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CREATIONS MAGAZINE

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Passion & Purpose

The June-July Summer/Men's Issue

- These Are Exciting Times
- Our "Galileo Moment"
- Good Vibrations & Wellbeing
- From No Way to New Way
- Men & Relationships

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~ Alan Cohen

Jan Guarino

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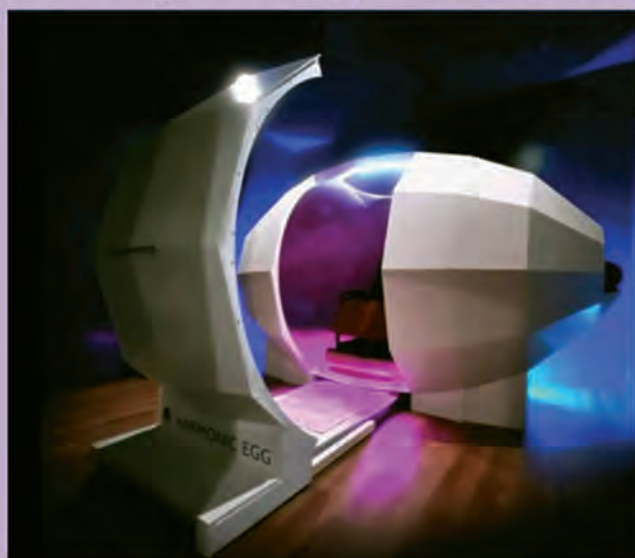
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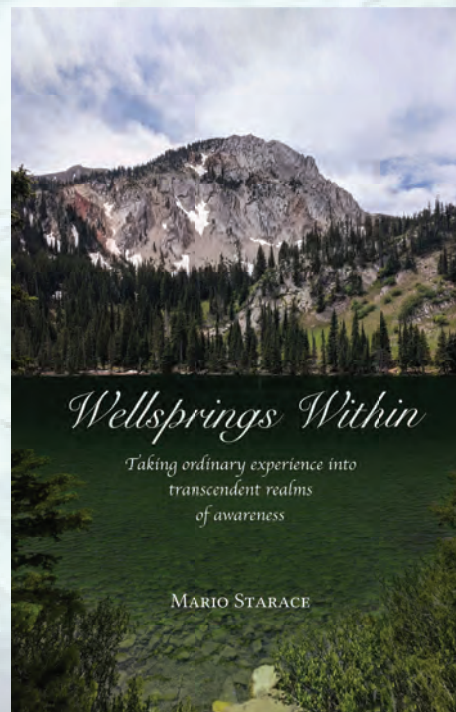


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Welcome to our June / July Summer / Men's Issue; we'll explore Balanced Masculinity, Creative Passion, Prosperity & Abundance.

Many of us at some point in our lives, will come the moment when we ask ourselves the "big question": What am I here for, what is my purpose? Ann Albers and The Angels make it easy:

There is a notion on your earth that you will be happier if you find your purpose. In a way, that is true. However, it is not nearly as difficult as so many of you make it. Your purpose is to love. Your purpose is to find ways to express love so you can feel the invisible love of the Divine flowing through you and becoming tangible in whatever form you choose in your physical world.

... And, at the end of your life, you will know that all you did, all you built, all you gathered, and all you learned was for one purpose only — to find, feel, and express love. If you have done that in any way, you have not lived in vain.

Approaching my 65th birthday this past April gave me pause; perhaps it's time I rethink my purpose / direction. Traditionally, age 65 is a milestone—a major marker on the road of one's life's passage. Heck, a couple of months in, and I'm loving the Medicare and Social Security deal!



Next issue will begin my 20th year doing this magazine gig, following 22 spent as a "serial retailer." Looking back, I'm guessing that my opening multiple locations was motivated by the "thrill" of the start-up — that does *not* motivate now in the least. But, I'm not ready to pack it in yet; new adventures in Creations Magazine world await!

Relocating to South Carolina three years ago was a geographical change of direction for Andrea and me. But, this is my first summer not playing baseball. There's no league in my area with "kids" close to my age to play with, so I've traded in my bat for a pickleball paddle. No problem finding plenty of seniors to "pickle" with, though.

Peace & Prosperity All-ways,

Neil & Andrea

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Our Planetary “Galileo Moment” Exposing the False Reality of Today’s World

by Steve Farrell
Boulder, CO

At the dawn of the 17th century, Galileo Galilei stood at the precipice of a groundbreaking discovery, one that would irrevocably alter the course of human understanding and history. His observations led him to challenge the long-held belief that Earth was the fixed center of the Universe, a belief deeply entrenched in the scientific and religious doctrines of his time.

This revelation was not merely a shift in astronomical models; it was a profound transformation in the worldview of humanity, suggesting that our place in the cosmos was far different than previously imagined. **Today, we find ourselves on the cusp of a similarly monumental shift,** not in the realm of the solar system and location of our planet in the Universe, but **within the very fabric of our collective consciousness and deeper understanding of the Universe.**

The pervasive belief in separation—that we are distinct and isolated entities, detached from one another, the natural world, and the Divine source of creation—is a misconception that is far more crippling and destructive. This false belief is the root cause of the excessive dysfunction in the world, creating a downward spiral that can leave us with a foreboding sense of isolation, overwhelm, exhaustion, and despair about the chaos raging around us.

Yet, amidst this landscape of challenges, a simple, transformative truth beckons—a truth echoed through the ages by sages, scientists, and spiritual leaders alike, and increasingly corroborated by contemporary scientific inquiry. This truth speaks of the fundamental interconnectedness of all life, of the inseparable unity that binds every being, every atom, and every thought in a complex web of existence. It is a truth that invites us to awaken to a consciousness of Oneness, where the well-being of the whole is intrinsic to the well-being of each part.

The parallels between Galileo’s time and our own are striking. Just as Galileo used his telescope to reveal a greater truth about our place in the

cosmos, we are called upon to use the “telescope” of deep introspection, scientific inquiry, and spiritual practice to perceive the interconnected fabric of reality. The challenge before us is immense, for it requires nothing less than a complete paradigm shift in our collective consciousness, from a mindset of separation and individualism to one of unity and interconnectedness.

This journey towards a consciousness of Oneness is both personal and collective. It demands that we live with an awareness of our deep connection to all of life, that we recognize our actions’ ripple effects, and that we commit to living in ways that honor and nurture the web of life. It calls for courage to speak out against the false narratives of separation, to challenge the systems and structures that perpetuate division and discord, and to embody in our daily lives the principles of interconnectedness and unity.

The scientific community is increasingly lending its voice to this chorus of unity. Research in quantum physics, particularly the phenomenon of entanglement, demonstrates that particles, once connected, remain intertwined across vast distances, affecting each other’s states instantaneously. This principle of *non-local* connection at the quantum level hints at a deeper reality where all of existence is intricately linked in a dynamic dance of energy and awareness. Such insights from the leading edge of science are converging with ancient spiritual wisdom, offering a compelling narrative of Oneness that transcends the traditional boundaries between science and spirituality.

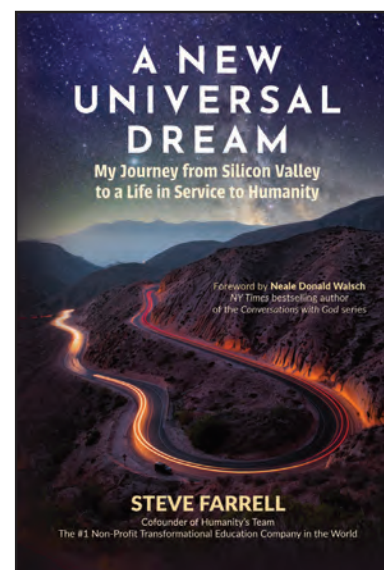
The path toward a conscious, interconnected world is illuminated by countless individual journeys of awakening, including my own transition from a tech company CEO to a dedicated advocate for spiritual and conscious living. This personal transformation underscores the profound shifts in perspective, values, and priorities that arise when we truly embrace our interconnected nature. It is a testament to the power of awakened consciousness to redefine our relationships, our work, and our very sense of self.

