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CREATIONS

MAGAZINE

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Let Nature Guide Your Growth Cycle

*Nature does not hurry,
yet everything is accomplished.*
~ Lao Tse

- The Missing Ingredient
In Western Medicine
- The Pervasive Power
of Spiritual Experience
- Meeting the Shadow
on the Spiritual Path
- You Don't "Fight" Hate

Jan Guarnio

To Pull or Not to Pull....

We all get intrigued anytime we hear of a natural way to promote health. I am sure that many of you have heard of *oil pulling* for optimal gum health and oral hygiene. What exactly is oil pulling? How do you do it properly? How effective is it?

Oil pulling is nothing new. It is a traditional ayurvedic remedy originally practiced in ancient India to maintain oral health by swirling oils in the oral cavity. It consists of a measured volume of oil (about a tablespoon) that is taken in the mouth and swished around for a period of time before spitting it out. The recommended time of holding this liquid in the mouth is 15 minutes. I don't know about you, but that is an awfully long time to keep a liquid in the mouth.

Some oils used are sesame, sunflower and coconut oil, the latter being the most popular. Oil pulling is believed to have systemic and oral health benefits. The oral benefits are improved gum health, reduced inflammation and bleeding, relief

from dry mouth & lips, whiter teeth and reduction of bad breath.

How does it work? The exact mechanism of action is unclear. There are a few theories. One being the saponification or "soap making" process resulting as alkali hydrolysis of fat. Another theory is that it may inhibit plaque formation and adhesion of bacteria due to the viscous nature of the oil. Lastly, it may be the presence of antioxidants in the oil which may prevent lipid peroxidation, leading to destruction of microorganisms. Coconut oil is comprised largely of lauric acid, which is known for antimicrobial and anti-inflammatory properties.

There have been limited studies that compare oil pulling to mouthwash. Some studies show that the effects on plaque reduction and improvement of gingivitis are comparable. Other studies conclude that oil pulling may have a beneficial effect on reducing salivary bacterial counts compared to mouthwash. One thing that all the studies had in common

is that they were short term, and the results were not profound.

Some key takeaways: There are not enough studies, and the findings are inconclusive. **Oil pulling is usually an adjunctive therapy to current oral hygiene.** Studies do not show improvement in periodontal disease or cavities, just gingivitis.

The main question is: is it even worth doing oil pulling for at least 15 minutes, given the small benefit? Would it be better to simply focus on really good oral hygiene alone? Think about it. How long does it take to floss the whole mouth, every tooth, every nook and cranny. How long does effective tooth brushing take? Let's say 2 minutes for flossing and 2 minutes of brushing. That is just 4 minutes total.

I think I would rather you have 4 minutes of excellent oral hygiene, rather than just one minute of ineffective oral hygiene and 15 minutes of oil pulling. Said differently,

oil pulling will not harm you. It may give you sore mouth muscles but there are no drawbacks — it's just that the benefits are not so compelling. **One thing is for sure, you certainly wouldn't want to do oil pulling instead of brushing and flossing.**



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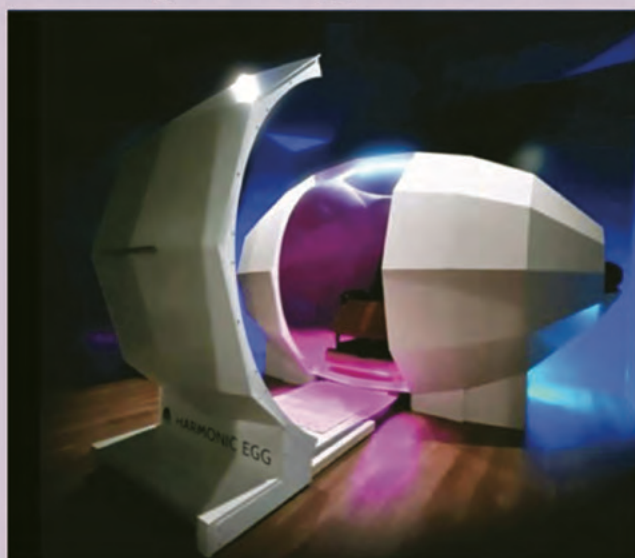
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TALKING OUR WALK

Welcome to the April-May Spring / Women's Issue, honoring women, mothers and Mother Earth.

Nature Can Guide Us Through Our Life Growth Cycles, is our lead article and cover title. Humans are not separate from the natural world, and never have been. We are fully entwined and enmeshed with the earth and all life therein, seen and unseen.

"Never does nature say one thing and wisdom another" ~ Juvenal.

Oh, how much wiser and harmonious humanity would be if we embraced and cooperated with nature's guidance rather than opposing and competing against her.

"Nature does not hurry, yet everything is accomplished" ~ Lao Tse

Ann Albers and The Angels, reflect this in *Slower is Faster; When you take a breath and slow your thoughts, you can think more clearly ... When you talk more slowly, you are present to your own words and communicate more effectively*. I'm getting better at this, but still, I need this reminder EVERY day!

Dr. Jonathan Ellerby contemplates *The Natural and Pervasive Power of Spiritual Experience*. In the western world, the term "Spiritual Experience" is often stereotyped, misunderstood, ridiculed, and even feared. Ellerby explains, *Frequently, this is an issue that relates to religion and a lacking sense of permission to be independently spiritual. However, in*



Asia, South America, Africa, and Native America, I have found that spiritual experiences, such as encounters with spiritual beings, transformative dreams, the power of faith, and the deep impact of intuition, are not only common, but expected.

All of us have the ability to experience the extraordinary — everyday: tapping into the flow states of synchronicity, creative insight, athletic excellence, the euphoria of connection, love, music, and of course blissful moments in nature!

Now in our 38th year, Creations Magazine is entering a new "growth cycle" of its own. Towards the end of this year, we'll be rolling out an enhanced website full of fun content including: a podcast, and interviews with our contributing authors, healers, practitioners, and more!

Supporting your continued growth,

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Nature Can Guide Us Through Our Life Growth Cycles

by Brittany Gowan
New York City

Breathe In Nature And Breathe Out Stress. This simple yet powerful mantra is the foundation of my nature-centered approach to mindfulness.

Growth is synonymous with terms like *stretch, extend, lengthen, develop, and mature*. The natural world exemplifies these actions, displaying patience interspersed with periods of commanding change. *With the guidance of the natural world's patterns, we can learn about our own growth cycles.* Perhaps we identify with the late bloomers of fall, like sage and asters. Or we might gain personal insight by noticing the massive waiting game nature plays in spring, holding its cards close, guarding its reveal until each tree bud or bulb is ready to burst into season.

Seasonal visuals can usher nature's choreography of growth into our daily headspace. By living within the framework of nature-focused awareness, our attention is connected to a natural path toward growth and flourishing.

For nature to grow well, it must meet the challenges that arise. The same goes for people. Left unchallenged and unbothered, we may never encounter the opportunity to adapt, grow, and become stronger. When we focus on mindful thoughts and actions, we can develop the physical, emotional, and mental tools needed to embrace life's challenges, cultivating what is necessary to thrive and pruning away what isn't.

Now imagine what a pumpkin patch looks like in early summer. If you check for growth one day and again a few days later, nothing appears to be different. Yet returning to this patch in autumn, you'll see energetic progress. Over time, the plants unveil rapid gains and produce flowers, then fruits in the form of harvest-ready pumpkins.

In a similar way, if we critically monitor our growth on a daily basis, it will become difficult to see advancement. But when we step back with mindful awareness, we see how our growth can be slow but constant like pumpkins. Stages of incremental growth build upon each other, strengthening our mind and body throughout the process.

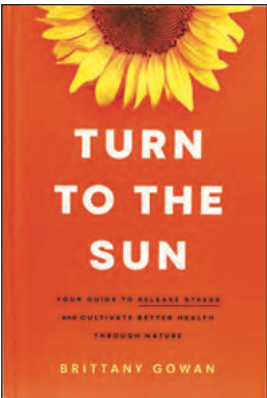
From the length of our hair and nails to the rapid development of young children and baby animals, physical growth is a tangible reminder that some piece of our existence is always changing. These visible changes also invite us to become more aware of the growth we can't see in our emotional lives.

The groundwork for plant growth starts underneath the surface. Before a plant can develop an enormous flower that hypnotizes our senses, it must first grow a strong and healthy composition in its roots and stems. Like a bulb in the ground, our foundational growth develops unseen within our mental and emotional space. We support our health and well-being when we grow a secure root structure of mental calm and sturdy stems of positive thoughts and actions.

At times, we may want to cultivate something in our lives, but it's not the right setting or timing to foster growth. Rocky soil—or an equally difficult personal situation—may not lend itself to the process we're so eager to begin. And when we continue to plant in the same cultivated plot over and over again, previously fertile soil can start to get tired. Looking to reap new outcomes in old habits may yield little of our desired bounty. If we desire to create growth, there is value in following our instincts. When things don't feel ripe for progress, it may be time to move on and begin to cultivate something new.

Even when you can't cultivate the way you want to in action, you can start by cultivating an idea in your mind. Think like a farmer and imagine that your livelihood relies on your ability to cultivate crops for sale. Your life requires this same attention, but that can get sidelined by the busyness of your days. During gaps in your awareness, the weeds of negative thoughts and feelings can creep back in. Yet when you take the time to be patient and carefully cultivate your thoughts, you can grow in happiness and fulfillment. Through mindful intention and consistency, you can cultivate a strong mental garden and discover that your awareness is a trustworthy place to reside.

Practicing moment-to-moment mindfulness gives you the tools to step back and be an objective observer and to recognize what is going on in your mind and situations. Instead of being



overly attached to whatever thoughts or feelings are passing through, including stressful ones, you can be fully in the moment without judging yourself or others.

