a pessimist. Although he was outgoing and joyful and embraced life, he had an innate thought pattern that would often imagine the worst. What if the car breaks down? What if the kids are running too fast and trip and fall into the glass sliding doors? It was sweet, but it also irritated me. I can remember being frustrated as a teenager as I was about to get in the car and go out for the night. My poor Italian dad would worry so much, often causing me to be late to my outing because he had to check the tires and under the hood one more

time before I left. Now, of course, I realize that it was a very sweet form of love. He didn't want his 17-year-old daughter on the side of the road with a broken-down car on a Saturday night.

It has taken me a while to embrace the pessimist, but I absolutely do now! I am an optimist. But we must embrace both. And for all you pessimists out there, try to embrace the optimists in your life too. We are not just head-in-the sand *Pollyannas*; we contribute to the uplifting of others with just as much value as those who are contemplating and thinking about all that could go wrong. We need each other.

Let's remember we are one human race. We are all here right now and we are all going to be gone one day. We don't know when that will be. So, let's love all the many ways we humans are striving to be together on this planet.

"One love. One Heart. Let's get together and feel alright." – Bob Marley

Love and gratitude, Joanne ✨

Joanne Steenberg is the founder of *The Love Card*. Her mission is to spread love to as many people on the planet as possible and to empower others to do the same. Since 2016 *The Love Card* has distributed over 260,000 all over the world. It is Steenberg's hope that this pay-it-forward movement grows and reminds people of the power of love. A life-long educator she also teaches a self-empowerment course for teens entitled *POWER*. For more information visit TheLoveCard.org



Talking to Your Child about Estrangement from a Family Member

by Khara Croswaite Brindle
Denver, CO

“Mom, why don’t we talk to Grandma?”

“Dad, why don’t we ever see Aunt Julie?”

Adults who are estranged from a family member face challenges when attempting to explain the ruptured relationship to their children. A child who witnesses the dynamic often has a lot of questions.

What does an adult daughter say to her child who asks why she doesn’t have a grandma? Or how can a father explain why he doesn’t speak to his sister anymore? How do the adults rationalize the estrangement in terms their child can understand? What can be shared when a child comes home with a family tree assignment and asks why they don’t have lots of family members to add like the other kids?

Over the years, child therapists and grief experts have emphasized the importance of straightforward and truthful answers to children regarding all sorts of difficult topics, including death and suicide. When it comes to the emotionally charged issues surrounding estrangement, the same rules can apply.

Let’s look at five strategies for speaking to kids about estrangement:

1. Keep it short and straightforward - You may have heard of the acronym KISS. As it applies here, it stands for Keep It Short and Straightforward. The length and substance of the explanation will directly relate to the child’s age. This means giving a short, simple answer for a young child and a potentially longer, more detailed explanation for older children. Offering a straightforward explanation is important to emphasize because it adheres to the importance of being honest in our disclosures as parents. Just as mental health professionals would dissuade a parent from encouraging a child to view death as “the person is just sleeping,” lying about a family estrangement in order to avoid the discussion could also backfire and have harmful consequences.

2. Breathe - It’s understandable that your child’s questions about the estrangement can bring up emotions for you. It’s also not uncommon to over-share when feeling anxious or irritated. A great way to keep your emotions in check is to take a deep, calming breath and ask your child what they want to know about the estrangement. Their answer may surprise you.

3. Share only as much as they want to know - Don’t panic! As we alluded to in the previous strategy, kids may have a simple question they want you to answer that will surprise you. Their question may not warrant your anxiety — like asking where the person lives, how old they are, or if they look like anyone else in the family. However, if they ask about the conflict that led up to the estrangement, you will need to provide a more detailed response. Even in this instance, taking a moment to pause and breathe allows you to remain mindful of what you share. Keep it focused on simple, straightforward details while

grounding yourself in your emotions to avoid unintentionally over-sharing with your child.

4. Validate their feelings - It goes without saying that acknowledging your child’s emotions can go a long way in this conversation. How are they reacting to the information you shared? Has it made them sad, angry, or confused? Do they feel it’s safe to express these emotions to you? What they need from you after you’ve shared the information is help regulating their emotions and being comforted.

5. Answer any further questions they have — now or in the future - Sometimes kids don’t know what other questions they have until they’ve had some time to process what you’ve shared. Letting them know that they’re welcome to ask other questions if they have them will provide a sense of reassurance and safety that it’s okay to bring up other questions. As parents, we want our children to share what’s on their mind when navigating difficult topics of all kinds.

The family structure may look different when members are estranged, but that doesn’t mean it’s bad. With open communication and a grounded response from you, their parent, you can show up in ways that provide meaningful assurance to your child. When you answer their questions thoughtfully and with compassion, you remain a healthy adult in your child’s life, which often feels healing in the face of family estrangement.

Khara Croswaite Brindle is a licensed mental health therapist in private practice in Denver, Colorado. She holds various roles, including financial therapist, TEDx Speaker, burnout consultant, author, and professor. Her new book is **Understanding Ruptured Mother-Daughter Relationships: Guiding the Adult Daughter’s Healing Journey through the Estrangement Energy Cycle** (Rowman & Littlefield, July 1, 2023). Access therapeutic tools for adult daughters at estrangementenergycycle.com.