As we navigate this critical moment in history, our “Galileo Moment,” we are called to recognize and embody the reality of our interconnectedness with all of life. By doing so, we open the door to a future of harmony, sustainability, and flourishing for all beings. This journey requires each of us to awaken to our

deepest truths, to live with intention and compassion, and to contribute, in our own unique ways, to the collective realization of a unified world.

The tipping point toward a global consciousness of Oneness is within reach—believed to be achievable when 8-10% of the population embraces this higher awareness. As we journey toward this goal, we are not only transforming our own lives but are laying the foundation for future generations to inherit a world characterized by peace, balance, and a deep reverence for the sacred web of life.

This moment calls for bold action, for unwavering commitment, and for an open heart. It is a call to each of us to rise, to awaken, and to join in the creation of a new Earth, grounded in the timeless truth of our interconnectedness. This is the work of Humanity’s Team, and it is the work of every conscious being on this planet. Together, we can and will forge a path to a more conscious, unified, and flourishing world. ✨



Evolutionary Pioneer **Steve Farrell** transforms the definition of success in his new 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, “Conversations with God”), Farrell is the co-founder of Humanity’s Team, a non-profit organization based in Boulder, which streams mind, body, and spirit courses focused on helping people throughout

the world awaken to their deeper selves and the interconnectedness of everything. Find out how to take their Conscious Living and Leadership pledge at HumanitysTeam.org.

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You Are Part of an Exciting Time on the Planet

by Ann Albers and The Angels
Phoenix, AZ

Every moment that you spend attuning to the thoughts that give you joy is a moment closer to having your desires appear in your life.

Resolve that you will give yourself permission to find thoughts and things to feel good about, no matter the circumstances around you. We are not predicting gloom and doom in this statement; we simply observe what you already see everywhere you look—the contrast in your world is becoming more and more evident as hearts awaken, and countless souls begin to bring their truth to the surface.

This is not a tragedy but rather an incredible, rapid evolution of humanity. You are part of an exciting time on your planet. Events in recent years have driven

so many inward, diving deep to reconnect with hearts long buried, dreams forgotten, and desires that were once cast by the wayside. It is becoming increasingly difficult to ignore your feelings. The alignment between your thoughts and your soul is becoming more evident. When you feel good, your thoughts are those of love. When you feel bad, your thoughts diverge from those of the loving spirit within.

Be true to yourselves this year. You were not designed to please others unless it truly pleases you to do so. **You were not designed to serve others at the expense of your own joy and wellbeing.** Very few in the history of humanity have incarnated with the explicit intention to be martyrs, but those who chose that path, did it with glad hearts.

You were not designed to fight or fix people or systems but rather to serve the values and empower the ideologies you believe in. So, in this time of intensified contrast, give up the fight. Give up trying to make others conform. Give up trying to make yourself conform. Like the roses and lilies, the grasses, trees, and weeds, simply be yourself and trust that the love that lives

within all things and all beings wants its expression in diversity.

Diversity of thought, dear ones, leads to creation. If you all had the exact same beliefs and ideas, if you wore the same clothes, listened to the same music, and had the same solutions for the same problems and challenges, quickly, you would become bored and desire the stimulation for growth. In nature, *diversity stimulates evolution.* In humanity, diversity does the same.

Going forward, wonder at the differences, seek to understand them if you wish, but remain true to your loving self. There's no need to get anyone else to agree with you. There's no need for you to agree with anyone else. Listen rather than argue. Love rather than hate. Be kind to yourself rather than self-deprecating.

It is a year where remaining centered and rooted in love to the best of your ability will yield a bountiful harvest in your life. Being true to yourself will feel magnificent. It is a year when you will want to listen to your heart and act on its loving impulses so as to take advantage of the opportunities being offered.

Dear ones, we know your world has a lot of turmoil as the eternally ineffective attempts to bully and manipulate one another into compliance go on. Wars can conquer nations and kill bodies, but they don't change minds or eliminate souls. Political "wars" can inspire chaos, anger, and fear, but even the most "powerful" on your earth will pass into the unseen and learn whether or not their "power" was rooted in love and whether or not history and future generations will see them as brilliantly as they thought they once were or will look upon them with greater clarity and wisdom.

Fear not, dear ones. God is God. Love is love. Love is accessible to you in every breath, in every moment, in every thought, and in every choice. Love is the foundation from which you were created and the destination to which you will return. The more you choose to align with love, the

better you will feel and the more magical and brilliant your life will become.

Replace hope with a resolve to seek and see what is good, beautiful, lasting, and true in life, for in so doing, you will feel the love that seeks to flow into your life at all times. Love never ends. It is there for the taking, an eternal river of life, guiding you, loving you, embracing you, and carrying you forward.

Celebrate your strength, your growth, your loving choices, the people whose lives you touched, and the people whose lives touched yours. Celebrate the challenges overcome and the tenacity of spirit you all exemplified. Celebrate your beautiful meals, beautiful art, and beautiful music. Celebrate the day you stepped in the grass and appreciate its cool softness on the soles of your feet.

Celebrate the strangers who were kind to you and the times you were kind to yourself when others weren't.

In every moment, in every day, in every situation, you can find something to love. Seek and you will find. Knock and the door will be opened, and in this case, we mean the door to the never-ending, constantly-expanding, all-giving stream of love that is yours for the taking.

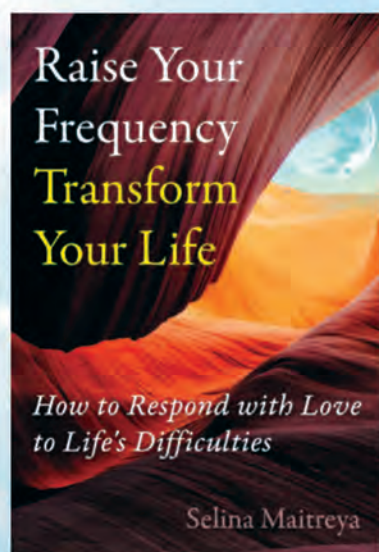
God Bless You! We love you so very much.

-- The Angels ✨

Ann Albers is a popular author, 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 No Way to New Way

by Alan Cohen
Hawaii

I was coaching a young woman who had been dating a guy for a short time. “He told me not to phone or text him anymore. What do you think I should do?”

“Why would you want to pursue a guy who doesn’t want to be with you?” I asked her. “Rejection is protection and redirection. There is someone else who will understand, appreciate, and want you. Why waste your time trying to bang down a closed door when there is one that will open for you to walk through easily and naturally?”

Many of us have been trained that the road to success is paved with struggle. You have to fight for your good. If anything comes easily and naturally, it’s too good to be true. So we keep swimming upstream, hoping that things will change because we are sacrificing our joy. But if something you are doing is not working, doing more of it will not work better. You need to try a different approach.

I encountered a similar situation with my client Ted, a successful seminar leader. “I have taught two programs for a long time. For the current sessions, I have just a few signups. I am thinking about hiring a promoter to help me attract more students.”

I asked Ted, “How passionate do you feel about these programs?”

“Not so much,” he replied. “I have been repeating them for years and, frankly, I am tired of them.”

“Is there any other program you feel more excited about teaching?”

“Yes, I just took a new training, and I would like to take those principles and create my own program around them.” Ted’s face lit up as he spoke of his new venture.

“I don’t think it will serve you to hire someone to promote a program you would rather not do,” I told him. “The dynamic behind your work makes more of a difference than the logistical manipulation. If you offer your new and more stimulating program, you will likely attract more people, it will be more fun for you, and you won’t need to hire someone to do additional promotion. **Passion is the strongest success magnet.**”

Take a moment now to consider the energy that is driving the important aspects of your life. Are your intimate relationships, friendships, job, living situation, and spiritual activities motivated by joy, aliveness, creativity, and expansion? Or are you beating your head against a wall, trying to manipulate more and more pieces to make something good happen?

If so, you might want to focus less on mechanics, and more on your consciousness. If you let go of the elements devoid of passion and replaced them with exciting elements, how good would that feel? What new ideas would come to you to inspire you to succeed? How might you attract people, events, and situations to further your heartfelt path?

