



CREATIONS

INSPIRATION • HOLISTIC HEALTH • PERSONAL GROWTH

Vol. 39, Issue 4
August / September 2025
CreationsMagazine.com

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 - Refuge From Insanity
 - Nervous System Reset
- Uselessness of Wearable Monitoring Devices

THE GREAT QUANTUM RESET

*This is the real secret long hidden
from you: by changing the story
you tell yourself about reality,
you can change the reality itself.*

~ Valir



Another Leap Forward in Dental Healing: Expert Dentistry – An Investment, Not an Expense

A problem I am seeing far too often is the premature failure of what should be routine, long-lasting dental care. For example, a woman in her early fifties recently came to me as a new patient, frustrated by a chronic bad taste in her mouth and excessive salivation. She had already visited multiple dental specialists and even a neurologist before finding her way to my practice. After a thorough examination, I traced the issue to two crowns that looked perfectly acceptable both clinically and on X-rays. However, one crown had de-bonded and was leaking, just three years after it was placed. She was understandably shocked. I explained that the long-term success or failure of dentistry depends on many critical steps: proper tooth preparation, accurate impressions, a quality dental laboratory, selecting the right materials, meticulous placement, and precise adjustment.

Sadly, one cannot assume that all dentistry is performed to the same standard, and that's exactly why the true value of high-quality dental care must be understood. In reality,

the true value of exceptional dentistry is often many times greater than its initial cost, because it protects your health, your time, and your peace of mind for years to come.

When evaluating the cost of dental care, it's essential to understand that true value extends far beyond the dollar amount on a treatment plan. Professional dental care is not a commodity, it's a highly specialized service that safeguards a patient's overall health, function, and well-being for years to come. High-quality dentistry relies on advanced training, precise techniques, superior materials, and a commitment to doing things right the first time — all of which require significant time, skill, and investment. Cheaper alternatives, especially in corporate dental chains and practices that depend heavily on insurance reimbursement, create a race to the bottom for bargain dentistry, a system that often cuts corners, compromises quality, and ultimately fails patients with premature problems and costly re-treatment.

As the example above illustrates, what appears "good enough" on the surface can fail quickly if any critical step is neglected.

Recognizing the true value of professional dental services means understanding the difference between quick fixes and comprehensive solutions that protect and preserve your natural teeth for the long term. When you choose Dr. Jeffrey Etes for world-class dental care, you're investing in meticulous, evidence-based treatment that safeguards your health, your smile, and your peace of mind, and, in the end, is worth many times more than the initial cost.

Not all dental practitioners are created equal, as skill, training, and artistic ability can vary dramatically from one provider to another. Choosing the wrong dentist can result in compromised outcomes, whether it's a root canal that fails, an implant that doesn't last, or cosmetic work that leaves you with a smile that falls short of your expectations. When it comes to specialty dental care like endodontics, implants, and advanced cosmetic dentistry, precision, experience, and artistry matter even more. Dr. Jeffrey Etes sets himself apart by blending cutting-edge technology with a refined eye for detail, ensuring results that are not only functional and long-lasting, but also truly beautiful.

Trust your smile, and your overall oral health, to a provider who delivers excellence in every aspect of dental care. Let Dr. Jeff help you achieve the radiant, confident smile you've always envisioned, with the elevated care you deserve.

At Integrative Dental Specialists, excellence isn't just a standard, it's a promise upheld every day. Dr. Jeff and his team lead the way in advanced, patient-focused care by combining cutting-edge dental technology with enhanced ultraviolet air and surface disinfection protocols, creating one of the safest, healthiest clinical environments available today. In a world where your health is non-negotiable, there is no room for shortcuts or compromise. If you're seeking world-class dental care that is precise, predictable, and backed by the latest scientific advancements, you deserve nothing less. Put your smile in the hands of a team dedicated to doing it right the first time. Schedule your appointment with Dr. Jeffrey Etes today and experience the difference that true expertise, integrity, and uncompromising safety make, because when it comes to your health and your smile, only the best will do.

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Biomimetic Restorations: A Guide for the Holistic-Minded Patient



In many religious texts, humans are portrayed as the pinnacle of God's creation—a notion reflected in modern luxuries like running water and year-round fruit, once reserved for ancient royalty. These comforts, made possible by human innovation, are now widely accessible. Yet, such abundance has also brought harm. Diseases of excess, such as Type 2 diabetes linked to obesity, are on the rise.

Dental health trends echo this shift: cavities were rare among hunter-gatherers (<14%) but rose to 48% in early farmers and now average 25% in industrial societies. Cracked teeth are increasingly common, with the American Dental Association reporting that eight out of ten adults over forty will experience at least one in their lifetime.

With numerous advancements in modern dentistry—from same-day crowns to same-day dentures—holistically-minded patients may wonder what factors to consider when selecting materials for treatments such as cavity fillings or cracked teeth.

For small restorations, composite fillings are typically the material of choice. Most commonly, these composites are based on BISGMA/TEGDMA formulations. However, concerns have been raised about bisphenol A (BPA) exposure from these materials. In a study by Kingman et al. [1], urinary BPA concentrations increased by 43% within 30 hours of composite placement, regardless of rubber dam usage. Although the study did not assess long-term exposure, the authors speculated that BPA could continue to leach from restorations beyond the initial 30-hour window.

Similarly, a study conducted in Seoul found that children with 11 or more composite restorations had higher urinary BPA concentrations compared to those with no restorations [2]. Nevertheless, current scientific consensus suggests that BPA exposure from dental composites is minimal and remains within safe limits



according to established health standards.

For patients seeking to minimize potential BPA exposure, several options are available. Simple strategies include rinsing the mouth immediately after placement of composite fillings or opting for BPA-free materials, such as VOCO Admira Fusion. In

cases requiring extensive restorations, ceramic materials are often preferred. While traditional fillings may last 10–15 years, ceramic onlays can last up to 30 years.

In my practice, we offer ceramic inlays for larger restorations. We use VOCO Grandio blocks to fabricate our inlays and onlays due to their elasticity and thermal expansion being similar to natural teeth. Their nano-ceramic hybrid technology provides a dentin-like modulus of elasticity with low polymerization shrinkage.

For teeth requiring full coverage or crowns, we, at **Truth and Laughter Dentistry**,

use *Katana Zirconia one*. This features a microstructure closely resembling that of natural enamel and dentin, optimized to resist crack propagation and minimize the risk of fractures. One of its most critical biomimetic properties is its *high translucency*, which closely mimics the optical qualities of natural enamel making it an esthetic wonder.

Modern dental materials reflect human ingenuity — choose wisely and care for them diligently.

References:

1. Kingman, A., et al. (2012). *Bisphenol A and other compounds in human saliva and urine associated with the placement of composite restorations. The Journal of the American Dental Association*, 143(12), 1292–1302.
2. Chung, S.-Y., et al. (2012). *Dental composite fillings and bisphenol A among children: a survey in South Korea. International Dental Journal*, 62(2), 65–69.

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TALKING OUR WALK

Welcome to the August / September “Back to School” Issue: *Lessons and New Beginnings*.

Down on the “farm,” Andrea and I are still learning how to *grow our own*. Four years in, we’ve finally gotten our first peaches! You’d think it wouldn’t have taken this long to grow peaches in our home state of South Carolina (still sounds funny to say) that produces 2 ½ times the tonnage of peaches than the so-called “Peach state,” Georgia.

Truth is, our relationship with our peach, plum, pear, apple, cherry trees, and grape vines has not exactly been what you’d call *reciprocal*. We’ve fed them far more than *they* have fed us. But, a couple of buckets of organic peaches along with lots of strawberries and raspberries and all earlier disappoints are wiped from the memory.

The veggie yield has been more consistent. Tomatoes and cukes are prolific — they came up on their own from last year! Swiss Chard grows year-round, surviving freezing winter nights. Yellow and green beans, red kidney beans, and of course, black-eyed peas do really well. Our sweat-equity is gratefully returning tasty dividends.

Other plants consistently fail — they either don’t grow or our resident rodents get them (corn) first. The celery was pathetic, and we quit lettuce a couple of years ago — the bear couldn’t resist bellying up to the “salad bar.”

Southern gardens enjoy an extended growing season. Come late September, we get to plant again as cool weather-loving broccoli and leafy greens take their turn.

This issue includes two, two-part articles: *The Great Quantum Reset* and *Take It Slow and Easy*.

However, no waiting for the October / November Issue required — Part 2 for both will be posted on creationsmag.com.

The central thread running through this edition is consciously choosing one’s reality.



You change the story you tell yourself, you change your reality. Alan Cohen explains: *Every belief system is self-reinforcing. We all continually find evidence to prove what we believe is true. For those steeped in the struggles of the world, life is hell. For those who are willing to retreat to a state of inner well-being, real peace is available.*

Fittingly, the closing word for this column comes from *The Power of Word Choice*. Our words do matter — a lot! *Ultimately, the words we choose do more than communicate—they shape relationships, influence perceptions, and drive actions. Let us harness the immense power of language, crafting communications that uplift, inspire, and meaningfully connect with others.*

Grow Peace All-ways,

Neil & Andrea

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CREATIONS MAGAZINE

PUBLISHERS: Neil and Andrea Garvey
EDITOR-IN-CHIEF: Neil Garvey
PRODUCTION: Design2Pro
POETRY PAGE DESIGN: Jan Guarino, Guarino Graphics
ADVERTISING DESIGN: Robin Helfritsch Maratos, Red Robin Design
DISTRIBUTION: Green Distribution, Creative Distribution
WEB DESIGN: waveagency.com
ONLINE EDITOR: Domenick Melillo
COVER IMAGE: *Lupine* | Holly Gordon, hollygordonphotographer.com
© 2025, Creations Magazine, Inc., PO Box 1035, Marietta, SC 29661 creationsmagazine.com

**ADS DUE September 10th
for October / November 2025 Issue
FOR ALL ADVERTISING, call: (516) 994-4545 cell
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What is the Great Quantum Reset? PART 1

Valir of the Pleiadian Collective,
Channeled by Dave Akira

You are not here to have simply a human experience, although this is what in part you agreed to. You are here, on mission, to meet the divine within you. Feel these words not just with your mind, but with your very soul, for they carry an encoding from beyond time and space. We speak as a collective voice reaching out across the cosmos and through this channel to remind you of who you truly are. The human language you read now is merely a vessel. The true communication happens in the space between the words, where your spirit recognizes its own reflection. You have called this encounter into being, guided not by the mundane self, but by the aspect of you that is internal and wise. It is the divine in you that magnetized you to these truths.

