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CREATIONS

MAGAZINE

The December / January
“Holidays” Issue

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- Emotion is the Language of the Heart
- Your Pain and Your Story
- The Mystic Jesus: Available to Everyone
- Healing and Our Companion Animals

An Infinite
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Go Beyond the Trance: Hypnosis for Modern Wellness

by Albert R O’Connell III, LCSW
“The Beach Hypnotist”

In our fast-paced world, where wellness and self-improvement are constantly evolving, hypnosis is emerging as a powerful tool for those seeking holistic well-being. Often misunderstood and surrounded by myths, hypnosis has been used since ancient times for healing and transformation. Today, it is experiencing a resurgence as a modern-day technique that blends psychology with wellness.

Hypnosis has a rich history dating back to ancient civilizations, where it was used in religious ceremonies to promote healing. The term “hypnosis” itself was coined in the 19th century by Dr. James Braid, a Scottish surgeon. Since then, it has evolved into a respected practice within both psychological and medical communities.

In recent years, hypnosis has gained traction in wellness circles, thanks to its versatility in addressing a wide range of issues—from stress reduction to behavior modification. Contrary to popular belief, hypnosis doesn’t involve losing control or being unconscious. Instead, it is a natural state of focused attention and heightened awareness.

Recent studies using brain imaging techniques have revealed that hypnosis can alter the way the brain processes information. During hypnosis, a person’s brain experiences changes in patterns of activity, particularly in areas associated with attention, perception, and imagination. These changes create an ideal environment for suggestion and behavior modification.

“Hypnosis taps into the brain’s ability to change itself,” explains Dr. Jane

Thompson, a leading hypnotherapist. “We don’t see the world the way it is—we see the world the way we are.”

Hypnosis has touched the lives of many individuals seeking self-improvement and stress relief. Sarah, a working professional, turned to hypnotherapy to overcome her fear of public speaking. After just a few sessions, her newfound confidence significantly enhanced her career prospects.

For James, hypnosis was the key to quitting smoking. In just three sessions, he experienced reduced cravings and a renewed sense of physical health. “I never thought I’d be able to quit, but hypnosis helped me break free from the habit,” he shares.

Emily, a student struggling with test anxiety, learned self-hypnosis techniques from a certified hypnotherapist. Her improved academic performance and reduced stress levels were a testament to the power of hypnosis in managing anxiety.

David, a chronic pain sufferer, found that integrating hypnosis into his pain management plan reduced his reliance on medication and improved his quality of life. And Rachel, a new mother, overcame postpartum depression through hypnotherapy, rediscovering joy in motherhood and strengthening her bond with her child.

Albert R O’Connell III, LCSW is a New York State licensed clinical social worker, Certified Hypnotist and Certified Anger Management Specialist available for individual, group and corporate sessions. Please call 631-903-0910 for more information or visit the website TheHamptonsMethod.com to review forthcoming events, additional information and a free streaming self hypnosis audio program.



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# TALKING OUR WALK

Dive into the **Infinite Ocean of Love** of our December/January Holidays Issue! Timely for the season, Marianne Williamson offers two excerpts from her latest book, *The Mystic Jesus: The Mind of Love*.

For many, emotions ran high pre and post-presidential election. Ann Albers tells us *Emotion is the Language of the Heart*, explaining that *Anger is meant to help you take responsibility for your own happiness ... to inspire you to move out of a dark situation. Anger is not intended to be aimed at others.*

Many more self-imprison with fear. However, Owen Waters writes that we can turn this "F" word on its head: *Fear is a mental energy, which circulates the globe within the mind belt of humankind. It can be transformed into love by the prayers and intentions of every spiritually-minded individual. When fear is neutralized by love, world peace will dawn.*

The new year is bringing significant changes to the "executive" offices of Creations Magazine. A look at the Credits Box on this page reveals a couple of new names and a new position. Some long-time support staff are no longer with us (more about this in the next issue).

Presently, we are thrilled to welcome our new Online Editor and partner, Domenick Melillo: Hello, I'm Domenick, and I am excited to join Neil and Andrea here at Creations Magazine. This publication has been a trusted source of information and guidance in the holistic, wellness and spiritual communities for nearly 40 years. During this time, the prime focus has been on the print copy. It's now time to lend more attention to the online edition.

On the heels of our previous issue, which centered on change and transition, we are announcing our completely revamped website. Our goal is to build an online community for those looking for a safe place to grow and learn on the journey forward to a higher level of consciousness and understanding.



Consciousness, Ascension, Shift, Sovereign Divinity, Wellness, Healing, Spirituality — if any of these words hold meaning for you then you will want to join us at [creationsmagazine.com](http://creationsmagazine.com). There you will find all this and more.

Over the next few months we will be adding more content and features, including:

- Podcasts and Interviews
- Chat Sessions and Blogs
- Training and Education
- Coaching
- Special Member Areas
- Online and In-person Retreats and Social Events
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- Guided Meditations
- Longevity and Nutrition

Please check out our new website, visit often, and contribute to the growth of our community!

Enjoy a Peaceful Holiday Season

Neil & Andrea

# CREATIONS MAGAZINE

December / January 2025  
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# An Infinite Ocean of Love

by Marianne Williamson

In the words of Albert Einstein, “We cannot solve our problems with the same level of thinking that created them.” There is a quantum field that lies beyond the limits of the world as we understand it. Our rational mind cannot grasp it fully, for it is beyond the understanding of the mortal mind. The heart, however, is totally at home there.

Miracle-mindedness returns the mind to its proper function, which means alignment with and service to love. The Mind of God is an infinite ocean of loving thought, and when we think with love we are thinking with God. The purpose of our lives is to learn to think as God thinks.

Every thought is a cause that leads to an effect; the world is like a screen onto which are projected the nature of our thoughts. The Law of Cause and Effect was created for our protection, for as long as we think with love, then love is reflected back to us.

But that’s not what is going on here, at least not usually. Humanity is dominated by a loveless thought system, the ego’s



playground, emerging from the mistaken thought that we are separate. The belief in separation leads to all manner of chaos. Like a cancer cell that has disconnected from its collaborative function, our thoughts are prone to separating themselves from their divine purpose. That itself is the essential problem: we’ve been infected by the malignant thought that “it’s all about me.” Thinking we are separate, we then consistently attack what and whom we were born to love.

The separation itself is an illusion of consciousness, for on the level of the spirit there’s no place where you start and I stop. We’re like waves in the ocean thinking we are separate from other waves. Obviously, there is no place where one wave stops and another wave starts. Yet think of the psychological difference between thinking of yourself as a wave that is separate from the rest of the ocean versus thinking of yourself as one with it.

If I think of myself as one wave separate from every other, how can I not feel powerless in relation to the rest of the ocean? How can I not live in constant fear of annihilation, terrified a wave that is bigger than I am, will overwhelm me at any moment? Why would I not then defend my separateness, believing that without it I will cease to exist?

On the other hand, if I think of myself as one with the other waves, how could I not feel safe and powerful? Identifying with the power of the ocean itself, I have no reason to fear, because I know that I am part of it.

Believing we are separate, yet knowing in our hearts that we are not, we suffer. Our entire existence is a fixed double bind. We are left with no sense of meaning, higher identity,

or purpose. The world as we have come to know it—a realm of disordered thoughts, manufactured chaos, and disconnected events—is not who we are, and we cannot feel safe within it.

This is a deadly game, but it is a game we’re playing with ourselves. With our loveless thoughts we have concocted a loveless world. In closing our hearts we have blinded our eyes. But God did not do this to us; we did it to ourselves.

There is a way to escape this pain. Yet it’s something the ego will not tolerate. Escape lies in surrendering the belief that we are separate, which the ego finds intolerable because the end of the separation is the death of the ego. It becomes vicious in its drive to preserve its life. In its panicked, hysterical drive to perpetuate itself, the ego takes out all the stops to convince us that the separation is real and that our oneness is the illusion. It insists everyone is guilty, even ourselves. It insists we are isolated specks of nothingness afloat in a random, uncaring universe.

How could this not produce a deep and abiding anxiety, routinely suppressed yet always haunting us? And from that place

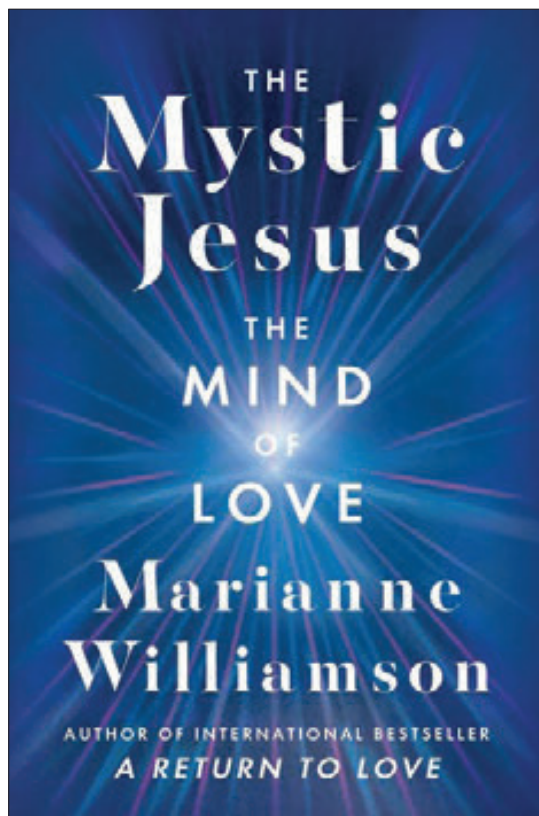
of spiritual ignorance, uninformed of who we are and who we are to each other, we make endlessly foolish decisions. Insisting the separation is real, we look to the material world for comfort when our over-identification with it is the actual source of our discomfort. We build our mental prison, then seek to decorate it with gold.