Certainly there are things we have to do that we would rather not have to do. Yet we have far more choice than we realize. For every joy-based intention you have, there are people who want to connect with you on a stimulating playing field. There are



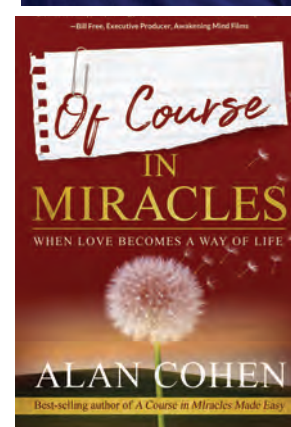
relationship partners, jobs, and living situations who value you as much as you value them. I saw an ad for a sleek sports car: “It wants you, too.”

You may not have to leave your current situation; in many cases, infusing more joy into your life right where you stand will elevate your vibration and transform your situation. It may not be the person, job, or home you need to ditch; it might be your old, limiting way of thinking about them.

Focus less on making things happen, and more on letting things happen. When you are clear on “what,” the universe will arrange



the “how.” You don’t need to pursue people or situations that don’t want you. What isn’t working is a gift from the universe propelling you in a new direction. Far more good awaits you than you have been settling for. ✨



Alan Cohen is the author of many popular inspirational books, including the bestselling *A Course in Miracles Made Easy* and his new eye-opener *Of Course in Miracles*. Become a certified Holistic Life Coach through Alan’s life-changing training program beginning September 1. For information on this event, Alan’s books, video courses, retreats, YouTube channel, and free daily inspirational quotes, visit www.alancohen.com.

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Men and Relationships

by Joyce and Barry Vissell
Aptos, CA

Over the years of working with men and their relationships, not to mention my own 59-year relationship with Joyce, I have seen some central issues emerge. The last thing I want to do is generalize, saying that all men do this or feel that. However, I have seen certain tendencies which apply to many men. If any of the following applies to you, take it to heart. If not, let it pass, but be sure you are not in denial. And women, please read the following. It may apply just as much to you.

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

2. Voice your appreciation to your partner and to all your loved ones. We, as men, often tend to remain silent, assuming our loved ones know how much we love them. Or we assume our actions speak louder than words. Of course, our good deeds can convey our love, but it is not enough. Our words of appreciation are

nectar to the ones we love. More than simply saying “I love you,” let this person know exactly what it is about them you appreciate in each moment. Overcome your embarrassment about being poetic. Your partner may be hungry for heartfelt expressions of love.

3. Learn how to be more vulnerable. Intimacy is “into me see.” We need to let our partners see us more deeply. We need to feel and express our feelings. Yes, we as men sometimes feel hurt or afraid, but we’re often taught to keep it well hidden. Outwardly, we often present a strong, competent image. Showing our human frailty to our loved ones gives them a very wonderful gift of love. When we feel sad, instead of covering it up with activity, we can share it with a loved one. Instead of jumping into an angry posture every time we feel hurt, the vulnerable (and courageous) approach is to reveal the hurt feelings directly, without anger or resentment. Whenever I have done this with Joyce, I have short-circuited a potentially long, drawn-out argument. When I only show her the anger, I am keeping myself defended, and lose out on the love I could be receiving.

4. Ask for help. We as men tend not to ask for help enough. This can be another way to become more vulnerable. Ask for help with physical things, but also ask for help with your emotions, such as sadness, shame, or fear. Showing your partner that you need their help empowers them and allows them to love you more fully. Perhaps the most vulnerable thing I do is to let Joyce know how much I need her love. Rather than appearing “needy” to her, she sees me as being strong and courageous. It’s empowering to feel needed.

5. Learn to be a better listener. Really listening to our partner is a profound gift. Often, we can’t listen because there is so much clutter in our own minds and emotions. Or we often listen with the purpose of fixing a problem. Most of the time, there is nothing to fix, but plenty to compassionately hear. Also, taking better care of ourselves and being more vulnerable will help us to be more present with our partner – and listen more deeply.

6. Practice taking the lead in the relationship. Too many times, we as men yield leadership to women when it comes to the relationship. It often comes across as, “Here, the relationship is your thing.



You make it work better.” Women can’t help but resent this attitude. Let’s make our relationships just as important as our work. When we are dying, we won’t regret spending more time on our job. It’s our relationships that more deeply nourish our souls. Initiate relationship growth. Ninety percent of the couples who register for our retreats are signed up by the women. Invite your partner into a deeper conversation or to read aloud from an inspiring book. Initiate anything meaningful.




7. There is no substitute for inner child work. Remember that your partner has an inner child that needs parenting by you as much as you need parenting by them. It can bring such sweet joy to give this parental nurturing to your partner. Make it a practice to sometimes see past the grown-up, powerful adult to the innocent little child in your partner. Gently, and tactfully, invite your partner to be held in your fathering arms in a physically non-sexual way. It is so important to not have physical sexual energy mixed in with fathering energy. Likewise, allow yourself to feel the little boy within you who needs the love and comforting embrace of the parent within your partner. This is another way to give a profound gift to your partner, and deepen the relationship as well.

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

Joyce & Barry Vissell, a nurse/therapist and psychiatrist couple since 1964, are counselors near Santa Cruz, CA, who are passionate about conscious relationship and personal-spiritual growth. They are the authors of 10 books and a free audio album of sacred songs and chants. Visit their web site at SharedHeart.org for their free weekly inspirational videos and monthly e-heartletter, their updated schedule, and inspiring past articles on many topics about relationship and living from the heart.

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- Maitreya, the World Teacher

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This Gift Has Your Number On It

by Rev. Sue Frederick

You still have something important to do, even if you can't see it right now. Even when you feel lost and pointless, without direction, floating in grief, that great thing still lives inside of you, deep down.

When the time is right and the world is ready and you've learned what you needed to learn, your great gift will come pouring out of you like an Arkansas spring flood, like a hurricane downpour, unstoppable and urgent. It will save every heart, crack the world wide open, pour light into darkness, open minds, heal souls, and change lives—especially yours. It's the gift you agreed to bring into this lifetime. Nobody else brought it, only you.

You signed up for this one. You orchestrated the precise childhood that would allow you to birth this gift. You designed the perfect pain to wake you up and break your heart wide open and turn everything you've learned into soaring wisdom that sings in just this key, this chord that nobody else can strike, that nobody else can possibly deliver, that nobody else is capable of sharing in your exact way.

This gift has your number on it and no one else's. It fits perfectly into the puzzle slot that's waiting, empty now. Not until every empty slot of this puzzle is filled can we change this world, light it up with consciousness, and shift it over into bliss. When everyone brings their unique piece to the table, we all win. And right now, everyone is wondering exactly where your piece is and when you'll bring it to the puzzle, because your gift is the tipping point, the one we've all been waiting for, and it will change everything.

So you've been laid off ...

Maybe you've been laid off or fired, or you didn't get that new job. You feel like the wind's been knocked out of you—it's a punch to the gut. The job and career you've steadily built for years has now been taken away.

When you first hear the news, you'll notice a brief moment of calm because your ego

mind is momentarily stunned into silence. This gap allows you to hear your Higher Self whispering,

Everything is okay. Something better is waiting. This is all in divine order for your highest good.

Your soul's wisdom speaks up the moment your ego mind receives a swift blow and is temporarily stunned into silence. We



sometimes think of this as being in a state of shock. We feel numb and the mind goes quiet. But very soon, within minutes, the ego mind fires up and responds, *I don't deserve this! I'll never find another good job. How dare they! I'll lose my home!*

Your ego mind thus launches its battle of survival exactly as it was designed to. This is the mind you agreed to have when you took a physical body for this incarnation. Yet it's only half of your mind.