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Allow All Your Answers to be Revealed

by Brenda Shoshanna
New York City

*Heaven is acceptance of what is. ~
Lubovitch Rebbe*

Stop Interfering With Your Life

“Allowing” is an incredible activity that naturally runs counter to “fear.” It is a wonderful medicine for stress, upset and anxiety of all kind. As we allow what is real and nourishing to become revealed, we stop interfering with our life, and take our hands off people, events, and ourselves. Finally, we can breathe a sigh of relief as we simply allow what is happening to happen. We stop fighting what is going on and feeding it energy in that way.

This Does Not Mean Being Passive: Just The Opposite

This does not mean we are passive, or giving our support to negative situations. Just the opposite, by not fighting and resisting them, we are making room for calm, clarity and the ability to naturally respond differently. We do not offer a knee

jerk reaction, but respond in a beneficial manner for all.

Usually our energy is spent struggling, demanding, and driving everyone crazy trying to figure out answers to the problems we face. As soon as a challenge appears, we start to think, plan, strategize, agonize and place ourselves in a prison without bars. Most of the problems that tie us up aren't even real problems, just fantasies our fear cooks up.

When we are allowing, we are not demanding an outcome, or interfering with the flow of events. If a choice or decision is needed, we don't tie ourselves into a knot to make it, but allow it to be revealed. Living in this manner, enormous relief and energy become available.

Exercise: The Simple Practice of Allowing

We may think it is difficult to allow life to be what it is. But allowing is natural and easy. Here are some simple steps. To start this practice, allow something easy.

* Allow the light to come up in the morning or the sun set at night.

* Now, allow something else that might be more difficult. Allow your partner to speak all they want to and for you to listen. and not say a word.

* Allow a moment of fear to arise, and then to depart on its own.
(It will if you don't cling to it).

* Allow yourself to say hello and smile at a neighbor, instead of hiding on your phone.

Say No to Anxiety and Control

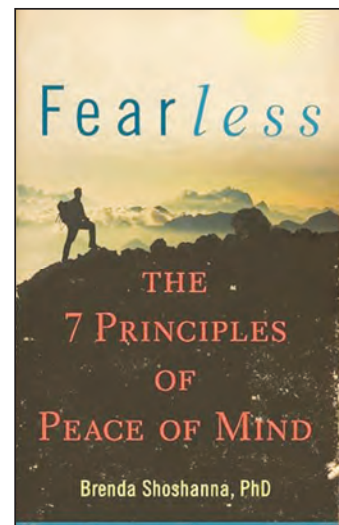
By allowing life to be what it is we are saying no to anxiety and control. We trust that there is a direction, a life force, a source of guidance that knows what is right in each moment. We stop struggling, straining, demanding, and plotting. Instead we ease up and allow this source of wisdom into our lives. It has our answers, knows what is real, what is good and true for us. It is with us at every moment. We have just not yet allowed it to be revealed. Now is the time to practice allowing, a truly strong medicine for dissolving fear.

The Dangers of Grasping and Clutching

“There was once a lonely young woman who longed desperately for love. One day, while walking in the woods she found two starving songbirds. She took them and put them in a small, gilded cage and nurtured them. The birds grew strong and greeted her every morning with marvelous songs. She felt love for the birds and wanted their singing to last forever.

One day, the girl left the door to the cage open and the larger bird flew out. She watched anxiously as he circled high above her, frightened that he would fly away and she'd never see him again. When he flew close, she grasped at him wildly, caught him in her fist and clutched him tightly. Suddenly, she felt the bird go limp. She opened her hand and stared in horror at the dead bird.

Then she noticed the other bird hovering near the door of the cage and could feel his great need for freedom. She decided to allow it. She lifted him from the cage and tossed him softly into the air, and watched as he circled, once, twice, three times.



As the girl continued to watch and delight in the bird's enjoyment of his new freedom the bird flew closer, landed softly on her shoulder and sang the sweetest melody she had ever heard.”

Letting Go And Letting Life Take Its Course Is An Act of Love

The more you let go and trust life, the more life brings beautiful gifts to you. And, your own intuitive knowing develops and guides you to what is truly meaningful and dependable, thus releasing a great deal of imbalance and fear.

Allowing Our Basic Wisdom To Run The Show

Within each of us there is an original, primal self who can handle anything. This wiser, primal self can be called our own intuitive knowing, eternal wisdom, or the Master within. Dialogue with it. Ask it what it would like to be called, and allow it to run the show.

This part of you is grounded in the truth of your being and knows what it is doing and where you need to go, The practice of dialoguing with your inner selves is very powerful. Most of us give so much attention to what others tell us and then wonder why we feel so empty, confused or alone. When we give time, attention and listen to the wisdom within, suddenly the part of us that longs for attention feels as though someone is finally there with them. ✨

*This article is based upon the book **Fearless, The Seven Principles of Peace of Mind**, by Brenda Shoshanna.*

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 make the teachings real in our everyday lives. She offers talks, workshops and a weekly podcast, *Zen Wisdom for Your Everyday Life*. Brenda has a You Tube channel, *Dr. Brenda Shoshanna*, where she offers short talks. Contact her at topspeaker@yahoo.com.

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Harmonizing with Nature: Harnessing Brain Fitness to Enhance Mental Wellness & Reduce Anxiety

by Dr. Patrick Porter

In the modern whirlwind of technology and rapid pace, anxiety and stress have become common companions in our lives. Yet, nestled within the intricate workings of our brains lies a powerful ally against these silent adversaries: brain fitness.

