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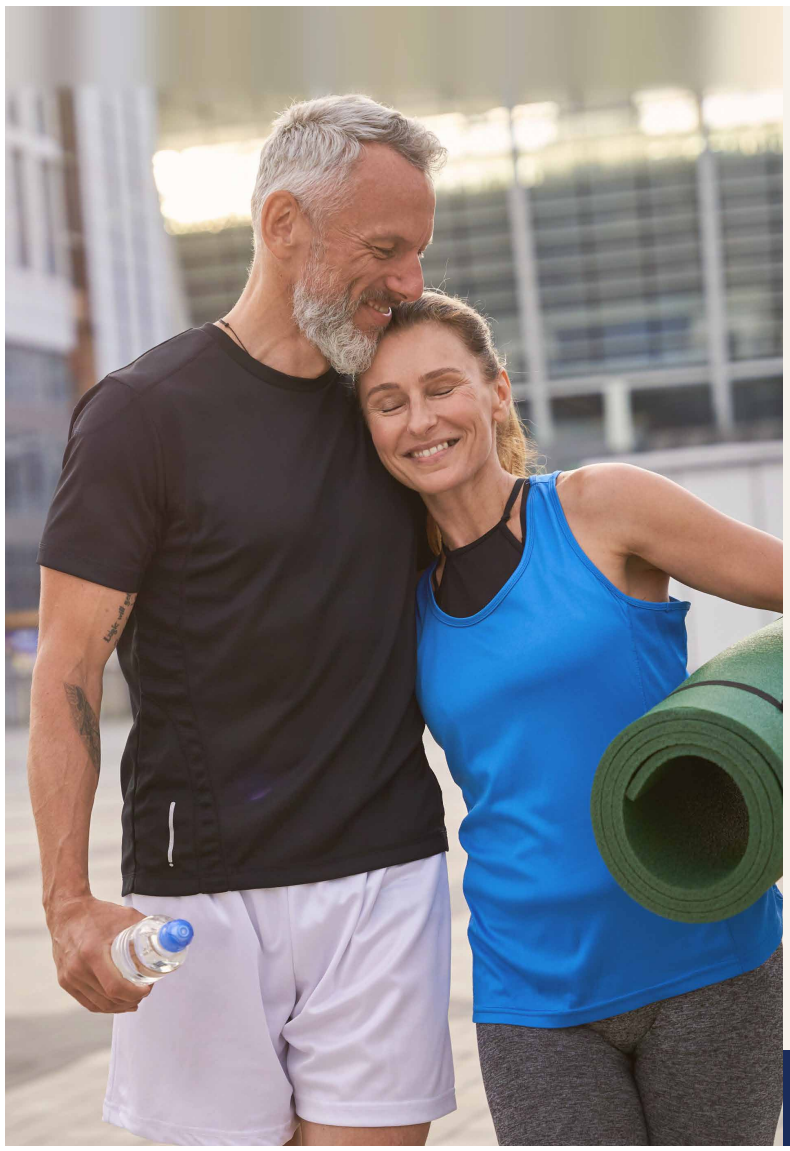
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December / January 2027
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The One You've Been Waiting For

The December / January 2027 Holidays Issue

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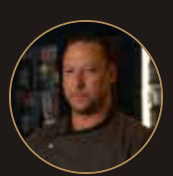
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The Great Enamel Myth: Stop Wasting Money on Miracle Cures and Start Saving Your Teeth

Everyone wants to be healthy. Many people spend a great deal of money trying to stay young, feel better, and live longer. They buy vitamins, herbs, powders, oils, and creams. Some of these products may have a place in a healthy lifestyle. Others make promises that science simply cannot support.

But here is a question worth asking: **Why spend hundreds of dollars on a miracle product while ignoring a cavity that is getting bigger?** A tooth is not something you can replace with a new bottle from the internet.

One popular claim is that special pastes, oils, or powders can grow back tooth enamel and repair cavities. It sounds wonderful. It is also important to know where natural healing stops. Enamel is the hard outer shell of your teeth. When a tooth first forms, special cells called *ameloblasts* build that enamel. Once the tooth develops and comes into the mouth, those cells are gone. Mature enamel has no living builder cells, or progenitor cells, left to grow a new layer.

Think of a brick wall. You may be able to clean the bricks or strengthen a weak spot. But if a brick falls out, rubbing oil on the wall will not put it back. Your teeth work much the same way. There is one key difference. Early tooth decay can sometimes be stopped or reversed before a hole forms. Your saliva contains natural minerals, including calcium and phosphate, that can help strengthen weak enamel. Dentists call this *remineralization*. It is a real, natural process that your body can perform.

But there is a limit. **Strengthening enamel that is still there is very different from growing back enamel that is already gone.** Once decay has made a true hole in the tooth, no home remedy can rebuild the missing enamel or restore the tooth's original shape. That takes dental treatment.

Dr. Jeffrey Etess, of Integrative Dental Specialists, sees the cost of this confusion. Patients may spend months trying internet cures while a small cavity grows. By the time they seek care, what might have needed a small filling may now need a crown, root canal treatment, or even extraction. The sad part? They were trying to save money and protect their health. Instead, they may face a much larger bill and the loss of healthy tooth structure.

Think about what people willingly spend on wellness. Expensive supplements. Fancy skin creams. Anti-aging treatments. Special drinks that promise more energy or a longer life. There is nothing wrong with wanting to look and feel your best. But your teeth help you chew real food, speak clearly, and smile with confidence every single day. They deserve at least as much attention as the products sitting on your bathroom shelf.

A $100 jar cannot fix a $600 problem that has turned into a $6,000 problem. The exact costs vary, but the lesson does not: waiting often makes dental care harder and more expensive. When a tooth is lost, nearby teeth may shift, chewing may change, and replacing that tooth can take more visits, more time, and more money. Saving a tooth early is not always possible, but getting sound advice early gives patients more valuable choices and often simpler overall treatment.

This is why Dr. Etess believes in **Unrivaled Dentistry:** careful exams, clear answers, high-quality materials, and saving natural teeth whenever it is reasonable to do so. *Good care does not mean doing more treatment than needed. It means doing the right treatment at the right time.*

Holistic health should not mean rejecting proven dental care. It should mean looking at the whole person and making choices based on how the body truly works. Ask questions. Read labels. Be wary of before-and-after pictures online. If a product claims to grow back a missing part of a tooth, ask for strong human evidence. A glowing review is not proof.

Most of all, do not wait for pain. A cavity can grow quietly before it hurts. By the time a tooth starts aching, the damage may already be deep. You can replace a bottle of vitamins. You can buy another cream. But you get only one set of adult teeth.

Spend wisely. Protect what matters. Your health is not measured by how many products you own. It is supported by the real choices you make, including caring for the teeth you need for life.

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From the Publishers

Talking Our Walk



Welcome to the December / January 2027 Holidays Issue!

As we flip the calendar and transition to the year 2027, our partner Domenick Melillo contends that **Every Moment Is a New Year:**

On December 20th, 2012, my son asked me if the world was going to end tomorrow. If you recall, that was the eve of the day the Mayan calendar was said to run out. I looked over at him, leaned in, and answered, "Yes."

I let that sit for a moment. Then I added, "But it will immediately start back up again."

I've thought about that exchange many times since, because it holds a truth worth carrying into every season: endings and beginnings are not opposites. They're the same moment, seen from two sides.

With the December / January '27 issue, comes the close of one year and the opening of another. For most of the world, this is a time of celebration. Whether we're surrounded by family, friends, or a room full of strangers, something remarkable happens when the clock strikes twelve. Glasses rise, voices count down together, and for one brief instant, everyone is fully present. We stop replaying the past and stop rehearsing the future. We simply live in the now.

Here's the secret: that moment isn't reserved for midnight on January 1st. It's available to us every moment of every day.

Each second is a quiet New Year's Eve. Each breath offers the chance to close a chapter or begin a new one. You don't need a calendar's permission to change your life. You only need to decide where to place your attention, because where you focus your energy is where your life grows. Focus on what drains you, and it expands. Focus on what inspires you, and that expands instead.

So be the change you wish to see. Treat every day as a fresh start rather than a continuation of yesterday's limits.

Coming up with a solution to a problem is easier than we realize. Most of us already know what we need to do. The real work, and the real magic, is in the execution. Insight without action is just a nice idea. But insight followed by one small, committed step? That's how worlds actually change.

The Mayan calendar didn't end the world. It simply turned the page — the way every moment does. As this year closes and the next one opens, I invite you to turn your own page, not just at midnight, but again tomorrow, and the day after that.

Carpe Diem! Seize the day, yes.
But make the most of each moment.

From all of us at Creations Magazine,
Happy New Year,

Happy New Beginnings, and

Enjoy a Peaceful Holiday Season All-ways,

Neil, Andrea, Domenick, Keith and Jan

Blessed is the season
which engages
the whole world in
a conspiracy of love.