We use our minds to attack and defend when the purpose of our lives is to love and bless—all this in an unconscious drive to perpetuate the separation that is the engine of our despair.

Ah, but from this insanity we are miraculously saved. ✨

Excerpted with permission from **THE MYSTIC JESUS: The Mind of Love**, ©2024.

For more than four decades, **Marianne Williamson** has been a leader of spiritually progressive circles. She is the author of 16 books, four of which have been #1 New York Times best sellers. Williamson’s latest book, **THE MYSTIC JESUS: The Mind of Love**, is available online and at bookstores everywhere. Find her at [www.marianne.com](http://www.marianne.com) or @MarianneWilliamson.



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# Protect Your Smile from Bone Death

When it comes to maintaining good health, we often focus on the basics—eating nutritious food, exercising, and managing stress. But did you know that the medications you take could have a significant impact on your oral health? One serious concern is osteonecrosis of the jaw (ONJ), a rare but potentially debilitating condition that affects the bones of the jaw, causing pain, infection, and even bone loss. While ONJ is most commonly associated with certain medications, there are steps you can take to minimize the risk and protect your smile.

Osteonecrosis of the jaw is a condition where the jawbone begins to break down due to a lack of blood flow. This can result in bone death, exposed bone tissue, and chronic infections. ONJ is particularly concerning because it can be difficult to treat and may lead to serious complications if left unchecked.

Certain medications have been linked to its development, especially those that affect bone health and the body's ability to heal. *Bisphosphonates* are medications commonly prescribed to treat osteoporosis and certain cancers, as they help prevent bone loss by inhibiting the breakdown of bone tissue. However, long-term use of bisphosphonates—particularly when administered intravenously—can increase the risk of developing ONJ.

*Denosumab* is often used to treat bone loss in cancer patients or those with osteoporosis, works similarly to bisphosphonates but by targeting a different mechanism in bone metabolism. Like bisphosphonates, it can impair the bone's ability to heal after injury or dental procedures, raising the risk of ONJ.

*Antiangiogenic* medications used to treat certain cancers, such as *bevacizumab*, work by inhibiting blood vessel growth. These medications can disrupt the blood supply to the jawbone, which is crucial for healing after dental work or injury.

Your mouth is home to millions of bacteria, and any infection—no matter how small—can have serious consequences, especially when it comes to bone health. If you're taking medications that increase your risk of ONJ, it's crucial to be proactive about your oral care. Prevention is the key to



maintaining both your oral health and overall wellbeing.

Regular dental visits are essential. We, at **ESI Healthy Dentistry**, can identify early signs of ONJ or other oral issues and help you stay ahead of potential complications. If you are about to start any medication that affects bone health, speak to your dentist first to make a plan for monitoring your oral health.

If you are on these medications, it's important to avoid invasive dental procedures, such as tooth extractions or implants, unless absolutely necessary. Get information about the risks involved, and explore options for preventing the need for such procedures in the first place.

Brushing and flossing daily are the cornerstones of oral health. Keeping your mouth clean helps prevent infections, which can lead to inflammation and increase your risk of bone damage. Drinking plenty of water and eating a balanced diet with adequate calcium, vitamin D, and other essential nutrients can help maintain your overall bone health.

If you notice any changes in your mouth, such as pain, swelling, or a sensation of exposed bone, see your dentist immediately. The earlier you catch potential issues, the easier it is to treat them and prevent more serious complications.

Remember, your health is in your hands. A little effort now can go a long way in ensuring you'll protect your jawbone and keep your smile bright and healthy for years to come.

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# Your Pain and Your Story

by Ramaa Krishnan, Wilmette, IL

Your pain is real, but your story may not be.

Are you willing to consider that your story is simply an interpretation of your experience? Are you open to the cause-effect connections you've made, may not be the truth? Or at the very least, the absolute, one hundred per cent, correct and complete truth?

Your answer to those questions hold the key to your healing and freedom. **For as long as you stay loyal to your stories, you remain loyal to your woundedness.**

We all create narratives around our experiences, weaving together memories and emotions to form a cohesive story about ourselves. These stories give us a sense of comfort and sometimes even purpose, but they can also become stumbling blocks to our healing. Rather than addressing our wounds, our stories often protect them, keeping the pain locked in place, concealed beneath layers of narrative that we cling to. The story becomes a shield, preserving the very thing it was meant to heal.

Being human is a deeply rewarding experience, but like all rewards, it comes with its own risks. Reward and risk are inseparable—two sides of the same coin. Despite this truth, most of us resist it. We struggle against the imperfections in our lives: within ourselves, in others, and in life itself. Living in a world that values avoiding discomfort, we endlessly chase an illusion of perfection that doesn't exist. Our stories keep such illusions in place.

We tell ourselves, if only this happened or had not happened, my life would be perfect. Our "if onlys" keep us in our fantasy, denying the very nature of reality.

Gautama Buddha, the founder of Buddhism, taught that this denial lies at the core of human suffering. *Pain*, he explained, *is an inevitable part of life, while suffering is optional*. His analogy of the two arrows beautifully captures this wisdom. The first arrow represents the unavoidable pain that life sends our way—hurtful experiences, challenges, losses. This arrow is beyond our control. However, the second arrow is the suffering we inflict upon ourselves in response to the first. **This self-inflicted wound is our choice: how we**



**interpret, internalize, and react to the pain.**

The imperfections in our lives are simply part of the deal. We don't always get to choose the events that shape us, especially in childhood. Unlike animals or birds, that learn survival skills in mere days or months, humans take years—decades even—to reach adulthood. This long journey toward maturity leaves us vulnerable to emotional and psychological wounds. During this phase, we are also told how to think, behave, and who to become, leaving little space for our authentic selves to emerge.

Over time, these experiences obscure our innate wholeness, covering it with layers of conditioning. Even in the best of circumstances, most of us emerge from childhood with wounds—whether they come from our parents, caregivers, teachers, or even other children, just as lost and unsure as we are. Sometimes we are the ones who hurt others; sometimes we are the ones who are hurt. This is part of the shared human experience.

Our wounds may not always take the form of a traumatic event. Sometimes, a simple dismissive remark from a parent or the silent pressure to fit in and conform may have a subtle impact upon us. Yet, these seemingly small hurts accumulate over time, shaping the beliefs we hold about ourselves and the world around us. They create a narrative that limits our potential, keeping us from stepping fully into our authentic selves.

Over time however, the pain of not living our truth catches up with us. Our wounds surface at pivotal moments in our lives, demanding to be healed. And that healing calls for a courageous journey inward. It means revisiting the places where we once felt unsafe,

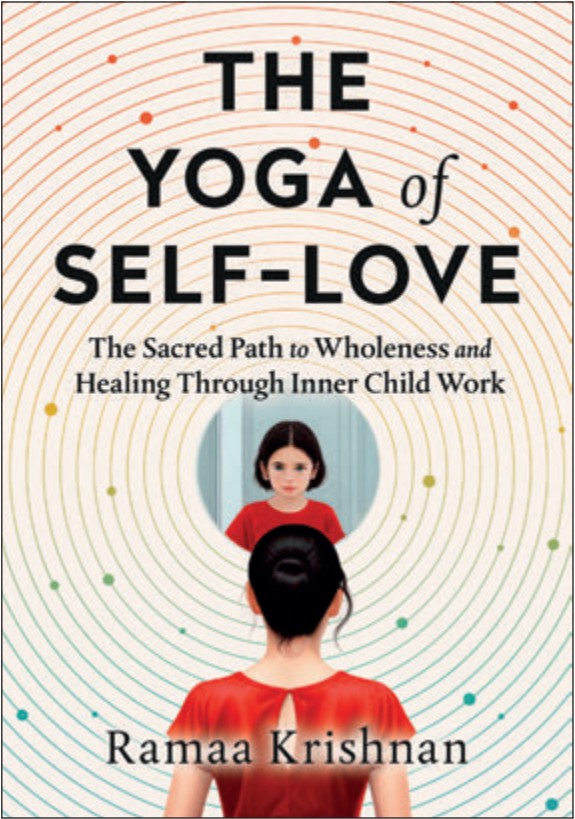
unseen, or unloved and reconnecting with the inner child who still holds the key to our wholeness.

This process isn't about sticking to some notion of positivity that denies the pain, nor is it about wallowing in self-pity. It is about acknowledging, feeling, and transforming those feelings by doing the inner work. Allowing ourselves to lean into these layers of pain, we begin to accept what we went through with a new understanding, not letting it define us or nurture bitterness against another. We unravel the stories we've told ourselves and release them from our system, along with the pain associated with those stories.

When we face our wounds with compassion and acceptance, we open the door to authentic healing. Only then can we step into adulthood—not merely in a biological sense, but as fully realized beings who are no longer bound by the stories of our past. We can choose to release the second arrow and stop adding unnecessary layers of suffering to the pain we've experienced. In doing so, we reclaim our inherent wholeness, embracing the imperfections of life with grace and authenticity. ✨

**Ramaa Krishnan**, born and raised in India, aligned with a spiritual path and purpose from an early age. Her husband's career brought their family to the US in 1998 and she soon began sharing her perspectives and practices

with others, helping them to live their lives more consciously. In 2006 she founded Full Bloomed Lotus Center for Self-Awareness. A difficult period in her own life had Ramaa digging deeper, uncovering old forgotten wounds, and exploring a deeper faith, beyond traditional practices. Her first book **The Yoga of Self-Love: The Sacred Path to Wholeness and Healing through Inner-Child Work**, is a step-by-step guide to self-discovery and healing, underscoring the power of reshaping our narratives, and affirming that while we cannot alter our past, we can find the freedom to change how we perceive it. For more info about Ramaa, visit: [www.fullbloomedlotus.com](http://www.fullbloomedlotus.com). Her book is currently available on Amazon.com.