Grounded in the latest neuroscience, brain fitness extends beyond puzzles and games—it's a holistic pursuit, harmonizing with nature to foster not only mental acuity but a profound sense of wellness.

Understanding Brain Fitness

Brain fitness involves a comprehensive approach to nurturing the brain, akin to how one would care for the heart or muscles. It's about enhancing *neuroplasticity*—the brain's remarkable ability to reorganize and adapt. Every new experience, every moment of mindfulness, every pattern of thought we engage in reshapes our neural pathways, fortifying our mental resilience.

Integrating Nature with Neuroscience

Our disconnection from nature has skewed the delicate balance of our brain's functioning. Research underscores the benefits of reconnecting with the Earth's rhythms, which helps recalibrate our brain waves from the stress-induced Beta state to a more relaxed Alpha state. Activities like walking in nature, practicing mindful meditation, brainwave entrainment and even listening to natural sounds can significantly lower stress levels, boost mood, and enhance cognitive clarity.

Brain Fitness in Practice

Here are actionable strategies to integrate brain fitness into daily life, designed to reduce anxiety and boost mental wellness:

1. Breathing Meditation: Start with just five minutes a day in the morning. Clear your mind as you practice a technique called the "breath of fire." It involves rapid breathing through your nose as quickly as you can. Most people start with 30-second sets so they can continue until they build the skill. We call this breath "virtual coffee" because of the physical energy boost it gives you.

The second technique is the "box breath," which you can do whenever you have a few minutes or start to feel stressed. With eyes open or closed, breathe in to the count of four, hold the breath for another count of four, let the breath out to the count of four, then complete the box by holding out to the count of four. This technique is so powerful that our special forces learn to use it while preparing for missions.

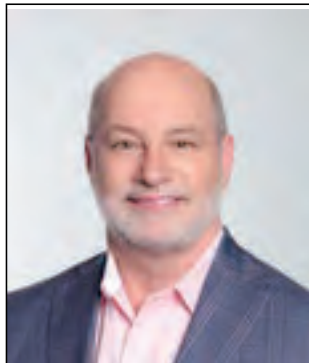
The final technique is to be used just before bed.

As you close your eyes, focus on taking a deep breath in. Count to four. Then, in a rhythmic pattern, gently observe your thoughts as you breathe out. Count to 8. This breath exercises your nervous system and allows you to enter deep sleep as you scan your body with each breath. Your in-breath engages the *sympathetic system*—your fight or flight system—and when you breathe out, you engage the *parasympathetic system*, your rest, digest, and recovery system. This brain fitness exercise trains the brain to focus and resist the pull of anxiety. It will help you reach the deepest levels of sleep, especially level 4 sleep, which is the only time your brain detoxifies. Detoxifying the brain is a key factor in brain fitness, as it helps to strengthen it.

2. Nature Walks: Frequent short walks in natural settings can dramatically improve your mood and lower anxiety. The sensory experience recalibrates your stress response, allowing for a mental refresh. If you really want to feel the benefits of this brain fitness practice, get outside at sunrise and sunset, take off your shoes, and let your body absorb the natural rhythms and soothe away the daily stress. In the morning, it will energize your body to show up as your best self.

3. Brainwave Entrainment: Utilizing audiovisual tools like BrainTap, which I developed based on decades of neuroscience research, can help synchronize your brainwaves to achieve profound states of relaxation and mental clarity.

4. Diet and Hydration: What we eat affects our brain. Foods rich in Omega-3 fatty acids, antioxidants, and adequate hydration support optimal brain function and mood regulation. As a rule of thumb, drink half your body weight in ounces of water. For example, if you weigh 120 lbs, you should aim to drink 60 ounces of water a day.



5. Sleep Hygiene: Prioritize the amount of sleep you need. However, it isn't just about getting seven to nine hours of sleep per night. It's crucial to achieve 1 hour of Level 4 (Deep Sleep) and 2 hours of REM sleep. The one-hour of deep sleep helps cleanse the brain, and the two hours of REM sleep allow time to process all the information from your day so you can use this knowledge effectively in the future. To achieve this, establish a calming bedtime routine and maintain a sleep-

friendly environment to enhance brain recovery and resilience. If needed, use the breathing technique or BrainTap to help you reach this type of restorative sleep.

By embracing the principles of brain fitness, you're not just surviving; you're thriving. Every thought, breath, and step brings you closer to a harmonious, vibrant state of being, simultaneously reducing anxiety and enhancing mental wellbeing.

Patrick K. Porter, Ph.D., is an award-winning scientist who has devoted his career to researching the brain, mental wellness, and cognitive functioning. He is the founder of BrainTap®, a headset and app designed to enhance brain fitness. For more insightful content from Dr. Porter, visit BrainTap.com, OR download the BrainTap app for Free in the AppStore or on Google Play.

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How to Practice Daily Mindfulness

by George Knight, UK

As someone who was diagnosed with Crohn's disease as a child, I learned at an early age that one's relationship with their body is something that can be developed. Despite the lows that came with the disease, it *did* teach me to connect to my body. It made me stop daydreaming through life and start making decisions that would positively impact my wellbeing.