Caring for plant life is a great way to cultivate your awareness and ability to focus on the task at hand, quieting the noise of stressful thoughts. By exercising this type of mindfulness and living in the present moment, you can stay connected to what you are experiencing right now. You'll notice that whatever happened in the past can't weigh you down, the future isn't intimidating, and anything that creates feelings of stress has less pull.

If you take the time to cultivate something good outside yourself, you'll likely find that it has a positive effect on your thoughts and emotions as well. ✨

Taken from Turn to the Sun: Your Guide to Release Stress and Cultivate Better Health Through Nature by Brittany Gowan, © 2024 Brittany Gowan. Used by permission of Harper Celebrate.

Brittany Gowan is a leader in nature-centered stress management and mindfulness. Drawing from her background in psychology, professional coaching, and photography, she incorporates a nature-centered approach to self-care, personal development, and positive mental health. Her book **Turn to the Sun: Your Guide to Release Stress and Cultivate Better Health Through Nature** is on sale now. Learn more at BrittanyGowan.com.

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Biofield science: The Missing Ingredient in Western Medicine

by Eric Leskowitz, MD
Massachusetts

Western medicine is the world's only medical tradition that does not harness an invisible healing force or energy. In the East, there is *prana* (yoga) and *qi* (acupuncture, tai chi), but in the West, "energy" means a chemical like ATP. That's because we view the body as a complex machine rather than a flowing organic web of interactions. Some medical mavericks have explored these forces, but they have not found a welcome home in Europe and America.

For example, in 1779 Paris, Franz Mesmer discovered a force that he called *Animal Magnetism* and he exploited it so effectively that wealthy clients left their conventional doctors and flocked to his practice. Those doctors convinced King Louis XIV to assemble a Royal Commission, and it debunked his work via a biased testing protocol. Mesmer left Paris in disgrace, and although he's now generally thought of as a quack, I believe he was ahead of his time.

A more recent pioneer – Sigmund Freud's student, Wilhelm Reich – met a similar fate in America. His research focused on *orgone*, an energy which was primarily sexual in nature; its free flow engendered health (he coined the term "the sexual revolution" in the 1940s). But when he developed a device to harness this energy, he stirred up opposition – an FDA investigation led to the burning of his books and his imprisonment for non-cooperation; he died in federal prison in 1957.

These are important cautionary tales, but the tide is definitely turning as a science of the human energy field – the *biofield* – evolves. Early clinical research in acupuncture, in Therapeutic Touch, and in Reiki and energy psychology (EFT), have led many hospitals to endorse these forms of energy medicine. The hospital I worked at for over 25 years, Spaulding

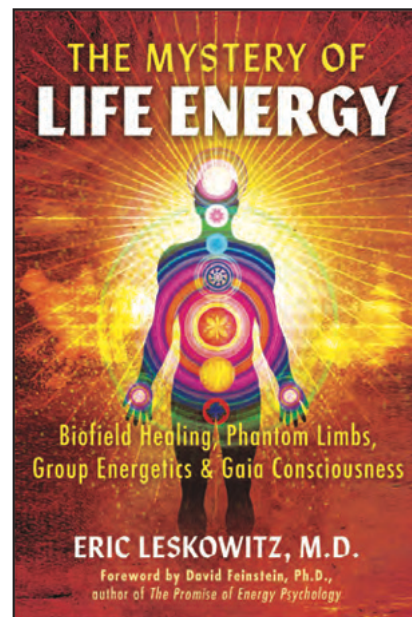
Rehabilitation Hospital in Boston, was one of the first to introduce these measures though it was initially afraid of being an outlier in Boston's conservative academic medical community. But a 1991 grant from the NIH helped us show that homeopathy could help TBI patients; positive clinical results obtained by several MD acupuncturists led to more acceptance, a process that is also occurring in many other hospitals.

My psychiatric work with their pain management team initially focused on mind/body approaches like meditation, teaching patients to regulate their own nervous systems while tapering off pain medications. But when I began to introduce energy-based techniques like Therapeutic Touch (biofield energy) and Energy Psychology (tapping on acupoints), several important findings about energy medicine and the biofield emerged.

Therapeutic Touch (TT) was originally designed as a nursing intervention; the nurse appears to smooth out the air surrounding her patient. Although there's no physical contact, both the nurse and the patient can feel something in that seemingly empty space. And you can too – place your hands out in front of you, palms facing each other, and move them closer together and further apart, without actually touching. At some point, usually about 6 inches apart you'll feel a pressure sensation or a tingling. It's not just the warmth from the nearby hand, but it's actually the outer boundary of the human magnetic field that you're detecting.

So the TT nurses learned how to tune into irregularities in this field, and to smooth them out manually, with compassionate intent, using their own biofields as the healing instrument. Ironically, this is the same maneuver that Franz Mesmer developed, called Mesmeric passes, to induce deep relaxation; it could even create surgical-level anesthesia. TT spawned a wave of research when its popularity crested in the 1980s and 1990s, and was foundational in the acceptance of energy medicine in America.

I learned TT and began to use it with some of my chronic pain patients. One



patient whose leg had been amputated above his knee could actually feel me smoothing out his phantom leg, and I could feel my hands touching the phantom. In other words, his biofield extended into the empty space where his physical limb used to be. I was detecting his biofield, and his phantom (his biofield) was sensing mine as well. We hope research will validate these subjective sensations using instrumentation (because we believe

machines more readily than we believe people!).

However, that research has been trickier than expected, so far limited to the study of a parallel situation in plants – the phantom leaf effect. Kirlian photography shows an electrical corona surrounding a healthy leaf that persists even when the tip of the leaf is cut off (ie, amputated). *It seems that the biofield creates the leaf, rather than vice versa.*

But for reasons that aren't clear, it's been difficult to replicate these findings, making it harder for the phenomenon of biofields to gain wider acceptance. And there has been significant media bias against these approaches, often called "pseudo-science" by authorities like Wikipedia. However, the biofield is the key to understanding energy medicine, from the subtle anatomy of energy (acupuncture meridians, chakras, auras) to the physiology of energy's effects on the body. **The concept of a biofield also helps explain some common non-clinical experiences:**

- **Charisma:** We can imagine that someone with a very large aura will influence others more effectively than someone with a small aura. Whether that biofield energy is generated by their own connection to higher power or whether they're feeding off their audience/fans/devotees as an energy vampire, the effect is similar.

- **Personal space:** The outer boundary of your aura is literally the edge of your personal space, and an intrusion into that biofield can be felt tangibly, even with your eyes closed, just like in the TT demo.

- **Emotional contagion:** This video clip shows how the heart rhythm associated with the emotion of appreciation can

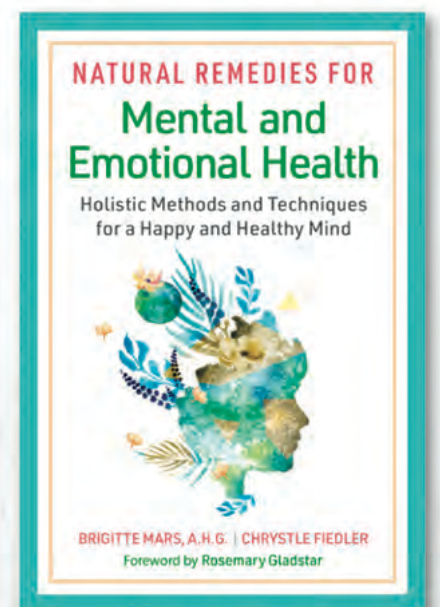
spread to someone nearby, even if their physical senses are shut off: <https://www.youtube.com/watch?v=72DtbK2EVcI>

- **Team chemistry:** A group of athletes whose biofields resonate with one another like tuning forks has good chemistry and performs better.

- **Fan energy:** A stadium full of fans in resonance can entrain the players (and it can be detected by computers): <https://www.youtube.com/watch?v=ilmWYW0F3nw> ✨

Eric Leskowitz, M.D., is a retired Harvard Medical School-affiliated psychiatrist who practiced pain management for over 25 years at Spaulding Rehabilitation Hospital in Boston. He has published over 50 articles in peer-reviewed scientific journals and is the author/editor of four books, including **The Mystery of Life Energy**. His documentary about group energies and sports, *The Joy of Sox*, aired nationally on PBS in 2012. The applications and implications of the biofield are endless. Explore them further in **The Mystery of Life Energy**: www.TheMysteryOfLifeEnergy.com.

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Meeting the Shadow on the Spiritual Path: The Dance of Darkness and Light in Our Search for Awakening

by Connie Zweig, Ph.D.

We begin the spiritual journey in innocence, filled with a longing to be saved, awakened, or healed or simply to belong. We may find a cherished teacher or participate in a community and engage in religious ritual or spiritual practice. We may enjoy a sense of membership and moments of deep fulfillment, even rapture. We may experience ecstatic altered states of consciousness or simply a quieter mind and more compassionate heart.

But, at some point, we may meet the shadow of a spiritual authority, suffering blatant emotional or sexual abuse. Or we may feel the consequences of a series of small, insidious transgressions. Or we may uncover a coercive group dynamic that becomes intolerable. Regardless of the specifics, we come to see through the imago of an idealized priest or teacher to a dark shadow or human limitation, and our projection rattles. If the disappointment is deep, if the disillusionment is shattering, we enter the night sea journey, the *via negativa*, or way of darkness.

In the Christian mythos, this is the time of the cross. As we read in Mark 15:34: Jesus cried out in a loud voice, “My God, my God, why have you forsaken me?”

At first, we may try to deny what we see in others. One disciple of a swami accused of abuse explained, “If I believed such stories, I would disbelieve my whole life. I have no room for such thoughts. I might doubt my own perception. I might doubt my own eyes. But I cannot doubt that strength which has given me everything.”