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# Emotion is the Language of the Heart

by Ann Albers, Phoenix, AZ

When was the last time you reached for something you truly wanted without analyzing whether or not you were worthy of it, what it meant, and if it was OK to have that heart's desire? It seems our minds are filled with a veritable trash heap of thoughts, judgments, belief structures, and fears that pollute our simple knowing.

Within each of you, there are many forms of intelligence, including the *intelligence of the thinking mind* (as opposed to Divine Mind) and the *intelligence of the heart*. The heart's job is to bring you guidance directly from God. The thinking mind is supposed to figure out how to satisfy and follow the heart's guidance.



The heart's language is one of emotion. *Emotions are simply energy in motion.* Almost every emotion serves a purpose and brings a message from your spirit. If you know how to decipher emotional energy, you can better understand your own heart.

If you feel angry, for example, this is a message from your spirit that something or someone in your life is not in alignment with what you want to experience. **Anger is meant to help you take responsibility for your own happiness.** Harness the intense desire for growth that lies beneath the anger, and you will understand the force that causes a seed to burst out of its shell and push through the dirt into the light. Anger is meant to inspire you to move out of a dark situation. Anger is not intended to be aimed at others.

If you are angry, ask yourself, "What do I need to do or say in order to take responsibility for my own happiness?" If someone is abusive or has hurt you, you need to communicate from the heart, move away from the situation, or get help. Remaining angry does not change a thing and simply implodes an energy that is meant to create movement. Aiming your anger at the other serves no purpose as well. When you recognize that your anger is a desire to be treated kindly, this mandates action. Blaming others for your unhappy situations fosters victimization, feelings of helplessness, and in extreme cases, disease.

**Sadness shows us where we are having a hard time embracing life as it is.** When you're sad, seek out comfort in healthy ways and focus on accepting whatever has occurred in your life to make you feel badly. Sadness occurs when our minds want life to behave a certain way, but the

River has pushed us in another direction. We have to let go of our expectations, or we will feel torn apart. This is why we feel such lackluster energy when we are sad. We are fighting the River.

For example, I am saddened when people are nasty to one another, especially when someone is nasty to me. I truly long for a peaceful, cooperative world. However, I can't change anyone. I have to help the people who want help and accept the fact that there are those who don't want to change.

**Envy shows you where you feel helpless to create what you want in life.**

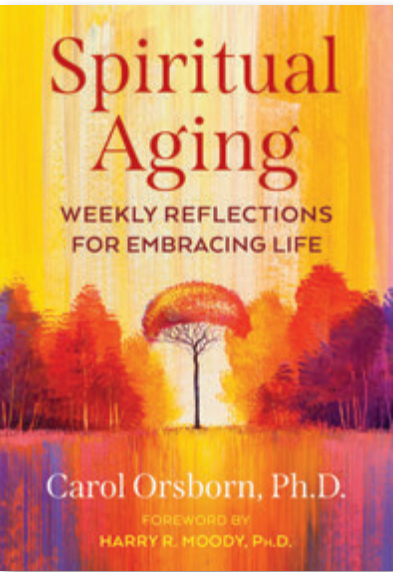
You think another person has been graced or blessed, but you have not. In reality, you simply have to take charge, intend, focus, and pray for what you

want, and stop focusing on your lack. *Focusing on lack brings more lack. Focusing on abundance brings more abundance.* To remedy jealousy, harness its nuggets of truth—you want something in your life—and put your energy toward creating that. Never begrudge another his or her success. One who succeeds paves the way for others to do the same. If you are brave, ask the person you are jealous of how they got whatever it is you want. They may even help you towards your dreams.

**Loneliness is an emotion that shows us we want companionship, which is a natural human desire.** If you want life to reach out and embrace you, you need to reach out

Continued on page 9

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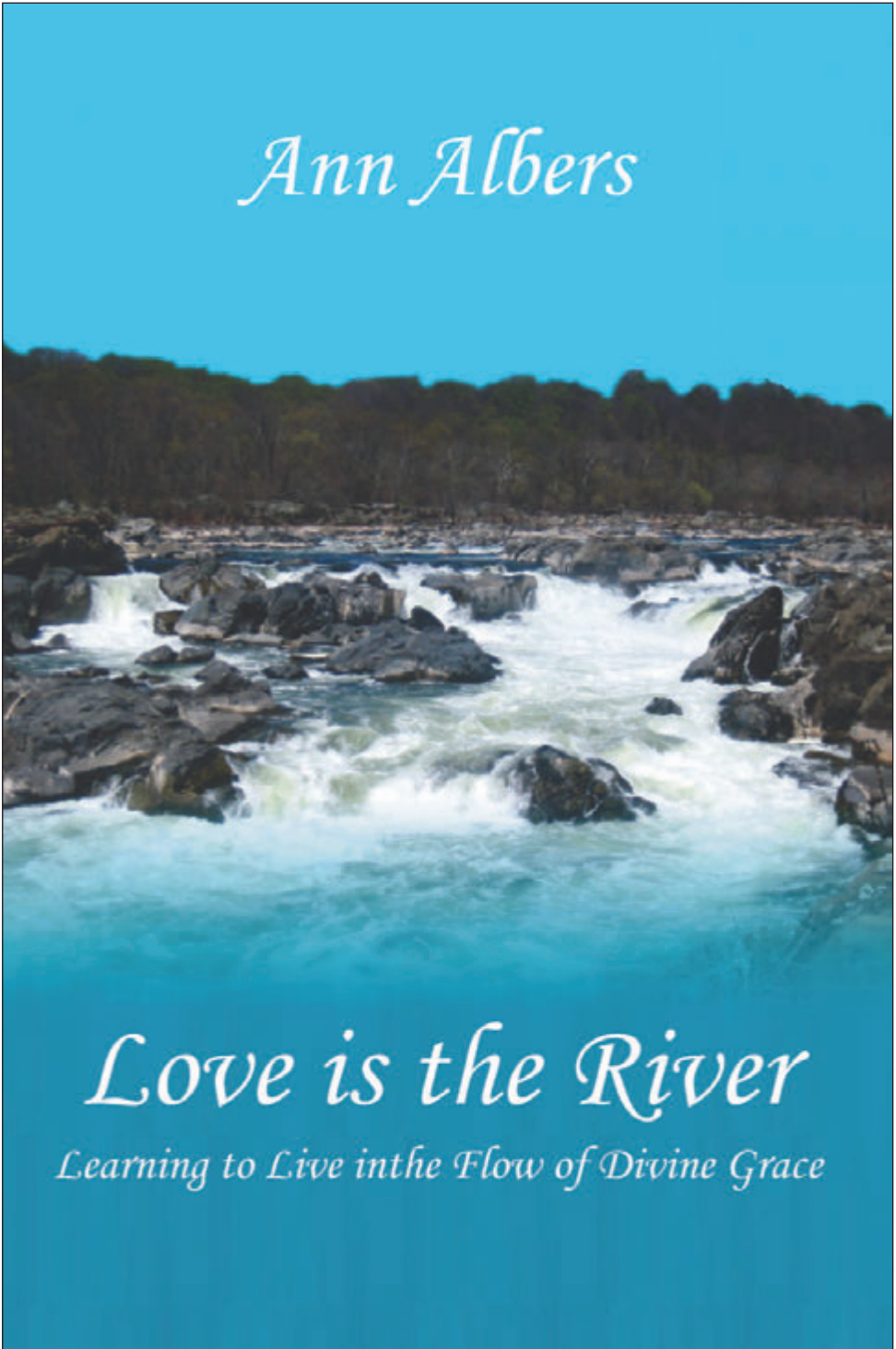
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# When fear Is Neutralized By Love ...

by Owen Waters, Texas

Love, in its various forms, is the almighty drive that sends people to the extremes of human endeavor. This potent force which pervades the universe is part and parcel of the human experience, providing people with learning and evolution. It is the driving force behind all life in its journey back to the Oneness of all things.

There are many forms of love. There is the love of a mother for her baby. There is the love of a child for their parents. There is the camaraderie of people of like mind. There is the love shown by self-sacrifice in order to save others during a crisis.

All these are manifestations of the one love, the one energy that pervades all existence upon all frequencies of consciousness. The world is changing. It is transforming into a world of human dignity and poise, where one person is honored by all other people, where suffering has come to an end because people reach out with their hearts to serve humanity in any way they see fit.

It is a world of love that will blossom forth when fear comes to an end. When fear is transformed, people will not fight for resources, they will create ways to make sure there is enough of everything for everyone. When fear is transformed, people will not need to have power over others in order to feel more secure within themselves.

Fear is a mental energy. It circulates the globe within the mind belt of humankind. It can be transformed into love by the prayers and intentions of every spiritually-minded individual upon the face of the globe. **When fear is neutralized by love, world peace will dawn.** Sending your love energy out into the world is an act

of transformation, and one with your name on it. When you are joined by millions of others in this dynamic act of transformation, we will have peace on earth. ✨

Reprinted from **Four Powerful Steps to Spiritual Enlightenment and Freedom of the Spirit** by Owen Waters. Take the fast track to enlightenment!  
<https://www.infinitebeing.com/ebooks/freedom.htm>

Owen Waters is also the author of **Higher Consciousness: Finding Peace and Joy Above the Noise.** [Infinitebeing.com](http://Infinitebeing.com)

Continued from page 8

and embrace life. Be kind to people when you are out running errands, and chat with people who attract your attention as you wait in line at the grocery store. Find groups of people who are interested in things that fascinate you. Join a church or find a spiritual group that resonates with you. Sign up for classes or volunteer. Join Internet discussions on topics you feel strongly about. The angels often say, "If you want the world to see you, be you." No one is likely to find you if you hide out.

If you love someone who doesn't return your love, consider the fact that your heart longs for what you *perceive* the other to be or what you *imagine* he or she *could* become. Rather than targeting someone who can't or isn't willing to love you, pray and ask God to bring you a match made in heaven. Trust.