The changes I made taught me to better tune in to how my body feels—and you can do the same by following a few simple steps:

Tune In To Your Body

The first step to tuning in to how you

feel is to *slow down*. Take things one at a time! One way to practice this is to down-regulate when eating. What does this mean? Before your next meal, breathe in through the nose for five seconds, then breathe out through the nose for five seconds. You can do multiple rounds of this if you want. After you have eaten, do the same breathwork again.

Now ask yourself: How did the meal make you feel? How does it feel as you are digesting? Recognizing how certain foods made me feel after eating was a powerful cue telling me to adapt my diet. Use this breathing technique as a tool to help you slow down. When we slow down, we allow our mind to catch up with our body. Having a set mindfulness practice can help us tune into more than just the effects our food. Below are two other ways we can connect to our mind and body.

Sensory Meditation

When spending time in nature, we can choose to be truly present. Time in nature is not a tick-box exercise. Even though simply spending time in nature will help you feel better and more creative,

approaching it mindfully may allow you to feel more connected to yourself.

To connect to myself, I practice a simple and effective sensory meditation. I find somewhere comfortable to stand, sit or lay in nature. Then, I take a few moments to be still and just breathe. Next, I take my time paying attention to each of my senses. You can do this, too.

Just observe:

Five things you can see.

When you are ready, look around and observe five things you can see. Try to really notice the things you may usually ignore.

Four things you can hear.

Next, notice four things you can hear. Listen closely; what new sounds are you experiencing?

Three things you can touch.

Can you perceive three things you can feel? Maybe it's your clothes or the weight of your body through the soles of your feet.

Two things you can smell. Slightly more difficult perhaps is the sense of smell. Are there two different smells which catch your attention? Try to breathe deeply through the nose.

And then lastly, note **One thing you can taste.**

You are now connected with your body and the place you are in. Take a moment to enjoy this feeling of relaxation.

Mindful Walking

In the past, I rushed through my daily walk—headphones in, a podcast or book playing, completely closed off to the outer and inner world. I believed that if I was not consuming media on my walk, I was wasting my time. However, constant consumption leaves no time for creativity. After reading the book *Deep Work* by Cal Newport, I was inspired to practice different ways to be present with myself. This activity helped me to regain my focus and creativity.

We can all calm our busy minds with a mindful walk, preferably in nature. To do this, leave your headphones at home, put your phone in your pocket (on airplane mode if possible), and begin your walk focusing on your body and the environment around you.

Stand up straight. When walking, imagine a piece of string pulling you up

from the top of your head, increasing the gap between your ribs. Keep your head above your shoulders, and your shoulders above your hips. Find a stable posture and walking rhythm. Relax into it.

Breathe calmly through your nose. There is rarely a time when nasal breathing does not help us connect our body and mind. When

you are walking, choose to focus on long, smooth and slow inhales through the nose and long, smooth and slow exhales through the nose. You may feel a slight "air hunger," but this is normal. If the exertion becomes too much and you feel the urge to open your mouth, stop walking and while maintaining nasal breathing, let your breathing recover.

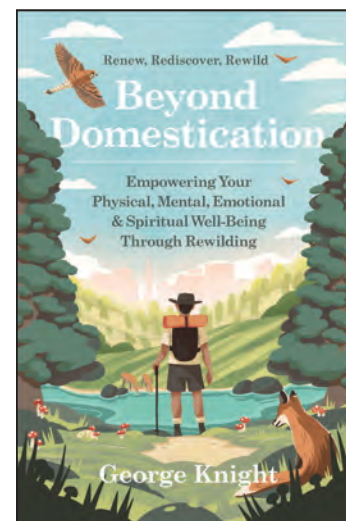
Go barefoot. Modern shoes with a thick rubber sole encourage the body

to overstride, reducing our natural ability to be stable and strong when walking. An easy way to change our stride is to ditch the shoes. When we go barefoot, we let our body's innate somatosensory feedback teach us how to walk again. This normally means taking smaller steps, with our heels gently stroking the ground as we step.

Summary

Down-regulating before eating, sensory meditation and mindful walking are just three of the practices that reconnect me to my mind and body. These practices help me slow down my busy mind—and could help you to slow down yours, too! Take this article as your inspiration to slow down today ... even if just for a few minutes. Remove the distractions and become comfortable in your mind.

George Knight is a rewilding expert, along with his wife, a co-founder of *Beyond Domestication*, a UK-based company specializing in nature retreats and rewilding walks. They guide people to learn about the *Seven Practices* through foraging, airbathing, barefoot movement, wild swimming and other natural practices. His book **Beyond Domestication: Empowering Your Physical, Mental, Emotional & Spiritual Well-Being Through Rewilding**, helps one discover the secrets of rewilding and explore a transformative journey into the intertwined worlds of modern living and rewilding practices. George is also a passionate trainer, connecting with individuals from various organizations across the UK and beyond. Visit beyond-domestication.com.



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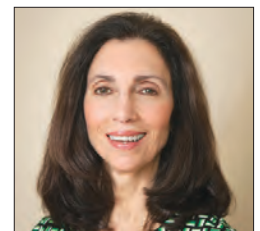
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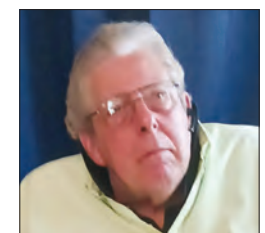


Jackie Major, LCSW

Albert R O'Connell III, LCSW, CASAC is a practicing Psychotherapist/Hypnotherapist with over 30 years experience in the field of mental health. Founder of **The Hamptons Method**, a combination of strategic therapy, neuro-linguistic programming, hypnotherapy and brainwave entrainment.