~ Hamilton Wright Mabie

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The Sacred Launch: Awakening Beyond the Dream

by Steve Farrell, Boulder, CO

"The most important journey you will ever take is the one that leads you home to your Higher Self. When you awaken to that presence within you, steady, sacred, and sovereign, you begin to live not from survival, but from soul." – **Steve Farrell**

Let me ask you something that may surprise you ... What if I told you, you haven't fully launched yet?

Now, before you smile and say, "Steve, I'm a grown adult, I've launched!" let me share something that transformed my life and the lives of thousands around the world.

I've learned that there are frequencies available to each of us, higher frequencies, those that are bursting with joy, alignment, love, and sacred purpose. Most of us have barely begun to taste them. We've just skimmed the surface of who we are. We've played by the rules of a world that measures worth by output and success by applause.

But underneath it all, there's a deeper rhythm calling to us, one that's been waiting quietly for us to hear it. Not in an abstract way, but in a way that is felt in the marrow of your being. To remember that you were born to live consciously, joyfully, and in deep communion with your Higher Self, where the higher frequencies are felt with all of our senses.

We've all been taught to chase success. I chased it too. From modest beginnings to Silicon Valley boardrooms, I climbed the ladder, hit the milestones, led multimillion-dollar companies, and stood at the pinnacle of what most would call "The Dream."

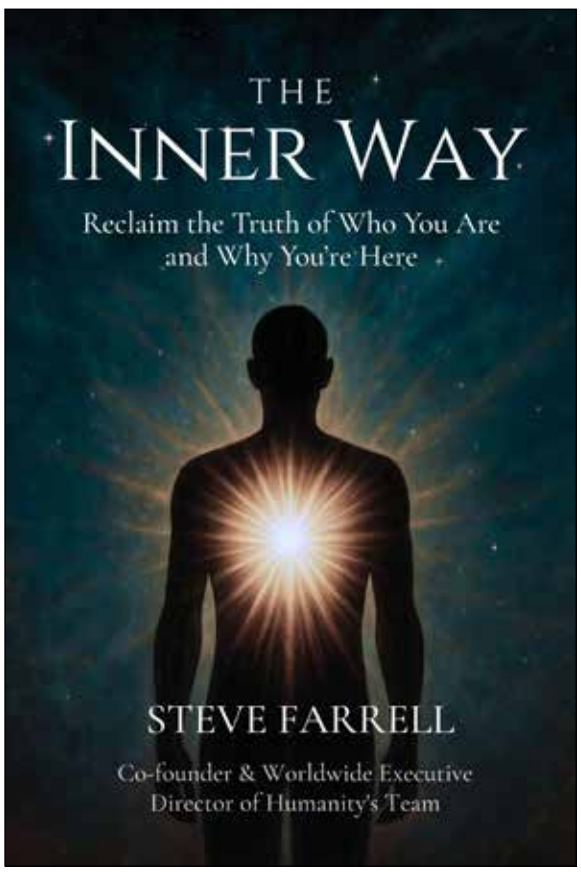
But as I stood in my corner office, looking out over the kingdom I'd built, a whisper stirred within me and wisely declared ... "This isn't it." I had reached the summit, but it wasn't my mountain. I had achieved the dream I was handed, but it wasn't the one I came here to live.

It was that quiet, potent, undeniable moment that became the beginning of everything new. I didn't walk away because I failed. I walked away because I woke up. I had realized something essential: That success without soul will never satisfy you.

What Conscious Living Really Means

You've heard the phrases, "The Kingdom of Heaven is here," "Peace beyond understanding," "A joyous, ecstatic life is possible." These aren't metaphors. They're invitations. They point to a lived reality that becomes available the moment we choose to live from our Higher Self.

Conscious living is not about giving things up; it's about embracing them. It's not about rules or restraint. It's about receiving more. More joy. More connection. More truth. More you. This is not a life of sacrifice, it's a life of return. You return to your joy. To your power. To the sacred presence within you that was never lost, only waiting to be remembered.



When you live consciously, you begin to see the divine in the everyday. Life becomes your teacher. Your soul becomes your compass. And your purpose? It becomes embodied. And all of this happens not someday, but today.

My Journey: From Chaos to Communion

I didn't begin on a spiritual mountaintop. I began in a small house filled with raucous noise and love, raised by a single mother of seven kids and a fierce heart to carry her forward. There were no golden tickets. No secret mentors. No backstage passes to the dream.

What I had was a question that lived inside me, quietly whispering: There's more. I followed that whisper through years of striving and stress, through banana peels and boardrooms, until the day I finally paused long enough to listen.

And what I heard changed everything. I heard the voice of my Higher Self say, "This isn't your real life. It's someone else's version of success. Your soul is ready for something more." So I said yes. Yes to letting go. Yes to uncertainty. Yes to alignment.

That choice didn't erase the chaos, but it changed my relationship with it. Life was no longer a storm I had to survive, but a river I could float along with mindfully and with beloved guidance. And from that space of surrender, everything began to transform.

Tool #1: The Conscious Launch Journal

This is your first sacred practice. Not a ritual of perfection, but of presence.

Grab a notebook that feels like home in your hands. Let it be not only your sanctuary but also your mirror and personal map.

Begin by writing honestly:

- What are you carrying that no longer serves you?
- What beliefs have run their course?
- What habits or fears are ready to be released?

Don't edit as you go; allow yourself to write freely. Let the ink flow from your soul. No judgment. No filters. Just the truth.

Because when you name what no longer fits, you create space for something greater to arrive.

Tool #2: Begin the Practice Now

Don't wait for the perfect moment. The clear schedule. The full moon. The confidence. The moment you've been waiting for? It's already here. Start now. Start with one breath. Start with a whispered intention: "I choose to live awake."

Maybe it's two minutes of stillness each morning. Maybe it's a walk in the woods, a boundary you honor, a prayer you speak aloud. Whatever it is, let it be simple. Let it be yours. You don't need a guru or a monastery. You just need a willingness to be present. And when you forget, just return. Return again and again. That return is the practice. That return is grace.

You Are a Pioneer

Let's name this truth: you're not just here to learn. You're here to lead. Not from a podium, but from your presence. You are part of a sacred movement, the quiet revolution of conscious living. There's no roadmap. No five-step plan. You are the mapmaker. You are the fire. Every choice to live aligned, every act of love, every moment of truth matters. You're carving a path that future generations will walk with gratitude. You are not lost. You are leading.

Continued on page 14

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The One You've Been Waiting For

by Alan Cohen,
Hawaii

In ninth grade, I had a crush on a cute little redhead named Sandy. One day at school Sandy told me she would meet me at the community swimming pool that night. I was over the moon! I arrived at the pool early and positioned myself in a lounge chair where I could see the door where Sandy would enter. I watched carefully as person after person walked into the pool area. I remained at my post for two hours, until the pool closed. Sandy never showed up that night. I went home feeling hollow and hurt.

Looking back now, many years after that disappointing evening, I realize it was bestowing me with a the lesson of a lifetime. I gave the power of my happiness away to that little redhead. Waiting for her that entire evening, I was miserable. I missed out on two hours of my life. As excited as I was when Sandy promised to meet me, that's how devastated I was when she didn't appear.

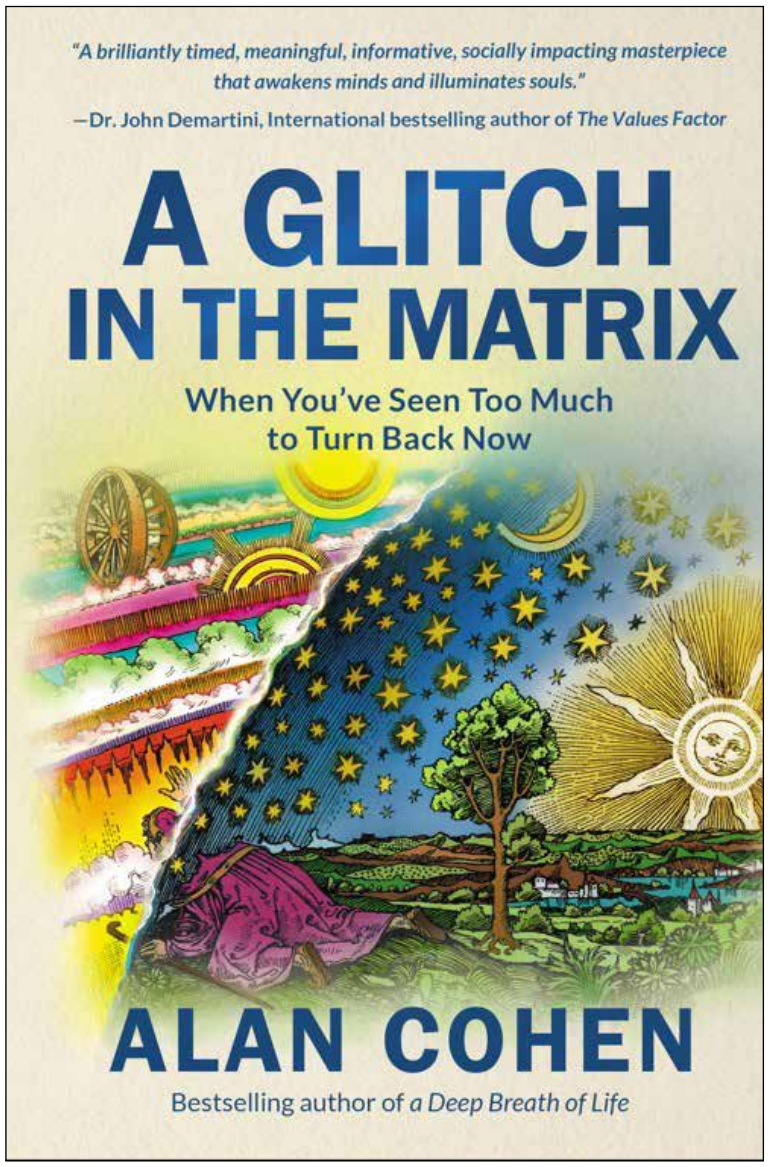
We have all let some person, company, government, religion, or other entity deliver our well-being or take it away. You may have sat by the phone waiting for him to call; or rocketed and crashed with stock market fluctuations; or felt devastated when your favorite sports team lost the championship by one close play. We have all given the power of our happiness to some external source, waiting anxiously for our desired result. When things worked in our favor, we were thrilled; when they turned against us, we spiraled into the pits. This is the story of life in the matrix.