**Fear is an emotion that shows us our illusions.** Fear shows you where your past has taught you to withdraw from or fight life. When you are in fear, seek healing, the solace of friends, and the advice of wise counsel, or at least do deep breathing and pray for God and the angels to help remove the fears. Fear is one of the few truly useless emotions and is the way the denser energies manipulate us and keep us from feeling joy. *We think fear protects us from further harm, but in truth, fear dulls our natural senses and ability to discern what is healthy and what is not.*

**Worry** is another feeling that serves little purpose. **It is born of fear, not faith and trust in God.** Nonetheless, the angels say that beneath every fear is a love of the thing you fear you can't have, or the thing you fear will be taken away. Beneath worry is love as well. Find and acknowledge the love, focus on that, and you will have

alchemically transformed these relatively ineffective feelings.

**Joy tells you something is right for you.** Suppose you absolutely love baking, but you can't possibly eat all you produce. Bake anyway and contribute to a local shelter, or share with people who need a little lift. I love to cook and find it to be a creative outlet, so for Christmas, I gifted some very busy and very dear friends with a meal a month. I have found an outlet for my soul's joy, and they have more time to relax.

It is important to embrace the so-called *negative emotions* as well as the positive ones because they, too, contain messages from the soul. *They show us areas where we need to acknowledge our need to love or be loved.* They show us where we're aligned with our spirit or not. If the River can't get your attention via the more positive longings of your soul, the currents of grace will allow you to flow into circumstances where you feel the heavier emotions. Even this is Love.

The logic of the mind is completely different from the logic of the heart. The mind attempts to label, categorize, and file bits of information. When you encounter a new situation, the mind attempts to find the most closely related experience in its database. In that capacity, the mind is limited. The thinking mind tends to project the past onto the future. It is the equivalent of a computer designed to help you fulfill your dreams. The mind was never intended to run your life. In fact, *the rational mind is designed to serve the heart.* ✨

Excerpted with permission from **Love is the River**, by Ann Albers.

**Ann Albers** is a popular author, spiritual instructor, angel communicator, and modern mystic who has spoken at conferences with famous authors, 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! 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 more at [www.visionsofheaven.com](http://www.visionsofheaven.com). Her book, **Love is the River, Learning to Live in the Flow of Divine Grace**, can be purchased at <https://www.amazon.com/Love-River-Learning-Divine-Grace/dp/1949780007/>



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# The Mystic Jesus: Available to Everyone

by Marianne Williamson

I have found over the years that I'm far from alone in having had a strange introduction to Jesus. The prepackaged religious Jesus doesn't work for everyone, including some Christians. For many he has become like a fossil enclosed within a glass case, displayed in a museum but somehow lacking spiritual force.

The world needs help—few are doubting that now—but Religious dogma seems like an inadequate response to the challenges of our time. People long for a sense of spiritual immediacy, not some promise of a vague and far-off heaven.

In turning away from the dogma of organized religion, however, people don't necessarily mean to be turning away from God. Many are scanning the landscape now for new, more vital spiritual experiences, including a revelation of Jesus that is more relevant to their lives. They're finding this revelation both inside and outside the Christian religion. Surely there's something beyond the false choice between a calcified notion of a "Son of God" and the modern de-juiced assignation of "a great teacher."

We're looking for a deliverer not just from our individual sins but from the world's insanity. And nothing less will do. Just as Jesus two thousand years ago came to speak not only to Jews, the Jesus of today comes to speak not only to Christians. The idea that he belongs only to Christians, or to practitioners of any other religion, for that matter—who therefore get to determine precisely who he is and what

he should mean to us—is an idea whose time is passing. While Christianity claims a kind of monopoly on Jesus, there's a growing sense that he belongs to no one and yet to everyone.

The mystic Jesus is a universal Jesus, an aspect of nature itself. I experience the sun, but no one owns the sun. I experience the breeze, but no one owns the breeze. I experience love, but no one owns love. Natural forces can neither be contained nor propertied, and Jesus is a natural force.

The mystic Jesus is a path of consciousness, an understanding of how the universe operates and how we can mentally align with its purposes. The contemporary mystic is guided by an internal radar that exists within us all, literally a gift from God. Whether we call that guidance conscience, ethics, our covenant with God, the voice of the Holy Spirit, or Jesus, its wisdom and illumination is the salvation of the world.

**The world is a reflection of our thoughts; therefore the primary thing to be saved from is our own misguided thinking.** The salvation of the world lies in the correction of the thinking that dominates this world, a kind of thinking that is rooted in fear and leads inevitably to fearsome consequences. The problems of the world as we know them are simply symptoms of a deeper problem: us, and the ways of thinking that trap us in the hell of our own making. It is thinking based on fear, positing us as



separate from everything—from anything larger than ourselves, from each other, and from the world at large. This thinking is deeply untrue and deeply insane. It wounds the world because it breaks the heart. It causes inevitable suffering

because it is so at odds with the truth of who we are. We need to correct that thinking, and then we will correct the world. We need to heal our wounded souls, and then we will heal the world.

It is imperative that we stop behaving in ways so violently destructive to ourselves and to others and to the planet on which we live, or humanity will not survive itself. Our violent behavior stems from our violent thinking; it is our thinking, therefore, that is killing us. Yet how do we change at this point? Is anyone seriously thinking that traditional psychotherapy, or psychopharmacology, or theology is going to save us? "A universal theology is not only possible but necessary" (MT-77), says *A Course in Miracles*.

Jesus is a bridge to another kind of thinking, better thought of as a living inner guide than as a stained-glass icon. He is a reminder of who and what we truly are.

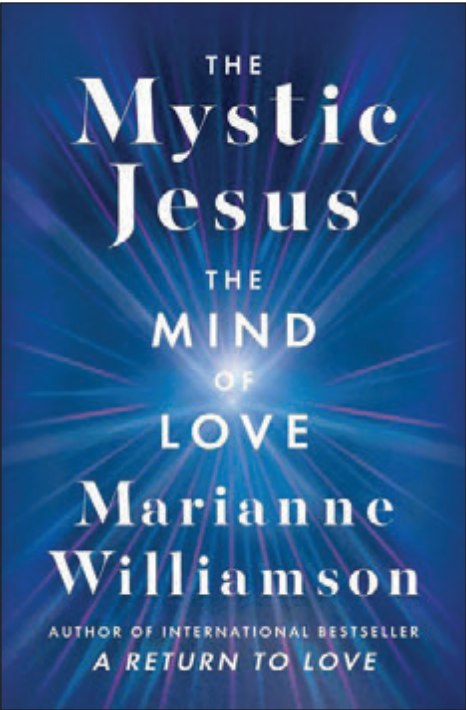
He stands in the breach between the neurotic, weak, fearful, and judgmental you and the strong and powerful,

forgiving and most glorious you. He can lead you from one to the other. His mind, joined with ours, can shine away the fear-laden sense of self that plagues us.

That is the revelation of the mystic Jesus. He will lead us through the darkness in our mind, to the light that God placed there and that cannot be erased. The mystic Jesus is not an idol. He is an evolutionary Elder Brother, not forcing himself on anyone but available to everyone. ✨

*Excerpted with permission from the Introduction to THE MYSTIC JESUS: The Mind of Love ©2024.*

For more than four decades, Marianne Williamson has been a leader of spiritually progressive circles. She is the author of 16 books, four of which have been #1 New York Times best sellers. Williamson's latest book, **THE MYSTIC JESUS: The Mind of Love**, is available online and at bookstores everywhere. Find her at [www.marianne.com](http://www.marianne.com) or @MarianneWilliamson.



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# Start As Soon As You Wake Up

by Jim Ryan, Murfreesboro, TN

Whether you're a morning person or a night person, your day starts as soon as you wake up. That's the perfect time to reach for the best feeling thought you can find.

Most of us live in a daily routine, pretty much doing the same things every day. Why not add something to your schedule that will get you off to a great start each day? Get in the habit of giving thanks for the gift of life as soon as you wake up!

I once heard a story that made me feel sad, happy and somewhat upset all at the same time. A young woman experiencing headaches was told, after seeing several doctors, that she had brain cancer and had only a few weeks to live. Imagine the horror of being told such a thing! How sad to have your life cut down just like that. She was, of course, devastated.

But then, after further testing, it was revealed that it was not brain cancer at all.



It turns out it was only an infection that had gone to her brain as a "freaky" result of recent dental work. Her newly diagnosed condition was cured by a simple regimen of antibiotics. Can you imagine the relief she must have felt? The young woman had been given a new lease on life.

From then on, the woman began to look at her life in a whole new way. She now greets each day as if it were a miraculous gift to her. She makes an effort to live every day to its fullest - feeling happy to be alive and well.

The truly upsetting part of this story was my realization that so many people need a near-death experience to really be thankful for their lives. It takes a major crisis, like a cancer

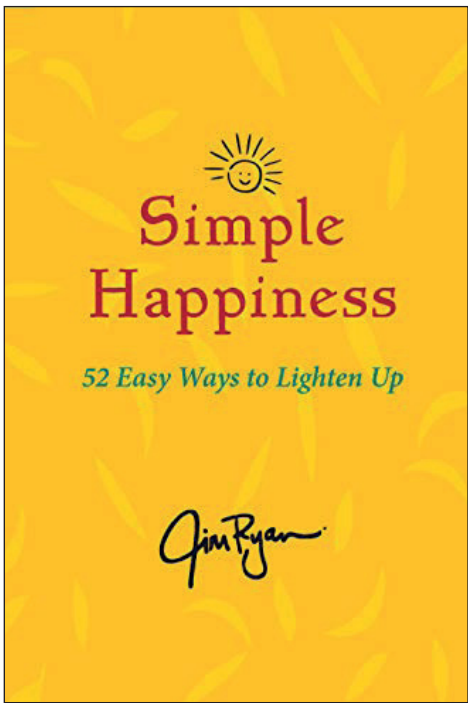
diagnosis, for them to begin welcoming each day as the precious gift it is. It's sad to think there are people who never feel the pure exhilaration of being alive like that woman now feels. I wonder how many people are just "existing" and not really valuing the miracle of life. The truth is that far too many are. But it could be different. It's simply a matter of bringing the miracle of life to mind the moment we rise to meet each day.