Mr. O'Connell is available for individual, group and corporate sessions. He also hosts a monthly podcast "Transformation Tuesdays" in addition to group programs at Stony Brook Southampton Hospital's Ed & Phyllis Davis Wellness Institute.

Visit the website **TheHamptonsMethod.com** for a free streaming hypnosis audio program and for other information on programs and events. You may also call directly at **631-903-0910**, email **nlpnw@gmail.com**.



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Jeffrey Etes,
DMD, NMD, IBDM

Jeffrey Etes, DMD, NMD, IBDM is an Ivy League educated endodontic dental specialist with formal university residency training that encompasses an extensive oral surgical expertise including all aspects of dental implantology. Dr. Jeff, as his cherished long-time adult patients and his pediatric patients call him, has a dual board certification in Naturopathic and Integrative medicine.

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Change is good! Transitions, Cycles, Death & Healing

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12 PRINCIPLES OF SPIRITUAL INTELLIGENCE

Self-awareness: Knowing what I believe in and value, and what deeply motivates me.

Spontaneity: Living in and being responsive to the moment.

Being vision and value-led: Acting from principles and deep beliefs, and living accordingly.

Holism: Seeing larger patterns, relationships, and connections; having a sense of belonging.

Compassion: Having the quality of “feeling-with” and deep empathy.

Celebration of diversity: Valuing other people for their differences, not despite them.

Field independence: Standing against the crowd and having one's own convictions.

Humility: Having the sense of being a player in a larger drama, of one's true place in the world.

Tendency to ask fundamental “Why?” questions: Needing to understand things and get to the bottom of them.

Ability to reframe: Standing back from a situation or problem and seeing the bigger picture or wider context.

Positive use of adversity: Learning and growing from mistakes, setbacks, and suffering.

Sense of vocation: Feeling called upon to serve, to give something back.

— by Danah Zohar, author of *Rewiring The Corporate Brain*

BOOK REVIEWS

& PRODUCTS

BOOKS

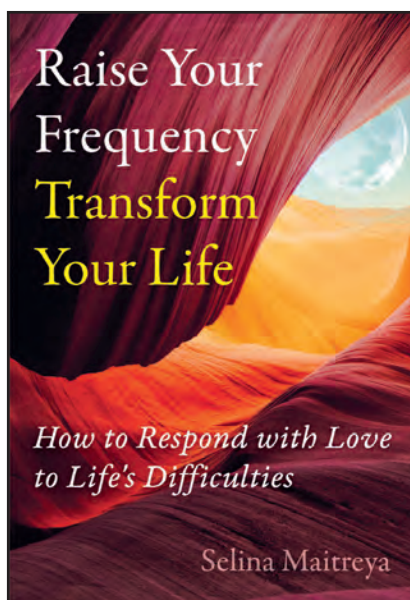
RAISE YOUR FREQUENCY, TRANSFORM YOUR LIFE
How to Respond with Love to Life's Difficulties

by Selina Maitreya
InnerTraditions.com

Raise Your Frequency, Transform Your Life is a hands-on guide to cultivating a more conscious and spiritually present life. Selina Maitreya shares a radical process of self-transformation that allows you to discover your highest potential. Drawing on her 25 years of experience as a spiritual teacher, Maitreya explores how to recognize and transform the challenges you experience into tools to raise your consciousness, thus empowering you to use each difficult life experience as a tool to create peace and build the foundation for a truly abundant life. Maitreya shares her own journey, when all her plans for her future ended in the blink of an eye, leading to the creation of this book.

Pulled from her car with the “Jaws of Life” following a collision, she was diagnosed with a traumatic brain injury that left her unable to live anything close to a normal life. Her huge physical and intellectual disabilities went on for the next four years, yet she experienced a connection to Oneness that she had never experienced before. In Oneness was the respite she had always sought, and all she had to do was close her eyes and breathe.

Through simple, practical exercises, as well as inspiring transformational goals and action steps, the author emphasizes the importance of accessing and raising your inner vibration. She introduces you to your energetic systems and teaches how to respond to any life difficulty—from a small irritation to a major life tragedy—using the energy of love rather than the energy of fear. By focusing on energy frequencies, rather than thoughts or emotions, she demonstrates how



working with the heart frequency can provide ways to understand, work through, and transform challenges that arise—better connecting you to the higher frequency state of your intuition. As your personal vibration rises, you attract the people, situations, and events that align with your unique path toward creating and living an extraordinary life.



THE SOIL IN JACKIE'S GARDEN

Written by Peggy Thomas
Illustrated by Neely Daggett
FeedingMindsPress.com

Written in the cumulative style of “The House that Jack Built,” the catchy alliterations and engaging illustrations are interwoven with scientific facts that teach young readers about the life cycle of a plant, the natural processes that create new soil, and the importance of composting for a sustainable garden. *The Soil in Jackie's Garden* introduces budding gardeners to the magic happening in their very own backyard with beautiful visuals that open vertically to showcase the secrets beneath the surface of the soil. Follow Jackie and her diverse group of friends as they meet pollinators, measure progress, and patiently wait for their sweet snack to grow. But it doesn't stop there — the soil is packed with critters creating compost for next season's seeds!