In a different scenario, we deny our own shadows, those unconscious feelings and beliefs that are deemed unacceptable by our teachers and communities. But at some point, those hidden thoughts and feelings—a cynical, gnawing doubt; an intractable, inexplicable depression; a persistent, destructive habit—erupt into consciousness. Then one day we admit to ourselves that, despite our faith in a church or a teacher’s promises, despite our diligence in our attendance or our practices, we still struggle with our own darkness. A spiritual life can’t save us from suffering.

One man told me, “The more I meditated by day, the more I drank at night. At first, I didn’t think anything of it because my parents drank, my brother drank, my teacher drank too. Taking it for granted, the drinking became invisible. Then someone pointed out that I couldn’t get through an evening without drinking. Slowly, I began to realize that, yes, I was an alcoholic. And my teacher and my practices colluded with my problem . . .”

To sum up, we may meet a teacher’s shadow, we may meet our own shadow, or we may suffer disillusionment with spiritual beliefs or practices. In any case, our dreams of transcendence and communion fade. We lose faith and fall from grace. We feel forsaken, even by god.

With the fall, some believers turn away from god, becoming bitter disbelievers who feel confused and disoriented with the fellowship of community and the guidance of doctrine. Others retrench against the threat of loss and defend the fortress of belief with louder right-and- wrong thinking. They attempt to ascend again, denying the meaning hidden in the fall. They rationalize their beliefs, excuse their abusive experiences at the hands of others, or trade in their spiritual props for another set, climbing back toward the heavens of naivete. Still others grab for the brass ring of a materialistic life...

Spiritual abuse may be covert, such as cultivating fear or shame, or overt: money, power, and sexual shadows in religious

teachers may lead to outright coercion or molestation. One clear example can be seen in the international scandal of sexual abuses by Catholic clergy. Although there are clear distinctions to be made between child survivors of abuse and adult survivors, there are many commonalities as well. The child’s innocent projection of greatness, even godliness, onto the priest is analogous to the adult’s projection onto a spiritual teacher. The incapacity to give consent is analogous due to the power dynamic. The demand to keep the secret repeats the pattern. And the consequences for the mind-body of the survivor are the same: PTSD, anxiety, depression, and profound loss of faith.

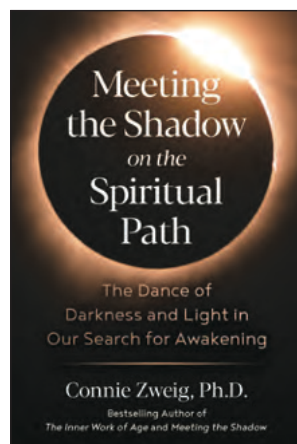
The epidemic of abuse by teachers knows no denominational boundaries. It’s not rooted in dogma or belief; it emerges from the deep recesses of the human

shadow regardless of a leader’s beliefs, even regardless of spiritual commitments. And meeting the shadow on the spiritual path—your own or someone else’s—can be a life-changing event, a turning point from blind trust of another to a more authentic self-trust, from naivete to maturity.

The intention of adding shadow-awareness to our search for awakening is not to negate the profound, meaningful, even ecstatic gifts of our teachers and communities. We don’t want to deny the light any more than we want to deny the shadow. Rather, the intention is to learn to hold both, the full reality of our spiritual lives—the dance of darkness and light on the path.

A fortunate few find the narrow path through the darkness and undergo an authentic initiation. With spiritual shadow-work, we can travel from spiritual innocence through the dark descent toward a new level of consciousness – spiritual maturity. We evolve from dependency on a spiritual parent through meeting the shadow toward spiritual adulthood. ✨

Connie Zweig, Ph.D., a retired psychotherapist and former executive editor at Jeremy P. Tarcher Publishing, is co-author of **Meeting the Shadow and Romancing the Shadow** and the author of the bestseller **The Inner Work of Age: Shifting Role to Soul** and a novel, **A Moth to the Flame: The Life of the Sufi Poet Rumi**. She has been practicing and teaching meditation for more than 50 years. conniezweig.com.





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The Natural and Pervasive Power of Spiritual Experience

by Dr. Jonathan Ellerby

Spiritual experience is one of those terms that has become stereotyped and misconceived.

Many religious communities have come to fear direct spiritual experience, and modern secular communities have come to ridicule them. Associated with psychedelics, paranormal phenomena, and altered states of consciousness, many people have become unsure of the safety and validity of such experiences. Yet, those who have become familiar with them, know them to be among the most important and defining experiences of their lives.

When we do not have a spiritual context or explanation, we often call such experiences “peak experiences” or “highs.” Just as we can be convinced that spirituality lives in a building or under the authority of a few people, we can also be convinced that the extraordinary moments of our lives are indications of nothing more than passing emotions. These moments should not be overlooked. The spiritual path calls us to re-examine the nature of perception and our reality.

In the western world there is great diversity of opinion about the nature and cause of spiritual experience. In eastern cultures the nature of spiritual experience is something that has long been described and documented in detail. Buddhist and Hindu traditions, for example, have elaborate inventories, frameworks and schools of thought devoted to the study and understanding of spiritual experience. Most date back thousands of years and show great complexity and detail. Sacred practices are designed to evoke these experiences so that we may have direct awareness and knowledge of The Sacred.

When referring to “The Sacred,” most people intuitively understand that we are referring to something of ultimate importance and influence on life. As we discuss spiritual experience, the term “Sacred” certainly carries that same meaning, but with specific reference to those forces, feelings and aspects of our universe that are understood to be from or relating to a reality that transcends our ordinary physical and psychological world. Many traditions use the term, “The Sacred” to refer to the wide and likely unlimited world of Spirit, consciousness

and subtle energy that exist in a hidden yet accessible dimension of Life. Each tradition has their own understanding of what is included within “The Sacred,” such as God, angels, spirits, Ascended Masters and more. For our purposes, we include any and all expressions of this Living Energy Universe.

Many modern societies have lost a sense of the Sacred and learned to abuse altered states and the practices once revered. *Recreational drugs like alcohol, coffee, and marijuana, are all commonly used to medicate unsatisfying lives or simply to enrich a moment. As a result they become mundane subjects and continue to provide ways to escape life rather than embrace it.*

Without respect and intention, even the sources of spiritual experience can be corrupted. Societies and governments have found many reasons to seek to condemn or control communities and individuals in search of spiritual experience. Whether the Ghost Dance of Indigenous, American people during the settlement of the American west, or the LSD researchers in the 1960s, few governments have tolerated or supported liberal access to experiences that show us that true power and authority exists beyond the human realm and can never be controlled or regulated.

Just as the Chinese government has opposed the *Falun Gong* movement, which cultivates inner peace, moral action, and a regular spiritual practice, governments all over the world have tended to oppose radical creativity and free thinking. Most great spiritual leaders, from Jesus Christ to Martin Luther King, were perceived by some as radicals.

The very essence of spiritual experience leads to a perception of the world that is free from fear, the belief in hierarchy, and materialism. Sadly, most thriving societies, businesses, and governments are built on these qualities and rely on them as mechanisms to maintain power and control. Despite fear or resistance, spiritual experience persists throughout time because it is essential to who we are as human beings.

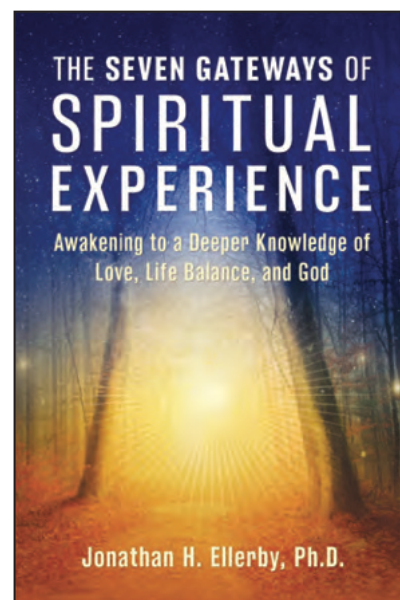
The ability of the “average” person to have unexpected and extraordinary experiences of The Sacred is not only possible, but frequent. Concert goers can experience a euphoric sense of unity with the music, performers, and other fans. Lovers can experience blissful moments of surrender, unity, and timelessness. Chefs, artists, athletes, and even business professionals can experience flow states of high

awareness, connection, and creative insight. Even a sunset walk with your best friend or pet can deliver us into moments of sublime peace, openness to beauty, and a confidence in the hidden design of life. Though fleeting, we all have experiences that are not only filled with inexplicable feeling, but also meaning. The more people I work with the more I am amazed at the profound and diverse ways people are experiencing the Spiritual World without even knowing it. **What seems to make a significant difference in their lives is whether they recognize and integrate their experiences or not.** This is often an issue of awareness, assumptions, and choice.

Frequently, this is also an issue that relates to religion and a lacking sense of permission to be independently spiritual. Many people feel that if they have a spiritual experience outside of a religious setting it must be wrong, or invalid. As with most things in life, people want a sense of permission. If we let the mind alone dictate what is true, then anything that defies logic or measure is received with less weight and meaning.

Powerful dreams, intuitive knowledge, the perception of subtle energies, a sense of being connected to something greater, astounding synchronicity, and the feeling of a guiding divine presence are all examples of extraordinarily ordinary experiences. Nevertheless, I have met many people in the USA and Canada who come to me with questions about spiritual experiences filled with guilt, shame, confusion, and fear. If they don't know what it is they are experiencing they often doubt or resist it. If their culture has not approved it, they assume it must be bad. Sadly, many children are chastised or educated not to pay attention to or respect their spiritual experiences.

In Asia, South America, Africa, and Native America, I have found that spiritual experiences, such as encounters with spiritual beings, transformative dreams,



the power of faith, and the deep impact of intuition, are not only common, but expected. Rather than doubting, questioning, or denying such experiences, many cultures integrate them as a routine aspect of life.