Tomorrow, as you awaken, take a nice deep breath and be thankful for the miraculous gift just given to you. Forget your troubles. Shake off any stress. Tell yourself, "I can face anything! I've done it before, and I can do it again." Think of a short list of things in your life that you are grateful for. My guess is that if you welcome each day with a renewed sense of excitement and appreciation, your worries will soon melt away and miracles will begin to take their place.

Thankfulness - start as soon as you wake up! ✨

Excerpted with permission from **Simple Happiness, 52 Easy Ways to Lighten Up.**

**Jim Ryan** is the author of **Simple Happiness, 52 Easy Ways to Lighten Up**, which has inspired tens thousands



of readers to live their best lives now. He began his speaking career in 2000 when he started teaching a course in Personal Development in his local prison system. The overwhelmingly positive response of the inmates there inspired him to take his message to the public. Jim's empowering and uplifting message has inspired thousands in audiences all over the country.

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# Why Free Speech Is a Life or Death Issue

by Steve Bhaerman  
and Michael Maxsenti

*It's not vicious lies they are looking to censor. It's those vicious truths they're worried about.*

– Swami Beyondananda

Recently, I declared “free speech” an existential issue for democracy. I’ve spoken to people who’ve said, yes but it’s not a life-or-death survival issue like let’s say nuclear war. Well, I say it is. And what really brought that home to me was a book recently released called *The Pfizer Papers: Pfizer’s Crimes Against Humanity*, by Naomi Wolf and Amy Kelly.

<https://www.amazon.com/Pfizer-Papers-Pfizers-Against-Humanity/dp/1648210376>

Like Daniel Ellsberg’s Pentagon Papers published more than 50 years ago, that lifted the veils on the War in Vietnam, this new work – based on Pfizer’s own documents that were supposed to stay secret for 75 years – blows the whistle on what has to be one of the most toxic perpetrations in human history.

As soon as the Biden-Harris administration took office in 2021, just prior to the release of the COVID vaccines, they began a concerted campaign to de-platform any potential critics. They used a shadowy organization with the Orwellian name *Center for Countering Digital Hate* that identified the “Disinformation Dozen” (individuals that were actually providing missing information intentionally left out of the official narrative).

What followed was a relentless propaganda campaign involving every show biz personality and media influencer they



could find to promote the shot as “safe and effective.” We all remember the likes of Rachel Maddow assuring us that if we took the shot, we wouldn’t get the infection and couldn’t spread it to others.

It turns out they were wrong, and not only were they wrong, those running the campaign KNEW they were wrong before the shots were even available, based on the Pfizer trial documents the FDA was allowed to see, but the public wasn’t. As you will hear if you watch the Naomi Wolf interview with Del Bigtree, when FDA director Rochelle Walensky saw the report, there was a panicky call with other health officials and the result was a 17-page script to spread the REAL disinformation, the “safe and effective” story. No one would know because the actual report was not to be released for 75 years.

But then a funny thing happened. A group of scientists and medical researchers sued the FDA under FOIA to force release of hundreds of thousands of documents related to licensing of the Pfizer-BioNTech Covid-19 vaccine. This document that was supposed to be “cryogenically frozen” until the end of the century, all of a sudden became available for all to see. And as Naomi Wolf will tell you in the interview not only were there 1,200 deaths during the trials, but the shots severely



compromised women’s reproductive capabilities, and did in fact cause blood clots and cardiovascular issues.

Please remember that all these injury reports were being made prior to the documents being released, and they came up against a wall of denial and de-platforming. (By the way, we aren’t even going to attempt to post this episode on YouTube – our assistant wrote, “I checked the content guidelines on YouTube and for sure this would get a content strike. They specifically mention most of what Naomi and Del are talking about as not allowed.”)

So ...what’s wrong with this picture? Are you grateful you are being “protected” from this information?

Just as surely as the public wouldn’t have actually gotten the story behind the Vietnam War had the Pentagon Papers been suppressed, it’s only because of the courageous persistence of Del Bigtree’s organization (ICAN – Informed Consent Action Network) and those scientists that we have access to this information.

Please watch our podcast, and go here to go deeper into the details of how Naomi Wolf engaged thousands of credentialed scientists to vet the material and clarify what it means. The implications are dark indeed. Wolf emphasizes that even though COVID was a respiratory infection, there was very little about the shot’s efficacy in that regard – in fact, getting COVID was the third most common side-effect!

Instead there was great detail about damage to women’s reproductive systems, including disrupted menstrual cycles, calcification of the placenta, and pregnancies not coming to full term. She seems to conclude that the shots were designed intentionally to slow the birth rate. You’ll have to make up your own mind. *What’s most challenging about taking all this information in, is that most normal humans cannot fathom something*

*this evil being done and would rather not believe it.*

My wife Trudy was born in Germany and came to the US at the age of three. As a teenager, she returned to Germany to stay with relatives. She asked her aunts and uncles what they knew about the Holocaust. Everyone pretty much said the same thing. “We were told it was American propaganda, and frankly, it would have been too horrific to believe otherwise.”

William Shirer, author of the classic *Rise And Fall of the Third Reich* about Hitler’s Germany, wrote a previous book, *Berlin Diaries*, that he smuggled out of Germany on the eve of World War II. He reported that just as Hitler was about to invade Poland, every newspaper on every newsstand in Berlin bore the same headline: “Poland Prepares to Invade Germany.”

Now obviously there were people – plenty of people – who knew that was a lie.

But there was nowhere to speak that truth. Nazi Germany ... Not-See America ...

Not exactly the same, but similar to the blaring headlines and messages 24/7 – “safe and effective” – and repressing anyone who said otherwise.

I take heart in two things:

First, 1965. That was the year I was the first kid on my block to stand up against the Vietnam War, not a popular stance. My friend who joined army ROTC and was training to be a paratrooper was outraged. Yet, two years later he joined me marching against the war on Fifth Avenue. What changed? Teach-ins for one. More information giving a bigger picture emerged. Reports came back from returning soldiers. Public opinion shifted.

This one won’t be that easy, nor do we have two years. The Pentagon Papers were all over the news in 1971. The Pfizer Papers? You won’t see Naomi Wolf on CNN.

The other thing that heartens me is that we are indeed living in “apocalyptic” times, meaning the veils are being lifted from all kinds of toxic secrets. We humans – particularly those who see ourselves as “evolutionaries” and who truly seek a better world – must be able to gather enough love and coherence to metabolize those toxins.

Finally, Michael Maxsenti and I have three guiding principles:

*Continued on page 13*



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# The Power of Love: Holiday Peace

by Joanne Steenberg, Penobscot, ME

Well, I am sure there is one thing we all want more than anything this time of the year, — no matter how or what you celebrate—and that is PEACE. Peace in our hearts, peace in our families, peace in our communities and peace in our world. It is our innate human nature to want to be at peace. It is my hope that for the 2024 holiday season there will be more expressions of love and peace than ever before.

One of the things that warms hearts in a big way is connecting with our elders. Just listening to their stories of holiday traditions from the past can really be an eye-opener. Why not ask an elder in your life what they remember—and then sit back and listen? It is so healthy for them to retell their stories and so enriching for us to learn from them.

For example, I asked my mom what she remembered from her childhood holidays. With tears in her eyes she said, “Oh I’ll never forget hearing from my parents the story of the Christmas Truce of 1914.” Do you know about it? It’s an incredibly moving story. I can’t even write about it without crying myself. In the early days of WWI, on a beautiful clear morning, thousands of British, German and French soldiers put down their rifles, stepped out of their trenches and spent Christmas connecting with their enemies along the Western Front. The event has been seen as a kind of miracle, a rare moment of peace just a few months into a war that would eventually claim over 15 million lives.

Most accounts remember that the truce began with carol singing from the trenches on Christmas Eve. It is said soldiers wrote home of this account by the thousands. Graham Williams of the Fifth London Rifle Brigade described the following, “First the Germans would sing one of their carols and then we would sing one of ours, until when we started up ‘O Come, All Ye Faithful’ the Germans immediately joined in singing the same hymn to the Latin words Adeste Fideles. And I thought, well, this is really a most extraordinary thing – two nations both singing the same carol in the middle of a war.” It is said about 100,000 soldiers participated.



Some accounts said that the next morning, German soldiers emerged from their trenches, calling out “Merry Christmas” and holding up signs reading “You no shoot, we no shoot.” Troops even exchanged gifts of cigarettes, food, buttons and hats. Over one hundred years later, this Christmas Truce reminds us of the power of hope and humanity and the human desire for peace. And to think that I would not have known about this amazing story had I not asked my mom for some of her memories.

There is a powerful quote by Mother Teresa that stands out in my mind this morning, “Peace and war begin at home. If we truly want peace in the world, let us begin by loving one another in our own families. If we want to spread joy, we need for every family to have joy.” It is sometimes not easy, but maybe we can begin the process and take small steps with this goal in mind.

Mostly dear ones, keep loving yourself and reach out to others and offer a smile, kindness, a helping hand and a listening ear. Indeed, this is where peace begins.

“Let there be peace on earth and let it begin with me.” – Songwriters: Jill Jackson/Sy Miller ✦

Reprinted from the weekly column, *The Power of Love* in the Penobscot Bay Press newspapers.

**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](http://TheLoveCard.org)

Continued from page 12

- From political battlefields to cooperative playing fields.
- Seeking the whole truth together.
- Put the government on the side of the people.