The other half of your mind holds the doorway to your Higher Self, the seat of your divine intuition and your true essence. In brief gaps when the ego is silenced, you can hear your Higher Self speaking the truth. Grab hold of that deep inner voice. It's the wisdom of your soul. Listen to it before the ego mind overpowers it with fear. Shortly after you get bad news of any kind, the ego mind shifts into full-blown desperation. **That brief, silent gap before ego steps in is your golden opportunity for salvation.**

Unrestrained, the ego mind can push you to the edge of sanity. During crisis, your sanity will depend on how well

you've learned to quiet the mind through meditation or other forms of spiritual practice. When you indulge fear, you allow it to grow stronger until it becomes your boss. If you haven't developed the mental discipline of quieting fear thoughts, ego will reign supreme over your Higher Self. It will provoke you to defend yourself at all costs and trust no one. This ego-based attitude will destroy your happiness, future

career that brings you to a greater level of meaningful work and abundance.

You're not a victim of the economy, your manager, or corrupt politicians. You're a divine being who created this moment to shake up old patterns and free yourself to become who you came here to be. You've been stuck for too long, and this is your wake-up call.

You didn't come here to live in fear, to be hidden or unimportant. You came to be grand and fearless, bold and awake, and infused with wisdom. When you activate your divine lens, this is who you are.

Your ego, nurtured by teachers, priests, ministers, and well-meaning loved ones, is your "should" self. It says, *This is who you should be in order to please others. This is what I should do to be practical and survive.* Your Higher Self whispers, *This is what I know to be true about my gifts and who I came here to be. It will take courage to follow this path, but it feels right.*

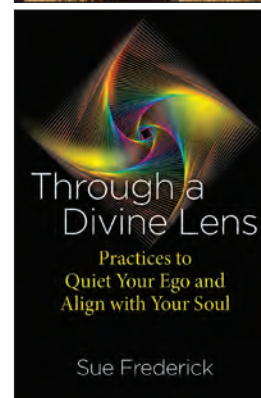
Your ego self and your divine Higher Self are often in direct opposition, pulling you in conflicting directions. Your "should" voice is a truth-slayer; it's a defeater of wisdom and confidence. You can hush it with a prayer in the night or a heartfelt request for divine intervention.

Everything shifts as soon as you say, *I will not live in fear. When fear arises, I'll reach for love instead. I'll find courage within my heart.* ✨

Excerpted with permission from Through a Divine Lens

Sue Frederick is a lifelong intuitive, an ordained Unity minister, a certified past-life and between-lives soul regression therapist, a certified creative arts therapist, a career intuitive coach, grief intuitive coach, and master numerologist. She's the author of Bridges to Heaven: True Stories

of Loved Ones on the Other Side; I See Your Soul Mate: An Intuitive's Guide to Finding and Keeping Love, and I See Your Dream Job: A Career Intuitive Shows You How to Discover What You Were Put on Earth to Do, and the memoir Water Oak: The Happiness of Longing.



success, and relationships—until you recognize that fear does not serve your highest good.

Everything changes the moment you listen to your soul's wisdom. It's a simple request: "Please show me my soul's lesson in this crisis and help me move through it with love and courage." That simple request calls wisdom to your side, fills you with light, opens your heart, quiets your mind, and will lead to an enlightening new perspective on the situation. You'll feel empowered from within. Your inner victim will settle down.

Your soul created this moment to allow you to step up to your wisdom, awaken into love, and embrace spirituality. You're not being punished. You're not a victim. You've done nothing wrong. It's simply a reinvention point designed for your highest good. By embracing the lesson of the job loss, you'll discover a new

Good Vibrations and Wellbeing ... Thinking is a Big Responsibility

by Debbie Sellwood

We live in a physical world so naturally we associate ourselves operating as a physical body, but in fact we are much more. Everything is energy, including the physical body, but because of its low frequency we present as physical form. To explain this further, take the analogy of the fan – when it is spinning fast, we can see straight through it, when not, it is a static object.

The human form is surrounded by an electromagnetic energy field which is composed of a matrix of multi-dimensional energy bodies, known as the *subtle energy system*. It underlies, penetrates, and surrounds the physical body. These complex energy fields, which have a higher frequency than the physical body, contribute to its operation, and maintenance and can have a profound influence on the physical form.

An Energetic Thought Form

Our feelings and emotions, thoughts, attitudes, beliefs and intentions are energy too and according to their frequency have the ability to affect our wellbeing in a positive or negative way. This is due to their connection with the energy bodies. Whenever we think about something or someone, we create energy, so it is impossible to think without some accompanying feeling, reaction or emotion. Our emotions are created by our thoughts. Each time we have a thought, an energetic “thought form” is created which vibrates to a certain frequency and has the potential to impact events or what comes into reality, including our wellbeing. **As everything is energy it has consciousness, including every cell and molecule in the human body, and when operating at optimal frequency is when they are vibrating at their highest rate.**

Obviously, many things impact our health including what we put into our body and how it is treated, but **our bodies are also projections of our consciousness – what we believe ourselves to be, so it is crucial we impress our thoughts and emotions with positivity.**

Thinking is a big responsibility; thoughts have power, and we need to use them wisely. In quantum physics, it is stated the behavior of energy at the quantum level is determined by the awareness of the observer. According to Einstein’s principle “energy comprises both a wave and particle form.” This means the future exists as an infinite array of possibilities and probabilities; the wave is a possibility of what could be, but it is not until we focus our attention on something or translate our idea into a thought, that it becomes manifest. The wave then changes from a state of *potential* to a state of *being*, it then becomes the particle, which, in the context of this article, is us and our corresponding state of health.

How Can We Change Our Vibration?

When our thoughts are continually of a discordant nature or our beliefs unhelpful, this lowers our vibration and can create obstructions in the subtle anatomy (includes other elements such as energy centers). However, *when our consciousness is unobstructed by discordant emotions and thought patterns, there is nothing to disrupt the flow of life force energy through the subtle anatomy, hence increasing the likelihood of good health.* Mastery over our thoughts (and emotions) is essential, as is the ability to create constructive and positive thought forms. **The intention (vibration) behind the emotion and thought is crucial.** If you want to change things in your life, change the frequency of the light patterns that make up that reality.

Whenever we think in a favorable or optimistic way, we elevate our consciousness, raise our vibration, and increase the potential to improve our wellbeing. Spending time in nature and thinking good of others is helpful, as is cultivating a level of calm and trying our best to live in joy, regardless of outer circumstances. In doing so, we increase our

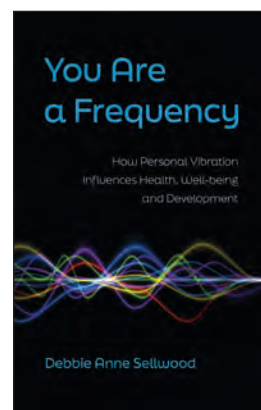
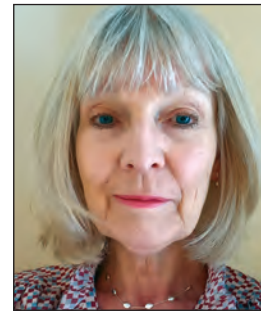
vibration to an extent where eventually, lower frequency emotions are unable to exist. This makes it much harder to hold onto unnecessary emotional baggage or dysfunctional beliefs, which we often erroneously believe define who we are. However, embracing this outlook comes with a challenge. It often means we find ourselves on a totally different vibration to others around us, which may result in some friends and family members leaving our lives because they do not vibrate at the same consciousness. In a similar vein, it is also important to protect ourselves from the disharmonious emotions and thoughts of others (not to mention actions). These are energies too and can have a disabling effect on our wellbeing if we are not careful.

Fast Track Progress

In these challenging times we are experiencing a fast-track progression in our evolutionary journey. In order to survive the transformation taking place in our world, it is essential to let go of any negative emotions and unsupportive habit patterns that can hold us back and limit our possibilities. This is not only necessary to survive with peace of mind in the future, but also to reach our highest potential emotionally, mentally, and spiritually which then has a positive effect on our health and wellbeing.