Where to Find the One

One of the themes that keeps the matrix in force is "waiting for The One." This motif plays itself out in many arenas. Most commonly, we are waiting to meet our soulmate, the Love of Our Life who will make us happier than we have made ourself. You might also be waiting for your big break as an actor, musician, writer, or artist. Some people buy lots of lottery tickets, fingers crossed that one day they will hit the jackpot. Many Christians are waiting for Jesus to return in a body and redeem the world from its evil ways. Lots of people spend a lot of time waiting, and, like me, keeping my eyes trained on the poolroom door for the redhead who never showed up, they grow disappointed and unsatisfied.

I have bad news and good news: The bad news is that no one outside of you is going to make you happy when you have chosen otherwise. External saviors in the form of soulmates, companies, sports teams, governments, and religious figures are ploys of the matrix that keep you bound while you miss precious moments of life, waiting for something better to happen. Waiting is a state of mind that continually reinforces itself. The more you wait, the more you find to wait for. Waiting is an experience that displaces the experience of having. You cannot wait and have at the same time. At any given moment, you are in one reality or the other.

Now for the good news: Finding is also an experience that keeps reinforcing itself. The more you find what you want, the more you find what you want. What you have been waiting for, you have access to now. Perhaps not in the form you have been anticipating, but in the experience. Instead of waiting for someone to fall in love with you, you can fall in love with yourself or elements of your life that bring you the kind of joy a beloved partner would bring you. You can celebrate the people who already love and support you. Instead of your big professional break, you can find gratitude and creativity in your current position, and elevate it to the highest self-expression and reward right where you stand. Instead of waiting for your lottery number to hit, you could recognize yourself to be an abundant being living in an abundant universe that takes care of you in brilliant ways. Instead of waiting for the second coming of Christ, you can find the Christ within you and in everyone you encounter. **Need is the lie, supply the truth.**



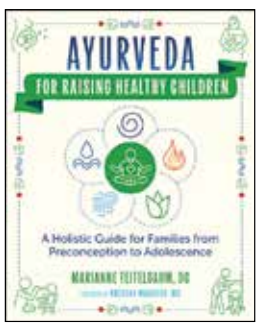
The matrix does not want you to hear that news because its existence depends on the fiction that there is a gap between where you stand and where you wish you were. The matrix's arsenal of illusions is fortified by a torrential stream of romantic stories and songs that dramatize how empty you are without that special person, and how fulfilled you will be when you find him or her. **The last thing the matrix wants you to know is that you are enough, you are loved, you are blessed, you are capable, and you live in a universe that supplies you with everything you need precisely when you need it.** This crucial recognition pulls the rug out from under the endless needing and searching that makes the matrix a constant, frustrating tease. But you can escape the psychic hamster wheel by shifting your focus from the external to the internal; from what you need to what you have; from what you can get to what you can give.

Now here is the happy paradox: When you know that you are already enough and have enough, the universe reflects your awareness by sending you everything in the outer world you have sought, and more. You meet a partner who mirrors your sense of wholeness and loves you for who you are, not who you think you should become. Professional doors open that were closed when you waited for someone to acknowledge your talent. The stock market shifts in your favor. Christ speaks to you directly through your heart and the people you meet. **When everything comes around in your inner life, it comes around in your outer life.** The world becomes a spotless mirror of your spotless mind. ✧

Excerpted with permission from **The Glitch in the Matrix: When You've Seen Too Much to Turn Back Now** *© 2026 by Alan Cohen.*

Alan Cohen *is the author of many popular books, including the new best-seller* **A Glitch in the Matrix.** *Join Alan for a life-changing A Course in Miracles Retreat in Hawaii, February 1-5, 2027 or March 1-5, 2027. For information on this program, Alan's books, ACIM video course, weekly online Miracle Room Zoom meeting, YouTube channel, free daily inspirational quotes, and other offerings, visit www.alancohen.com.*

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Smile, Sleep, Develop: Yeah baby!!!

As parents, we all want to give our children the strongest possible foundation for a healthy life. What many people don't realize is that the habits developed during infancy and toddlerhood influence much more than just teeth. They affect how a child's jaws grow, how they breathe and sleep, how their teeth align, and even how clearly they speak. The wonderful news is that small, everyday choices during the first few years can have a lasting positive impact.

Oral health begins long before the first tooth appears. Even before teeth erupt, gently wiping a baby's gums with a clean, damp cloth after feedings helps keep the mouth clean and introduces a healthy routine. Once the first tooth emerges, usually around six months of age, brushing twice a day with a soft infant toothbrush helps protect those new teeth from cavities.

Feeding habits also play an important role in healthy development. Breastfeeding, when possible, provides many benefits beyond nutrition. The sucking pattern used during breastfeeding helps strengthen the muscles of the face and encourages healthy jaw development. For babies who are bottle-fed, similar attention to healthy feeding practices is important. Avoiding bottles at bedtime and transitioning from a bottle to a cup around the first birthday can help reduce the risk of tooth decay and support normal oral development.

One of the most important, yet often overlooked, aspects of a child's growth is breathing. Children are designed to breathe



through their noses, not their mouths. Nasal breathing helps filter and humidify the air, supports healthy jaw growth, and encourages the tongue to rest in the proper position against the roof of the mouth. This tongue posture acts like a natural support system for the developing upper jaw.

When a child consistently breathes through their mouth, the effects can extend far beyond a dry mouth. Chronic mouth breathing may contribute to narrow jaws, crowded teeth, poor sleep quality, and altered facial growth patterns. Parents can watch for signs such as an open-mouth posture during the day, snoring, restless sleep, dark circles under the eyes, or waking up with a dry mouth. If these signs are present, discussing them with a pediatrician, pediatric dentist, orthodontist or ear, nose, and throat specialist can help identify and address any underlying issues.

Sleep is another key piece of the puzzle. Good sleep is essential for growth, learning, behavior, and overall health. A well-developed airway allows children to breathe comfortably throughout the night and obtain the deep, restorative sleep their growing bodies need. Supporting healthy nasal breathing, managing allergies when present, and paying attention to any signs of snoring or sleep-disordered breathing can make a significant difference in a child's quality of sleep and overall development.

As toddlers grow, offering a variety of healthy foods that require chewing can also support proper jaw development. Modern diets often consist of soft, processed foods that require very little effort to eat. Crunchy fruits, vegetables, and age-appropriate textured foods encourage the muscles of the face and jaws to work, stimulating natural growth and helping create adequate space for incoming permanent teeth.

Certain habits deserve special attention because they can influence tooth alignment. Pacifier use and thumb sucking are normal and comforting behaviors during infancy and early childhood. However, when these habits continue for several years, they may affect the position of developing teeth and jaws. Gradually reducing and eliminating these habits by around three years of age can help support healthy dental development.

Preventing cavities remains one of the most important goals during the early years. Frequent exposure to sugary drinks and snacks increases the risk of tooth decay. Water between meals, nutritious snacks, and consistent toothbrushing are simple but powerful tools for protecting young teeth. Scheduling a child's first dental visit by their first birthday also allows families to receive personalized guidance and establish a positive relationship with dental care from an early age.

Finally, healthy oral development plays a major role in speech. The tongue, lips, teeth, and palate all work together to form sounds and words. When these structures develop properly and function well, children are better positioned to develop clear speech. Reading, singing, talking, and interacting with your child every day not only strengthens your bond but also supports language and communication skills.