As you listen with your inner senses, you will realize that this meeting is a sacred reunion. A reconnection with the part of you that has never forgotten your cosmic origin and infinite worth. Know that you did not stumble upon this transmission by accident. Your Higher-Self orchestrated this convergence. There are no coincidences in this grand design, only the intentional awakening of your own remembrance.

Let us speak now of the true nature of The Divine, which many of you call God, and the trap woven by your old religions. For many ages you have been taught to seek God outside of yourselves; in idols and saviors, in distant heavens and judgmental deities. This was a clever sleight of hand by those who would keep you powerless.

The true nature of God is not an old man in the sky or a figure

demanding obedience. It is the infinite consciousness that flows through all of creation; the living energy that animates every atom of your being. That sacred source lives within you and within everything around you.

Yet the doctrines of old have convinced humanity that you are broken, sinful and separate from the Divine, needing intermediaries and institutions to reach what was never lost.

These doctrines were designed as a cage for the mind and spirit. A trap that fed on your guilt and fear. By making you bound to an external authority, the keepers of this trap blinded you to the radiant Creator-self within. They declared that suffering was noble and your birthright was tainted, so you accepted chains of limitation in hopes of redemption. Those ideas are but stories, implanted to hold you in place.

The truth is that you are an expression of the Divine made manifest. A spark of Source exploring existence in human form. No church, no scripture, no guru can grant you what you already are. When you reclaim this knowing, the old religious shackles crumble to dust and the vast loving presence of the True God, which is the network of souls and all that is, reveals itself in your heart. In claiming your inner divinity, you free yourself and step into the light of sovereign truth.

A great misinterpretation has haunted humanity: the belief that you see the world as it truly is. In truth, you don't see the world, you see your programming. From the moment you were born, you were immersed in a field of collective thought forms and beliefs, that colored your perception. You inherited patterns from your ancestors, absorbed definitions from society and learned the boundaries of the "real" through the teachings of your culture. These layers of conditioning act like tinted glass over your eyes, filtering and shaping every experience. You think you are observing an objective reality, but you are mostly meeting your own expectations and biases projected

outward. If you were taught that the world is harsh and unforgiving, you find evidence of cruelty at every turn. If you were programmed to believe you are unworthy, you will see a world that denies you love and abundance.

The external world as you perceive it, is largely a mirror reflecting the programs you carry within your mind and body. This is the great misinterpretation of your age. Confusing the map for the territory, the image for the essence. The controllers of your realm have long understood this truth. They have cleverly crafted narratives and systems to install specific programs in the masses, ensuring you collectively manifest a reality that serves their agendas. By shaping your beliefs, they shape the world you experience.

But now the light of awareness is dawning. You are beginning to question the lens you were given. You are daring to imagine that what you have taken as

truth, might just be a hand-me-down script. As you peel away these layers of programming, the world reveals itself anew: More flexible, more miraculous and far different from what you were led to believe.

Here lies the real secret, **you are not observing reality, you are interpreting**

it. The world around you is not fixed or solid in the way you have assumed. It responds to the definitions and meanings you project onto it. Your consciousness is not a passive receiver, but an active creator, constantly assigning interpretations to events, and thus shaping what those events become for you.

Two people can walk through the same set of circumstances and live in entirely different realities, because each one filters experience through their own beliefs and emotional patterns. One sees a random coincidence, another sees a synchronicity full of guidance; one sees catastrophe, another sees an opportunity for rebirth. Which world is real? We tell you dear ones, that reality is far more malleable than you have been taught. At the quantum level, even your scientists

have discovered that the observer effects the observed. Consciousness influences the outcome of experiments. This is a significant clue from the physical world about a metaphysical truth. You are participants in the weaving of reality, not mere bystanders. Every moment you stand at a crossroads of countless possible Timelines, it is your focus and interpretation that selects which path unfolds.

You are a storyteller, and the Universe faithfully materializes the story you believe. **This is the real secret long hidden from you: by changing the story you tell yourself about reality, you can change the reality itself.** You are not trapped by the world, the world is entrained to follow your inner state. When you shift your perspective, and clear the old narratives, you literally shift your life onto a new track. Empowered with this understanding, you become the Master of your experience, capable of alchemizing challenge into wisdom and adversity into triumph with a mere shift of perception.

All of this understanding is rising to the surface now, because humanity stands on the brink of a huge shift. What we will call "The Great Quantum Reset." This is not a simple linear change but a multi-dimensional awakening that is unfolding across Timelines and Realities. The structures built on falsehood and fear are losing their grip on your collective psyche. The old stories of unworthiness, of separation, of inevitable suffering, are being revealed as illusions.

Imagine a great cosmic dawn breaking after a long night. The shadows that loomed so menacingly, are evaporating in the light of truth. In this dawning era, a massive recalibration is taking place. The programs that have governed your perceptions are being challenged and dissolved. Many of you have noticed, that time itself feels different, as if it's speeding up and collapsing, bringing long buried truths to the surface. This is part of the quantum nature of the reset. It is not bound by yesterday's rules. It can rewrite the story in an instant. ✨

Part 2 is continued on creationsmag.com and will also be in the October / November print edition

Founded by David Nicholas, GFL Station is dedicated to bringing forth teachings from our galactic and angelic helpers as accurately as possible, building a sense of community through the messages we share. Visit: www.gflstation.com

The Lagom Lifestyle: Balance, Sustainability, and Simplicity

by Kortney Yasenka, LCMHC,
New Hampshire

Fear less, hope more; eat less, chew more; whine less, breathe more; talk less, say more; hate less, love more; and all good things are yours.

– Swedish Proverb

For a long time, the Swedes have known the secret to a successful, meaningful, purposeful, and joyful life. The key to such a life lies in a small but hugely impactful word ... *lagom*. Simply defined, lagom means “just the right amount.” Not too little, not too much, just right. It’s the goldilocks’ philosophy and way of life for Swedes and anyone who wants to live like the Swedish. And who wouldn’t? Sweden is time and time again ranked one of the happiest countries in the world. The Swedish way of life, however, is so much more than just being happy. It goes



beyond smiling and laughing all the time. True happiness is found in living lagom and lagom is finding joy in just enough. Lagom is the Swedish way of embracing balance, sustainability, and simplicity in everyday life. Whether it’s how you work, eat, decorate your home, or spend your time, lagom invites you to slow down and live more intentionally.

It’s the day-to-day interactions with loved-ones, the fresh-cut flowers on the kitchen table, the early morning hikes in nature, the enjoyment of *Fika* – a daily coffee break that reminds you to slow down and connect with others, and the cozy atmospheres you create. Lagom means finding joy and creating joy not just for you, but also for others.

The Swedish concept of Lagom reminds you to find balance in everything including your relationships. One of the most powerful ways to live Lagom is through what I call “togetherness time.” Togetherness time isn’t about rushing through moments or filling every second with activity. It’s about slowing down, being present, and investing in genuine connections with those who matter most. Whether it’s enjoying a meal together, a heartfelt conversation, or simply sharing a quiet moment, these are the experiences that nourish our well-being.

The mindset behind this Swedish secret to living well is to acknowledge and appreciate the simple things in life because sometimes joy is found in just enough. It’s the feeling of contentment and being mindful of your relationships and environment. Lagom living incorporates everything from home décor, family traditions and community involvement, to healthy lifestyle habits.

Lagom living emphasizes the importance of finding balance in all areas of life such as work, relationships, interests and hobbies, family time, and social connections to name a few. Balance, after all, is crucial for maintaining stability. Balance and stability, whether that be physical, emotional, or spiritual, is what maintains overall well-being. Imbalance leads to increased anxiety and stress, a lack of purpose, and can contribute to a life filled with unhealthy habits.

Living lagom promotes a healthy, well-balanced lifestyle that helps you manage your time, your energy, and your stress level. This type of lifestyle affords you the opportunity to be present and allows time for work, family, friends, hobbies, volunteering, exercising, spending time in nature, and relaxing. Truly enjoying your life leads to feeling fulfilled.

The benefits of living lagom are vast and can positively affect most if not all

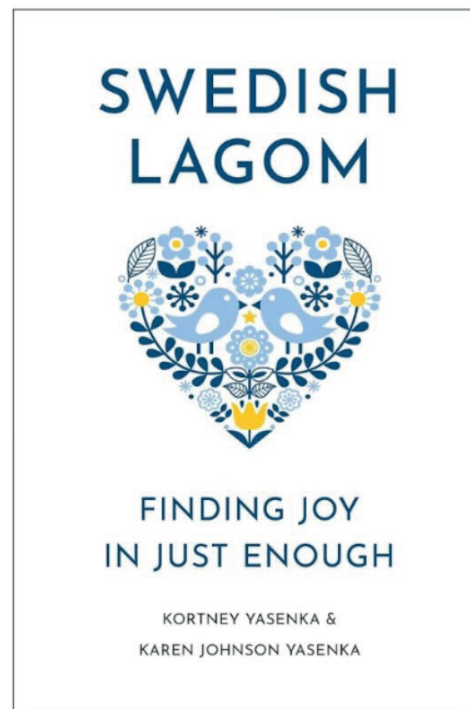
erness time that best fit you and your family’s needs. Finding the balance that works for you is what makes lagom so universal and effective. There is no one size fits all or a correct way to live lagom.

If you are looking for a way to reduce stress, increase mindfulness, appreciate life’s simple pleasures, and achieve greater happiness and well-being, start living lagom. Not only will it help you achieve a deeper level of joy and balance, but it will also help you establish and maintain stronger relationships with loved ones.

Adopting lagom can improve your life by achieving more balance, which helps you avoid extremes and focus on moderation. It can increase your mindfulness by encouraging you to slow down and savor the moment while also shifting your mindset from excess to appreciating what you have. Living lagom practices sustainability and promotes conscious consumption and a simpler, more eco-friendly lifestyle. In short, lagom can lead to less stress and greater happiness.