When our vibration lightens, the tendency is for our unresolved “stuff” to surface for resolution, whether we want it to or not! Uncomfortable as it may be, it is in our best interest to let go of or rewrite those elements in the past that

have an emotional hold over us. When we do this, our vibration reflects this and circumstances are then drawn towards us that match our higher vibration, placing us in a more advantageous position to create and experience a positive (and healthy) future. ✨



Debbie Sellwood has worked with Energy for over 20 years and is an advanced practitioner with the British Flower and Vibrational Essences Association (Home - BFVEA). She is a professional Astrologer (APAI – Association of Professional Astrologers International) and author of **You are a Frequency – How personal vibration influences health, wellbeing and development** and also of **Centaur for Virgo, Rock Rose for Pisces – A guide to selecting flower essences by astrological sign.** Both books are available on Amazon. debbiesellwood.com.

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You Cannot Fail

by Brenda Shoshanna
New York City

There's no such thing as Zen wisdom, just wisdom is enough. Wisdom is wisdom, coming from everywhere. All these labels that we put on things distract us, confuse us, mislead. They send us along different detours. However we label life doesn't matter, wisdom is wisdom, truth is truth.

Wisdom Is In Front Of Our Face All The Time

And that's exactly what Zen wishes to point to, the simple reality of Life as it is lived. The wind blows, I feel cool, that's wisdom. Years ago one of my teachers said the sun rises in the East and sets in the West. Why was he even pointing that out, I wondered. Later I realized that's exactly the same response Dogen had when asked what he'd finally learned from Zen. He famously said "I realized that my eyebrows are vertical, my nose is horizontal."

That may seem completely obvious, but not really. What both are pointing to is that, this is it! Wisdom is in front of our face all the time, but we embellish, confuse, distort and elaborate on it. So we barely see the simple truth. We say it's my wisdom and not yours. Or, I'm the best, you're the worst. All of that. That's just human confusion

and distortion and it's important to talk about it. This seemingly harmless distortion isn't so harmless. It's what creates all our conflicts, wars, hatred. Unnecessary, unwanted suffering.

Wisdom Is Waiting For All To Receive It

Wisdom, truth, reality, is waiting for all to receive it. It's not hidden. Some say you must practice for lifetimes to feel the beauty of life, to really see the tree swaying in front of your eyes. Or at least practice for another fifty years. That's manipulation. And yet, it's also true that we must maintain awareness, attention, not get swooped into dreams. Not get taken over by the endless, injunctions commands, distortions of life.

That's what *samsara* is, the Circle of Life and Death. Life as most of us know it. Waking up, going to sleep, struggling to get something out of the day. Not getting it, falling in love falling out of love. But wisdom is way beyond all of that.

We taste wisdom, when we're willing to. Anybody can taste it at any moment. No, requirements needed. If you're breathing, you can taste it, when you're willing to accept what's right in front of your eyes. And sadly, most of us are not.

"Humankind Cannot Bear Very Much Reality"

There's a beautiful poem by T.S. Eliot where he says, "Humankind cannot bear very much reality." And, that's partially true. The other part is that we don't want reality. We enjoy all this drama, the thrills and chills, the conquest. We say, "I conquered something huge." Did you really? And then what happens next? You have to conquer an even bigger

mountain. Did you really conquer? Or were you conquered by your own endless, craving for more and more thrills and chills. For applause of one kind or another?

In the midst of these thrills and chills, some have enough. They stop craving the ups and downs, the agitation. They see it's false excitement that makes them feel alive. But, like a drug, when it wears off, they go down into the pits.

True Aliveness

It's not the true aliveness. True aliveness, true wisdom is breathtakingly beautiful and fulfilling and Zen is simply becoming truly alive. Then a different kind of happiness arises as we embody who we truly are. It's a very profound experience to be fully Alive because then we can truly taste, touch, see and know one another. There's no loneliness then. How can you be lonely when you're filled with life and connection? And Appreciation.

Enjoying Our False Identities

Yet, despite this, many feel it would be too painful to give up all the thrills and chills. Or give up their false identities. They enjoy feeling I'm better than you. Or I'm the teacher, you're the student. But these are really contrived identities and it's easy to become trapped in them. Then we are really lost. We are setting ourselves up for a lot of suffering when these false identities unravel, as they must.

We get older, the days pass, conditions change, and it's impossible to stay the same, to fulfill a false identity forever. Then many feel they've failed. But no,

you didn't fail, you cannot fail. Only your illusion has failed, your false identity is being stripped away.

Why would one want to stay the same forever, anyhow? We wouldn't want to be the same in high school as we were in first grade. As we grow, who we are grows with us. Old roles and identities don't hold up. They never provided true support and nourishment anyway. At that time it's easy to see that what truly, unfailingly supports us is Reality. It is the ground beneath our feet.

The Truth Cannot Fail You

The truth is the truth. It cannot fail you, it will not. The moment is the moment, reality is reality. We fear being with the reality, refuse to bear it. But not only can we bear it, we are nourished by the reality of Life, by the Truth. ✨



Brenda Shoshanna, Ph.D. is an award winning author, speaker, psychologist and long-term Zen practitioner. Her work integrates the teachings of East and West and focuses upon how to live them in our everyday lives. She offers talks, workshops and a weekly podcast, *Zen Wisdom for Your Everyday*

Life, www.zenwisdomtoday.com. Her forthcoming book is **Value Centered Relationships**, where relationships are based upon eternal principles from all world's scriptures. The interventions in the book stop pain and upset on the spot. Contact her at topspeaker@yahoo.com.

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Our Actions Need Purpose and Meaning

by Milissa Castanza-Seymour
Bethpage, NY

Every day is a journey, and the journey itself is home.

~Matsuo Basho

What is life but an unfamiliar journey. We wander about until at some point we question life's purpose.

The questions raise themselves from some undiscovered space, as the mystery of it all intensifies. *What is my purpose? Why am I unsatisfied at work, home, and with friends? Why do I feel stuck?* This pondering can become down-right terrifying as the weeks turn into months and the months into years. Wide-eyed wonder may turn into existential angst in the flip of an hourglass. Besides the inevitable death and taxes, what is there?

Let's explore this in current event terms. The Gallup report **State of the Global Workplace: 2022** states that workers are generally dissatisfied, feeling both disengagement and unhappiness. Only 33% of workers reported feeling engaged at work. In the US, 50% of workers reported feeling stressed, 41% worried, 22% sad, and 18% angry. Interestingly, even when work-life balance is improved, these feelings persist!

So, why would happiness and satisfaction not substantially increase when work-life balance is improved? One reason may have to do with *dharma*. Yes, *dharma*. It rhymes with *karma*. While *karma* is the sum of the effects of one's actions, *dharma* gives one's life meaning. Whereas *karma* is "actions" or "deeds" which play into the entire cycle of cause and effect, *dharma* is essentially that which raises each of us to our highest purpose. *Our actions need to have purpose and meaning in order to be sustainable.* They must align with our individual *dharma*.

Dharma and *karma* work together, reinforcing each other, but are different. The word "dharma" is a Vedic concept that comes from the Sanskrit root *dhri*, meaning to "uphold" or to "sustain." What one does in their lifetime to serve themselves and others in the best possible way is their *dharma*. It upholds and sustains right action which creates *karma*. Self-realization is the highest *dharma*. In 21st century terms, **dharma is manifesting your higher purpose every day by acting in alignment with your values and strengths in service**



of self and others. In the words of Sahara Rose, *Living your dharma ... means honoring your sacred doing.*

Imagine that each step to discovering *dharma* is a piece of an enormous puzzle. Every choice is an opportunity to align with your potential in this puzzle. The puzzle may require some imagination, patience, and perseverance to put together, but it is worth the work. Exploring your strengths and values assists this process. Every step keeps inter-connecting and evolving outward as part of a bigger collective picture. What starts out as a myopic view, broadens into a panoramic tapestry without edges as you grow into your higher purpose, challenging you to take leaps of faith to experience your *dharma* as part of a bigger whole.

The quest to align with your *dharma* can be explored working with a Soul/Life coach to discover your values and strengths or can start by journaling the answers to the following questions without over-thinking.