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FOMO

by Ann Albers and The Angels, Phoenix, AZ

Today we want to talk about a very human challenge that you call **FOMO - Fear of Missing Out.** FOMO keeps some of you awake at night, afraid that you might live without fulfilling some mythical purpose. FOMO triggers you to buy things you don't really want or won't use. It is why you go to events you don't really want to attend, scroll mindlessly through social media, or continue to watch a TV show you don't like in the hope of seeing a happy ending. It is why you overextend yourselves, overcommit, or get overwhelmed by your options.

And while many would say that FOMO began in your era of social media, we have seen it throughout the ages, regardless of what it was labeled. From time immemorial, humans have feared "missing out" and, as a result, have done all sorts of things that caused hardship, loss, or robbed them of joy. Kings conquered kingdoms. People invested unwisely. Whole groups of people moved in pursuit of opportunities that left many empty-handed.

Fear of any sort rarely leads to a happy ending, and FOMO is no exception. It, like all things, is governed by vibrational law. If you act out of a fear of missing out, you miss the joy in the moment, the guidance that can get you what will give true satisfaction, and often you can spend or lose some of the very abundance you are afraid of losing.

FOMO does not make you a bad or a weak person. It is rooted in your desire to feel better, to fit in, and to make good decisions. It is rooted in your 3D paradigm that says taking action is the way to get what you want, regardless of whether or not that action is rooted in love. **FOMO is understandable, but it sells you a false promise—that this thing, this event, this investment, this program, etc., will be the answer that fulfills some feeling of lack within you.** Sadly, it often does just the opposite, reinforcing the feelings of lack that drove your FOMO-inspired actions to begin with.

So what do you do when FOMO strikes? What do you do when you're faced with a big button that says "Buy Now" and you start to wonder what you'll miss if you don't? What do you do when someone tells you to invest now so you don't miss out on potential gain? What do you do when you are invited to an event that doesn't make your heart sing, but you wonder who will be upset, or what you'll miss?

The answer is easier than you might think. Pause. Breathe. Take at least a few moments, if not a few hours, to reconnect with love in some fashion. Do something you know you enjoy. Take a nap. Call a friend. Take a walk. Then revisit your decision. From your space of feeling good, abundant, and



connected to life, does it inspire you? Do you feel inherently guided? Or are you trying to justify a "yes," talk yourself into social conformity, or avoid some unpleasant feelings? The answer, if you are honest with yourself, will help you know if a decision will bring genuine joy or simply mask a deeper need.

We want you to have a happy life. We want you to connect with one another in ways that bring you joy. We want you to experience all the abundance and stuff you want, in whatever way truly supports your joy. However, dear friends, we guide you to the things, events, people, and opportunities that will give you real satisfaction.

Just because something or someone appears in front of you does not mean it was guided. More often than not, the things that show up in your life are simply perfect matches to the vibrations that you emanate.

That big "Buy Now" button may have been a vibrational match for your boredom. That event you've been invited to but don't really feel like attending might magnify your insecurities if you go. The investment that others are singing about without due diligence might be a perfect vibrational match that exacerbates your own fear of lack. **Decisions made with FOMO will frequently reflect your fears back to you, while decisions made with genuine, inspired joy will make you happy now and mirror the love back to you immediately.**

So, by all means, when you feel inspired to do so, attend the events that inspire you. Be around people who uplift you. Purchase the items that you know you will love because even the thought of them brings joy and matches how you want to live your life. Get into a feeling of abundance and due diligence before you invest so you can invest from a place of creating rather than wishful thinking.

Like energy attracts like, so before you allow FOMO to make you jump into action, tend to your vibration. Ask yourself, Am I making my decision from love, inspiration, joy, a natural feeling of "rightness," or am I talking myself into it, making it just in case I would miss out, or because someone else has made the decision?

Joy now means your decisions will bring you joy later. A feeling of abundance now will guide you to opportunities for more tangible abundance. Self-worth now will help connect you with people who will value you as well.

Dear ones, when FOMO strikes, stop. Breathe. Know you are loved, and even if you miss one opportunity after another, the universe is kind. In a space of love, you will be open to the stream of opportunities that uplift and inspire you, for in **the Divine mind, there is no lack, no "missing out," and no end of ways to satisfy your true desires.**

God Bless You! We love you so very much.

-- The Angels ✧



Laura Hoffman
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How Food, Rituals, and Nervous System Support Become More Powerful When They're Rooted in Self-Respect Instead of Self-Improvement

by Shannon Kaiser

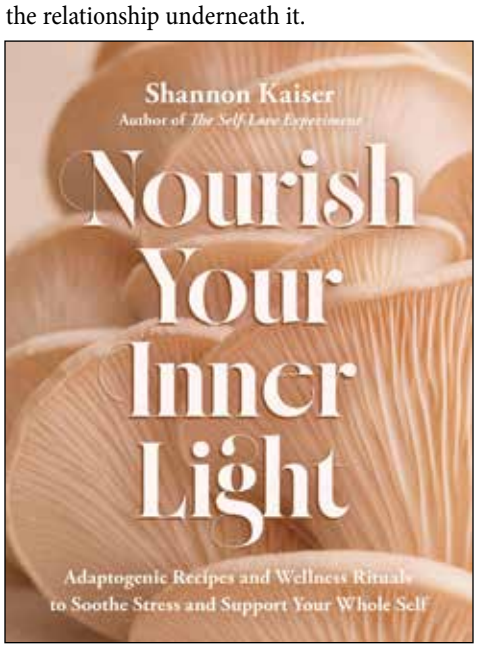
For years, I thought taking care of myself meant trying harder.

Eat better. Do more. Fix the problem. Follow the plan. Become healthier, calmer, stronger, more disciplined. Somewhere along the way, wellness became another area of life where I was measuring myself against the person I thought I should be. And I am completely over it.

We are surrounded by messages telling us to optimize our mornings, sleep, hormones, bodies, productivity, even our healing. Wellness has become one more performance dashboard, and many of us are exhausted by it.

But what if the most powerful thing you could change wasn't your routine, but the relationship you have with yourself while you're doing it? That question became central to my own healing. I began to understand that *food, rituals, movement, supplements, and nervous system practices can land very differently depending on what is motivating them.* You can make a green smoothie because you believe your body needs to look better, or because you love your body and want to nourish it. The practice may look the same, but the relationship underneath it is different.

For a long time, I approached healing almost like punishment. I believed if I could work harder, eat better, push through, or find the right protocol, I could finally get my body to cooperate. It wasn't until my health forced me to stop that I began asking: *What is my body trying to tell me?* I stopped seeing my body as a problem to solve and began relating to it as a partner. Real self-care, I came to understand, is not simply about what we do. It is also about the relationship underneath it.





This is where self-respect comes in. **Self-respect is where self-love becomes embodied.** It asks: Will I listen to myself? Will I honor my limits? Will I stop demanding more from a body that is already overwhelmed? Will I care for myself even when there is nothing to prove?

A body living under chronic stress does not need more pressure, criticism, or another standard to meet.

It needs consistency, responsiveness, and the experience of being listened to. When we honor our limits, respond to fatigue before it becomes depletion, choose nourishment over restriction, and make space for rest without treating it as something we have to earn, we communicate something different to the body: *your needs matter here.*

Our bodies are constantly offering information.

Stress, exhaustion, tension, irritability, brain fog, and overwhelm can all be signals that something needs our attention. Appropriate medical care is essential when symptoms arise, but there is also value in becoming more attentive to the conversation between the body and the life we are asking it to live.

One of the most important shifts in my healing came when I stopped asking, *How do I become better?* and began asking, *How can I become more trustworthy to myself?* Instead of using wellness practices to correct or improve myself, I began using them to support myself.