THE MAGICAL PLACE WE CALL SCHOOL

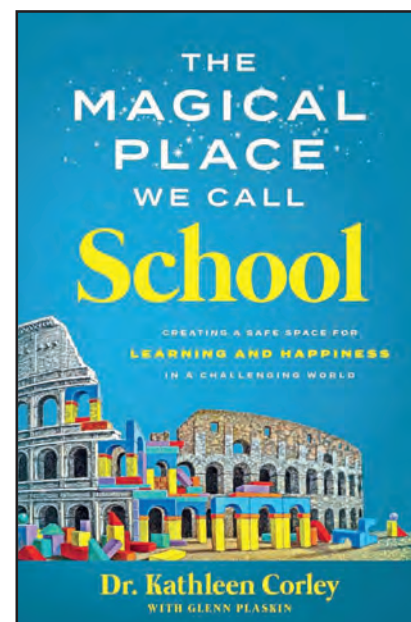
Creating a Safe Space For Learning and Happiness in a Challenging World

by Dr. Kathleen Corely
ForeFrontBooks.com

At a time when public school educators face student absenteeism, falling achievement and deteriorating mental health on a daily basis, according to a recent joint investigation by ProPublica and the New Yorker, Dr. Kathleen Corley has figured out how to transform her school into a warm, nurturing community with a passion for learning.

In her new book, *The Magical Place We Call School: Creating a Safe Space for Learning and Happiness in a Challenging World*, Dr. Corley, a 40-year veteran in elementary education, shares how to overcome current obstacles in education with human interest stories that illuminate a brighter path forward, and how she inspires her students and teachers to want to excel while emphasizing the power of fun.

Written with humor, insight and optimism, Dr. Corley reminds readers that despite the problems in schools today — disagreements about what students should or should not be taught, etc. — magic still happens in classrooms. But that magic needs more than wishful thinking; it requires tenacity and good design. In addition, teachers must be backed up and empowered by administrators; administrators must be backed up by district officers; and policy makers must listen to district personnel. Dr. Corley says schools can raise the bar. Extraordinary things still happen in schools across America. *The Magical Place We Call School* is the primer needed to heal the American education system and build a supportive learning community.



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adaptogens and rejuvenator herbs in Ayurvedic medicine are Ashwagandha, Brahmi, Haritaki, Bhringaraj, Shatavari, and Shankhapushpi, and each of these adaptogens and rejuvenators are in Ojas.

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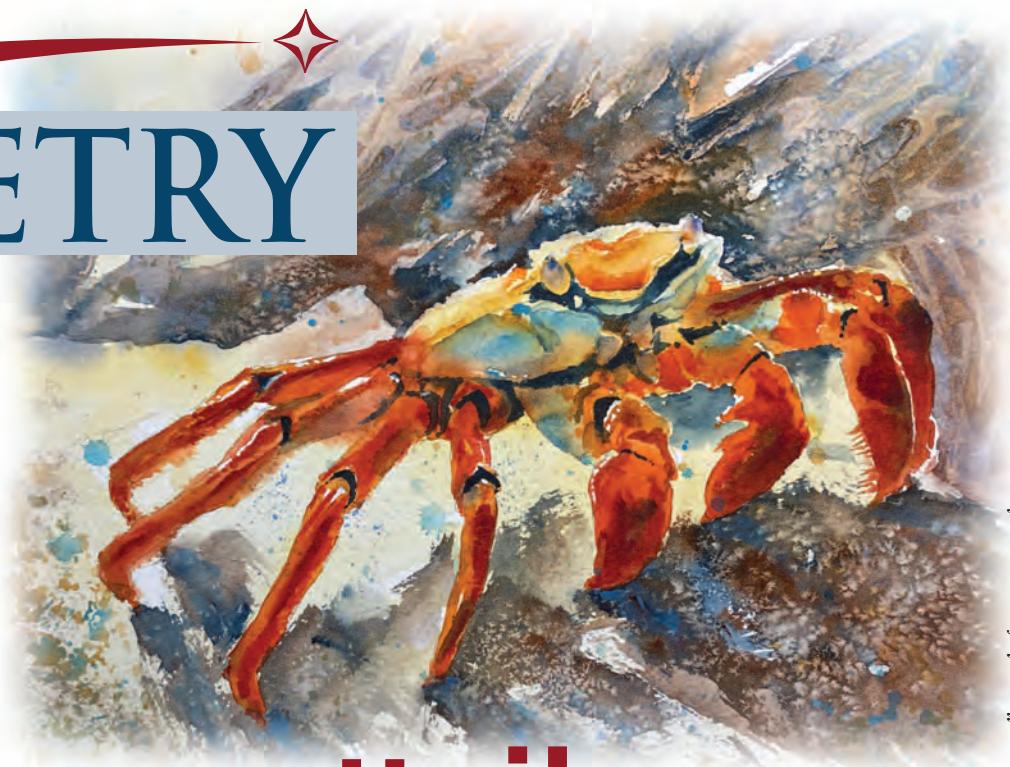


POETRY

Peacefully

by Helen Nagel, Glen Cove, NY

Sparrows, finches, blue jays, robins,
Hidden so perfectly,
Behind the huge trees.
Eager to express their happiness.
Feeling such joy
From the warmth of the sun.
They chirp their own patterns
Soothing me.
They are a symphony
To my ears.
I sit silently, as I close my eyes
And dream,
Peacefully.