Though spiritual experiences are often profound and inconceivable, simple things like inspiration, a deep sense of hope, and the feeling of meaning or purpose can all be considered spiritual experiences. They help form the very foundations of our lives and choices. Regardless of belief or perspective, spiritual experience is essential to our health and a full experience of life. The secret lies in allowing the spiritual experiences, recognizing them, reflecting on them, and drawing their wisdom and peace into our

daily lives. **Just because it doesn't fit our religious upbringing, or what we've been told to expect does not mean it is not spiritual or meaningful.** None of us were born knowing how to run, talk, or dance, and yet with very little encouragement and an environment of support, all such expressions come easily. Sometimes we just need a little support, or someone to help us see how spiritually connected we really are. ✨

Excerpted with permission from **The Seven Gateways of Spiritual Experience: Awakening to a Deeper Knowledge of Love, Life Balance, and God.** Findhorn Press ©2024.

Dr. Jonathan Ellerby offers a rare background including advanced academic degrees and research, combined with decades of practical leadership and applied experience in settings as diverse as hospitals, rural communities, Fortune 500 boardrooms, international settings, and premier retreat and resort facilities. Author of five books, there are few topics in the world of consciousness, culture, religion, and spirituality that Jonathan cannot address with clarity and an inspiring perspective. www.jonathanellerby.com.



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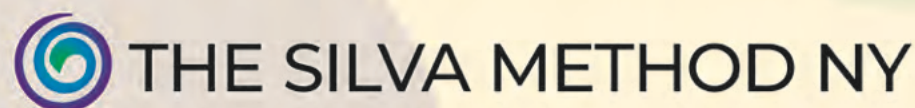
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It All Starts with a Thought ...

How many times have you said to yourself, *This is too much, I can't do this anymore?* Yet you muster up the physical strength to go about your day showering, dressing, eating; feeding and walking the dog, cleaning the litterbox, taking out the trash, ignoring the dirty dishes in the sink, and making sure the kids are dressed and fed with homework and backpack in hand, and actually go to school before getting yourself out the door for work. You check the time to make sure you aren't too late, or you are thinking about how you will explain your tardiness to your boss.

If that isn't enough, your mind is racing imagining the tasks you have yet to complete, the frustrating conversations you are expecting to have, and that annoying coworker who is always on time. Not only is all of this mentally and emotionally stressful, but it is also the worst kind of stress because it accumulates in your body. *Allostatic load* is what psychologists call this stress accumulation, and it is even more damaging to your health

than a major stressful life event like the death of a loved one.

Psychological and sociological stressors are perceived by the mind and translated by the brain, which then tells the rest of the body how to adjust or respond. Information from stressors is received via our five senses and travels through the *reticular activating system*, which arouses the cerebral cortex. Over activation of the cortex causes stressful responses like hyperactivity, restlessness, hypervigilance, and being easily startled. Luckily, the cerebral cortex is responsible for judgement, and can override negative emotions including nervousness, fear, anxiety, anger, and frustration generated by the thalamus and hypothalamus in the limbic system. When stress puts the emotional limbic system in charge, it activates the endocrine system resulting in hormonal chaos throughout the entire body.

This hormonal imbalance raises serum cholesterol and free fatty acid levels, increases heart rate, raises blood pressure, causes sodium retention, creates muscle

tension, increases stomach acids, and stimulates gastrointestinal motility. This is why some people start breathing heavily, feel their heart pounding, get sweaty and run to the restroom when stressed. Stress also causes the production of kinase, which interferes with prefrontal cortex functioning related to memory. Adding to the assault, stress responses cause inflammation, kill neurons and weaken the immune system leaving a person vulnerable to colds, flus, viruses, and auto-immune disorders.

The reticular activating system must be brought back into balance before the cortex can take charge again and the entire brain can operate with clarity and efficiency. One of the best ways to help the body regain homeostasis and manage stress is to meditate, but many people struggle to keep up with meditation practices because they have difficulty quieting their minds and do not see desired results.

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people train their brains to function at the alpha level where creativity, memory, and intuition are activated and enhanced.

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You Don't "Fight" Hate

by Kristin Hoffmann

In recent times, we have been living amidst a tapestry of intense emotions and a turbulent scape of hostile realities, playing out in our lives on personal, community, country and world levels. As we become more connected daily, through the vehicle of the internet, it is increasingly difficult not to feel personally affected by larger world conflicts...and communities are quickly and directly impacted by the reflections of country scale clashes.

Our perspectives of micro to macro life are becoming interwoven as one larger experience.

While this heightened connectivity opens up the possibility for many new levels of peaceful sharing and passionate action, it can also become a road-block of heaviness in our lives as we observe conflict, hate and war play out in the world again and again. For the first time in human history we are drawn in to feel personally involved, responsible even, with a war happening in a small country of Africa, a fatal clash in the Middle East, various protests and marches taking place around the world, and the latest horrific shooting...all of these layers, and many more, every single day.

As we observe complex and weighted events playing out via our internet/social media looking glass, it is easy to be pulled in by the collective popular responses and reactions, and also feel triggered or uncomfortable if they do not totally align with our own views. The inner sensation can end up weighing on us like self-inflicted peer-pressure, stemming from a source that we cannot even totally identify or understand.

While scrolling down through the latest "social media news," amidst the turbulence and heat of the latest worldly wars, protests and unrest, I came across a poem by my dear friend Stephanie Carlin, addressing the idea of "fighting

hate," a term that was being widely circulated in mass response. Stephanie realized that this concept did not resonate with her own personal truth about our growth and potential as humans...and that by focusing our intentions around "fighting hate" rather than the possibility of "charging forward with love," we energetically and unintentionally call in more conflict.

Stephanie chose to take a boldly creative step to clarify her own truth around the idea of "fighting hate," both for her own growth as well as others, as she penned the following poem and released it into the social media ethers:

FYI
You don't "fight hate"
You love.
You move from love, you exude love
You transform the world out of an unwavering stand for...
You guessed it...
Love
There is a distinct difference between charging forward with love and fighting hate
And it's hard to "just" love
And maybe you disagree
But so what
I think you know
It's the truth.

As I absorbed Stephanie's words and message, I was deeply touched by the beautifully bold sentiment and felt a personal sense of heaviness begin to release, like pulling up the drain in a bath-full of dirty water. I realized how bogged down my own system had been by the "fighting narrative" being acted out on so many scales of human existence. I instantly fell in love with Stephanie's new image of "charging forward with love" ... a motto and mantra I could embody in my daily practice and actions, brimming with a lifted sense of purpose to be positive change now.

There is a metaphorical bomb going off outside our windows these days, granting us direct viewing at all hours, and it is so hard to know when, and how, to close the blinds in order to maintain a sense of sanity, self care, and focus on our own Soul missions. Many people watch through the window and get emotionally riled up to go join "the fight." Others end up feeling so paralyzed by the destruction and hate they observe, that all they can manage in their lives is to get up each day, totally overwhelmed, with just enough energy to keep watching the show. Please understand

that I am not judging either of these reactions or experiences, as they are both part of our collective learning, and sometimes we must go to extremes in order to discover greater awareness. However, I am posing a question...

Is there another way to be, and progress, than from a state of polarized re-action?

Gratefully, I believe the answer is yes! Firstly, it is important to remember that for all of the hate and fighting we see playing out in the world, there are even more people embracing love, peace, harmony, collaboration and growth. In the same way we feel directly affected and pulled into the daily macro-drama, we can slightly re-tune our awareness to become aligned with the "Macro-Awakening" movement that is rising up all around us.

Fighting evil and hate are ancient story-lines, begging to be outmoded. We are at a point in our human evolution where we have the awareness to tune to the deeper resonance of our shared human experience and, with empathy and compassion, choose to love, grow, and accept others in response to hate. Gandhi's Satyagraha, or "Truth Force" movement, is arising once again on a whole new magnitude and scale...now that we can actually see and feel our human worldly connectivity and actions playing out in real time via the internet platform. We are given the choice to add our creative energy, vision, and manifestation to this building wave and "charge forward with love."

For those who realize our oneness nature at the core, and want to see brave expressions of peace become contagious, follow Stephanie Carlin's lead...gather your courage, and send your creative voice and actions into the world. It will likely feel freeing to share your vision, while simultaneously opting out of the group polarity game.

In your personal life, make time to practice "closing the blinds" from time to time; not in denial, but with the intention of conscious awakening. Develop your deeper listening and visioning skills, tuning in to what your own voice sounds like, what your own actions look like, manifested in your family, neighborhood, community and

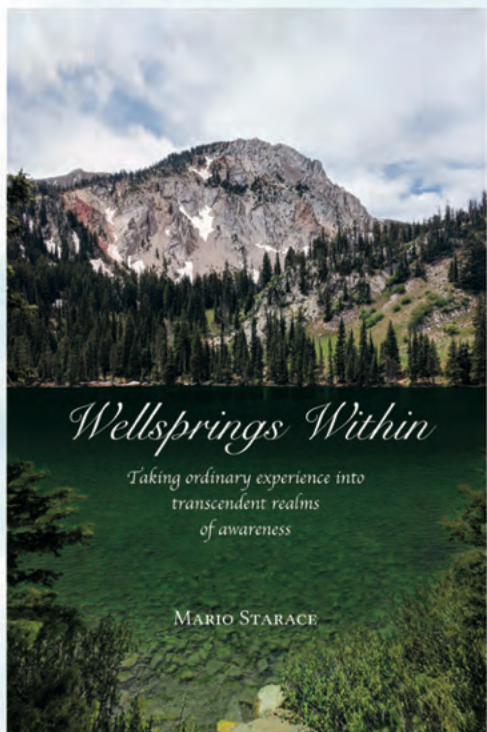


world. When you understand your role and personal life mission, sourced from a place of peaceful inner reflection, it is a lot easier to know how to move in your truth and make meaningful connections with others doing the same. Awakened thought leaders are being called to speak out and rise on all levels right now....and every

single Earthly person holds the potential to make an impression in a high vibrational and conscious way, sourced from seeds of virtue.