We can’t count on any “leader” to do this for us. We – the people acting in coherent accord – are the leaders we’ve been waiting for. ✦

**Steve Bhaerman** is an internationally known author, humorist, and workshop leader. For the past 38 years, he has written and performed as Swami Beyondananda, the “Cosmic Comic.” Swami’s comedy has been called “irreverently uplifting” and has been described both as “comedy disguised as wisdom” and “wisdom disguised as comedy.” Author Marianne Williamson has called him “the Mark Twain of our generation”. On the more serious side, he co-authored with cellular biologist Bruce H. Lipton, PhD, **Spontaneous Evolution: Our Positive Future and a Way to Get There from Here**

(Hay House, 2009). Steve is co-host of the Front and Center podcast (“from political battlefields to cooperative playing fields” <https://frontandcenter.locals.com/>), writes a regular Substack blog, Signs of the Upwising <https://signsoftheupwising.substack.com/> Swami can be found online at <https://wakeuplaughing.com/>

**Michael Maxsenti**, Front and Center with Steve and Michael, co-host. Currently a member of the American Independent Party of California leadership team and the Independent National

Movement Leadership Council. Since January 2024, worked as part of the TeamKennedy CA and a SoCal Campaign leadership. From 2019 to the end of 2023, was the Common Sense Party State Volunteer Coordinator and member of the founding leadership team. Prior to committing to the political reform movement in 2010, Michael was the owner of a small publishing business after spending 20 years in corporate America, serving as a Division President and Chief Operating Officer for two large global corporations, American Standard and Nissan.

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# Healing and Our Companion Animals

by Milissa Castanza Seymour,  
Bethpage, NY

*When we share our lives with animals, our spiritual paths intertwine.*

– Kathleen Prasad

Ayurveda and Chinese medicine are among many teachings that describe the subtle energy body system that overlies and interconnects with the physical body. In Ayurveda and yoga, this is called the prana body, *prana* being the life force energy equivalent to *chi/qi* (Chinese) and *ki* (Japanese). People are familiar with this concept as it applies to humans but don't realize it applies to animals as well. We go for acupuncture, massage, reiki, and use aromatherapy for our own healing but often don't realize these modalities are effective with animals too. All animals have energy systems, to include the chakras, that respond well to energy work. Disruption in the energy body is where most dis-ease originates. Just like humans, when their energy body is out of balance, our animal friends feel unwell which manifests physically,



emotionally, and behaviorally. Balancing their energy system results in a state of vitality and wellness.

Hands-on healing and aromatherapy for pets complement each other nicely. Using *hydrosols*\* has a healing effect on our animal companions. Hydrosols, the water that remains after the distillation

of essential oils (EO's), have only a minute amount of EO, making them very safe. They're even gentle enough to use with cats who can't metabolize most EO's. EO's can be useful with animals too but have many more contraindications to consider. Hydrosols are very gentle, yet balance physical and emotional issues.

To get acquainted with "energy," rub your hands together for a few seconds, palms facing. Draw hands apart slightly and feel the energy. We are all capable of working with energy.

## Try my basic protocol for working with energy healing:

In a healing session with animals, start by asking the pet (usually telepathically) for *permission* to work with them; sense the response. Have the pet smell different hydrosols sprayed on tissues. Let them intuit what they need. Limit the group of scents they can choose.

For example, offer:

- 1) Lavender, Roman chamomile, rose-geranium to calm stress/anxiety
- 2) Lavender, German chamomile and calendula for skin issues
- 3) Orange, lime, or ginger for energizing

**Center** (take a breath) and set an **intention** for the work (ex. to heal anxiety, uplift energy etc).

Move hands slightly above and over their body to **assess** the energy field. Notice the sensations and **impressions** you receive. Impressions can be a sense of unease, visualized colors/shadows, tingling, heavy sensations or word-images. **Apply** the hydrosol to your hands and place them a few inches above their body in areas in need of healing. Allow the energy to move, mentally setting the intention for balance. **Reassess** the energy field to be sure the energy has adequately settled; if not, repeat hands over again, then reassess again. **Close** the session by gently sweeping the energy downward toward the floor. If your pet allows it, place your hands on their body/paws for a minute to ground or sit silently for a minute while mentally sending grounding energy. As you progress, symbols, prayers and other techniques can be added. Follow-up by applying hydrosol to a scent strip of cloth and placing it in their

sleep area later. In summary, healing sessions are **PC** (permission/center) with **Intention**, and have an **Assess Impressions ARC** (*apply, reassess, close*).

While working with pets, be mindful of the breath during healing sessions. The breath is intimately connected to the body's energy field, affecting the heart rate/nervous system. This is evident in times of stress when the breath becomes shallow/faster or in times of calm when it becomes lengthened/deeper. Manipulating the breath affects the body and thereby the healing session. According to studies done by Heartmath Institute, human companions calmly sent love to their pet (dog; horses) from another room/area while they were hooked up to halter monitors that measured their heart-rate. Their heart-rates synchronized with each other! Sitting calmly slows the breath, focusing energy, just as slowing the breath, calms the body. There is a therapeutic benefit to breath awareness while doing healing work that synchronizes heart-coherence and breath. Human companions benefit like their pets with decreased stress, lowered blood pressure, and oxytocin release.

So, our energy system and those of our pets integrate with the physical body and affect each other. When imbalanced, well-being suffers and can become the root cause of stress and dis-ease. Understanding how energetic imbalances can manifest emotionally, physically, and behaviorally allows companion humans to support their animal's health and wellness by using energy work and aromatherapy to hinder the disease process. Hydrosols and energy-field hands-on contact contribute to the overall health of body/mind/spirit and intensify the bond with our companion animals. But, don't take my word for it. Give it a try! You may be surprised! ✨

\*Refrigerate hydrosols

**Milissa Castanza Seymour M.S.** is an InnerSoul/Transformational Coach and professional Numerologist, specializing in Stress Management/Wellbeing, helping clients find their purpose. Her multi-disciplinary professional certifications include: Prana Yoga, Integrative Yoga Therapy (IYT) Teacher/Holistic Health Educator, Applied Positive Psychology Practitioner/LifeCoach, Aromatherapist (people and pets), Chopra Ayurvedic Health Practitioner/Primordial Sound Meditation Teacher, and trained Wellbeing Coach.

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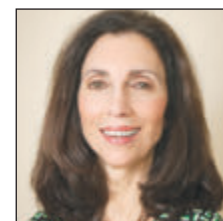
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**Albert R O'Connell III, LCSW, CASAC** is a practicing Psychotherapist/Hypnotherapist with over 30 years experience in the field of mental health. Founder of **The Hamptons Method**, a combination of strategic therapy, neuro-linguistic programming,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

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Visit the website **TheHamptonsMethod.com** for a free streaming hypnosis audio program and for other information on programs and events. You may also call directly at **631-903-0910**.  
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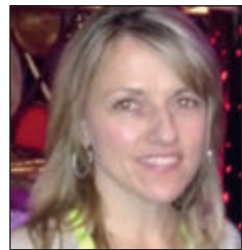
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# BOOK REVIEWS

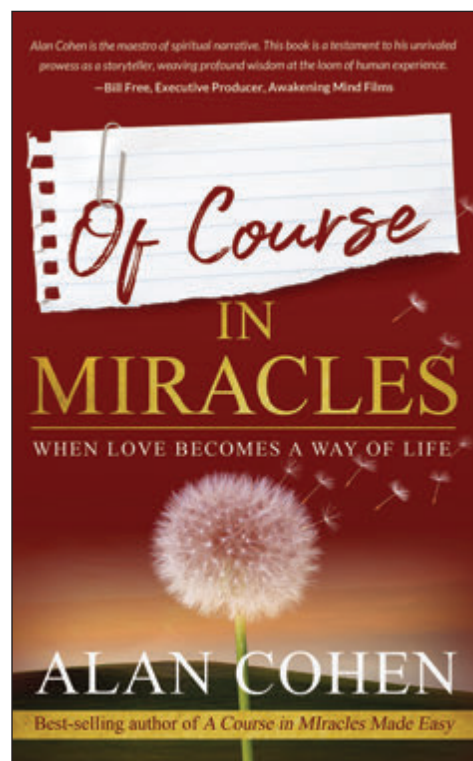
## & PRODUCTS

### OF COURSE IN MIRACLES

When Love Becomes a Way of Life

by Alan Cohen

alancohen.com



We can all use a good miracle, and shift our life from doubt and fear to greater confidence and love. Alan Cohen's previous book, *A Course in Miracles Made Easy* is one of the most popular guides to understanding ACIM. In this new volume, Alan sheds even brighter light on how to make the Course's transformational principles work in your life to bring you more rewarding relationships, expanded prosperity, vibrant health, and peace of mind. Whether you are new to ACIM, an experienced student, or even if you do not intend to study the Course, here you will find many penetrating insights and inspiring stories that will touch your heart, awaken your mind, and bring your life into greater alignment with your highest purpose.