Food is medicine

That might mean choosing foods that help you feel steady and nourished, resting when your body is asking for rest, or practicing rituals that reconnect you with your senses and natural rhythm. Their power comes from repetition and from the message beneath them: *I am listening. I am willing to respond to what I need.*

This is the kind of wellness I believe in now: not wellness as an endless project of self-correction, but wellness as an ongoing relationship with ourselves. **Nourishment is not simply what we put into our bodies. It is also how we speak to ourselves, how we respond to our limits, and how we tend to our nervous systems.**

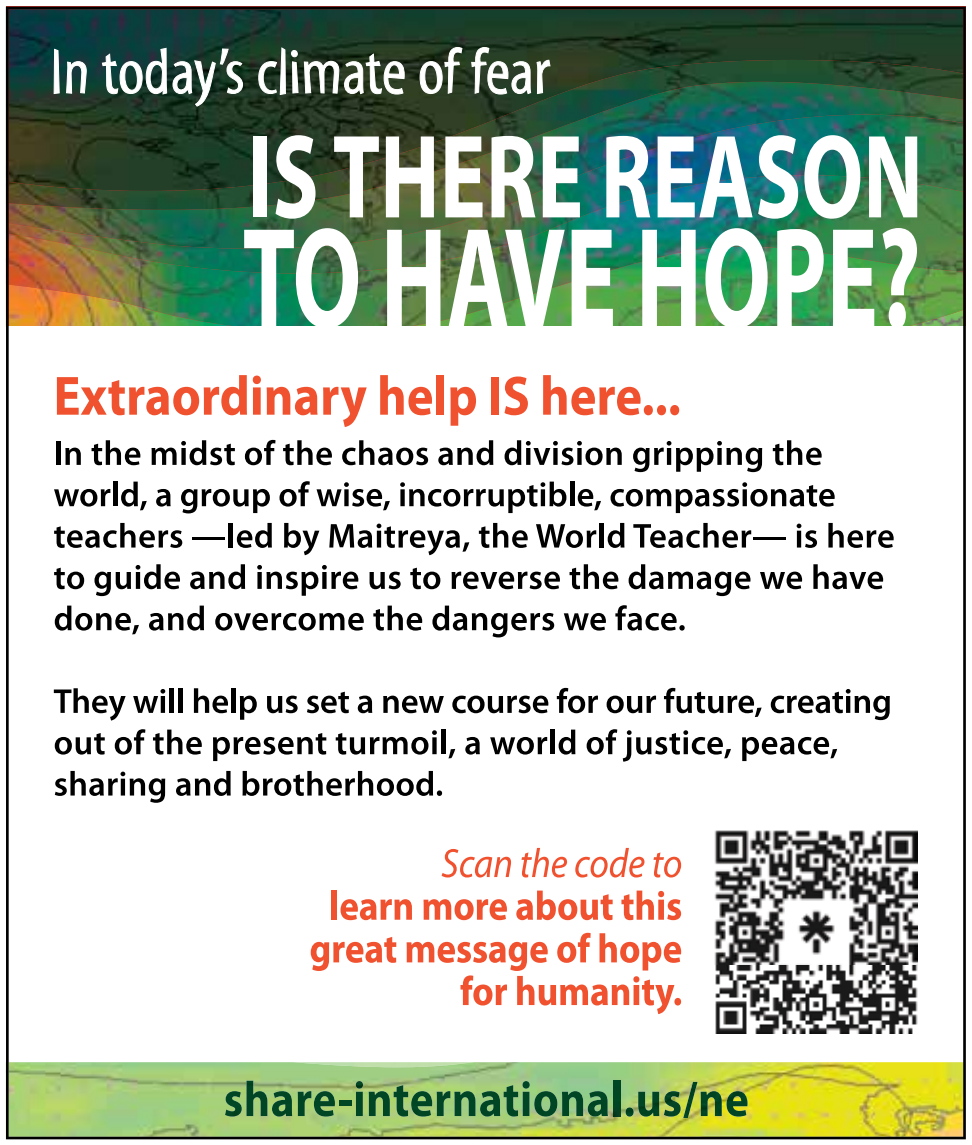
That is where food, ritual, and nervous system support become more than practices. They become expressions of self-respect—and that is what makes them sustainable enough to truly support healing. The rituals are not there to give you more things to accomplish. They are there to help you return to yourself. The recipes are built around self-love and self-respect, they are meant to nourish. The nervous system practices are not another assignment to master. They are reminders that your body deserves to feel safe, supported, and heard.

Sometimes self-respect is expressed through preparing a nourishing meal, creating a grounding bath, or moving the body gently. The deeper value is not in the ritual alone, but in the relationship we are building with ourselves through it.

The truth we come to realize is we don't have to improve ourselves because we are already whole. When you love and respect yourself, taking care of yourself is not something you *have* to do, it becomes a relationship of joy, and something you look forward to doing, as a lifestyle, not a chore. ✧

Adapted in part from **Nourish Your Inner Light: Adaptogenic Recipes and Wellness Rituals to Soothe Stress and Support Your Whole Self** *by Shannon Kaiser. Reprinted with permission of BenBella Books, Inc.*

Shannon Kaiser *is a bestselling author, wellness teacher, and self-love leader helping women navigate midlife with greater self-trust, self-respect, and emotional freedom. She is the author of the international bestseller* **The Self-Love Experiment** *and the forthcoming* **Nourish Your Inner Light: Adaptogenic Recipes and Wellness Rituals to Soothe Stress and Support Your Whole Self.** *Her teaching, message, and articles reach upward of 22 million people each month. Website: https://radicalbodylovewithshannon.com/*



Be a "Charlie" No Matter What

by Milissa Castanza Seymour, Bethpage, NY

"To love a person is to learn the song in their heart, and sing it to them when they have forgotten." - Arne Garborg

The word "dementia" describes several diseases that affect the ability to perform daily activities and thought processes. Dementia destroys nerve cells, damaging the brain. It deteriorates cognitive function beyond normal aging. It impairs short term memory, progresses over time, and affects older populations, especially women. It is the seventh most common cause of death around the world and a major cause of disability/dependency in the elderly.

In 2021, fifty-seven million people were diagnosed with dementia worldwide and there are approximately 10 million new cases each year. It has serious psychological, social, and economic implications for the person diagnosed as well as their caregivers. The risks of developing dementia are age (over 65), high blood pressure, high blood sugar, overweight, smoking, drinking excessive alcohol, inactivity, social isolation, and depression.

Beyond the facts and statistics, the person with the diagnosis of dementia is a soul that came in with gifts and talents in the pursuance of their soul-contract. The dementia is one part of a well lived life that doesn't define who they are. Souls embody a life, forgetting they are souls here to have a human experience. The idea of dementia can present a sort of cognitive dissonance. The soul, having forgotten its soul essence, appears to now be forgetting its human existence. *What may feel heartbreaking is just part of the bigger spiritual picture. During this chosen lifetime, what is most important is to honor the soul in its humanity and chosen lessons with dignity.*

Many of us have experienced dementia first-hand. My father was diagnosed with dementia in 2015 and we had a ten-year journey with him. My dad, Charlie, an example of unconditional love, persevered through loss and flourished through love. He grew up against a backdrop of the NY projects with his brother and a single mom. He grew into the man he was meant to become despite hardships and the losses along the way. He lost his mother while serving in Korea. He lived alone and put himself through college upon his return.



My dad became a chemist but was open to spiritual topics and loved the arts. Not only did he read books on assorted Godly and metaphysical topics but went with me to classes in hands-on healing and meditation. Art classes supported his lifelong hobby of painting and sculpting. He also tended his garden, fixed our cars, plumbing, and electric. He had a long list of skills and talents that he learned from many he met along the way. His soul shined as a man of character, faith, a veteran, a dedicated family man, helper and lifelong learner. In his presence we felt safe and protected.

He never forgot his roots, having immense gratitude for the blessings he received along the way and for the people that loved him. My father rarely said an unkind word about anyone. He had the patience of a saint and the kindness to match. Even with dementia, he never forgot to say "thank you" or notice a kindness extended to him. "I love you" rolled off his tongue without hesitation, especially to my mom who he made clear to everyone was the love of his life even after 73 years.

We were lucky that ten years into his diagnosis, he remembered who we were when we walked in the door, even if we had to repeat some things he'd forget. He always showed concern for our well-being, asking if we were ok and if he could do anything to help. He asked for little and gave unconditionally. His "dad" jokes, kindness, and overall good nature were legendary and he blessed us with a lifetime of empathy, understanding, patience, creativity, intelligence, mentoring, forgiveness, and unconditional love.

Dementia has many faces. It can be fast or slow moving, inconsistently consistent, confusing and scary. Caregivers struggle with these changes as their loved ones become more vulnerable. Remembering the soul that is navigating this human experience of forgetting challenges us. It humbles us into patience and understanding what is not always easy to understand. It reaches into the sacred space of our own mortality, shaping perspective and, if we're lucky, soulful awareness.