Through the modern day looking glass, beyond the chaos, we have been given the gift of re-memembering just how connected we all are. At the core, we are ALL Soul Beings having the Human Experience. I believe, beneath the illusions of separation and difference, that we have created, lies a core truth of peace, love, and light, as pure and present as the day we were born. The more we practice embodying these virtues, the more we can realize our own unique purpose and send our voices singing into the world. We can, and will, impact the whole of who we are as a collective ... as we consciously cultivate love and radiate positivity from the core. ✨

Kristin Hoffmann is a Juilliard trained singer, conscious musician, and producer. She is the vocalist for the internationally acclaimed show, BELLA GAIA, and a strong advocate for peace and Earth/Ocean conservation. Kristin has performed throughout the world. Her "Song for the Ocean" was performed at Sydney Opera House by a choir of 800 Australian children. Most recently, Kristin composed and produced the new anthem for The Holomovement, supporting radical collaboration in action, and welcomed a brand new album into the world entitled, **RainShine** ~ Sonic Alchemy for Soul Awakening. She hosts an inspirational online event on the 3rd Sunday of each month at 6pm ET called SONIC SOUL FAMILY GATHERINGS, combining live music and deep dialogue around a theme. All are invited to join by becoming a "Core Member" on her website: kristinhoffmann.com.



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WHILE WAITING AT THE WELLSPRING

by Mario Starace

*Waiting at the wellspring for life giving water,
while wondering from where has this great life flow come
and to where does it go.*

*The wellspring never seems to run dry,
filling every receptacle offered to the brim.*

*Overflow falls back to earth, dripping through pebbles, rocks and soil,
returning purified to aquifer spring below ground.*

*Similarly do souls appear to expire from this earth
after taking their fill of life,
returning to that wellspring which has neither beginning nor end,
perhaps to be cycled through again and again?*

*Yet while waiting within this endless cycle,
recognition can come that the living water is itself everything,
once it merges back into itself!*

Slower is Faster

by Ann Albers and The Angels
Phoenix, AZ

In this time upon your earth when it seems that so much is moving quickly, consider that perhaps, in many cases, slower is faster.

When you take a breath and slow your thoughts, you can think more clearly.

When you slow down and move deliberately, you avoid injury and act with precision.

When you perform your tasks slowly and deliberately, you are fully present enough to accomplish them correctly the first time.

When you eat more slowly, chewing your food, you give your body the time it needs to digest properly and tell you when it is full.

When you talk more slowly, you are present to your own words and communicate more effectively.

Of course, there are many times to move quickly upon your earth, and there is certainly nothing wrong with this, but the point of slowing down is to help train yourselves to become more fully present in the moment. You are more likely to be in the here and now at a slower pace rather than rushing to some finish line.

In the here and now, you have access to your guidance, your inner knowing, the signals from your body, and your own intuitive senses that came with it. In your present moment, you will notice the envelope you must mail before leaving the house. You will see the concern in someone's eyes that you might have missed had you been rushing through the interaction. In your present moment, dear ones, you are open to the signals being sent, both from within and without. In your present moment, you are in a state of graceful flow.

You can be in the present and flow quickly. However, **for most of you, slowing yourself down is the best way to practice Presence.** In Presence, you will automatically accomplish all you need faster, more efficiently, and, best of all with more joy!

In the present, you can feel the Presence of love.

In the present, you can feel your own heart and what it loves.

In the present, you will notice the countless tiny pleasures available here and now.

In the present, you will feel us and sense us more clearly.

Dear ones, if you can move quickly and maintain your focus in the present moment rather than rushing to get something done, that is fantastic! You are in a beautiful state of flow. However, if you find your mind spinning and focus on the end of your task (or beyond) rather than what you are doing here and now, breathe. Slow down. Look around. Be here and now. What are you doing now? Back to the moment.

Slowing yourself down until you can genuinely remain with your own heart, your own mind, your own words, and your own actions in the moment is indeed the fastest way to accomplish all you must and the quickest way to allow the universe to guide you to what you want as well.

Slower is often faster. ✨

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.

Embrace Your Vibe Tribe!

by Melissa Castanza-Seymour
Bethpage, NY

*Go to the community and the locations
that have set a sparkle in your psyche.
That's how you find your Tribe*
– Karl Wiggins

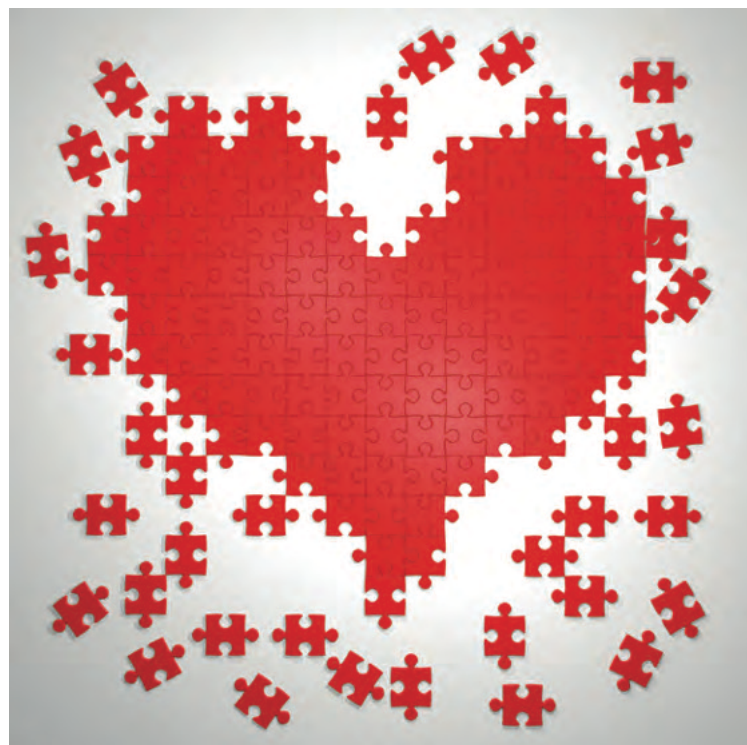
People say *life is short*. Time flies from the moment we're born to the moment we arrive at our final destination.

We begin a journey into the unknown with the illusion of knowing. There doesn't seem to be an expiration date to the *everydayness* of being. Daily happenings are filled with endless all-important routines and expectations. Then, one day, we look up. We wonder, ponder and realize *this all ends*. Some of us get it sooner and others later but that day does come. When it does, it opens our eyes. For some it crushes hope and for others it offers grace. But the prayer is that it elevates our soul to a collective understanding that the end is a transition to another dimension of undifferentiated being. Dust to dust releases our higher selves to a timeless place where we all meet again and again, to continue our evolution toward our mutual essence of love. So, how do we get to that understanding that *we are all in this together*?

To start, it helps to be part of a **Tribe**. Not a small "t" tribe, but a big "T" tribe. Members of a Tribe move in the direction of a bigger purpose. They may look and act in different ways but they are on a path of heart-centered service that supports soul growth. They are a source of loving understanding that carries the high standards that let us rise to the top of our potential. Our Tribe is a place that doesn't demand obedience or conformity but rather creativity and interdependence. *I am because of who we all are* is the mantra of the Tribe, embodied by the African concept of *Ubuntu*. It understands *inter-being* as the path to humanity's survival. *When we live in spaces that demand blind allegiance, ignorance, and exclusion, we live small*. What masquerades as a tribe is a not a Tribe at all!

Tribes are inviting, inclusive, compassionate, and reciprocal. They're *all* life-affirming. They understand unity; we

are one energy. And, the understanding that there is no separation relieves dis-ease because the roots of dis-ease are found in the misconception that we are disconnected beings standing alone in the world. Religion, nationality, and culture are the vehicles for our humanity to show



up and share the unity consciousness which informs our Tribe; not as all-knowing singular entities but as diverse paths to a common destination. When we falter, our Tribe embraces mistakes as lessons and lessons as steps on the path of transformation. The cults and dogmatic clubs we see around us offer the *illusion* of unity. We need to see them for what they are and step into the light to participate in the true spirit of Tribal unity. Tribes grow our soul.

Women, in particular, often find their *Vibe Tribe*, a special Tribe with the unique potential to nurture and heal. It's a sisterhood that holds space. A sisterhood of joy that holds them when they fall and lifts them up to see the light of tomorrow. It is the softness that embraces them upon landing through every trial and tribulation. It sticks their pieces back together when no matter how hard they try, the pieces just won't stay put, then fuses them together with sweat, tears, star-lit lacquer and gold dust. It sees them as perfect past the stained glass and fun house mirrors of their own distortions. It sees them when they don't see themselves and reflects back the beauty of their wholeness in the spirit of *Kintsugi* (the Japanese art of putting broken pottery pieces back together with gold) despite the messy, unkept moments through which they meander.

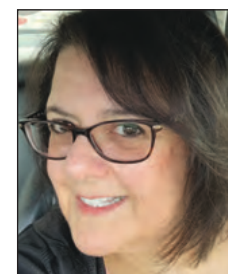
The *Vibe Tribe* nourishes them. It offers abundant portions of love, compassion, truth and honesty with sides of chocolate, buttery croissants, pasta and wine of all colors! It walks them through the darkness, opens the shades and dances with them in the light. It is a necessary

part of their being, pushing them forward while grounding them in the present. And, once whole and tended, they can extend that energy to **all** their relationships in the broader Tribe. The rest of the Tribe benefits from the love and healing that emanates from the Vibe Tribe. It becomes a beacon of guiding light that encourages all souls to recognize each other again and again.