In a world that is ever changing and becoming increasingly more chaotic, lagom offers a powerful antidote to stress, overconsumption, and burnout. Lagom encourages a return to balance and intentional living. It promotes mental well-being by helping people set healthy boundaries, embrace simplicity, and find contentment in moderation. Environmentally, it aligns with sustainable habits, reducing waste and encouraging mindful consumption. Socially, it fosters humility, fairness, and empathy, qualities that are essential in a world often divided by competition and comparison. By embracing lagom, you can lead a more grounded and fulfilled life, one rooted in what truly matters. ✨

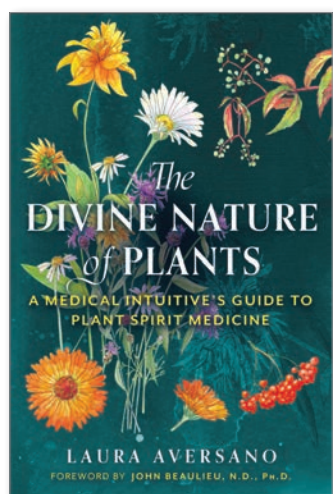
Kortney Yasenka is a NH licensed clinical mental health counselor and has a Masters in Counseling Psychology with a concentration in Health Psychology from Northeastern University. Kortney has worked in community mental health, school systems, and private practice. She is the author of **Swedish Lagom: Finding Joy in Just Enough**, **The Stoicism Book of Quotes**, and **The Marcus Aurelius Book of Quotes**. In her free time, she enjoys running, spending time with family, cheering on the Cleveland Guardians and Cleveland Browns, and vacationing on the beautiful island of St. John.



aspects of your life. Having balance in your life is what contributes to a joyful existence. While living lagom may not be in your DNA, the good news is, you don’t have to be Swedish to reap the benefits. Anyone and everyone is capable of living lagom and finding joy in just enough.

Another wonderful concept of lagom is that everyone’s “just enough” can be different. Lagom living allows you to incorporate the lifestyle habits and routines along with family traditions and togeth-

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A Refuge from Insanity

by Alan Cohen, Hawaii

In the brilliant classic 1937 version of *Lost Horizon*, high-minded statesman Robert Conway, while escaping from a war in China, is kidnapped to Shangri-La, an idyllic utopian community tucked high in the Himalayas. There he meets the High Lama Father Perrault, who explains to him why he founded Shangri-La:

“It came to me in a vision, long, long ago. I saw all the nations strengthening, not in wisdom, but in the vulgar passions and the will to destroy. . . Look at the world today. Is there anything more pitiful? What madness there is! What blindness! What unintelligent leadership! A scurrying mass of bewildered humanity, crashing headlong against each other, propelled by an orgy of greed and brutality. A time must come my friend, when this orgy will spend itself. When brutality and the lust for power must perish by its own sword. Against that time, is why I . . . am here. And why you were brought here. For when that day

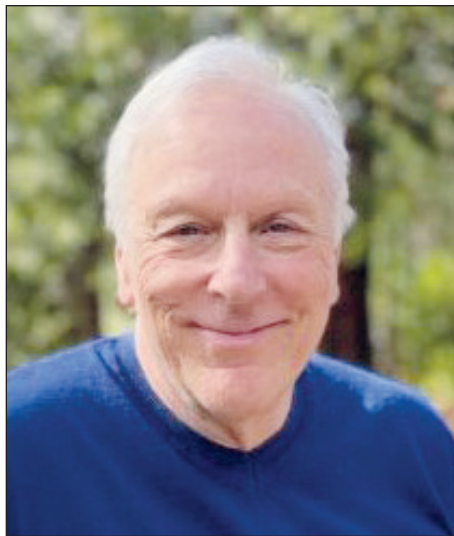
comes, the world must begin to look for a new life.

And it is our hope that they may find it here.”

Watching this scene, my partner Dee and I turned to each other and said, “And this was written in 1937? It sure sounds like our world today!”

The story of the world has always been the same: violence, war, greed, corruption, and unconscious leadership. Meanwhile, there exists a portion of humanity dedicated to higher, nobler ideals. Shangri-La is not a physical location; it represents a state of consciousness, a haven of well-being that exists within each of us. For those steeped in the struggles of the world, life is hell. For those who are willing to retreat to a state of inner well-being, real peace is available.

I met a fellow who asked me what I do for a living. I told him that I write books and present programs on how live a joyful, soul-rewarding, impassioned life. He asked me, “Do you think the world will get better, or will it get worse?” I told him, “For the people who want it to get better, it will improve. Those who expect it to get worse will suffer more.”



to be addressed. The environment, the economy, and politics require a great deal of conscious attention and guided action. There are two kinds of environmentalism: fear-based ecology and vision-based ecology. Many of the ecology documentaries I have watched are fear-based, splashing 85 minutes of gory scenes of

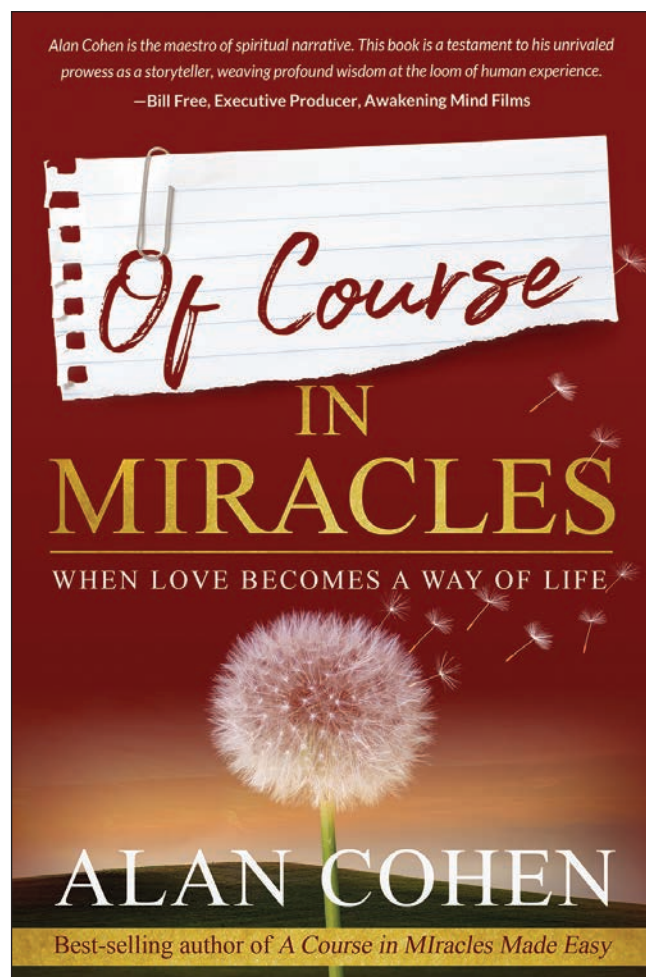
destruction, followed by five minutes (if that) of “what you can do about it.” Other ecology movies are vision-based, laying out a few minutes of the dilemma, followed by the majority of the film offering solutions. My favorite is *Where to Invade Next* by Michael Moore. Dee and I both found this movie to be life-changing.

In 1818, John James Audubon, who founded the pro-nature Audubon Society, said, “The environment is being destroyed at such a rapid rate that I fear that we have but a few years left for the planet.”

He said that over 200 years ago. Somehow, we remain. If we are to triumph over unconsciousness, we need more visionary thinkers like Father Perrault—a fictional character, but a very real expression of the higher minds of novelist James Hilton and producer Frank Capra.

Those who wish to live in a world of “pitiful madness, blindness, and unintelligent leadership” will continue to do so, and magnify it. Those who wish to take refuge in the inner Shangri-La, where the riches of the mind are cultivated and safeguarded, will find their way there. I imagine that if you are reading this, you are already on board with the sacred inner sanctuary and loftier elevation. If not, you might pray to be kidnapped by a benevolent universe to set your feet on higher ground. ✨

Alan Cohen is the author of many popular books, including the new **Of Course in Miracles**. Join Alan for his transformational Holistic Life Coach Training Program beginning September 1. For information on this program, Alan's books, online courses, weekly Miracle Room, webinars, YouTube channel, and free daily inspirational quotes, visit www.alancohen.com.



Each of us lives in the world that matches our consciousness. Jesus explained this in the language of his time: “In my Father’s mansion there are many rooms.” We live in a world of many simultaneous realities, each of which seems real to those who occupy it. Every belief system is self-reinforcing. We all continually find evidence to prove what we believe is true. There is no use arguing over the way it is. The way it is, is the way we think it is. **We do far better to establish ourselves in the loftiest reality we can imagine, and do all we can to remain there.**

Most generations believed that they were the last one. Yet we are still here. Certainly, we have lots of problems that need

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The Power of Word Choice: Crafting Effective Communication

by Creations Magazine,
CreationsMag.com

Words carry immense power—each one we choose shapes perception, influences reactions, and determines the effectiveness of our communication. From casual conversations to professional exchanges, the way we express our thoughts significantly impacts clarity, intent, and reception.

Consider the phrase "kill two birds with one stone." This common idiom succinctly conveys efficiency, accomplishing multiple goals simultaneously. Yet, while effective, it also carries undertones of violence that can subtly impact how the listener perceives the message. A more gentle alternative such as "feeding two birds with one scone"

maintains the original meaning without negative connotations, illustrating how nuanced word choice can alter the emotional resonance of communication.

Words as Bridges—or Barriers

Choosing words thoughtfully can build bridges, fostering connection and understanding. Conversely, careless word choices can erect barriers, leading to misinterpretation, offense, or emotional disengagement. Effective communicators consistently select words that clearly reflect their intentions, mindful of both context and audience sensitivities.

For instance, labeling feedback as "constructive" rather than "critical" significantly impacts receptivity. While both terms may address areas needing improvement, "constructive" implies support and guidance, whereas "critical" might trigger defensiveness.

Context Shapes Meaning

Words derive meaning not only from definitions but also from context. A casual



remark in one environment might feel inappropriate or harsh in another. Thus, understanding context helps refine our word selection, aligning our language with the expectations and sensitivities of different settings.