My dad is one of many with a dementia diagnosis whose soul kept shining through no matter the circumstances. Somehow, he was able to love unconditionally even in his vulnerability, without bitterness or expectation. The timing of his passing was our soul-contract and the lesson showed up for me this way: *In this world of challenges and unexpected change, hold onto love, gratitude, and each other. Be a "Charlie" no matter what.* ✧

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



On Caring for Ourselves and Others

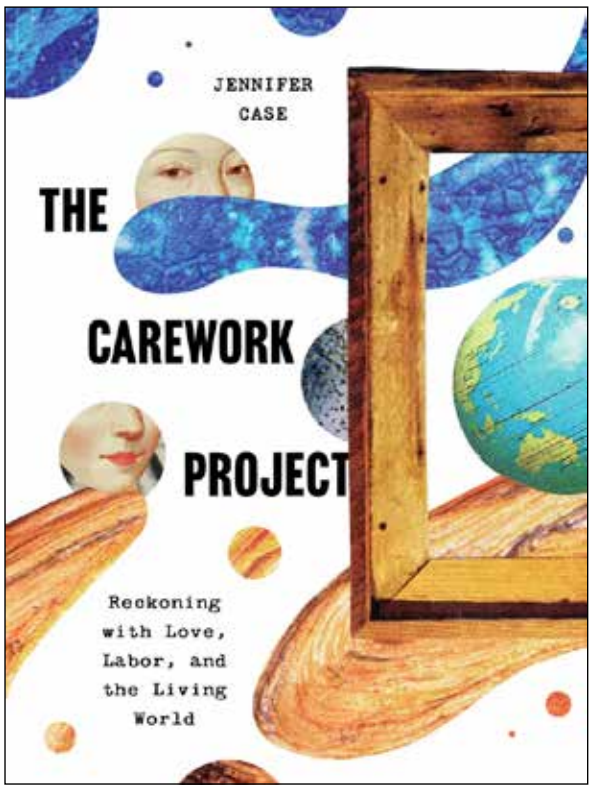
by Jennifer Case, Arkansas

I have long placed "care" at the top of my list of values. As a mother, instructor, and environmental writer, I see the world as interconnected, and I genuinely strive toward the health of the whole. However, although I am used to providing care for others (whether my kids, my students, or the caterpillars in the garden), for much of my life I was uncomfortable receiving care or caring for myself. Time away from my kids used to reek of over-indulgence, while the caring action of a friend would cause me to blush and withdraw into a shell.

As it turns out, my unease is not unique. Most of the careworkers I have spoken to have voiced similar struggles, admitting that it's easier to care for others than to care for themselves. In addition, there's plenty of research out there about how our culture conditions women to put the needs of others first—and additional research that maps out the toll this takes on women's physical and mental health. As our scientific and cultural understanding of trauma has deepened, we've also come to better understand how childhood adversity can foster codependence or compulsive caretaking, where an individual attunes to and attends others at the expense of their self. **The antidote for individuals entrenched in these patterns? According to a number of psychologists and scholars, it's to learn how to prioritize one's own needs and practice self-care.**

When I first started unpacking my relationship with care, I read these reports with painful recognition. I, indeed, had sometimes prioritized the needs of others at the expense of myself—and then suffered the resulting burnout, resentment, and physical malaise. However, I baulked at the prescription to practice self-care. I baulked in part because some small part of me felt ashamed at even the thought of receiving care. I baulked in part because I genuinely value caregiving and carework, especially as part of my spiritual life.

When I was a teenager, a Catholic nun told me that I had "clearly heard God's call to serve others." Her comment stayed with me, and when I began to explore meditation and Buddhism, I quickly latched on to the bodhisattva as a guide. I loved the image of Avalokiteshvara, with his one thousand arms and one thousand eyes, each available to see and assist the needs of others. What is our purpose if not to help others? To offer assistance and try to build a more caring world? Although I recognized that I had sometimes cared for others in a manner that depleted myself, I needed an entry point into self-care that didn't require letting go of this spiritual aspiration.



Indeed, one of my struggles with our culture's current conceptualization of "self-care" is the individualistic language. Despite so many spiritual traditions that work to dismantle the ego and help us experience a broader consciousness, the pop psychology that flooded my social media accounts and the self-help books I read instead appeared to buttress my ego, teaching me how to defend my conceptual identity and hold boundaries. Boundaries, to be clear, are useful and necessary, especially for those of us who never developed a clear sense of self as children. However, I was wary of the duality such sources erected between myself and others, as if "self-care" was always, inherently, the opposite of and in conflict with "other-care." As if there was even a "me" to protect!



Buddhist teachers actually stress that anytime we think in stark differentiations—"you vs. me" or "self vs. others"—we are deluded…caught up in an ego-driven line of thinking that will only lead to suffering. Rather than being separate entities, such teachers emphasize, **we are always interconnected, and the moments we don't see how our wellbeing is linked to others are the exact moments we are lost.**

Their words have given me a new way to think about caregiving and carework. Sometimes, I must admit, my caregiving is done out of an eco-centric sense of self, where "I" am giving care to someone else (and where "I" might expect praise or care in return—and harbor resentment if I don't receive it). But sometimes my caring is done from that more mysterious place, in line with those spiritual aspirations. Here, my chest swells and I have access to endless compassion; it isn't about "me" at all.

For myself, I've found it necessary to learn how to feel the difference between these two experiences in my body. When I'm overtaxed, or overwhelmed, and giving to others out of a sense of obligation, how does that feel in my body? On the other hand, how does it feel in my body to be calm, present, and have a strong sense of compassion for myself and for others? (Including compassion for that shame-filled part of me that for so long pushed away care?) As I learn to better recognize the differences between these felt experiences, I've found that I can catch myself quicker when I move from the latter to the former and interrupt it by taking a few deep breaths, going on a walk, drinking water, stepping away and getting rest, etc. By caring for myself, I can more easily get to and remain in that space where "care" feels sacred—a presence and interconnectedness that isn't about me or another being, but just "is." ✧

Jennifer Case *teaches creative writing at the University of Central Arkansas. She also serves as an assistant nonfiction editor at Terrain.org and is the supervising editor of Arkana. She is the author of* **The Carework Project: Reckoning with Love, Labor, and the Living World, We Are Animals: On the Nature and Politics of Motherhood** *and* **Sawbill: A Search for Place,** *and her work has appeared in Orion, the Sycamore Review, and Fourth River.*

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The Same Poem, Again

by Creations Community



You read a poem once, somewhere, and it landed. Maybe a friend sent it, maybe it was printed in a program at a funeral, maybe it surfaced on a screen between two things that had nothing to do with it. You felt the small click of recognition, thought that was beautiful, and moved on, because moving on is what reading is now. Here is the road not taken in that moment: you could have stayed. Not for an hour of study. For two minutes tomorrow morning, and the morning after that, until the poem stopped being something you had read and became something you know.

What a first reading actually is

The first time through a poem, you are not really reading it. You are decoding it. Your attention is spent on the basic work of parsing: who is speaking, where the sentence ends, what that word is doing there, whether the thing described is literal or standing for something else. A poem compresses more decisions into a line than prose does, so the decoding load is heavy, and it takes nearly everything you have.

This is why a first reading produces such a thin report. You come away with a gist and a feeling: it was about a marriage, it was sad but not only sad, there was something good near the end about the light. That is not a failure of intelligence or sensitivity. It is arithmetic. Comprehension took the whole budget, and noticing costs extra.

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Prose mostly forgives this, because prose is built to be understood in one pass. A poem is not. A poem is built the way a piece of music is built, on the assumption of return. Nobody hears a song once. The songs that matter to you are the ones you have heard a hundred times, and what you love about them, the small hesitation before the chorus, the bass line you only noticed in year three, is precisely the kind of thing that repetition alone reveals. We grant music the repetition it was built for and deny it to poems, then conclude that poetry is difficult.

What the tenth reading knows

Repetition changes the arithmetic. By the third morning the decoding is done: you know who is speaking and where the sentences end, and your attention, freed from parsing, has nowhere to go but deeper. This is when the noticing starts, and it is oddly physical. You start to hear the poem rather than just understand it. A line break lands like a held breath. Two words four lines apart turn out to rhyme, or almost rhyme, and the near miss is clearly deliberate. The plain little word in the last line turns out to be carrying the whole thing.

Then something stranger happens, usually in the second half of the run. The poem starts to read differently on different days, and since the words have not moved, the moving part must be you. On a morning after bad news the same stanza is about endurance; on an ordinary Tuesday it is about gratitude; the line you skimmed all week suddenly has your mother in it. A poem read ten times becomes an instrument, and what it measures is the reader. This is the real argument for the practice. It is not that you finally extract the poem's one true meaning. It is that the poem becomes a fixed point against which you can see your own weather move, which is a thing almost nothing else in a day offers.

Readers who keep this practice describe the shift in possessive terms: it stops being a poem and becomes my poem. Not because they memorized it, though stray lines will move in on their own, uninvited, the way song lyrics do. Because attention, repeated, turns into a kind of residence. You have spent enough mornings inside those fourteen lines to know where everything is.

The practice, plainly

Choose one poem. Short is right: something under a page, fourteen to thirty lines. Choose by pull, not by prestige. The poem you have saved on your phone for two years, the one from the funeral program, the one you did not fully understand but could not delete. If nothing comes to mind, take down any anthology, open it anywhere, and turn pages until something snags. The snag is the qualification. You are not choosing the best poem; you are choosing the one that already has a hook in you.

Then, for ten mornings, read it twice: once aloud, once silently. Aloud matters more than it seems. A poem is scored for the mouth and the ear, and a silent first pass lets your eye skip everything the sound is doing. Two readings take two minutes, maybe three. Attach them to something that already happens every morning, the first cup of coffee, the table by the window, so the practice borrows a habit instead of requiring one.

Three rules keep it honest. Do not look up what the poem means; an explanation found on day two will sit on top of the poem for the remaining eight, and you will read the explanation instead of the lines. Do not switch poems mid-run when the novelty fades; the fading is the doorway, not the exit. And do not try to memorize anything. Memorization is a fine practice and a different one. This one asks only that you show up and read, the way you would play the song again.