Sally Lightfoot Dancer by Jan Guarino

Haiku

by David Frieman, Huntington Station, NY

The channeled whelk lives
A prisoner on the beach
Never making waves

The Half Moon Pie

by Gina Florentino-James, Huntington, NY

There appeared an orange slice in the gray blue sky
A half moon pie with whipped cream clouds passing by.
A moving still-life A spoonful of summer light
Food for thought, eye-candy delight
In full view, in full sight
An after-dinner dessert way up high
Bringing wonder, bringing a sigh.
Oh, what would it be like to taste the sky?

Seagull in Flight

by Patricia Soper, Patchogue, NY

She soars
wings outstretched toward both horizons
no baggage
no ties
no asking permission
nor second thoughts
a vision of powerful Freedom

Someday, You Might Need This

by Rhonda Weiss, Leeds, NY

It finally happened
One day
In Catskill NY
Two freight trains
Going in opposite directions
Came toward each other
I didn't remember how to set-up the equation
I didn't have a calculator
My math teacher's instructions
were irretrievable
Now that I needed them most
So I stood in horror
As the trains passed each other
Without any assistance from me
And I failed the test again



Bathing Beauties by Jan Guarino

Does Size Matter?

by Connie Prestianni, Valley Stream, NY

I'm a speck.
No, less than a speck
In this vast universe
I last a nanosecond
Not even,
I'm completely insignificant
I hardly matter.
The earth I live on
Is just a rock,
No, a pebble
When I think about the cosmos
My head aches
I get filled with anxiety
It's too much to consider
But yet,
I'm a universe unto myself
I am enormous,
A galaxy made up of
Atoms, cells, bacteria,
Plus all the flotsam and jetsam of life
Just consider that,
My significance in the universe can shrink to
almost nothing,
Or it can expand to hold a universe within me.
Does size matter?
It's all relative!!!

Wellsprings Within

by Mario Starace, Bayside, NY

Waking up to a life baked into conformity,
makes for a dry dreary existence!
Faking excitement vicariously through
entertaining distractions
can only keep an insipid reality at bay for so long.
Dreams of undiscovered worlds within
manifest in the twilight
between deep sleep and almost awake;
as if to rewind reality back unto its Source;
Beckoning a soul
to seek its origins submerged deep,
in a dark well that existed before birth.
Out of the depths
of a seemingly dark abyss appear
the regenerative waters of self-renewal
again gushing inside;
flowing to fuel the juices of creativity
through rivers of enthusiasm,
while allowing refreshing springs
of inspiration to emerge.
Then is the moment to plumb the depths,
to follow a heart's dreams;
To fulfill a destiny that calls from afar,
is to listen to a quiet Voice
that speaks in stillness, yet is ever new
as from a Wellspring Within.

Service is a fundamental expression of our true essence and mission – Steve Farrell

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TRANSFORMATION TUESDAYS conducted by Albert R. O'Connell III, LCSW,CASAC, 2:30 to 3:30 PM every Tuesday. *Quit Smoking For Life* at Stony Brook Southampton Hospital and via Zoom at 4:30 PM on **AUGUST 20** and **SEPTEMBER 17**. *Your Permanent Weight Loss Solution Through Hypnosis* on **AUGUST 27** and **SEPTEMBER 24** at 4:30 PM. Pre-registration strongly suggested. NO FEE for Transformation Tuesday. The Smoking and Weight-loss programs are \$95 per person & includes reinforcement audio. Mr. O'Connell is also available for individual, private group and corporate sessions. (see ad p.6)

WEDNESDAYS

PSYCHIC READINGS & GUIDED IMAGERY

with Gong Wash & Tibetan Chakra bowls clearing: **8/7** and **9/11** from 7:30-9:30pm, \$25 donation,

including FREE Reiki Healing. Call or text 516-708-5213 www.reikimastersensei.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.

"TAP THE SHAME AWAY" LIVESTREAM

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PSYCHIC READINGS & GUIDED IMAGERY with Gong Wash & Tibetan Chakra bowls clearing: **8/10** and **9/14** from 7-9 pm, \$25 donation including FREE Reiki Re-initiating. Attend both for \$40 donation. Private one-hour healing sessions \$110. Call or text 516-708-5213 www.reikimastersensei.com.

SPECIAL EVENTS

JULY 28

LECTURE: In Today's Climate of Fear, is There Reason to Have Hope? Join us for a thought-provoking presentation, offering a spiritual perspective on the challenges humanity now faces. Quest Lecture Hall, 242 E. 53rd St., NYC, Sunday, 2PM. **Admission is FREE.** No registration required. share-international.us/ne,

JULY 31

WORKSHOP: with Joseph D'Airo Levittown Hall Hicksville, NY, Wednesday, 7:30-9:30PM eyesoflearning.org.

AUGUST 16

PSYCHIC CIRCLE Levittown Hall, Hicksville, NY, Friday, 8-10 PM,. Members: \$15, Non-members: \$20 eyesoflearning.org

SEPTEMBER 13

LECTURE: Sandy Guarnotta Levittown Hall, Hicksville, NY, Friday, 8:00-10 PM. Members: \$15.00., non-members \$20. eyesoflearning.org.