Follow your gut and answer:

- 1) What are my natural talents and abilities?
- 2) What activities bring me into a state of "flow," where I lose a sense of time?
- 3) How do I bring comfort and healing to others? (ie. good listener, acts of kindness, compassionate nature, patient, etc.)
- 4) What qualities have co-workers, friends and family noticed about me that they appreciate?
- 5) If I had unlimited resources/time and no financial worries, what talents and abilities would I use to enrich myself and serve others?
- 6) How do I want to show up in the world?

7) How will I have left the world a better place? What is my imprint? What do I want my legacy to be?

Sit with the answers. Re-visit them at a later date. Check-in and see if the answers still fit. Explore the *what*, *how*, and *why* of what you do or want to do.

Remember, it's not about finding your one thing that you do. It is the *how* and *why* of what you do in the world that makes

it "sacred doing." And, it can show up in different ways. For example, if your *dharma* is to have a healing presence it may come through deep listening, compassionate actions, and kind words in your chosen work whether it's the front desk receptionist, kindergarten teacher, orthopedic surgeon, or coffee barista. Tweak what you wrote over time with that understanding. If you feel stuck, dig deeper. Feeling stuck is often a symptom of not being aligned with your *dharma* as you navigate life. Take your time. Self-discovery is a process. Each step will bring clarity and focused alignment as you ease into your *dharma*! ✨

Milissa Castanza Seymour M.S. is an InnerSoul Coach, professional Numerologist, and Transformational coach specializing in Stress Management/Well-being and helping clients find their life purpose. Her multi-disciplinary professional trainings and certifications include: Prana Yoga, Integrative Yoga Therapy Holistic Health Educator, Applied Positive Psychology LifeCoach, Aromatherapist, Chopra Ayurvedic Health Practitioner/Primordial Sound Meditation Teacher/Well-being Coach. www.innersoulcoaching.com.

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Hypnotherapy, Neurolinguistic Programming (NLP) and The Hamptons Method

Richard Bandler, the cofounder of Neuro-Linguistic Programming (NLP) once said “Brains are designed to get results; they go in directions. If you know how the brain works you can set your own directions. If you don’t, then someone else will.” With the advent of AI the potential for this is mind-boggling to say the least.

Hypnosis can be defined as focused attention with heightened suggestibility. The primary principle of hypnosis: tap the unlimited potential of your subconscious mind to initiate the positive change in your life now. Many people mistakenly believe that willpower alone can be relied upon to change behavior. Just think of the last time you attempted to change a behavior by “willing it” — more than likely the old behavior resumed. Hypnosis & NLP can help remove psychological and emotional obstacles including self-limiting beliefs. After all, everything begins and ends with belief. It is estimated that 90% of our behaviors are subconsciously driven.

To make a decision to change can sometimes only take a nanosecond. However, it is theorized that it takes approximately 90 days for new behavior to be installed replacing the old behavior. Once that occurs the path of least resistance is to the new behavior.

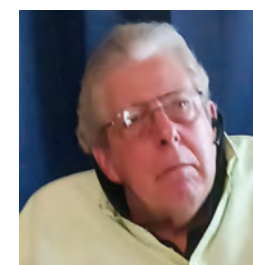
Hypnotherapy & NLP, as with every other program/solution, is for people who “want it – not need it”. Take for example the individual who wishes to lose weight. This is a common issue that many people struggle with unnecessarily. **The Hamptons Method** combines therapies including hypnotherapy, strategic therapy, NLP, brainwave entrainment and other modalities to stop undesired behaviors almost as easily as turning off a switch.

The practical applications for Hypnosis & NLP are limited only to your imagination. You can call for a free consultation to discuss how close you are to change right

now. The fact that you are reading this would suggest that you would be a good candidate for my program. Programs to diagnose and treat conditions including, but not limited to, are: anxiety, panic, stress, clinical depression, PTSD, and resolution of fears / phobias.

Many programs are covered by insurance. We accept Medicare and Medicaid; for a list of other accepted insurance please visit Albert R O’Connell III in the Therapist Finder at PsychologyToday.com. Sessions are conducted in-person at Southampton and Westhampton Beach. Now offering ZOOM sessions as well.

Please be advised the aforementioned therapies work best for modifying behaviors effectively and efficiently. Keep in mind that many symptoms that impact behavior can be rooted in serious physical conditions that need to be diagnosed and treated by a licensed MD. Please consult your primary physician.



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 treatment. 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: www.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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- menstrual / menopausal issues

- neurological issues
- respiratory conditions

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Peg Duignan MS LAc LMT
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www.ReliefWellnessCenter.com
Office: 631-265-3600
Text: 631-786-5429



Peg Duignan MS LAc LMT

Anthony Cerabino B.M., LMT, M.S., L.Ac is the Founder and Director of **Healthcare Wellness Center.**

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www.healthcarewellness.org



Anthony Cerabino B.M., LMT, M.S., L.Ac

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- Migraine
- Neurological issues
- Sciatica
- Shoulder pain

Two Locations:

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631.328.1382
www.drwangacupuncture.com

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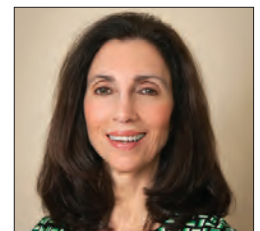
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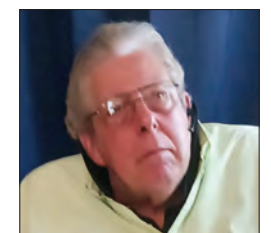


Jackie Major, LCSW

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 Etess,
DMD, NMD, IBDM

Jeffrey Etess, 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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today. The office uses the latest technology and proprietary dental and healing techniques available in cosmetic biomimetic reconstructive, rejuvenation, and restorative dentistry. There is always an emphasis on biocompatible and holistic dentistry to create a very natural and beautiful smile you can be confident with and proud of. Dr. Jeff has achieved a highly professional, relaxed, caring, and pain-free environment for his patients with sedation dentistry available if required. The entire team looks forward to meeting you and exceeding your expectations.

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Dr. Kilimitzoglou

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Dr. Kilimitzoglou is a Master of the Academy of General Dentistry and a Diplomat of the American Board of Oral Implantology. He is one of 300 dentists in the world with these credentials.

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UP NEXT: August-September Back to School Issue

Welcome the New School Year with Lessons and New Beginnings

ADS DUE JULY 10th

Article & Poetry submissions due June 15th

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Dr. Rizvi earned her DDS from New York University and completed a fellowship in Oral and Maxillofacial surgery at the Montefiore Medical Center of the Albert

Einstein College, as well as an Implantology Fellowship from Columbia University.

Dr. Rizvi offers a full range of Dental services treating both adults and children. Her gentle touch, excellent listening skills and thorough explanations keep her patients smiling, happy and healthy.

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Awareness is vital to health! Let me help you create new plans for your health and life and give birth to your new self.

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BOOK REVIEWS

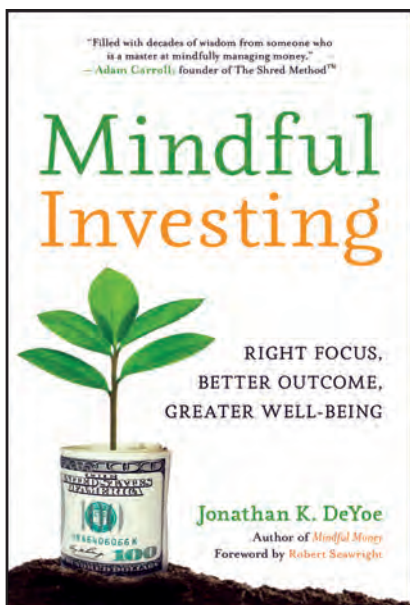
& PRODUCTS

BOOKS

MINDFUL INVESTING: Right Focus, Better Outcome, Greater Well-Being

by Jonathan K. DeYoe
NewWorldLibrary.com

In his two decades as a financial adviser, Jonathan K. DeYoe has seen countless investors make decisions driven by fear and wishful thinking. That mindset leads to costly mistakes, such as chasing “hot” stocks, buying when prices are high and selling when low, and racking up expensive transaction fees and taxes in the process. But there is good news: these mistakes are preventable. In *Mindful Investing*, DeYoe offers a solution: a comprehensive investment strategy that integrates Western behavioral finance with the Eastern discipline of *mindfulness*. Practicing mindfulness allows investors to see life from a larger perspective and make financial decisions according to their long-term goals, not fleeting impulses.