So, look out for *your* Tribe. They come in all variations but have a common core. And, especially look out for the *Vibe Tribes*. They

show up in the least expected places. Identify their light and fiery glow; they're barely contained in mere mortal being. Invite them in. You won't be disappointed! ✨

Milissa Castanza Seymour M.S., InnerSoul Coach specializing in Stress Management/



Well-being. She is a professional/practicing Numerologist helping clients find their soul/life purpose. Her certifications and trainings include: PranaYoga/

IntegrativeYogaTherapy/Holistic Health Educator, Aromatherapist, Applied Positive Psychology Practitioner/LifeCoach/Resilience Trainer, AddHeart Facilitator, Reiki Master Teacher, NYS Licensed teacher, and Chopra Ayurvedic Health Practitioner/Primordial Sound Meditation Teacher/Well-being Coach. www.innersoulcoaching.com.

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It Continues to Enhance My Life

by Lorry Saluzzi
Lanesville, NY

I was terminally ill in 1988 with 48 hours to live when I was diagnosed with Systemic Lupus. My doctor pumped me up with prednisone and other drugs to slow the process and it worked. I was put on Prednisone, Procardia and Plaquenil and given the sentence of having five years to live at best.

My parents died of cancer. My older sister died in her sleep. I was in the middle of my divorce in 1988 with two daughters age five and three. If I called off the divorce I knew I would die, his negative energy had been killing me for years.

My remaining sister, my younger sister, was diagnosed with Hodgkins and Non-Hodgkins lymphoma with 20% chance of survival even after all that medical science had to offer. We were going to die.

We realized we needed something else, something that would save us now. I made an appointment with the meanest psychic I knew. I felt she would love to tell me I was going to die. I approached her using a cane to stand up, moon faced from prednisone, and hair falling from my scalp everywhere as I moved through the gallery audience to ask my question. "Will I die?"

"AH! You'll be fine!" She screeched waving her hand to dismiss me. "You will need to attend my classes though ..."

I knew she wanted my money, but, since I was going to die anyway, I thought it would be fun to see what these crazy new agers were doing in their workshops. I always loved studying about the brain, was interested in exploring the parts of the brain we did not supposedly use. I was fascinated with psychic abilities and was clairvoyant myself. I could always see energy and I did not know others could not see what I saw. So, I signed up for her classes and began my journey into the unknown.

Many people who came to her classes were victims of alcoholic parents and abuse from others. She was the bully and they revered her. I was just there to explore of course.



We started with guided imagery meditations to receive healing and messages from Spirit. I could not sit still for longer than a few minutes, as my type "A" personality needed more action. My classmates meditated without moving for an excruciatingly long time and "got" visions of Angels, Spirit, the Divine and very profound messages for themselves and for others. I got my grocery list and needed to leave. I came back many times wasting my money and feeling like a failure. Then it happened. Memories started to surface through the guise of guides and Angels in my meditation. I wept. I could not meditate for the longest time without crying. Why was I destroying what little time I had left with this emotional pain?

During my next rheumatologist appointment, my doctor was profoundly impressed and could not understand it, but he was lowering my meds. He asked what I was doing differently and I shared my experience with him. He suggested I keep meditating but not join any cults without asking him first! I kept meditating and even used recordings at home to fine-tune my skills.

Back at the Psychic's Class, we were starting to explore healing modalities. I sat at the back of the class, as I was not like those people, I was just there to observe them. The psychic was training the class to learn pranic healing and to practice on one another. It is an Eastern form of Energy healing which looked like Reiki. As I watched from the

back of the room, I could psychically see grey clouds around the student who received the healing. The "healer" was surprised to feel tingly and hot energy in every one of those areas! She was not nearly as surprised as I was! What the heck was going on? Apparently, the little clouds actually meant something after all! I was flabbergasted. I needed to explore a lot more.

There was a Reiki workshop that weekend at a local bookstore and I signed up for it. The event came quickly and I was excited to attend. When I arrived, there were several students waiting with me. The room smelled like incense & garlic. There were chimes and Buddhas. The teachers dressed like hippies. I was leaving as soon as possible. Not being even slightly interested in cults or hippy things, I just wanted to live. I decided to leave as soon as someone else did. No one left.

During the initiation to Reiki, I saw Angels and colors that were healing energy. I talked to my dead mother in Spirit when she appeared as my Reiki guide. She encouraged me to use Reiki to heal my sister and myself. I experienced the beginning of enlightenment. The next day I woke up with no pain. For a moment, I thought that I was dead. Then, I remembered the Reiki 1 Certification Workshop. It was a miracle and I needed more. I continued to take Reiki workshops and became a Reiki Master Teacher in 1990.

I was devoted to helping my sister and worked on her everyday. I received Reiki energy healing as I helped her. I also did self healing three times a day. I was guided to find a healing diet to speed up the positive results. The macrobiotic counselor put us both on custom designed diets to combat our diseases and the use of blue green algae supplementation remains part of my life today. Everything that touched me inside my body and outside of my body was an organic healing tool.

My doctor took me off Prednisone as he felt the seaweed and blue green algae were natural cortisone. The daily guided imagery meditations and self-healing reiki helped me to be free of stress and the need for Procardia. I continued to share Reiki with others. As my practice grew, my health continued to improve. My doctor was sending me clients to share my story. One day, he seemed totally elated as he took me off of Plaquenil and celebrated my remission. It was a miracle. We experienced two miracles as my sister and I still remain in remission after 34 years and counting!

I have taught and treated people with Reiki in Hawaii, California, Long Island, and upstate New York. Our success has helped hundreds of thousands of people to empower themselves to participate in their own healing while striving for remission and to use these practices to remain healthier with the hope of avoiding such devastating illnesses. I continue to share Reiki with others today. It continues to enhance my life. ✨

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healing and the call to help others. At the time of her diagnosis, her prognosis was grim. Although medications saved her life during the initial phases of her disease and promised her a maximum of five more years of life, her symptoms were not improving, and she was not achieving remission. Through Reiki and the practice of guided imagery meditation, a healthy diet and reduced stress, Lorry ultimately was able to achieve a full remission and has remained symptom free. reikimastersensei.com

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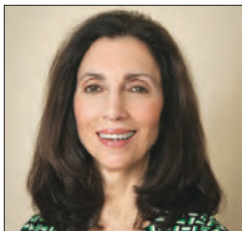
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BOOK REVIEWS

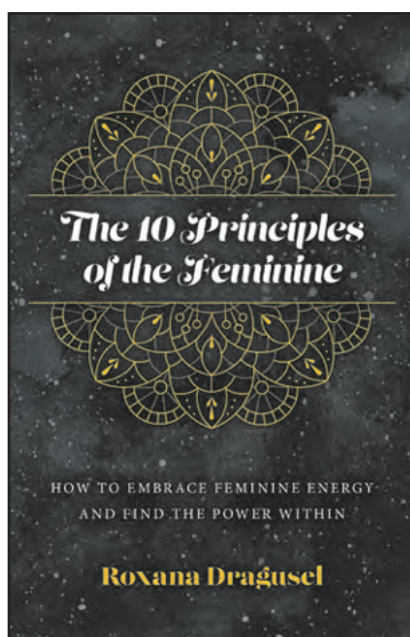
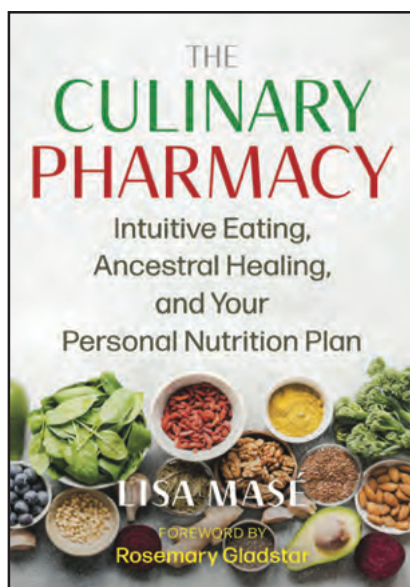
& PRODUCTS

BOOKS

THE CULINARY PHARMACY: Intuitive Eating, Ancestral Healing, and Your Personal Nutrition Plan
by Lisa Masé
HealingPressArts.com

Food is what heals, and where our food comes from and how it's prepared and savored all matter. Exploring the healing power of food, holistic nutritionist Lisa Masé merges three ancestral healing philosophies—Ayurveda, Traditional Chinese Medicine (TCM), and the Mediterranean way of eating—with modern nutrition science to guide you to your ideal health. The author shares a healing journey to overcome ten years of chronic infection, anxiety, depression, infertility, hypothyroidism, and food sensitivities. Growing up in Italy, Lisa returned to ancestral foods and herbs to regain health. She reveals sources of hunger and offers proven folk and scientific strategies for transforming cravings and changing habits, including intuitive practices, medicinal foods and herb protocols, and realignment of the gut-brain axis via the vagus nerve.

Lisa provides clear, easy-to-follow instructions for determining your unique constitution and how best to heal yourself. Discussing the energetics of food, Lisa emphasizes the importance of personalized nutrition based on genetics, epigenetics, intuitive eating, and seasonal, local foods.



Throughout the book, Lisa shares recipes, food lists, meal plans, and stories to illustrate the concepts and help you integrate your ancestral healing wisdom into your life. Showing how to simplify your eating to cultivate wellness, this engaging and comprehensive guide to the culinary pharmacy provides all the knowledge and tools necessary to help you make your food your medicine.