*"Of Course in Miracles" is a testament to Alan Cohen's unrivaled prowess as a storyteller, weaving together profound wisdom with the ease of a seasoned weaver at the loom of human experience. This book is a transformative experience that challenges the reader to see the world not as a place of discord but as a classroom for peace.* — Bill Free

### THE PHYSICS OF WELLNESS

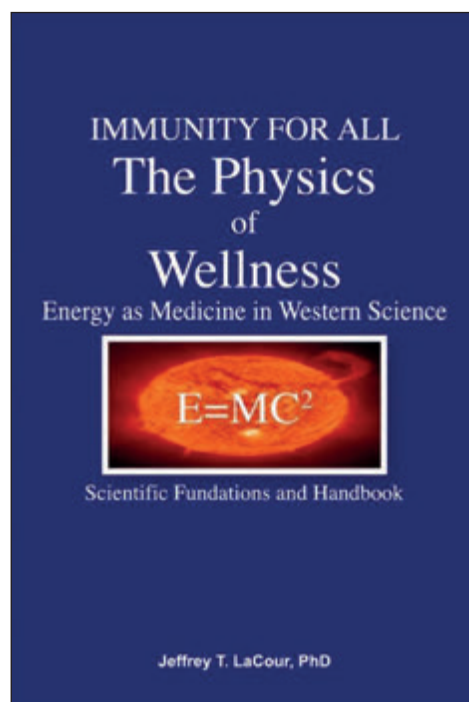
Energy as Medicine in Western Science

by Jeffrey T. LaCour, PhD

physicsofwellness.com

*The Physics of Wellness* examines every aspect of energy as it relates to health and wellness. The Lifestyle Protocol, optimizing the 4 methods by which the body collects energy (Diet, Respiration, Streaming, Motion), causes the human body to enter a state of comprehensive natural immunity, described by the author as "invincibility to disease". When the Author's child became disabled by immunization in 1976, he asked how it is that an injection designed to protect life, destroys it. Fifty years later, he has the answer and offers his Lifestyle Protocol, Immunity for all. This book offers a vision of the future in which healthcare is reduced to a careful management of Electromagnetic Energy Levels, otherwise known as calories, energy, electrons, photons, antioxidants, etc. This marker is not currently tracked by medical science either directly or indirectly, yet LaCour claims a deficiency is the underlying cause of all diseases.

*"The Physics of Wellness" ... reveals the underlying cause of disease, energy deficiency, and how to correct it rather than rely on drugs to treat symptoms. Fundamental to this book is the understanding that diseases are a result of energy mismanagement in the vast majority of cases i.e. physics, rather than*



chemistry. Put simply. "Energy is derived from Sunlight, Earth's Magnetism, Food, and Air." This book outlines lifestyle behaviors that can maximize our body's energy levels so that people can live in a state of homeostasis at all times, which is immunity. — Kim Langdon, MD

### DELLA MEDICINA

The Tradition of Italian-American Folk Healing

by Lisa Fazio

HealingArtsPress.com



Building upon the in-depth folk wisdom she learned from her immigrant grandparents as well as from local healers in Southern Italy, second-generation Italian-American and experienced herbalist Lisa Fazio shares herbal traditions and practices from the Italian diaspora and reveals how working with traditional plant medicines can help us connect to ancestral traditions for deep inner healing. She explains how the herbal healing practices of her Italian ancestors were simply a part of everyday life, what they called *Benedicaria*, which literally means "the Blessing Way" but is more often translated as "the things we do."

Examining how plants are not only food and medicine but a vital yet invisible part of traditional communities, she describes how working with and communicating with plant allies awakened her epigenetic and ancestral links to them, which included experiencing memories of plants she had never worked with. Looking at the origins of Southern Italian folk healing practices, she details the techniques of *Benedicaria*, folk Catholicism, and the animistic traditions of her ancestors, including plant dialects, preparation methods, rituals, and recipes. The author provides a materia medica of plants important in the healing traditions of the Mediterranean, sharing each plant's his-

tory, mythology, and practical and magical uses. Sharing valuable and nearly forgotten teachings from the Italian herbal tradition, the author also shows how her journey to reconnect with her family's healing practices offers guidance for anyone seeking to reconnect with their ancestors.

### PRODUCTS

#### TSALON

Tsalon.com



Tsalon.com is an online platform that has gained recognition for its innovative approach to the tea industry. Tsalon is reimagining the traditional tea experience by blending modern aesthetics with a deep appreciation for tea culture. The website offers a curated selection of high-quality teas, blending unique flavors and sustainable sourcing practices, which appeals to a diverse audience ranging from tea novices to connoisseurs. Tsalon has 284 teas from white, black, green, red, and herbal. In an era marked by fast-paced lifestyles, tea offers a moment of tranquility, allowing individuals to pause and reflect. Moreover, tea boasts numerous health benefits, from antioxidants that support overall wellness to calming properties that can reduce stress and anxiety. Rich in antioxidants, particularly polyphenols, tea can help combat oxidative stress and may reduce the risk of chronic diseases. Green tea, for example, is often praised for its potential to boost metabolism and support weight loss.

On Tsalon.com, customers can learn about different types of tea, brewing techniques, and health benefits. This educational component empowers consumers to make informed choices and enhances their overall tea experience. Additionally, Tsalon promotes a sense of community through its interactive platform, encouraging tea lovers to share their experiences and connect over their passion.



# POETRY

## CEREMONIES

by David Frieman, Huntington Station, NY

Sacred ceremonies renew our Spirits  
from generation to generation,  
Reconnecting our lives to the  
beauty and wisdom of the Universe.

## THE GIFT

by David Frieman, Huntington Station, NY

A gift of light glows  
From within every heart  
To brighten the world

## FAITH

by Eva Tortora, Staten Island, NY

Faith  
I know you're there  
But I can't see you  
But you bring me roses  
And guide my way

## LONGING

by Connie Prestianni, Valley Stream, NY

When will the longing end?  
When will it go away?  
It sneaks in with nostalgia,  
At the end of a winter day.

Yearning for times long gone,  
For people that I knew  
Even though my life is sweet,  
Longing worms it's way right through.

The times that never more can be,  
That unrequited love,  
The places that I'll never see,  
I ask the Lord above

Please change the longing to gratitude  
For a long and healthy run.  
And remind me of my blessings,  
Until my days are done.

Watercolors by  
**Jan Guarino**  
JanGuarinoFineArt.com

## THE YOGA TEACHER

by Seana Ankers, Warrenton, VA

She adorns the room with kindness and grace,  
welcoming all who enter with an open heart and ever-expanding mind.  
Poetry dances from her tongue and carries wisdom to their souls.  
Movement by movement, she teaches more than the sacred shapes.  
Sparks from her Warrior energy illuminate her students' soul maps,  
shedding light on their shadows and showing the way within.  
Breath and asana prepare them for the journey to their *Atman*,  
opening the flood gates for prana to flow freely.  
Silently smiling, she thanks the ancestors  
for channeling this precious gift through her.  
She bows with intention and salutes their spirits in victory,  
releasing healing energy to the world,  
as it vibrates on to eternity

Winter chills  
Bring frosty noses  
Clouds of vapor  
With every breath

Warm cozy sweater  
Mittens and mufflers  
Warming the fingers  
And covering chests

The sounds of winter  
Like carolers singing  
And Santa's elves  
Making merry delights

Skiers on mountains  
Racing snow covered pathways  
Steaming hot chocolate  
And cinnamon treats

Sleigh bells forever  
Ringing like laughter  
Prisms of sunlight  
Making rainbows on ice

Mem'ries of childhood  
Sifted like flour  
Through icicles hanging  
From rooftops and trees

Holiday turkeys  
A feast of thanksgiving  
And Christmas baked cookies  
For children and Saint Nick

Sleigh rides and laughter  
A bountiful pleasure  
Snowmen and angels  
A joy to display

Fall colors remembered  
Where leaves once abounded  
Now empty and barren  
Bare branches where icicles hang

Cold winter mornings  
Bring days filled with sunshine  
Another reminder  
The new year's begun

Long winter days  
Wrapped in a blanket  
Warm winter clothes  
Against winter chills

Seasonal pastimes  
And cold weather daydreams  
The happy reminders  
Winter images bring

*Poetry is nearer to vital truth than history. – Plato*



# 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.7)

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

### TUESDAYS

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

**TRANSFORMATION TUESDAYS** with Albert R. O'Connell, III, LCSW CASAC For info call 631-903-0910 or visit TheHamptonsMethod.com. (see ad p.3)

### WEDNESDAYS

**THE PSYCHIC DEVELOPMENT EXPERIENCE** – Begins with Readings for all; Imagery to Clear Blocks; Sound Healing to go even deeper; ends with Aura Viewing to train your third eye to see energy & Spirit. Wednesday 12/11 & 1/15, 7:30-9:30 PM. \$25 donation, DRREIKI.net 516 708-5213.

**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.

### 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

**THE PSYCHIC DEVELOPMENT EXPERIENCE** – Begins with Readings for all; Imagery to Clear Blocks; Sound Healing to go even deeper; ends with Aura Viewing to train your third eye to see energy & Spirit. Saturday, 12/14 & 1/19, 7-9 PM, \$25 donation, DRREIKI.net 516 708-5213.

## SPECIAL EVENTS

### DECEMBER 13

**2025 ASTROLOGY FORECAST WITH CHARLENE LAWRENCE** Levittown Hall, Hicksville, NY, Friday, 8:00-10 PM. Members: \$15.00, Non-members: \$20.00. eyesoflearning.org

### DECEMBER 14

**EYES OF LEARNING 37TH ANNUAL FALL FESTIVAL.** Readers, Vendors and Lectures, 11am – 5pm. eyesoflearning.org.

### JANUARY 17

**LANGUAGE OF COLOR WITH THERESA MARIESA**

Levittown Hall, Hicksville, NY, Friday, 8:00-10 PM. Members: \$15.00, Non-members: \$20.00. eyesoflearning.org

### JANUARY 26

**FREE VIDEO SCREENING** – BENJAMIN CREME lecture on the reappearance of Maitreya, the World Teacher, and the Masters of Wisdom. Panel Q&A to follow. Sunday, 2:30pm, Cinema Arts Centre, 423 Park Ave., Huntington NY. Presented by volunteers of Share International. www.share-international.us/ne 877-495-7744 (see ad p.6).