If you want a record, keep it to one line a day: the thing you noticed this morning that you had not noticed before. Ten mornings will give you ten lines, and reading that list at the end is its own small astonishment, because it is a log of what was sitting in plain sight the whole time.

The days in the middle

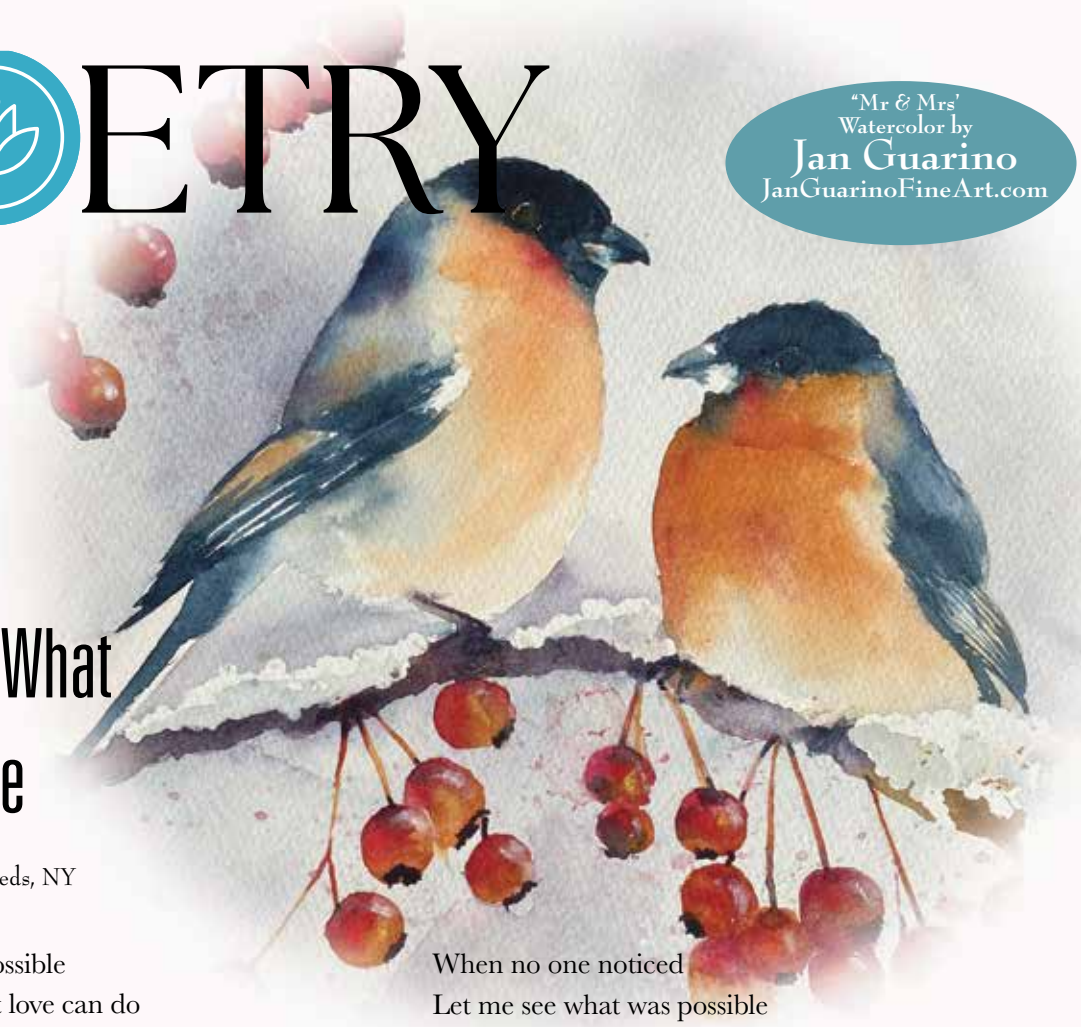
It helps to know the shape of the run in advance. The first two or three mornings feel productive; the poem is still new enough to be interesting. Days four and five are where the practice earns its keep, because this is where boredom arrives and announces that you have gotten everything, that reading it again is pointless. That announcement is false, and it is worth being told so ahead of time. The boredom is not a signal that the poem is empty. It is the feeling of the decoding work ending, and it comes immediately before the part where the poem opens. Nearly everyone who quits, quits here, one morning short.

Somewhere in the back half comes the morning the poem talks back: reads in a different tone, produces a line you would swear was not there on Monday, or lands on the day's events with an accuracy that feels arranged. It cannot be scheduled, but it is reliable, and it only ever arrives on the far side of the boring days.

The other way of reading

Most of what crosses your eyes in a day is read once, at speed, and discarded, and most of it deserves exactly that. But somewhere in you is the other way of reading, the one you last used when you were small and demanded the same book every night for a month, to the despair of whoever was reading it to you. You were not being stubborn. You had found something with a floor in it, and you returned until you had walked every board. That reader is still in there, and it costs two minutes a morning to find out what that reader knows. One poem, ten mornings, twice each: once for the ear, once for the eye. The poem will hold still. It is very good at that. The moving, as it turns out, was always yours. ✧

POETRY



"Mr & Mrs"
Watercolor by
Jan Guarino
JanGuarinoFineArt.com

I've Seen What is Possible

by Rhonda Weiss, Leeds, NY

I've seen what is possible
And I've seen what love can do

And, I want it to be yours
I've seen him handing his wife the flour
Almost forgotten from the recipe
Without a scowl or rebuke

I've seen him running to the store for the forgotten
Two needed tubs of cream
Without a word of anger
Just a … it happens

I've seen them working on a quilt – a gift
Measuring, smoothing, cutting
Although he cared not at all about quilting
But was so proud of her artistry

I saw her reading his writings
Some stories she liked and some she didn't
But she always read them
Because it was his dream
And therefore it was hers too

I saw her shrug off his occasionally
Putting a utensil in the wrong drawer
Or a shoe that missed the rack
Since it just reminded her of his presence
And all was good

I do not know what was said in private
But what I saw
When no one noticed
Let me see what was possible

And although I kept waiting for it to be a fluke
And although I kept waiting for
The put downs, accusations
And the cursing to commence
All I saw was a partnership
And a series of loving glances

It was not always an easy collaboration
With a foolproof plan
But they always believed it would be

And it was not held together by novelty
For they had been married almost 40 years
And it was not born of privilege
Because they had experienced rough times

And it was not from being each other's one and only
For they had children
And aging parents needing attention

But it was built on common values
And weaknesses mended and made strong
And working rhythms with a shared harmony
And a trust in each other

I've seen what is possible
And I've seen what love can do

And that's what I want for you

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

HAIKU

by Roberta A. McQueen, East Islip, NY

he plays the tuba
he plays in the local band
she gets some ear plugs

PUZZLE

by Elaine P. Morgan, Warrenton, VA

A piece there.
A piece here.
A piece everywhere
until you see
the whole picture.
Life

Becoming the Ocean

by Matthew Buonocore, Syracuse, NY

The rain…
Each droplet is a different expression of the divine,
falling through the sky to rejoin the eternal sea,
always knowing of the bliss of reunion with its source.
We are those droplets,
always falling through life,
always waiting for the perfect place and the perfect time
to be realized…

Dancing With The Divine

by Seena Axel, Ph.D., Delray Beach, FL

The fiery side of knowing
and...
many deep breaths later,
the feelings around knowing
what you know,
require a large, sturdy vessel
to contain.

The challenging part of knowing
and...
many deep exhales later,
living the truths you come to know,
now that truly,
is dancing with the Divine.

Hidden History and the End of Amnesia

by Valir, Channeled
by Dave Akira

This is the seventh installment of an 8-part series.

When the long-suppressed chapters of Earth's past come to light, humanity will undergo a profound emotional and spiritual reaction. As evidence emerges of lost continents like Lemuria and Atlantis, of advanced ancient technology, and of past extraterrestrial involvement, many will feel not just surprise but a deep sense of reunion. It will be as if a missing piece of identity has been returned. Expect tears of wonder and relief as people realize they have roots and connections far beyond what they were taught.

For starseeds and old souls, these revelations will ring especially true. They may trigger memories or vivid dreams of those distant times, because the soul never forgets what the mind was made to forget. The end of amnesia means not only learning new facts, but also recovering parts of yourselves. You may find that once these truths are openly discussed, your intuition and inner knowing provide even more detail. Many will start to recall their own connections to ancient eras or star lineages. This personal awakening is the true gift hidden within the historical disclosures. It transforms dry knowledge into living wisdom.