MAGDALENE MANIFESTATION CARDS: Create Abundance through Love
by Danielle Rama Hoffman
Artwork by Christine Lucas
BearandCompany Books.com

As Danielle Rama Hoffman reveals, each one of us has the ability to receive more, to manifest abundance in all areas of life, without sacrificing and without doing more and more and more. It is time to cast aside lack-based consciousness—and the energy of overworking, overdoing, and overthinking that goes with it—and embrace the art of feminine manifestation based on love, receptivity, and grace.

In this full-color deck and guidebook set, Hoffman presents hands-on tools and highly effective manifestation practices channeled from the Magdalene

Midwives, a higher dimensional collective intelligence devoted to assisting ascension efforts on Earth. Each of the 44 cards features a Magdalene Code of Love to empower you, open your ability to receive, and awaken your natural tendencies toward prosperity and multidimensional abundance. The guidebook explains each Magdalene Code and how to co-create with them. She shows how to use the cards to create energy vortexes and Love Conception altars that harness the power of your multidimensionality to expedite manifestation, attracting money, radiant health, intimate connections with Source, nourishing relationships, or success in your thriving mission-career-business—anything which matters to you and you are aligned with. Hoffman explains how to expand your energy field and love body to contribute to your evolution in consciousness with the energy of surplus and abundance. She also shows how the Codes can help remedy lightworker burnout and allow you to harness the co-creational power of the higher realms, enabling you to manifest even while you sleep.

THE 10 PRINCIPLES OF THE FEMINE: How to Embrace Feminine Energy and Find the Power Within
by Roxana Dragusel
www.johnhuntpublishing.com

What is feminine energy, and how much of it do you have?

Or perhaps you believe that you don't have any? Addressed to both men and women who seek their own authenticity and their own definition of what being a man or a woman is, *The 10 principles of the Feminine* is about discovering what feminine energy is – beyond any dictionary definition – and why it's important to honor and cultivate it.

Feminine energy is not an attribute of the fairer sex; it is a component of all living things, and its true meaning seems to have been lost somewhere and, with it, people's potential of authentic self-expression. So identifying feminine energy in yourself and others, and connecting to it, is essential for leading a balanced and fulfilling life. If you don't feel fulfilled or seen, then perhaps you aren't in tune with your feminine aspect. The 10 principles outlined in here are meant to guide the reader towards a better understanding and appreciation of the feminine, which beyond everything, represents our inner



power and capacity to connect to the eternal and the ethereal, as well as to seek and find true love. This book is therefore a practical guide for integrating the spiritual aspect into our earthly existence, reconciling the feminine with the masculine in an approachable and concise way, without pertaining to a certain spiritual or religious ideology.

PRODUCTS

JESSICA'S GRANOLA
JessicasNaturalFoods.com

Jessica's Granola, a premium artisan decadent and delicious granola is handmade in small batches and contains wholesome ingredients including ground flax seed and coconut. It's baked at a low temperature to bring out its natural flavor and crunch. Enjoy it by the handful or top yogurt, smoothie bowls, oatmeal and more!

Available in eight flavorful, gluten-free varieties, including Chocolate Chip Granola, Vanilla Maple Granola, Almond Cherry Granola, Cherry & Berry Granola, Pecan Almond Granola, Chocolate Hazelnut Granola, Almond Butter Granola, and Butterscotch Chip Granola. Jessica's Granola is Non-GMO project verified, Gluten-free certified (GFCO), and Kosher (OUD).

DESERT HARVEST SUPER-STRENGTH ALOE VERA
desertharvest.com

Desert Harvest Super-Strength Aloe Vera Capsules contain the highest freeze-dried concentration of organically grown Aloe Vera. The manufacturer uses no pesticides, herbicides, or fillers. Their patented process removes all water, insoluble fiber, and anthraquinones (laxatives including aloin) and retains the pure, potent nutrients; amino acids, mucopolysaccharides, vitamins, antioxidants, minerals, and enzymes. Aloe Vera's mucopolysaccharides are the components studied and indicated to support bladder health. Aloe Vera also contains acemannan, a polysaccharide chain of d-mannose molecules. Clinical trials in Europe show that d-mannose may support urinary tract health. A 180-capsule bottle of Super-Strength Aloe Vera capsules is a 30-day supply at the recommended dose of 6 capsules per day (3600 mg per day). Vegan, gluten-free and contains no anthraquinones, fillers, or artificial ingredients.

POETRY

The Paradox of Time

by Patricia Spadaro, Bozeman, MT

Time is not constant
no matter what the clock likes to say

Love moves its hands
slowly, rapidly,
through moments of pain or joy
or wondering where the light has gone

Fear freezes its pointy black fingers,
demanding attention
from every one of our electric cells

"You're late!" it shouts and tugs, when playing
that grumpy master of ceremonies,
racing by on its busy way to somewhere, where?

And then, and then—unexpected,
the mind bends, the heart opens,
universes expand and contract
in barely a blink

No, time is never constant.

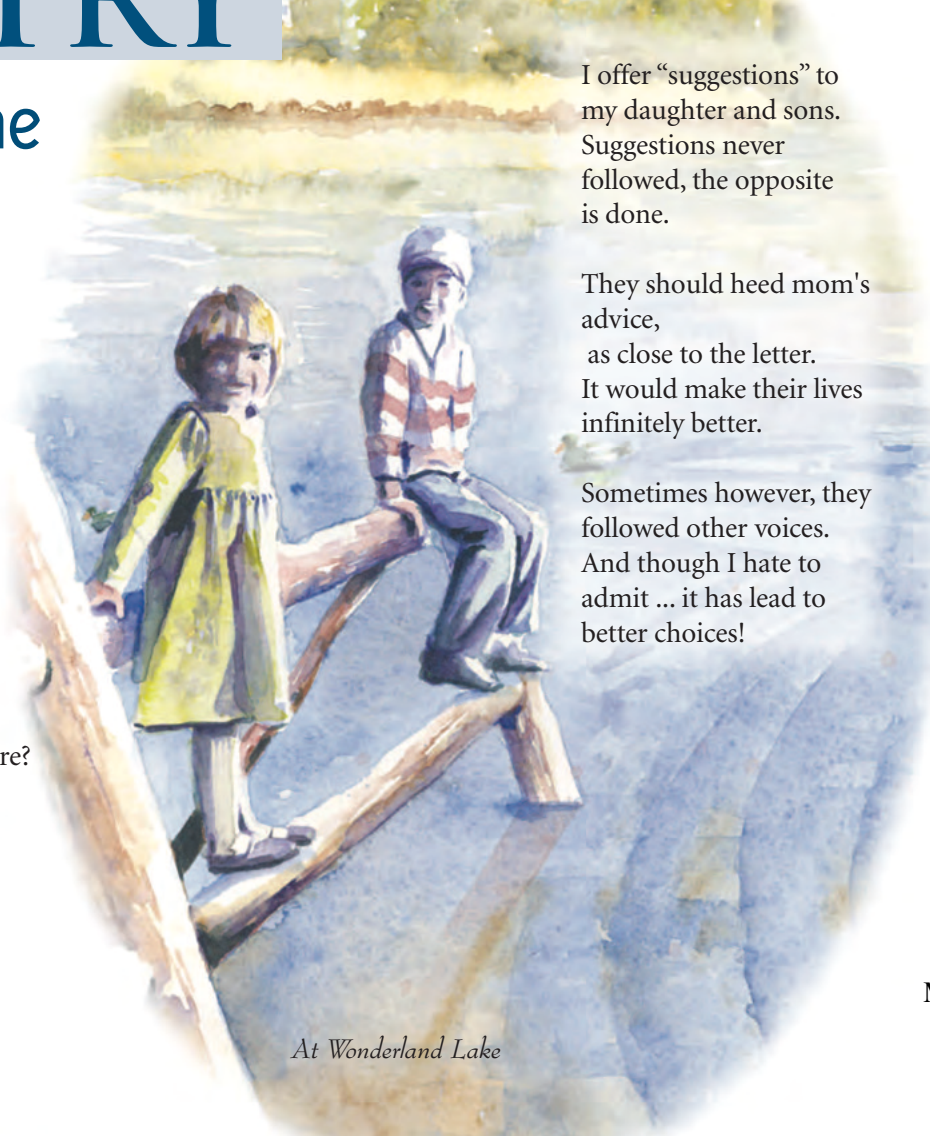
What good is a clock anyway?



Behind the veil of time, they wait

A Mother's Advice

by Connie Prestianni, Valley Stream, NY



At Wonderland Lake

I offer "suggestions" to
my daughter and sons.
Suggestions never
followed, the opposite
is done.

They should heed mom's
advice,
as close to the letter.
It would make their lives
infinitely better.

Sometimes however, they
followed other voices.
And though I hate to
admit ... it has led to
better choices!

Song For My Sister

by Lynne Soulagnet, Medford, NY

O Sister,
With bandages tight
they make us
take small steps
so they will lead
and we must follow
behind them.

They tower over us
like giant pillars
so we will tremble
and cower in their shadows.

They push us down
and keep us "in our place"
so they will remain
always on top.

They deny us
our rightful place
at the altar of life
taking our creations

and sculpting them
to fit only their needs.

O Sister,
we are bound together
in joy and sorrow
I too have shared your hopes,
dreamt your dreams,
and longed for more.
I too have shared your losses
cried your tears,
and ached with the pain
only a woman knows.

O Sister,
I too have bled with you
on battlefields
where women are sacrificed
to some nameless god
in some foreign land
we call home.



Sister on a Swing

Devotion or Misguided

by Rhonda Weiss, Leeds, NY

Upstairs the sounds from below
"Don't hurt my mommy"
"Don't hurt my mommy"
The crash
The scream
The silence
The excuses

I walked into the refrigerator
I fell over the tricycle
I believe in God
I honor my marriage
Not like those other women

How can my friends tell me to leave?
I told that woman at work
You're the loser for leaving
I'm good; you're bad
How can my parents tell me to leave?
"Don't hurt my mommy"
"Don't hurt my mommy"

The sounds from below keep coming
upstairs
"No! No!"