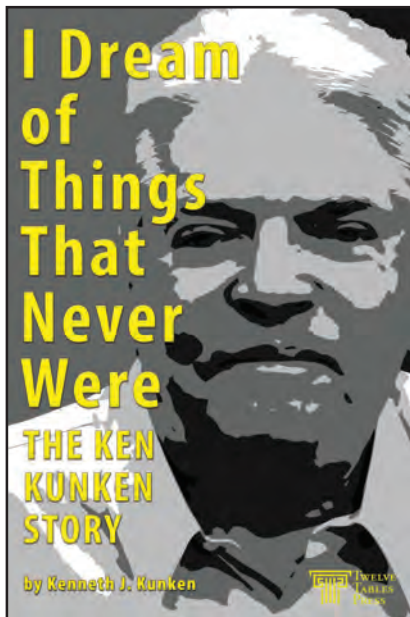


Mindful Investing provides simple methods that don't rely on technology, gimmicks, or constant portfolio maintenance. *Mindful Investing* takes the anxiety out of investing and shows readers the way to financial prosperity and personal wellbeing, offering a no-stress investing strategy. No timing the market — the timing he talks about is a super simple 2 hours per year mindful investing process anyone can use — no financial acumen required. That's right. No financial smarts required. DeYoe says, “The financial advice world has created and encouraged the idea that personal finance is complex. And, because it is so complex, everyone should be paying for their services. The truth is most people would be better off — and have

more money — *not* paying the expensive advisory fee and instead learning and applying a few simple lessons.” Finally. A book for the rest of us.

I DREAM OF THINGS THAT NEVER WERE by Kenneth J. Kunken twelvetalespress.com

On the front cover of *Creations Magazine*, up on the top left corner, is the word, INSPIRATION. *I Dream of Things That Never Were* is a true-life story that delivers Inspiration with a capital “I”. On October 31, 1970, in the course of playing a college football game at Cornell University, Ken Kunken broke his neck. The injury severed his spinal cord leaving him almost totally paralyzed from the shoulders down. Ken subsequently spent the next 9+ months in various hospitals and rehab centers



Mindful Investing discusses both the mechanics and the psychology of investing, including:

- Understanding how financial markets work (stocks, bonds, and more)
- Building an investment portfolio appropriate for your age, income, and life goals
- Assessing your tolerance for risk
- Recognizing and overcoming cognitive biases that impair your financial judgment
- Choosing investments that align with your core values (socially conscious investing)

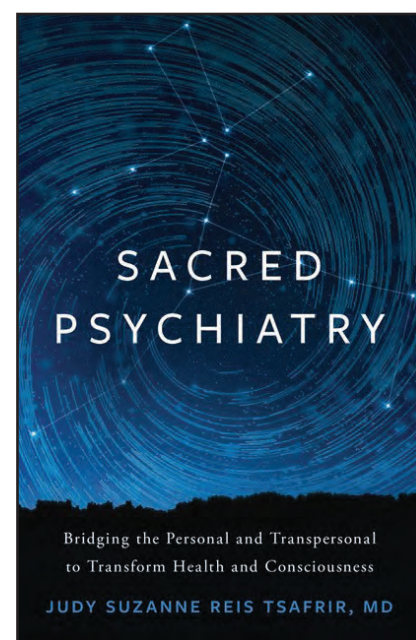
undergoing treatment. Battling back from the depths of depression and despair, Ken returned to Cornell to complete his B.S degree in Engineering and a MA in Education. He also earned a master of Education degree in Psychology from Columbia University, and became a well-respected assistant district attorney.

Ken believes that everyone has the inner strength to tackle what most folks would consider almost insurmountable odds — even the most challenging obstacles can be the springboard to stunning success.

Clearly, *I Dream of Things That Never Were* is a remarkably candid account of triumph over a series of adversities and hardship. But, it's also a heartwarming love story: While in his forties, Ken hires, and later marries his weekend attendant, Anna — the woman of his dreams — and he becomes a father to triplet boys! Now married for over 20 years, their three boys are all attending college. This raw, real-life inspirational account encourages and motivates us all to hold our focus on our dreams regardless of the seemingly overwhelming odds.

SACRED PSYCHIATRY by Judy Suzanne Reis Tsafir, MD www.gbpress.com

For far too many, their experience with conventional psychiatry likely consisted of suppressing symptoms with pharmaceuticals, all without being considered as a whole person. It's probable that there is little exploration of the power of the sacred to promote healing, which is especially crucial in our current climate of widespread fear and disconnection. In psychiatrist Judy Suzanne Reis Tsafir's *Sacred Psychiatry: Bridging the Personal and Transpersonal to Transform Health and Consciousness*, the reader is introduced to a diverse range of holistic approaches to psychiatric healing. It offers invaluable guidance on how to develop personal spiritual practice and highlights the profound significance of fulfilling the soul's purpose. Moreover, it illustrates the usefulness of astrology, emphasizes how toxic relationships undermine healing, and showcases the remarkable



healing power of food as medicine.

Dr. Tsafir's groundbreaking magnum opus also provides a holistic framework for weaning off psychiatric pharmaceuticals and focuses on treatable, but frequently overlooked, complex chronic conditions such as mold toxicity, mast cell activation syndrome, and Ehlers-Danlos syndrome.

Author Eric Leskowitz, Md, states that “Dr. Tsafir's *Sacred Psychiatry* is an exploration of the many ways in which psychiatry and American culture have

gone astray by focusing solely on the material realm. She shows, in wondrous detail, how attention to the emotional, energetic, societal, and, most of all, spiritual dimension of life is the key to healing ourselves and our world. A highly recommended paradigm buster!”

PRODUCTS

AMAZONTELLA CUPUAÇU FRUIT SPREAD Amazontella.com

Out of the Amazon emerges a highly nutritious super fruit: the Cupuaçu. This delectable fruit, often referred to as “the pharmacy in the fruit,” boasts a creamy white pulp and is roughly the size of a melon. As a relative of cocoa, the Cupuaçu has a tropical taste with a subtle chocolate undertone. It's no wonder that the Cupuaçu has become a highly sought-after fruit for its unique blend of flavors and potential health benefits. Now you can reap the benefits of the antioxidant-rich Cupuaçu with the Cupuaçu Fruit Spread. A delicious and exotic fruit spread made with aromatic and tart Cupuaçu, it can be easily spread on toast, cheese, fruit, or added to a charcuterie board. Choose from Cupuaçu Fruit Spread, Acai Fruit Spread and Cupuaçu Pepper Fruit Spread, all 100% made from fruit sourced directly from the Amazon rainforest. 5% of the profits will be donated to indigenous communities in the Amazonas state, where Founder Ludmila Azevedo was born. www.Amazontella.com.



POETRY

The Mulberry Tree

by Kira Vellella, Nassau County, NY

Berries burst
under the weight of my heel
and cling to the soles of my shoes.

This tree cleaves in the middle,
both sides grown low to the ground.
I imagine drunkenly it delights in itself,
rooted here in the thick of dark wine mulberries
matted in the carpet of grass.
Clumping and knotting,
fermenting and rotting.

But, god, how beautiful it is to be
at the peak of such dazzling bounty.
So many thousands catch your eye,
you almost believe them crushed gems.

This tree is a god in the field,
she is a mother,
she is laughing and tired.
She has patiently held on each bough and twig
green to white to bloodiest red.

She has shed, and shed, and shed.

How satisfied she must be,
bowing from the weight of her own
honeyed jewels laid at my feet,
black juice under my fingernails.

I come to visit and stand near her,
to stand in this too-muchness
among the dizzying generosity.
To hell with my shoes, let them stain.

I want to be as close as I can
to this garden of Eden.