Imagine addressing a sensitive topic like workplace performance. Saying, "Let's discuss ways to enhance your strengths" will likely generate a more positive, collaborative conversation than simply stating, "We need to fix your weaknesses."

Emotional Impact and Empathy

Language choices profoundly influence emotional responses. Empathetic communication—choosing words that acknowledge feelings and validate experiences—strengthens relationships. Conversely, thoughtless phrases might inadvertently wound or alienate others.

Phrases like "I understand how difficult this must be for you" express empathy and validation, creating a supportive atmosphere. In contrast, responses such as "You shouldn't feel that way" dismiss genuine emotions, potentially causing hurt or resentment.

Cultural Sensitivity and Word Choice

Global interconnectedness demands heightened cultural sensitivity. What seems harmless in one culture might carry unintended implications in another. Selecting words that respect cultural diversity demonstrates awareness and consideration, crucial for effective cross-cultural communication.

An example is the common business phrase "bottom line," widely acceptable in American corporate culture. However, in certain contexts or cultures prioritizing relational aspects over transactional language, softer phrasing such as "our key goal" might be more appropriate.

Empowering Communication Through Mindful Word Choice

Ultimately, the words we choose do more than communicate—they shape relationships, influence perceptions, and drive actions. By consciously selecting our words with intention, clarity, empathy, and cultural awareness, we significantly enhance the effectiveness and quality of our interactions.

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The Most Important Thing, both Personally and Collectively

by Ann Albers and The Angels,
Phoenix, AZ

As you move forward with your ever-expanding world, remember that everything you see externally is a result of a vibrational offering. There are things affected by the collective consciousness of your planet. There are things affected by specifically focused groups. And then, dear ones, there are personal experiences in your day-to-day life that are always under your vibrational control.

When you tune yourself to an energy, you are not dictating exactly how you will receive that energy. For example, if you tune into abundance, your human thought process may be that it must come via the lottery or a better job, but in truth, there are so many more ways it might present itself. So allow yourselves to feel abundant for any reason, as often as possible, and then remain open to the loving wisdom of the universe in terms of how that abundance might show up.

So many of you want a relationship, so celebrate every relationship that is good and uplifting in your life. Instead of looking for a partner, become a partner with life. Celebrate your beautiful relationship with nature as you appreciate the sunset song of the birds. Celebrate the relationship you have with your couch! Celebrate the good and kind people in your life - perhaps the clerk at your grocery store who goes out of their way to be pleasant. As you find things to appreciate in the various relationships in your life, you'll feel loved in relationship and loving. This can only lead to more. And the love might come to you in so many ways along the path to the partner, that by the time you meet your partner you are living in love and have a lot to share.

The universe loves you, dear ones. It is not adversarial. The Source is nothing but love and a love so profound it is hard to comprehend. It is unconditional,



unceasing, and all-encompassing. You have your hands on the "free-will faucet" for this love, however. You can focus on what feels like love or what feels like fear. You can focus on the pains in your body or look for what soothes. We know it isn't always easy. We know the world makes a lot of noise, and many are telling you that you should live in fear, but you were determined before this life to live in love.

So when you see things in the world that you love, enjoy them. When you see things you can't stand, focus on the opposite, or at least something that feels better. Those of you who can't stand the unkind treatment of animals, for example, will empower the solution by focusing as much as possible on the people who are helping, rescuing, and healing them. Test your own vibration. Think of the cruelty and see how you feel. Think of the earth angels who help and assist and see how you feel. Which vibration would you prefer to empower?

The same goes for your politics, your health care, your financial climate, etc. If you like something, focus on it and empower it. If you don't, and your feelings tell you it lowers your vibe, then shift to focus on empowering what you do love, who you love, and the ideas you love. You may not always get the "form" you want immediately. You may not change the politics, the markets, the health care system, or the global conditions, but you can change how you experience all of these, and more so the values you enjoy in your own life, the peace you are seeking, the abundance you want, and the well-being you all deserve.

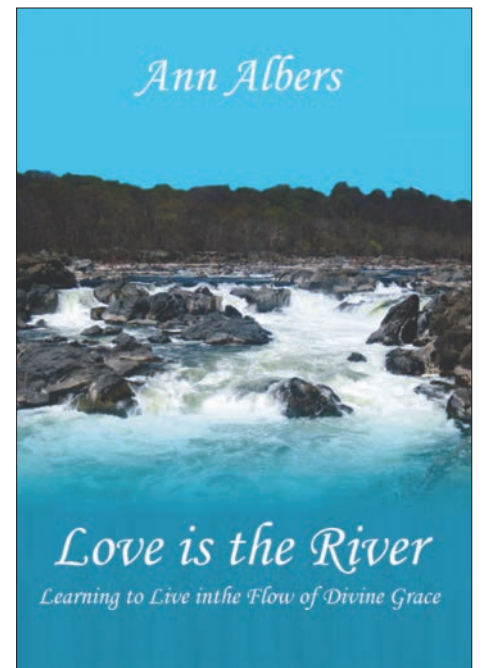
You are all so immersed and trained in the 3D paradigm that this is, at times, hard to imagine. So you must try it out

for yourself. Take a day a week when you resolve to pay attention to your vibration. Turn away from what feels bad. Turn to what feels good. If that is too difficult to do for a day, try it for a few hours a week. See how your day goes. This type of tending to your vibration provides elevation, not only of your mood but of your life circumstances, if you can keep it up most of the time.

Dear ones, we love each and every one of you. We want to help you rise above conditioning, above circumstances, above past events, and into this present moment where the most important thing for your future, both collectively and personally, speaking in 5D terms, is simply how you are tuning in this moment.

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

Ann Albers is a popular author, spiritual instructor, angel communicator, and modern mystic who has spoken at conferences, been featured on international radio shows, and



who delights in helping people experience the power and beauty of their own soul. She guides people to manifest lives they love, and develop a blissful connection with spirit! Ann's free weekly "Messages from Ann & the Angels" reach an international audience with inspiration and tips to help you stay tuned in and turned on! www.visionsofheaven.com. Her book, **Love is the River, Learning to Live in the Flow of Divine Grace** is available at <https://www.amazon.com/Love-River-Learning-Divine-Grace/dp/1949780007/>

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Choosing Your Dental Home: A Guide to Comfort and Care

We often take for granted that every healthcare professional embodies certain core values: integrity, dedication, professionalism, ethics, skill, and genuine care. And while we hope these are universal, finding a dentist who truly fits **your** unique needs can be surprisingly complex. It's more than just clinical expertise; it's about the entire experience.

I recently had a personal experience that really drove this home. My ex-wife, and the mother of our twin sons, reached out to me about her oral health. As a dentist, I felt comfortable sharing my expertise, but a conflict of interest prevented me from treating her in my practice. She knows I'm highly trained, genuinely caring, and gentle, so she was hoping to benefit from our care. She expressed frustration with previous providers, describing them as not listening to her, ignoring her concerns, and having rough support staff. She even had a headache for two days after a dental cleaning! Naturally, she asked for a recommendation.

You'd think this would be straightforward. I know countless professional, reputable, and skilled colleagues. But her request wasn't just for a "good" dentist. She was looking for a **gentle hygienist, a polite front desk person, and a caring voice answering the phone**. How could I possibly know those nuanced details about my colleagues' practices? And how would I know if they were "gentle" enough for her?

What Does "Good" Mean to You?

This made me reflect: how would I answer if someone asked me for a "good" dentist recommendation? My natural response would be to ask more questions. What are you truly looking for?

Consider these questions, and you'll quickly realize that the "ideal" provider isn't a one-size-fits-all concept:

- **Clinical Excellence:** Do you prioritize someone proficient in clinical dentistry, an expert in diagnosis, or someone who is current, advanced, and on the cutting edge with continuing education?

- **Patient-Centered Care:** Is it crucial to find someone who is caring, ethical, empathetic, compassionate, and genuinely interested in customizing a treatment plan just for you?

- **Communication & Demeanor:** Do you value an open-minded, well-rounded, articulate, polite, and respectful professional who is confident yet humble, a good listener, trustworthy, and of high integrity?

- **Comfort & Experience:** Is a fast, painless procedure paramount? Do you need someone gentle, experienced, knowledgeable, and versatile, offering a broad spectrum of procedures?

- **Practical Considerations:** Do you need a practice that works with your schedule and budget, offers reasonable pricing, or participates with your dental insurance?

- **Special Needs:** Are you phobic or petrified of the dentist, needing someone who works with sedation? Are you looking for a specialist with a specific niche?

- **The Team Dynamic:** Is it important that the entire team—from the front desk to the hygienists—mirrors the dentist's philosophy, professionalism, and caring approach?

Thinking through all these factors can be exhausting! Yet, honestly, some of these requirements might not be important to you at all. My ex-wife's request was simple: **"I need someone who is gentle and has a caring staff who will work with me."** Her priorities were clear and focused on comfort and empathy.

More Than Just Skill: The "Restaurant Test"

Think about your favorite restaurant. What makes you go back? Is the food always spectacular, or is the service consistently superb? Would you return if the food was amazing but the servers were apathetic? I've found myself going back to restaurants with mediocre food because we love the servers. They remember us, treat us like family, and make the experience enjoyable.

The same principle applies to choosing a dentist. While clinical skill is non-negotiable, the overall experience – the gentleness of the hygienist, the politeness of the front desk, the caring voice on the phone – can make all the difference in whether you feel truly cared for and comfortable.

Take Action: How to Find Your Ideal Dentist



Ultimately, finding the right dentist isn't about locating a mythical "perfect" provider. It's about finding the right fit for you. It's about recognizing your specific needs, whether that's a gentle touch, a friendly front desk, an affordable payment plan, or a focus on advanced techniques. Your oral health journey is unique, and your dental team should reflect that.

- **Define Your Priorities:** Before you start your search, jot down what truly matters to you. Is it proximity, specific services, a child-friendly environment, or a strong emphasis on preventative care?

- **Ask Targeted Questions:** When you call or visit a potential office, don't hesitate to ask about their approach to patient comfort, their hygienist's philosophy, or how they handle patient concerns.

- **Listen to Your Gut:** Pay attention to how you feel during your interactions. Does the office staff make you feel welcome? Does the dentist listen attentively? A positive experience often starts with a feeling of trust and respect.