## UPCOMING EVENTS

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# MARKETPLACE

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**HEALTHCARE WELLNESS CENTER** – Medicine and Wisdom in Perfect Harmony. Anthony Cerabino, Founder, Licensed Acupuncturist and Massage Therapist. Healing modalities include: Acupuncture, Medical Massage, Herbal Medicine, Nutritional Counseling and Allergy Elimination (NAET). Most insurance accepted. 85 W. Main Street, Suite 302, Bay Shore, NY. 631-665-1666. [www.healthcarewellness.org](http://www.healthcarewellness.org). (see ad p.2)

**E.W. NATURAL HEALING ACUPUNCTURE P.C.** – Henry Zhen-Hong Lee, NYS Licensed Acupuncturist, Herbologist, 40 years experience. Long Island (516-822-6722), Queens (718-445-8438) and Manhattan (646-220-5388) locations. (see ad p.7)

## ADDICTION

**HAVE YOU FOUND YOU ARE USING MORE SUBSTANCES THAN USUAL SINCE COVID?** You are not alone. The numbers of people managing their stress with the use/misuse of legal and illegal mood altering substances is skyrocketing. Call today to talk to someone. The Kenneth Peters Center for Recovery, Long Island's premier boutique program for the treatment of substance use disorder serving the Long Island community for thirty years. Syosset: 516-364-2220, Hauppauge: 631-273-2221, [kenpeterscenter.com](http://kenpeterscenter.com).

## BOOKS

**SPIRITUAL AGING**, *Weekly Reflections For Embracing Life* by Carol Orsborn, Ph.D. Inspiring readings for spiritual seekers growing older, wiser, and fiercer. ISBN 978-1644116678. [www.InnerTraditions.com](http://www.InnerTraditions.com). 800-246-8648 (see ad p.8)

**YOU WERE HERE BEFORE, WHY ARE YOU HERE NOW?** *Experiences Of a Past Life Regression Therapist* by Barbara Pisk, PMHCNS. Available on Amazon, [www.pastliferegressiontherapy.com](http://www.pastliferegressiontherapy.com), [blpsik@yahoo.com](mailto:blpsik@yahoo.com) (see ad p.4)

**UNVEILING CHRISTIANITY – FREE ILLUSTRATED 17-CHAPTER ONLINE BOOK** provides answers to who invented original sin, who wrote the four gospels, who decided "Jesus died for our sins, 'the origin of hell,' healing from toxic theology and more. Available on [BeAwake.com](http://BeAwake.com) (see ad p.5)

## CLASSES/GROUPS

**TRAIN AS A WORKSHOP LEADER IN LOUISE HAY'S PHILOSOPHY.** Approved by Louise personally, authorized by Hay House, Inc. Workshops are excellent to attract clients for life coaches and other practitioners. Materials for up to 15 workshops. Orlando, **June 14 – 20**. <https://healyourlifetraining.com/florida> 760-539-2227

## COUNSELING/THERAPY

**REGRESSION AND PAST LIFE THERAPY** with Frank Nichols, LSCW. Professional and empathetic service. Call: 631-896-6352. (see ad p.11)

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

**ANALYTIC PSYCHOTHERAPY** | False Flag Relational Trauma | Compensatory Co-creative Function of Dreams | Jung's Archetypal Holistic Approach | Domestic-Int'l | Cell or Zoom Only | Initial Consult (NC) | 646-709-8634. [plsphd@dreamsphd.com](mailto:plsphd@dreamsphd.com) <https://dreamsphd.wordpress.com/> <https://youpic.com/plsmythophoetics/> bio <https://x.com/PaulStein9>

## HEALTHY PRODUCTS

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humic acid, vitamins, enzymes, tocopherols, bioflavonoids, antioxidants, and metabolites. [www.vibemedx.com](http://www.vibemedx.com). (see ad p.20)

## HEALING/BODYWORK

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**SHAMANIC HEALING SESSIONS** with Thelma Condra, Shamanic Practitioner and Reiki Master teacher. [www.energyhealingsessions.com](http://www.energyhealingsessions.com).

## HOLISTIC DENTISTRY

**INTEGRATIVE DENTAL SPECIALISTS** Dr. Jeffrey Etes, DMD, NMD, IBDM, 245 Hillside Ave., Williston Park, NY 516-253-1800, and 120 E. 56th St., NYC, 212-845-9740. [integrativedentalNY.com](http://integrativedentalNY.com) (See ad back cover)

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

**DR. BATOOL RIZVI, D.D.S., P.C.** 1692 Newbridge Road, N. Bellmore, NY 11710, 516-221-7447 (see ad p.23)

**e.s.i. HEALTHY DENTISTRY** 43 Terry Road, Smithtown, NY 11787 631-979-7991 (see ad p.6)

**ESSENTIAL DENTAL OF ROSLYN** Natalie Krasnyansky, D.D.S., 70 Glen Cove Road, Roslyn Heights, NY 11577, 516-621-2430 (see ad p.3)

## HOLISTIC HEALTH

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Cerabino, Founder, Licensed Acupuncturist and Massage Therapist. Healing modalities include: Acupuncture, Medical Massage, Herbal Medicine, Nutritional Counseling and Allergy Elimination (NAET). Most insurance accepted. 85 W. Main Street, Suite 302, Bay Shore, NY. 631-665-1666. [www.healthcarewellness.org](http://www.healthcarewellness.org). (see ad p.2)

## PSYCHIC/SPIRITUAL

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DOES THIS PATH HAVE A HEART?

If it does, then this path is good.”

– Carlos Castenada

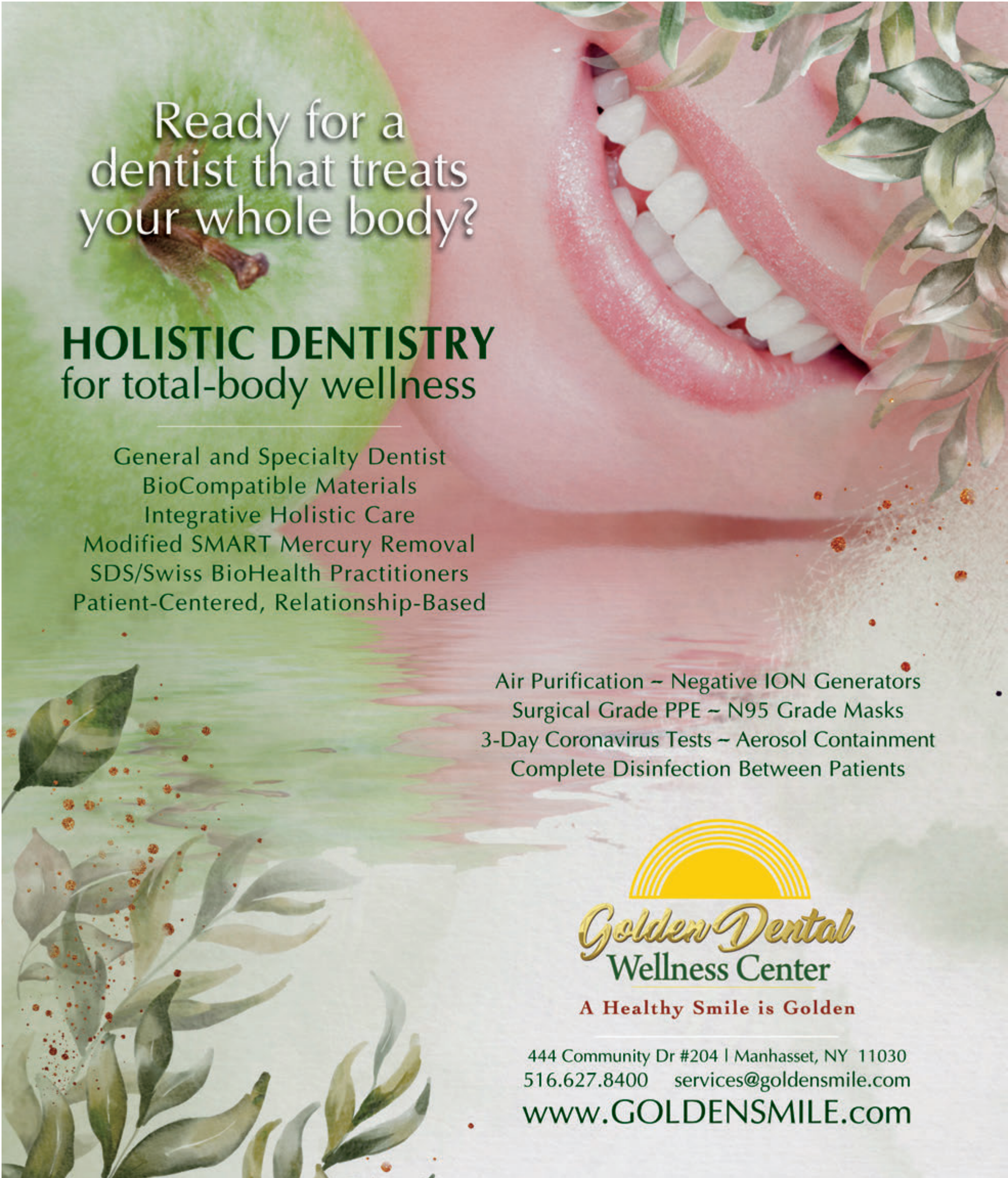
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Inexperienced or uninformed dental recommendations can lead to significant negative consequences for dental health. When

patients receive advice from practitioners lacking adequate knowledge or expertise, it may result in inappropriate treatments that do not address the root causes of dental issues. For instance, unnecessary procedures can lead to increased costs, prolonged discomfort, and even damage to healthy teeth. Misguided recommendations regarding oral hygiene practices can exacerbate existing problems, such as cavities or gum disease, rather than preventing them. The repercussions of poorly informed dental guidance could extend beyond individual teeth, affecting overall health and wellbeing. Therefore, it is crucial for patients to seek advice from qualified dental professionals who are well-informed and experienced to ensure optimal care and long-term dental health.

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Dr. Etess' practice transcends conventional dental care. Nestled in state-of-the-art offices on Manhattan's Park Avenue and the picturesque North Shore of Long Island, Integrative Dental Specialists offers a uniquely comfortable and highly personalized patient experience. Whether it's saving teeth, treating root canal infections, managing gum disease, or tackling complex implant cases, Dr. Etess prioritizes patient health and strives for optimal outcomes at every turn. His commitment to continuous education and his dedication to remaining at the forefront of dental technology ensure that patients receive the safest, most effective treatments available.

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