Reset

by Rhonda Weiss, Leeds, NY

It can only be what it is

No matter how many times you fixate
No matter how many times you obsess

What should have happened
Didn't

It can only be what is

Your feet must walk
In now

Or be left behind

Family Reunion

by John Califano, New York City

barely connected
and running
from her
own
true
self
I struggled daily
with

blind

dedication
hypnotic allure

to her
too often
I lay
paralyzed with lust
watching her quench
her unresolved issues
criminally titillating - utterly savage
sucked weak
I was
from the moment
our eyes first met
oh how seductive ...
her tormented past
amazingly resembled that
of

my

very
own
troubled mother
who often spoke
to me hardly
but sometimes whispered
softly
in my ear...

I love to give
I love to give
I love to give up ...

Elevation

by David Frieman, Huntington Station, NY

This moment in time has become more revealing than I know,
With a chance to complete a karmic journey started long ago,
But to reach my destination I must first be ONE with LOVE,
As I elevate to higher dimensions through the cosmos above.

Sunset Sisters

Summer Rain Haiku

by Roberta A. McQueen, East Islip, NY

sudden summer rain
caught children at the playground
swinging in the rain

EARLY MORNING HAIKU

by Roberta A. McQueen, East Islip, NY

before the sunrise
small bird sings a solo song
soon others join in

Line Dancers

Watercolors by

Jan Guarino

JanGuarinoFineArt.com

Poetry is nearer to vital truth than history. – Plato

CALENDAR OF EVENTS

ONGOING EVENTS

MONDAYS

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

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

Matthew Hazen is the owner of **HUMAN CONSCIOUSNESS SUPPORT**, a company that produces a unique nutraceutical product called **MASTERPEACE**. Listen to podcast here. <https://www.buzzsprout.com/1206776/14236700> https://youtu.be/Uk_MqZ6QMjw?si=Lg63slVfVlBnY3jj (see ad page 5)

TUESDAYS

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

TRANSFORMATION TUESDAYS conducted by Albert R. O'Connell III, LCSW,CASAC, 2:30 to 3:30 PM on **JUNE 4** and **JULY 5**. *Quit Smoking For Life* at Stony Brook Southampton Hospital and via Zoom at 4:30 PM on **JUNE 18** and **JULY 16**. *Your Permanent Weight Loss Solution Through Hypnosis* on **JUNE 25** and **JULY 23** 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. (ad p14)

WEDNESDAYS

PSYCHIC READINGS & GUIDED IMAGERY with Gong Wash & Tibetan Chakra bowls clearing: **6/5** and **7/10** 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 WORKSHOP. Subscribe to Taylor Television on YouTube and enter Thursdays at 7 PM to join Reiki healer, Transformation Life Coach and Emotional Freedom Technique (EFT) Master, Taylor Mari, to break the mental and spiritual bondage of toxic shame. Liberate yourself NOW with the power of EFT!

SATURDAYS

PSYCHIC READINGS & GUIDED IMAGERY with Gong Wash & Tibetan Chakra bowls clearing: **6/8** and **7/13** 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.

SUNDAYS

THE SACRED LIGHT FELLOWSHIP AN INTERFAITH METAPHYSICAL CHURCH www.sacredlightfellowship.org is inviting you to join our Divine service gathering each Sunday at 3:30 PM (EST) on Zoom guided by The Holy Spirit of God and The Archangelic Realms through the channel of Spiritual Director Rev. Daniel Neusom and other gifted channels of God's Love, Guidance Healing and Help. To RSVP please email Rev. Daniel Neusom at danielneusom@gmail.com. (see ad page 12)

Calendar Listings start at \$35 per issue
TWO months in Print and Online

SPECIAL EVENTS

JUNE 14

LECTURE: Animals and the Afterlife by Winter Brook. Levittown Hall, Hicksville, NY, Friday, 8-10 PM. Members: \$15, Non-members: \$20 eyesoflearning.org.

JUNE 23-28

FREEDOM FROM CHRONIC PAIN Understanding the mind-body connection is key to freeing ourselves from the protective mechanisms the brain and nervous system deploy that generate chronic pain. At this 5-day retreat at the Omega Institute in New York's stunning Hudson Valley, discover how releasing repressed emotions can lead to a mind-body transformation. Free yourself from chronic pain with skilled psychotherapist Nicole Sachs. Register: eomega.org.

JUNE 26

WORKSHOP: Divination Card Workshop with Daniel Akner. Levittown Hall, Hicksville, NY, Wednesday, 7:30-9:30PM. eyesoflearning.org.

JUNE 28-30

FALLING DOWN & GETTING UP Join poet, philosopher, and spiritual teacher Mark Nepo at a weekend retreat at the Omega Institute in New York's Hudson Valley. With Mark's guidance, explore the endless choice-points we all face in falling down and getting up. Learn practices that explore the dichotomies between surviving and thriving, opening and closing, giving and receiving, and more. Register: eomega.org.

JUNE 29

LECTURE: TRANSMISSION MEDITATION. Learn about a simple group meditation that provides both a dynamic service to the world and a powerful means of personal spiritual development. Quest Lecture Hall, 242 E. 53rd St., NYC, Saturday, 2PM. Admission is FREE (see ad p.9).

JULY 5-7

OVERCOMING TRAUMA, TENSION & ANXIETY Break free from trauma and reconnect with your source of strength with Stress Is Gone founder Brett Cotter. This weekend retreat at the Omega Institute in Rhinebeck, NY will help you release emotional stress, break through deep blocks to happiness, and re-engage your life. Register: eomega.org.

JULY 19

LECTURE: Geographic Stress Dowsing with Laura Cerrano. Levittown Hall, Hicksville, NY, Friday, 8:00-10 PM. Members: \$15.00, Non-members: \$20.00. eyesoflearning.org.

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 (see ad p.9).

JULY 31

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

UPCOMING EVENTS

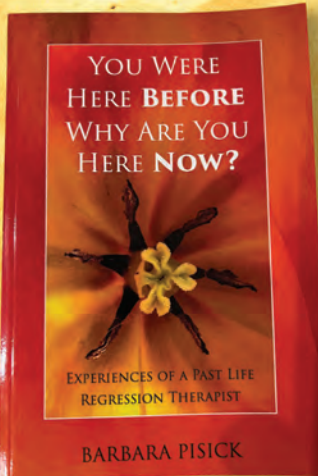
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YOU WERE HERE BEFORE, WHY ARE YOU HERE NOW? *Experiences Of a Past Life Regression Therapist* by Barbara Pisick, PMHCNS. Available on Amazon, www.pastliferegressiontherapy.com, blpsik@yahoo.com. (see ad p.20)

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Dental precision care extends far beyond mere craftsmanship; these professionals are the guardians of quality, pushing the boundaries of innovation while upholding the highest standards of dental excellence. In a healthcare landscape shaped by discount insurance-focused care, the role of precision dentists remains crucial for dental health, laying the foundation for progress and advancement in the field of dentistry. **Dr. Jeffrey Etes** has been a pioneering figure in precision dental care in Manhattan and Long Island. Amidst the proliferation of "corporate dental centers," it is vital to exercise caution. While many of these dentists may possess commendable qualifications, their tenure is often brief at these clinics, and their work is often rushed, putting profit before precision. With Dr. Jeff, you can trust in his enduring commitment to addressing all your dental needs, ensuring peace of mind and lasting satisfaction.

Let's examine the dental crown as a prime example of the critical role precision dentistry plays: Dental treatment varies significantly,

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Dr. Etes challenges prevailing misconceptions, illustrating that many dental issues commonly deemed

"impossible" to treat can indeed be addressed successfully. Integrative Dental Specialists offers personalized, top-tier comprehensive dental care, encompassing a wide array of concerns such as root canal infections, bone cavitations, dental cavities, periodontal gum problems, and single to full arch dental implants. The team at Integrative Dental Specialists is dismayed by the sight of patients succumbing to fear and misinformation, resulting in avoidable damage to their teeth. Contrary to widespread beliefs, the majority of teeth can be preserved. Integrative Dental Specialists is committed to dispelling misconceptions and empowering patients to make informed decisions about their oral health, ensuring they receive unparalleled precision care of the highest standard.

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