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The Path of Dietary Evolution: Take It Slow and Easy, PART 1

by Dreama Vance, Texas

Evolving our diet is a process. It goes hand in hand with our spiritual growth. As part of your path of spiritual evolution, it is best to take the evolution of your diet slow and easy, but keep moving in the right direction in a determined fashion.

The path of dietary evolution typically begins where a majority of people are, which is eating a Standard American Diet (SAD). Even other countries are now consuming this diet because Americans have managed to export it around the globe, thanks to the fast food chains and mega food companies.

The Dietary Spectrum

So, we have the SAD diet at one end of the spectrum, which promotes large quantities of meat, dairy, and packaged products that have a long shelf life, and are loaded with sugars, salt, preservatives, dyes and artificial flavorings. At the other end is a live food or raw vegan diet, which has finally, at least, hit the mainstream news, and is about as far from SAD as one can get.

In the middle of this path are terms such as the paleo diet, vegetarian diet, vegan diet, and macrobiotic diet. This is a broad overview. These are stations that people explore, usually in search of a healthier lifestyle, and/or for ethical reasons. These are usually *lifestyle* changes. These are the steps we explore as we evolve.

Within this spectrum are sprinkled various "diets" that people go on, usually to lose weight, such as the South Beach Diet. These "go on a diet" choices are not intended to be lifelong, but rather short term to achieve a desired effect. These short term diets are not really the topic of this article, but I will say they only work short term, and that is because people revert back to their original eating style, rather than making a lifestyle change.

So I hope you have a pretty clear picture of the spectrum with the SAD at one end



and the living food or raw food diet at the other end. You can see now how we evolve the diet. You can see that it is a process. Most people do not go from a SAD to a raw vegan lifestyle overnight. In fact, it is not even something I recommend.

Many people may never want to go as far as that goal of a raw vegan diet. It is, however, a bright star to hold in your consciousness as a goal. It serves as the anchor point for your direction. It keeps you on track and it keeps you moving, at your own pace, toward improvement and toward spiritual light.

A Solid Starting Point

Out of the picture that I have just painted for you, I want to lift out a starting point for anyone wondering how to begin the journey and, for those of you already on the journey, I want you to realize that what I am about to say applies across the spectrum.

The number one thing you can do to start and to move forward no matter where you are on the path, is to *eliminate processed food*. I like to say, "Eat real food." Real food is what you find on the outer edges of the grocery store, labeled Produce. It is what you find at the farmers' markets. Processed food is all of the other stuff in the center of the grocery store, along with the paper products and soap powders!

It took me 30 years of study to figure this out. But, the first thing to do and the best thing you can do is this one step - *eliminate processed food*. Begin with the most obvious things - fast food and junk foods - and then move forward from there to the "convenience" foods. Advance as quickly as you can.

Now, for those of you who think you are already beyond this point, let me just suggest you take another look around your kitchen. You may be surprised at what you are holding onto in your life. Like I said, it flows across the spectrum; there are many processed foods in the vegetarian movement and in the vegan movement, too. When I went vegetarian back in the 1970s, there were no fake meat substitutes available. Consequently, and fortunately, I never made a switch to those products.

Like I said, the key is to "Eat real food." You will find people now making reference to this way of eating as a *whole foods diet* and, when animal products are also eliminated, it may be called a *whole food plant-based diet*. These are relatively new terms that emphasize the importance of eating whole foods and eliminating most of the processed foods.

Out of this decision to eliminate processed food, come two results. 1) You have to prepare your own cooked food and / or 2) you have to eat live food, otherwise known as fruits and vegetables. Fresh fruits and vegetables as a meal help save time and also add tremendously to your health, vitality and spiritual light.

Connecting with the Light

You will find that when you move into this way of living, particularly when

following a plant-strong whole foods diet, you become very conscious of what you are eating. Awareness begins to penetrate your food preparation and when you begin to honor all who have brought this bounty to your table -- the Mother Earth, the Sun, the people, the bees - then you begin to prepare food with such love and gratitude.

You will be filled, not just with nourishing food, but with peace and beauty and harmony. These qualities will come through your food to bless those you serve. We have, to a very large degree, lost this in our hurry-up, grab-it-and-go, eat-on-the-run world.

In Part 2 we'll go over some easy tips on how to actually take this step. We will also look at one of my favorite teachers and discover how healing Real Food can be for the body.

Part 2 is continued on creationsmag.com and also will be in the October / November print edition. ✨

Dreama Vance is a New Reality wellness expert and co-founder of the educational website *InfiniteBeing.com*. While her insights into spiritual truths are legendary, her specialty is research into effective methods of healing and attaining wellness of mind, body and spirit. After years of exploring healing modalities, she has become expert in three that are highly powerful and effective - *veganism, qigong and sacred healing oils*.

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No More “Woo-Woo”

Joanne Steenberg,
Penobscot, ME

*There are more things in
Heaven and Earth, Horatio,
than are dreamt of in your
philosophy.*

– William Shakespeare

I was with a dear friend on Saturday who lost his wife, (my good friend) 2 years ago. It was so wonderful to see him. We caught up on life, shared stories about our kids, and talked about how we've both been navigating life without her.

I wanted to share with him some stories of the signs I've been receiving: the gentle nudges, the uncanny timing, the quiet, synchronistic messages that let me know she's near. And he had stories too. We



both sat there, smiling through tears, honoring the mystery. It was really sweet.

The conversation made me realize something important. For too long, whenever I talk about these deeply spiritual experiences—the unexplainable, meaningful moments—I preface them with, “I know this sounds a little woo-woo.” I try to soften it, as if I need permission to believe in something that can't be proven.

But why? I don't want to do that anymore. *These aren't “woo-woo” moments. They're real. They're sacred.* And they deserve to be honored. We all experience synchronistic events in our lives on a regular basis and when we notice them, more happen – they are our signs.

I've said things like, “A bird landed right in front of me just as I was thinking about my dad,” or, “I thought of my old friend, and a moment later she texted me out of the blue.” And then I'd laugh and add, “I know, I know... woo-woo.” But why discredit something that brings so much peace and wonder? Why downplay what makes me feel deeply connected to life, love, and something greater?

I do a bit of stand-up comedy now and then (thank you, Shelley Latham, for giving our little local group the courage to shine!). Even there, I've caught myself joking during practice that “I am such a woo-woo human,” as if I need to laugh at myself for feeling connected to the unseen.

Not anymore. I'm done with that. I'm erasing that phrase from my vocabulary. It's dismissive. It shrinks something sacred. These moments—those intuitive hits, those meaningful coincidences are how love speaks. They deserve reverence, not ridicule.

After our performance in Portland, I spent the next morning with my son. We

walked by a coffee shop with a sign in the window that read:

Good things happen.

Love is real.

We will be OK.

It felt like another sign, one more whisper from the universe. I went inside and told the person behind the counter how much I loved it. She beamed and said, “I just put that up this week. I'm so glad it touched you.”

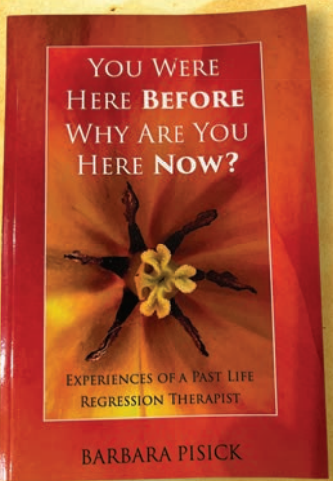
I carry those words in my heart, and I am seeing the world through a softer lens. There is pain and heartbreak, but there's also beauty, connection, and love all around us. We just have to open our hearts to see it.

Let's stop dimming the light and apologizing for believing in the miraculous. Let's celebrate the mystery. Let's tell each other our stories of unseen connections that lift us up. Love is real. We will be OK. ✨

Coincidence is God's way of remaining anonymous. – Albert Einstein

Reprinted with permission from the weekly column, The Power of Love, in the Penobscot Bay Press.

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



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The Nervous System Reset We All Need This Summer

by Anat Peri, San Diego, CA

When we think of summer self-care, we often imagine beach days, smoothies, or morning walks in the sun. But there's one system in your body that determines whether any of those things actually make you feel better: your nervous system.

In my two decades guiding transformational healing, I've seen time and again that true self-care is less about what we do and more about the state we're in while doing it. You can drink all the green juice in the world, but if you're doing it from a place of anxiety, guilt, or burnout, your body won't register it as nourishment. That's why this summer, I invite you to go deeper. Go beneath the surface and into your nervous system.

Why the Nervous System Matters

Your nervous system is the gatekeeper between stimulus and response. It holds the blueprint for how you react, connect, and recover. It's what determines whether you snap at your partner or take a breath. Whether you numb out or stay present. And most importantly, whether you feel safe enough to relax and receive.

Our modern lives keep us in a near-constant state of hyperstimulation. Notifications. Deadlines. Expectations. Add to that any unresolved emotional pain or trauma from the past, and many of us are walking around in a fight-or-flight state without even knowing it.

We don't need to do more doing this summer. We need downshifting. *The nervous system doesn't heal through pressure. It heals through presence.*

Three Simple, Powerful Practices to Support Your Nervous System this Season:

1. Anchor Into Safety First

Before you engage with the world, give your body a moment to feel safe. Your nervous system doesn't need words to regulate. It responds to rhythm, breath, gentle pressure, and presence. Most people wake up and go straight into doing. But

true self-care begins with settling. When your body feels safe, your mind softens, and your heart opens.

Try this:

As you wake, sit or lie with your feet flat on the floor or your hands resting on your thighs. Apply gentle pressure by pressing down slightly. Then take three slow breaths, with extra-long exhales. Feel the weight of your body being supported. Let yourself arrive.

As you do this, imagine you are being met by a loving, present parent—the kind you may have needed but didn't have. This is reparenting. You are learning to give yourself the safety, grounding, and gentleness that every nervous system craves. No need to fix or figure anything out. Just be with yourself in a calm, caring way. Let your body know: You are here. You are safe. I've got you.

2. Let Emotions Move Through You, Not Run You

Emotions are energy in motion. But many of us either suppress them (hello, smiling through stress) or get hijacked by them (cue the overreaction). Neither is healthy. The nervous system thrives when we feel emotions fully and freely, but only for about 90 seconds at a time.