SEPTEMBER 14 -15

AWAKEN FAIR – Body, Mind, Spirit, Green Holistic Expo. 2 Big Days in NYC! 447 West 36th Street. Tickets: \$15 Online, \$20 at the door. 2-day \$25. www.AwakenFair.com (see ad p.3)

SEPTEMBER 29

LECTURE: In Today's Climate of Fear, is There Reason to Have Hope? Join us for a thought-provoking presentation, offering a spiritual perspective on the challenges humanity now faces. Unitarian Universalist Fellowship of Huntington, 109 Browns Rd., Huntington NY, Sunday, 2PM. **Admission is FREE** (see ad p. 10)

UPCOMING EVENTS

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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.pastliferegessiontherapy.com, blpsik@yahoo.com. (see ad p.8)

WELLSPRINGS WITHIN – Taking Ordinary Experience into Extraordinary Realms of Awareness by Mario Starace. www.mariostarace.com or www.amazon.com/dp/BOCNVD55YZ (see ad p.13)

LIVING YOUR BEST 5D LIFE – Timeless Tools to Achieve and Maintain Your New Reality by Maureen J. St. Germain. "... a catalyst for profound personal growth and spiritual evolution." – Joan Hangarter. ISBN 978-1-59143-531-0. www.innertraditions.com 800-246-8648 (see ad p.21)

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

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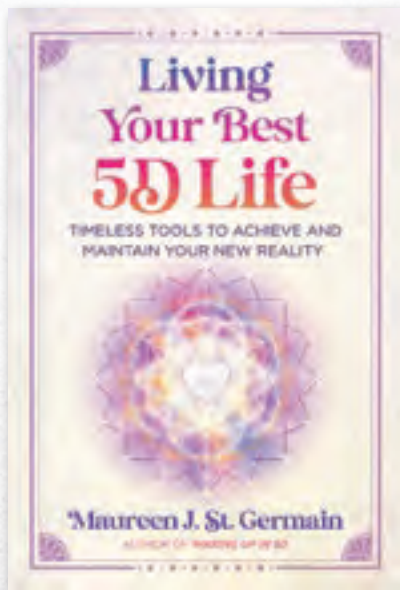
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HOLISTIC DENTAL & WELLNESS CENTER

Another Leap Forward in Dental Healing: The Pulp Cap, a Root Canal Alternative

Let's be honest: visiting the dentist isn't a priority for most people. In fact, many patients wait until they experience pain to make an appointment. A dental cavity, an infection of the hard exterior of the tooth, is the most common infection worldwide. A tooth begins to hurt when the cavity penetrates the inner hard layer called dentin and causes inflammation in the living part of the tooth known as the pulp. The larger the dental cavity, the bigger the dental problem. Some cavities become so extensive that patients receive the grim diagnosis of needing a root canal. Fortunately, there may be an alternative solution.

The dental "pulp cap" is not a new procedure. The earliest pulp caps were performed with gold foil in the mid-1700s. Then, in the 1920s, zinc oxide and calcium hydroxide were used. These early materials were very irritating to the live pulp of the tooth, causing "irritative" healing, an unpredictable process with mixed

results. A breakthrough came in the 1990s with the introduction of Mineral Trioxide Aggregate (MTA), a dental-grade cement that served as the precursor to today's modern dental bioceramics. Think of a pulp cap as a biological bandage for the dental pulp. With proper isolation and preparation, the appropriate dental bioceramic can be applied to the tooth, aiding in the regeneration of new dentin over the damaged, exposed pulp. These highly biocompatible bioceramics are antimicrobial and biologically compatible, aiding the pulp's stem cells in forming new dentin. Remember, it is not only about the material used but also how it is used.

Dr. Etes has been performing dental pulp caps with great success for over 18 years, with a success rate that continues to climb as he incorporates new materials and updates his modern techniques. These include dental ozone, lasers, and biomimetic dentistry — all part of his proven proprietary dental

pulp capping procedure aimed at preventing the need for root canals and preserving the health and vitality of the tooth.

Many teeth are candidates for a pulp cap, even when other dentists say otherwise. At **Integrative Dental Specialists**, Dr. Etes and his team pride themselves on delivering cutting-edge dental care to save your teeth. Every patient receives the professional attention they deserve, along with the highest level of dental expertise, executed with great skill and precision. We set the highest treatment standards to achieve phenomenal results for our patients. By implementing leading-edge dental protocols, our practice offers what other dentists cannot.

There is nothing superior to preserving your natural teeth, so it is essential to do everything you can to maintain them. Using exclusive rehabilitative and dental biomimetic restorative procedures, problematic teeth can be

restored and rejuvenated to normal, healthy function. Dental patients often believe that dentistry is universally the same from practice to practice, which is far from the truth. Undoing incorrect and poor dentistry can be extremely problematic for the patient, making it crucial to get dental treatment right the first time.

Staying at the forefront of dental advancements is a top priority for Dr. Etes. To provide our patients with the most sanitary environment, we employ enhanced ultraviolet air and surface disinfection protocols. Not all dental practices are the same. Dr. Etes prides himself on delivering unmatched, first-rate care, adhering to the highest standards. Excuses are no longer acceptable. If you seek the finest, safest, healthiest and most predictable results for your dental issues, supported by the latest technology, **contact Integrative Dental Specialists to schedule an appointment with Dr. Etes today.**

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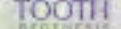
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