Someone took my husband away
They locked him in a psych ward
In a veterans' hospital
But I'll wait for his return

My family says to leave
My friends have long gone
My child now grown is ashamed of me
Not him

"Why don't you leave, mom?
It's not because of me
He's confined
You're safe now, mom
Why do you stay?"

I took a vow
God understands
So I wait

Poetry is nearer to vital truth than history. – Plato

Watercolors by
Jan Guarino
JanGuarinoFineArt.com

CALENDAR OF EVENTS

ONGOING EVENTS

MONDAYS

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

SACRED MEDICINE WHEEL GROUP for healing and personal transformation. Meditation, drumming, journeying with Irene Siegel. 7:30pm, Huntington. Call for info and registration, (631) 547-5433, DrlreneSiegel.com. Now offered Online. (see ad p.4)

TUESDAYS

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

WEDNESDAYS

PSYCHIC READINGS & GUIDED IMAGERY with Gong Wash & Tibetan Chakra bowls clearing: **4/3** and **5/8** from 7:30-9:30pm, \$25 donation, including Reiki healing for FREE. 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.

SATURDAYS

PSYCHIC READINGS & GUIDED IMAGERY with Gong Wash & Tibetan Chakra bowls clearing: **4/6** and **5/18** from 7-9 pm, \$25 donation including Reiki reinitiating for FREE. 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.

SPECIAL EVENTS

APRIL 5-7

NY SOUL ADVENTURE SEMINAR: Eckankar, Your Bridge to Spiritual Freedom: Immerse yourself in a weekend of spiritual exploration: workshops, talks, interactive discussions on dreams, karma, spiritual masters, spiritual exercises ... **FREE for those new to ECK.** https://eckankar-ny.org/nyseminar2024.

APRIL 7

SPRING FESTIVAL/PSYCHIC FAIR: Free Lectures and Shopping with \$5.00 admission. Psychic Readings available only \$25.00. Levittown Hall, Hicksville, NY. Saturday, 11:00 AM to 5:30 PM. eyesoflearning.org.

APRIL 12

PSYCHIC CIRCLES: Join a circle for a fun evening where our guest psychics will give individual readings to each group. Levittown Hall, Hicksville, NY, Friday, 8:00-10PM. Members: \$15.00, Non-members: \$20.00. eyesoflearning.org.

APRIL 19, 20 & 21

THE SILVA METHOD NY is offering the full and original Silva Method Foundation Course. This 3-day, life changing intensive lecture series provides you with tools to eliminate blockages that prevent you from living the life you desire. Limited space available. Call or text (718)-457-8093. (see ad p.10)

APRIL 21

PLANET HEART WORLD PEACE EARTH DAY CELEBRATION, Sunday, 3pm - 6:30pm. Join us for live music, Indigenous drumming ceremonies, inspirational talks, QiGong, Shamanic sound healing. Church of the Village NYC. Registration: http://www.planetheart.org

APRIL 24

WORKSHOP: Working with the Loving Motion, with Cassandra Spanato. Levittown Hall, Hicksville, NY, Wednesday, 7:30-9:30PM. eyesoflearning.org.

MAY 17, 18 & 19

THE SILVA METHOD NY is offering the full and original Silva Method Foundation Course. This 3-day, life changing intensive lecture series provides you with tools to eliminate blockages that prevent you from living the life you desire. Limited space available. Call or text (718)-457-8093. (see ad p.10)

MAY 24-26

FROM LONELY TO FREE The real reason you're feeling lonely? You're actually in a period of expansion. Learn to purge your old ways and move toward the truth of who you are with best-selling author Kyle Cease. This weekend retreat at the Omega Institute in Rhinebeck, NY will help you discover how to live in the vibration of possibility. Register: eomega.org.

MAY 29

WORKSHOP: Jin Shin Jyutsu (Healing) with Pat Anderson. An experiential evening bringing healing energy to your body through breath and placement of hands. Levittown Hall, Hicksville, NY, Wednesday, 7:30-9:30PM. eyesoflearning.org.

MAY 31

LECTURE: The Paranormal – It's not just Ghost-busting with Dee Colon, Levittown Hall, Hicksville, NY, Friday, 8:00-10PM. Members: \$15.00, Non-members: \$20.00. 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 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.

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.

UPCOMING EVENTS

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

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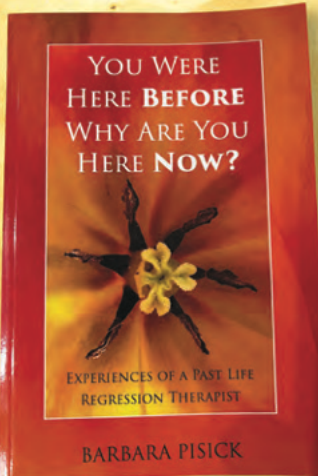
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DR. BATOOL F. RIZVI



Batool F. Rizvi, D.D.S., P.C.

strives to keep her patients smiling from the inside out. She believes in a holistic approach to health care. Her gentle touch, excellent listening skills and thorough explanations keep her patients educated, happy and healthy.

Dr. Rizvi offers her Dental services with an integrative and systemic philosophy in mind. She is one of the few doctors placing metal-free Zirconia Implants, and safely removing mercury fillings using the Huggins Protocol.

Dr. Rizvi offers a full range of Dental services, treating both adults and children. In association with Dr. Norman Bressack, Dr. Rizvi provides all of Dr. Bressack's services as well as:

- **Metal Free Braces – Clear Aligner Therapy**
- **Metal Free Zirconia Implant Placement**
- **SMART Certified Safe Mercury Removal**



Norman Bressack, D.D.S., P.C.

has been dedicated to practicing healthy holistic dentistry for over 35 years. He is not only a mercury free dentist but also a "mercury safe" dentist, meaning that he uses safe removal protocols to ensure the protection of the patient, staff, environment and himself from exposure to mercury during the amalgam removal process.

Dr. Bressack's mission is to treat his patients in the most healthy, caring, compassionate, and holistic way possible. Most importantly, he wants his patients to feel warm, welcome and happier when they leave than when they came in.

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- **Member of the International Association of Mercury-free Dentists**
- **Trained At The Huggins Diagnostic Center**

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Another Leap Forward in Dental Healing: Sensitive Teeth

Far too often, I encounter patients who have been informed of the necessity for a root canal procedure on their tooth. Typically, these teeth exhibit characteristics such as old mercury-filled amalgam, relatively recent white fillings, or cavities. The patient's misconception lies in assuming that all dentists will approach and resolve the issue identically. Regrettably, not every dentist possesses the same mindset or skill set for addressing such matters. While suggesting a root canal may seem an easy quick fix, preserving the vitality and health of a tooth is a critical complex task. Precisely identifying the underlying cause of tooth pain is paramount for accurate dental treatment and relief. **Dr. Jeffrey Etes** and his team at **Integrative Dental Specialists** are dedicated to determining the precise source of your discomfort and facilitating its resolution through the most minimally invasive and effective means possible.

Preserving natural, healthy, vital teeth rather than resorting to root canals and implants stands as the cornerstone of Dr. Jeff's practice philosophy. Firstly,

maintaining original teeth bolsters overall oral health by upholding the natural alignment of the mouth and forestalling jawbone loss, a common consequence of tooth extraction. Retaining natural teeth also enhances chewing function and promotes efficient digestion. Moreover, preserving natural teeth obviates the need for invasive procedures such as root canals or dental implants, thereby mitigating associated risks and potential dental complications. Natural teeth are instrumental in upholding facial aesthetics, ensuring a more authentic appearance compared to artificial replacements. Additionally, conserving original teeth tends to be more cost-effective in the long term, as routine dental care and preventive measures typically incur lower expenses than extensive restorative treatments.

In the field of dentistry, not all practitioners are on the same footing. While many dentists genuinely care for their patients' well being, significant discrepancies exist in terms of education, training, skill sets, and resources. Quality dental care encompasses a combination of factors including knowledge,

experience, and access to premium materials and dental laboratories. In today's evolving landscape, dental practices are shifting from independent offices to corporate or group-owned entities, potentially jeopardizing patient care in favor of profit margins. What distinguishes Dr. Etes is his commitment to exceeding expectations by attentively addressing patients' needs and delivering an unrivaled level of superior dentistry. Drawing upon his extensive specialist dental training and unparalleled expertise, Dr. Jeff delivers personalized care that guarantees the utmost standard of dental treatment, tailored to each patient's needs.

*Dr. Etes is at the forefront of challenging prevailing dental misconceptions, demonstrating that numerous issues often deemed "impossible" to treat can be effectively managed. **Located on Park Avenue in Manhattan and Long Island, Integrative Dental Specialists** offers tailored, premium care encompassing a wide range of concerns, from root canal infections to gum disease and single and full arch dental implant*

therapy. Patients misled by fear and misinformation, which can result in avoidable dental damage, trouble the team at Integrative Dental Specialists. Contrary to common belief, most teeth can be preserved with the right approach. Prioritizing preventive measures and a personalized treatment plan, the practice is committed to dispelling misconceptions and empowering patients to make informed decisions about their oral health. At Integrative Dental Specialists, patients receive unparalleled care, ensuring their dental needs are met with excellence.

*Remaining at the forefront of the latest dental advancements is Dr. Etes's primary focus. To ensure our patients' safety, we employ advanced UV air filtration and rigorous surface disinfection protocols. If you're in search of the finest, safest, healthiest, and most reliable solutions for your dental concerns, and are interested in exploring cutting-edge concepts in modern dentistry, we encourage you to **reach out to Integrative Dental Specialists and schedule an appointment with Dr. Etes today.***

- ADVERTORIAL -



Dr. Jeffrey Etes, DMD, NMD, IBDM

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