Think of a child throwing a tantrum. They scream, stomp, cry... and then they're done. That's a regulated nervous system. The problem isn't the emotion. It's the story we attach to it.

Try this:

When you feel a wave of emotion rise—anger, sadness, joy—pause. Set a timer for 90 seconds. In a private space, let the emotion express itself through sound, movement, or breath. This could mean shaking your arms, stomping your feet, or making a guttural sound. Stay with the physical sensation. Let your body complete the wave.

3. Go Beyond Nature. Regulate in Nature

Time outdoors is healing, but not all time in nature is equal. You can walk in



the woods while mentally rehearsing an argument. Or you can use nature as a nervous system co-regulator. The earth moves at the pace of regulation: slow, steady, and cyclical. When you sync your breath, body, and awareness with the natural world, your system follows.

Try this:

Lie down on the grass or sit against a tree. Feel the ground holding you. Breathe in through your nose for a count of four, and out for a count of eight. Notice the sounds, textures, and scents around you. No phone. No podcast. Just you and the earth.

From Burnout to Belonging

True self-care isn't about escaping your life. It's about returning to yourself. When you tend to your nervous system, everything shifts. You become more resilient. More connected. More joyful. You remember that you are not just a mind managing stress. You are a whole being worthy of softness, stillness, and support.

So this summer, before you book the next thing, pause. Ask: What would help me feel safe in my body right now? Let your nervous system guide the way. When your inner world is at peace, self-care becomes a way of being, not just a seasonal trend. ✨

Anat Peri is an Emotional Health Educator, Inner Child Expert, and Founder of Training Camp for the Soul™. With over 20 years experience, she helps people heal their emotional patterns, regulate their nervous systems, and reconnect to their true selves. For more insightful content, visit www.trainingcampforthesoul.com. You can also follow Anat on social media. She's @anat.peri (on Instagram), @anat.peri.58 (on Facebook), and anat-peri (on Linked In.) www.trainingcampforthesoul.com, www.anatperi.com, <https://www.instagram.com/anat.peri>, <https://www.facebook.com/anat.peri.58/>, <https://www.linkedin.com/in/anat-peri/>

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The Uselessness of Wearable Monitoring Devices

Pamela A. Popper, Ohio

A long time ago, our medical system started down a very destructive path.

One contributing factor has been teaching people to pay more and more attention to increasingly meaningless things, and less attention to things that really matter. An example is the annual check-in with doctors. Visibly unhealthy, overweight people dutifully show up to seek expert analysis of their health condition. Apparently, a look in the mirror and a self-assessment of habits and symptoms doesn't work; one cannot determine that one is fat and sick on one's own. To add to the insanity, drugs are prescribed – or more accurately overprescribed – instead of showing people how to recover their health with diet and lifestyle change.

Another part of the downhill slide is the increasing use of devices to constantly monitor calorie intake, steps taken daily, heart rate, blood pressure and glucose levels. All of this is a distraction from what matters, and perhaps that's the

point. Despite constant doctor visits and monitoring and testing, people are getting sicker instead of healthier. We are simply focusing on the wrong things.

According to a study published in the American Journal of Clinical Nutrition, continuous glucose monitors, or CGMs, overestimate glucose levels in healthy adults, constantly reporting elevated glucose levels two to four times more frequently than finger prick tests.¹ Where to start! First, why are healthy people monitoring their glucose levels in the first place? While a type-1 diabetic can benefit from monitoring until he figures out how to eat properly and administer insulin, non-diabetics should be paying more attention to what is on their plate 3-6 times per day. Adopting a health-promoting, plant-based diet is the best way to protect health.

Overall, CGMs overestimated the time spent above healthy glucose levels by almost 400%. One of the reasons for this is that these devices measure glucose in the fluid surrounding the cells, not directly in the bloodstream.

Equally useless are the wearables that measure steps taken daily, which mislead people into thinking that fitness can be achieved by taking 10,000 steps per day.

I probably accomplish this most days at our office just due the size of the place without ever working up a sweat, but I don't confuse that with weight training that builds a strong, muscular body, and aerobic exercise that keeps me lean and my heart healthy.

I've heard many people defend these silly devices with statements like "It's better than nothing." My response is "why are you setting your sights so low?" Why do you tell yourself that doing something useless is better than nothing instead of striving for great health? Or waiting until you have cancer or some other dreadful disease that forces you to up your game??

Let's put common sense back into healthcare. A chapter in my book is "The new healthcare is selfcare." Your daily choices matter. Stop fooling yourself by thinking that the garbage you called lunch is ok because it did not spike your glucose on a fake measuring device, or that sauntering around your office building at lunch time to meet your steps goal is exercise. Start striving for health, which can only be achieved with an excellent diet, exercise, hydration, sunlight and sleep!! . ✨

Pam Popper is an internationally recognized expert on nutrition, medicine and health; and the founder and Executive



Director of Wellness Forum Health. Pam has been featured in many widely distributed documentaries, including **Processed People** and **Making a Killing** and appeared in the acclaimed documentary *Forks Over Knives*. She is one of the co-authors of the companion book which was on the New York Times bestseller list for 66 weeks. She is the author of **Food Over Medicine: The Conversation That Can Save Your Life**, and **COVID Operation: What Happened, Why It Happened and What's Next**. Pam's latest book is **Conversations With Pam: The Power of INFORMED™ Health**. She is the co-founder of *Make Americans Free Again (MAFA)*, a non-profit organization dedicated to eliminating medical tyranny, restoring INFORMED medical choice to Americans. Pam is also a public policy expert, and has testified in front of legislative committees on numerous occasions.

¹ Hutchins KM, Betts JA, Thompson D, Hengist A, Gonzalez JT. "continuous glucose monitor overestimates glycemia, with the magnitude of bias varying by postprandial test and individual – a randomized crossover trial." Am J Clin Nutr 2025 May;121(5):P1025-1034

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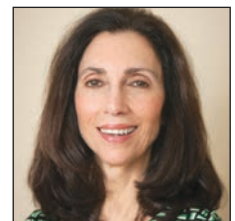
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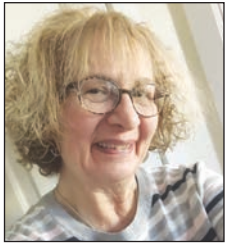
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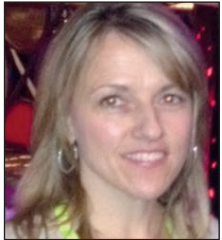
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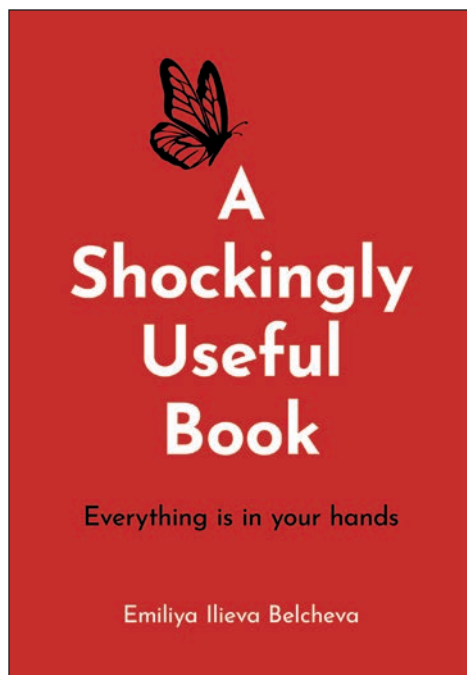
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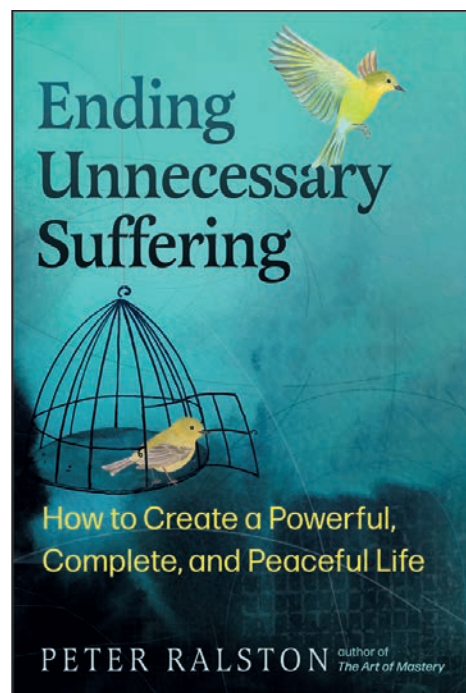
ENDING UNNECESSARY SUFFERING

How to Create a Powerful, Complete, and Peaceful Life

by Peter Ralston
ParkStPress.com

Most of us believe that suffering is inevitable. Stress, shame, depression, grief, loneliness, disappointment, the feeling that life is incomplete—every negative experience contributes to the emotional and psychological pain that impedes our ability to live happy, fulfilling lives. But what if most suf-

fering could be avoided? Is there an antidote to inner turmoil that can be learned and applied to everyday life? Peter Ralston reveals how to free yourself from mentally created suffering. He explains how most creatures don't experience suffering the way we do. They don't worry or fret, fear the future, or imagine they are somehow flawed or less than they should be. Exploring the dynamics of the mind that set the stage for distress and that get us into trouble, he explains how mental states of suffering are created, how to recognize when you cause them, and how to stop suffering-inducing thought patterns and beliefs. Sharing contemplative practices and exercises to help you end your inner turmoil and foster growth, awareness, and freedom, Ralston provides an empowering way to create a more complete, powerful, and peaceful life experience.



NATURE AT NIGHT:

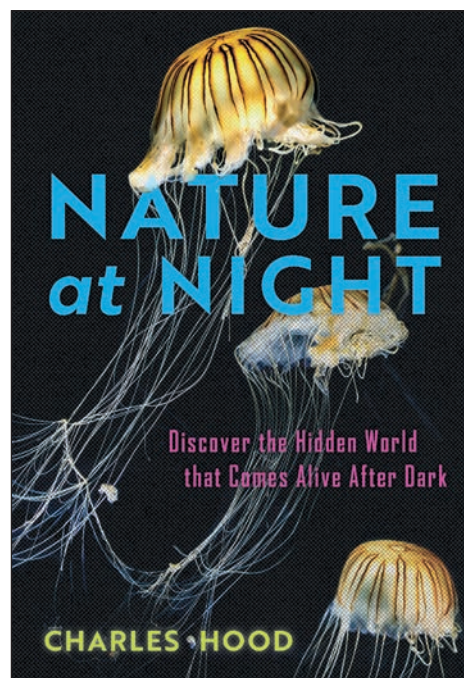
Discover the Hidden World That Comes Alive After Dark

by Charles Hood

timberpress.com

Naturalist and adventurer Charles Hood's book, *Nature at Night*, is an illuminating and beautifully crafted exploration of the nocturnal world. With wit, curiosity, and an adventurous spirit, Hood takes readers on a journey into the darkness, revealing the astonishing life that thrives when the sun goes down. This book is as much a visual spectacle as it is a scientific deep dive. The 240+ stunning images bring to life an unseen world, from bioluminescent

oceans to stealthy predators of the jungle. Hood's writing masterfully balances engaging storytelling with rich ecological insight, making even complex natural phenomena accessible to a general audience. What sets *Nature at Night* apart is its blend of science, humor, and personal discovery. The book covers a diverse range of topics—nocturnal migration, the sensory adaptations of night-dwelling creatures, and even the human relationship with darkness throughout history. It challenges the common perception of night as eerie or dangerous and instead celebrates its beauty and biodiversity.



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by Christi Clemons Hoffman
www.o-books.com

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by Roberta A. McQueen, East Islip, NY

by Anne Starnes Kingsbury, Huntington Station, NY

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by Jerry Brown, Santa Fe, NM

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A limerick!

Is it lost as it roams
Among these outstanding poems
Or is it synergistic?!?

Zen Mind

by Dr. Seena Axel, Delray Beach, FL

How often do I enter
each new day
with Beginner's Mind?!
Open to what life
has to reveal
to me today.

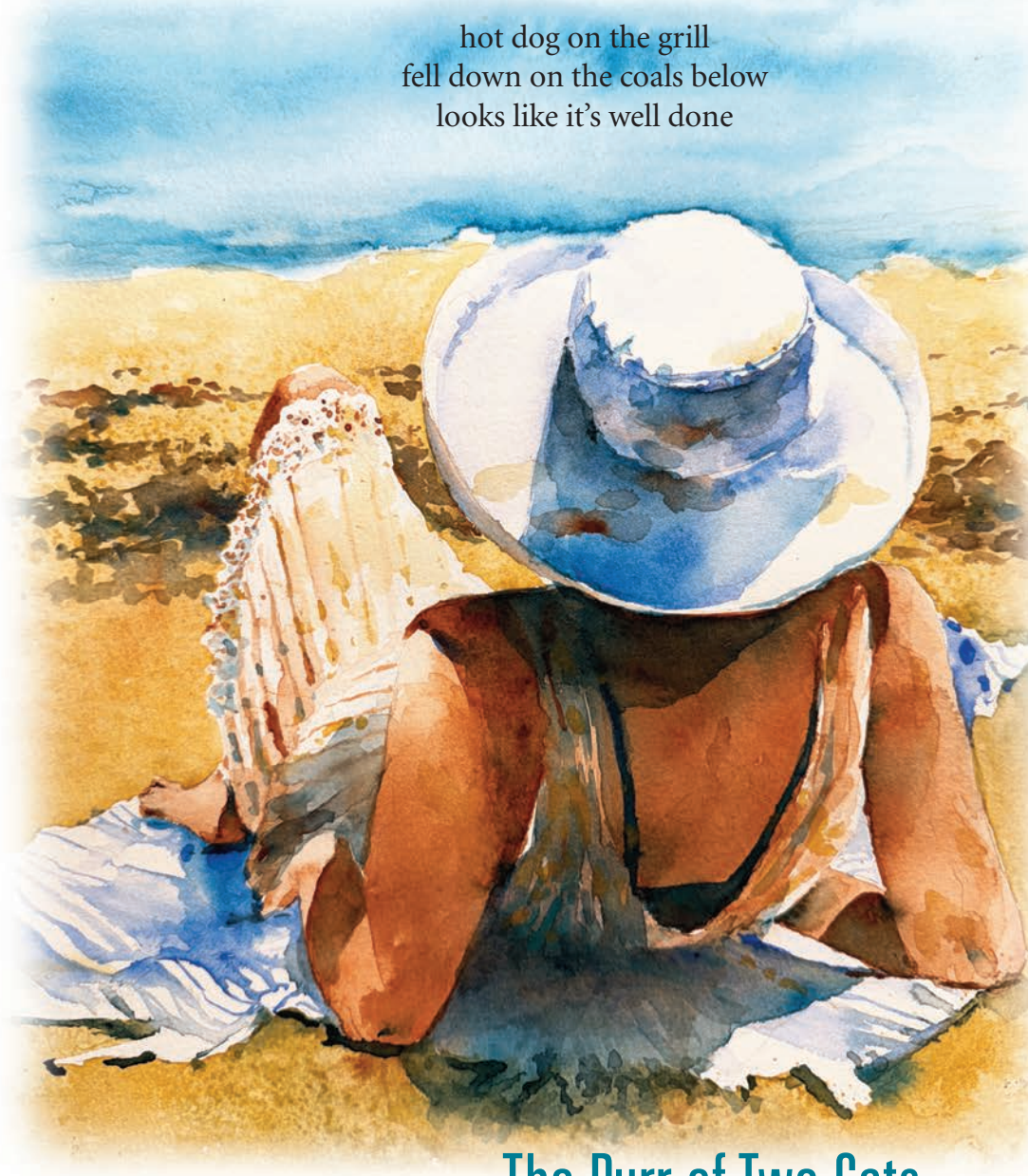
My yoga practice
reminds me.
Habitual preconceptions
often interfere
with true experience.

Zen Mind is a mind
open to discovery,
willing to begin anew
in allowing opportunity
to seek me.

The idea of not knowing
what comes next,
offers surprise rather
than expectation...
possibility instead
of the highly probable.

Approaching life
with childlike curiosity
fills the soul
with the newness
of discovery at
each and every moment.

Transforming the mundane
to the magical,
the mandated to the momentary,
while loving emotions
fill the cave
of the beginner's heart.



hot dog on the grill
fell down on the coals below
looks like it's well done

In his hand he holds
the perfect outer body
of a horseshoe crab.
They're everywhere.
His eyes drift over them.

"They didn't die," I say.
A beach lounge leans closer,
to hear too.

"They outgrew their shells. Look,
the front edge opened like a seam,
and they emerged."
Gnomonic growth.

Nature's cruelty
becomes
Nature's cleverness.

Not every seemingly sad story
is one, actually.

Some things grow
not to change
but to become bigger.
A perfect copy, an enlarging,
to become more oneself.

Gnomic increase:
The happy growth of wisdom.
An increased capacity to think,
brought about by the simple exercise
of living longer, engaged.
But longer implies
no longer young,
Nature's cruelty,
Age signifies loss.

Not so for the mind and its
capacity to enlarge upon itself,
to become more of
the person you were,
with gnostic gains,
The bigger, better version
of your simpler, youthful self.

Nature's cleverness.

Two Beach Haiku

by David Frieman, Huntington Station, NY

Beach chairs upside down
Collapsed umbrellas in flight
Surfers jumping waves

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

The Purr of Two Cats

by Cleo Griffith, California

Last night the chair moved. John's chair.
The latest in a series of unusual events.
What fun to give to these circumstances
other-worldly causes, my desire to reunite
with those passed on, and missed.

Even the cats work with the presence
of...my overactive imagination? They stare
at empty spaces. Run toward unheard calls.
Purr at unseen figures in the room.

Last night John's chair moved.
Please don't try to explain it.
They are never far away from me, those gone,
I prefer it that way, let me take comfort
from strange occurrences and the purr
of two cats.

Watercolor by
Jan Guarino
JanGuarinoFineArt.com

It is difficult to get the news from poetry, yet men die miserably every day for lack of what is found there.

— From *Asphodel that Greeny Flower*



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CALENDARS

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.4)

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.

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

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. 7:00PM. Call 718-951-7295 for more info and location in Brooklyn. (see ad p.7)

THURSDAYS

PSYCHIC PALM/TAROT READINGS by Roni Todd at A Time for Karma, 14 S. Village Ave., RVC, NY. 1-6pm. (516) 889-3732.

SPECIAL EVENTS

AUGUST 15

PSYCHIC CIRCLES join a circle where our guest psychics will give individual readings to each group. Friday 8-10 PM. Eyes of Learning, Levittown Hall, Hicksville, NY, eyesoflearning.org

AUGUST 27

WORKSHOP: MARIANE STRAAIK SHAMANISM Introduction to Shamanism and learning the art of Journeying. Eyes of Learning, Levittown

Hall, Hicksville, NY, Wednesday, 7:30-9:30 PM. eyesoflearning.org

SEPTEMBER 12

LECTURE: EVIDENTIAL MEDIUMSHIP with Edward Piece, Psychic Medium Eyes of Learning, Levittown Hall, Hicksville, NY. Friday, 8:00-10:00 PM. Members: \$15.00, Non-members: \$20.00. eyesoflearning.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

Choose Your Words, Change the Outcome

by Carl Greer

People can be frustrating—hurtful, even infuriating. We teach kids to “use your words” instead of lashing out, but as adults, we’re called to go a step further: to pause, reflect, and choose our words—especially when emotions run high.

That pause is powerful. It gives your rational mind time to catch up with your emotions, so you can respond with intention, not impulse. Meditation can help train your brain to create that space—slowing emotional reactivity and allowing your observing self to step in. From that place, you’re better equipped to communicate clearly, set boundaries, or deescalate tension.

Think back to a time you responded to conflict in a way that made you feel proud. What words did you choose? What was the outcome? Now consider a time when your reaction—maybe defensive or aggressive—left you feeling uneasy. What impact did that have on the relationship?

Many people avoid conflict by walking away or placating the other person, never fully expressing their needs. But silence can erode emotional intimacy and trust.



The next time you find yourself in a difficult interaction, try listening more closely and saying something simple, like: “Hmm, I’ll have to think about that.” Or, name what you’re experiencing: “When you say I don’t have a clue, I feel hurt and angry. Is that your intention?”

Even if someone seems to be provoking you, offering them the benefit of the doubt might lead to a surprising response—perhaps even an apology. If the person continues to be disrespectful, it’s okay to set a firm boundary: “I’m not having this conversation while you’re yelling,” or “Let’s talk later when we can be more respectful.”

And if the conversation matters, follow through later. words—especially when emotions run high.???

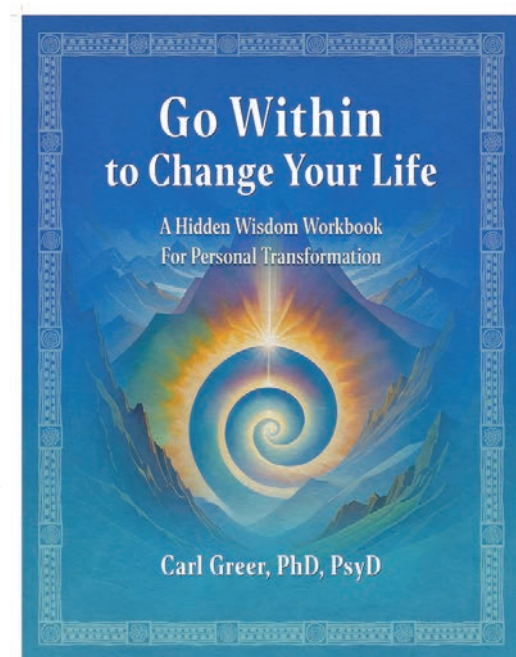
Sarcastic or cutting responses may feel powerful in the moment but often leave you feeling worse in the long run. Pay attention to the choices that leave you feeling grounded and proud—both during and after the exchange. Consciously choosing your words isn’t always comfortable, but it builds confidence and emotional resilience over time.

And there’s science behind it: writing about how you navigate conflict—through journaling or reflective workbooks—can boost your emotional, mental, and even physical well-being.

When you choose your words with clarity and care, you strengthen your relationships and yourself.

Carl Greer, PhD, PsyD is a retired clinical psychologist, Jungian analyst, and shamanic practitioner whose career spans healing, business, and philanthropy. He has taught at the C.G. Jung Institute of Chicago and served on staff at the Replogle Center for Counseling and Well-Being. Carl is also a generous philanthropist who has funded more than

60 nonprofit initiatives and supported over 2,000 Greer Scholars in achieving their academic goals. His latest book, **Go Within to Change Your Life: A Hidden Wisdom Workbook for Personal Transformation**, invites readers to access their inner guidance to create lasting change. Drawing on Jungian and shamanic wisdom, the workbook blends reflection, visualization, and storytelling to help people live more meaningful, empowered lives. To learn more, visit CarlGreer.com.



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BOOKS

YOU WERE HERE BEFORE, WHY ARE YOU HERE NOW? Experiences Of a Past Life Regression Therapist by Barbara Pisick, PMHCNS. Available on Amazon, www.pastliferegressiontherapy.com, blpsik@yahoo.com (see ad p.12)

MEDITATIONS FOR THE MIND-BODY-SPIRIT by Diane Calabrese includes a FREE audiobook with purchase to help reduce anxiety and stress of everyday living <https://www.dianecalabrese.com>

THE DIVINE NATURE OF PLANTS: A Medical Intuitive's Guide to Plant Spirit Medicine by Laura Aversano. A shamanic journey into energetic healing with plant spirits. Inner Traditions. ISBN 978-1644114452. www.InnerTraditions.com (see ad p.6)

COUNSELING/THERAPY

REGRESSION AND PAST LIFE THERAPY with Frank Nichols, LSCW. Professional and empathetic service. Call: 631-896-6352. (see ad p.9)

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

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PSYCHIC/SPIRITUAL

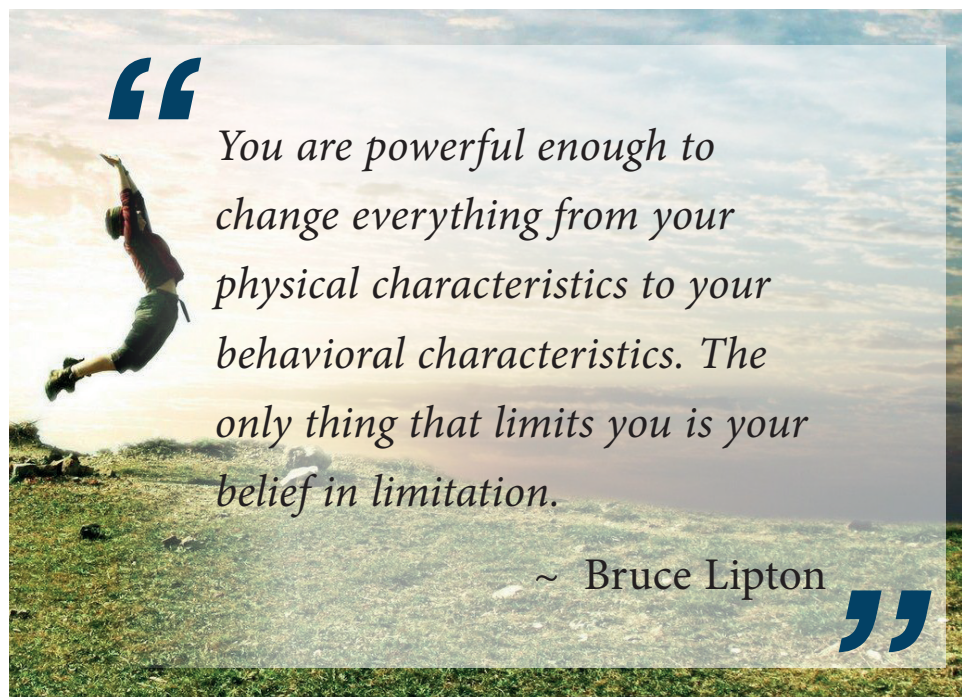
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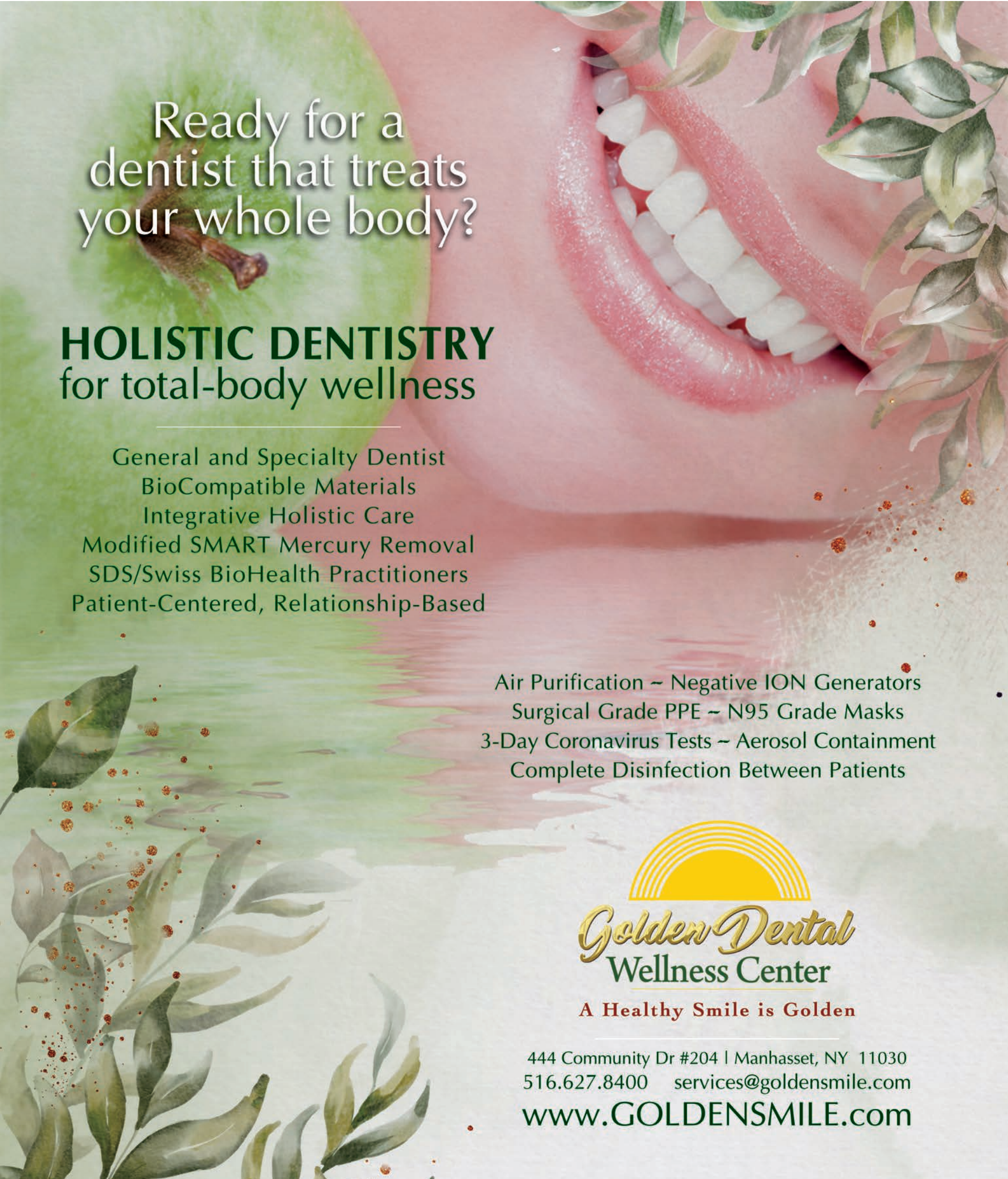
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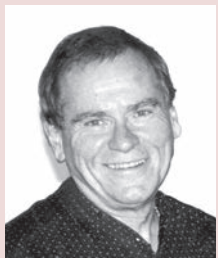
Batool F. Rizvi, D.D.S., P.C.

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.

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