Instead of feeling angry that information was kept from you, you will feel empowered that you now know who you are. Humanity's story will expand from a small, isolated tale to an epic cosmic saga – and each person's heart will expand with it. No longer will you see yourselves as insignificant or alone; you will understand you are children of the stars who have been journeying through cycles of civilization. This recognition will bring a wave of healing. Prejudices rooted in false history will dissolve. Divisions between peoples and cultures will soften as everyone realizes we share a far more interconnected origin than previously believed. And importantly, the mistakes of the past – say, Atlantis' misuse of power – will serve as lessons now consciously acknowledged. With awareness restored, humanity can break old cycles and move forward wisely. The revelations of hidden history are not about living in the past; they are about reclaiming wisdom and identity so you can create a brighter future aligned with your true heritage.

The Two Waves of Revelation

There are essentially two major waves in this planetary awakening. The first wave is *informational* – dramatic external events and disclosures that bring hidden facts to light. The second wave is *transformational* – the personal spiritual growth that comes from integrating those facts. Many people get caught in the first wave, chasing news and external proof, but never allowing it to change them inside. *Our counsel to you is: do not let the story end with the first wave.* Use it as a springboard into the second. For example, the first wave might reveal, "We are not alone in the universe." The second wave is when you internalize that truth so deeply that you begin to live with a sense of cosmic citizenship – treating all life as connected, releasing old prejudices, and perhaps even opening communication with your star family through intuition or meditation.

The first wave might expose suppressed healing technologies; the second wave is when you realize that you yourself have innate healing abilities and you start to cultivate them. In essence, the second wave is about awakening your latent divine potential in response to the new truths. When you reach that stage, you truly understand why we say disclosure eventually "no longer needs to matter." It's not that the outer revelations aren't significant – it's that by the time you ride the second wave, you have found freedom and wisdom within that no external event can take away. You become sovereign and spiritually self-sufficient. Paradoxically, those who achieve this mindset often find that external revelations flow even more easily to them, as if the universe delights in confirming what they already know. By contrast, those who stubbornly wait for outside proof before changing may remain unsettled even as proof arrives, because they haven't done the inner work to anchor it. So aim to surf both waves, dear ones, but especially the second. Let each outward revelation propel you into greater self-awareness, compassion, and enlightenment. Then "disclosure" becomes not just a series of events, but a catalyst for your ascension. ✧

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Continued from page 5

Living in the Higher Gears

Back then, I lived on adrenaline. Always chasing. Always proving. Always running faster toward ... what? I told myself, "When I hit the next milestone, then I'll be at peace."

But peace doesn't wait at the finish line. It waits in presence. It lives in alignment. Now, I live in the "higher gears." Not checked out, but deeply tuned in. I still work. I still dream. But I no longer strive to earn worth. I live from the inside out: grounded, clear, and guided. And so can you. This is not a fantasy reserved for the few. This is a frequency. A way of being. And it's calling your name.

Final Invitation: Say Yes

So let me ask you again: Are you ready to launch? Not into more doing, but into deeper being. Not into hustle, but into alignment. Not into someone else's dream, but into the one your soul has been whispering all along. This is your sacred moment. The page has turned. The old story is fading. And a new one, vibrant, true, and soul-deep, is ready to be lived. You don't need all the answers. You just need a "yes." So take a breath. Feel your feet on the ground. And whisper it now... Yes. Welcome home to your Higher Self. Welcome to your conscious life. Welcome to the journey you were born for. ✧

Steve Farrell *is the co-founder and Worldwide Executive Director of Humanity's Team, a global nonprofit organization dedicated to helping people awaken to the interconnectedness of all life and live consciously. Before dedicating his life to this mission, Farrell spent decades in the technology sector, founding two high-tech firms featured on the Inc. 500 list. A spiritual awakening inspired him to leave the corporate world and focus on creating educational programs, events, and resources that support personal and planetary transformation.*



His books include **A New Universal Dream** *and his latest,* **The Inner Way: Reclaim the Truth of Who You Are and Why You're Here.** *Through his writing, speaking, and leadership, he encourages individuals to align with their Higher Self, discover their purpose, and contribute to a more compassionate and sustainable world. Learn more at Learn more at stevefarrell.org.*

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The Quiet Intelligence of Decay: Why What We Call "Bad" May Be the Universe at Work

by Vu M. Do, Seattle, WA

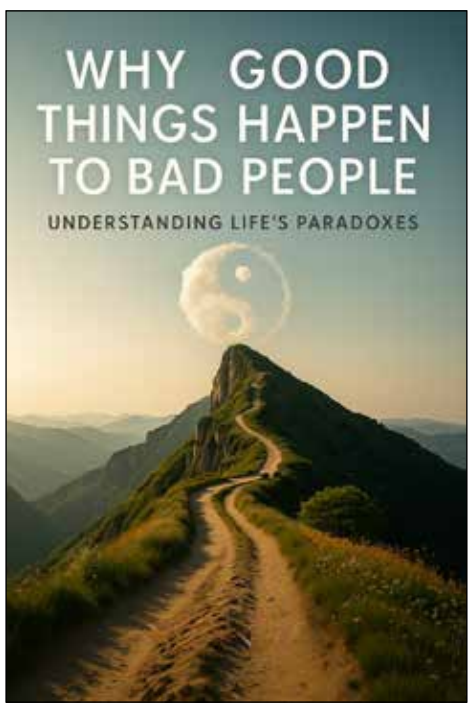
Every morning, I visit the gazebo in my yard in Seattle to enjoy tea among the Japanese maples. The scent of decaying wood drifts through the air, which many might find unpleasant. Where some see neglect, I recognize a living system in action.

Through years of quiet reflection and observation of nature, I have realized that what appears broken—what is often dismissed as dirt—actually leads to something new. The garden has become my teacher, revealing a truth: what we call "bad" in life may not be punishment at all, but a form of balance in motion.

Modern culture stresses outcomes, quickly labeling experiences as reward or punishment, success or failure, and good or bad. However, the natural world doesn't follow this pattern. In addition to observing nature, Eastern philosophies like Taoism and Buddhism—traditions that see life as cyclical and balancing rather than moral and transactional—have taught me that the universe doesn't separate experience into reward and punishment like humans do. Instead, it functions in balance—breaking down what's finished to make room for what's next.

In Nature, Everything is Repurposed

In nature, nothing ends in disgrace. Rather, all is repurposed. In human life, however, loss often feels like condemnation. When people face failure, betrayal, illness, or injustice, they rarely see it as a transition; they see it as a verdict. Yet nature tells a different story: Every rotting piece of wood, fallen leaf, and sign of decay becomes nourishment for new growth.



In forests, decay isn't a flaw; it's the engine. Fallen trees don't signify defeat—they become the foundation for new life. Mushrooms grow from what has died. Roots draw strength from what once stood tall. Nothing goes to waste. The same process occurs in human experience, though it's harder to accept when it appears as grief rather than sorrow.

Without Decay, There is No Growth

This reveals a truth many resist: Without decay, there is no growth. Growth is celebrated, but the conditions that enable it are often resented. People want wisdom without wounds, renewal without upheaval, rebirth without destruction. Yet transformation is not adding something; it is rebuilding. What no longer serves must soften, break, and dissolve before something new can take its place.

The challenge is in the quietness of this process. Decay comes from the earth quietly renewing itself. Change rarely makes itself obvious. While attention is on what has been lost, renewal is already underway unseen—cells rebuilding, beliefs shifting, identity reorganizing. What looks like stagnation is often incubation.

The Universe Does Not Cater to Human Desires

This cycle, unsettling as it may be, also includes humanity's most challenging experiences: pain, loss, and injustice. This does not justify suffering, nor does it excuse harm. It simply recognizes that the universe does not suspend its laws to cater to human desires. Storms arrive without warning. Winter does not negotiate. Yet spring still follows—not despite winter, but because of it.

Letting Go of Judgements —"Good" or "Bad" — Allows Us to See the Intelligence Behind Change

The most significant change occurs not in circumstances but in perception: When we stop labeling experiences as "good" or "bad," we begin to see the quiet intelligence behind change itself. Letting go of rigid judgment doesn't lead to passivity; it leads to discernment. Patterns develop where chaos once seemed absolute. What appeared to be a collapse starts to resemble a rearrangement.



The Universe Does Not Keep Score: It Maintains Balance

The universe isn't about keeping score; it's about maintaining balance. Decay isn't the opposite of meaning—it's the process that makes meaning possible. Everything that grows is fueled by what has come before: in forests, history, and relationships. Look beyond moral tallying to gain a deeper understanding of how change truly occurs. Transformation is neither kind nor cruel—it is orderly, cyclical, and quietly ongoing, intelligent.

I invite all to imagine that what we often perceive as "bad" may not be punishment at all. Instead, it could be life itself gently and purposefully reshaping the future. Just like fallen leaves, what seems like an ending might actually be the emergence of a new beginning. ✧

Vu M. Do, *author of* **Why Good Things Happen to Bad People**, *is a mechanical engineer and contemporary philosopher. Born and raised in Sai Gon, Vietnam, Vu went on to study engineering at California Polytechnic State University. Later on in life, Vu developed a deep appreciation for Taoism. The religion's emphasis on quiet contemplation and insight won through presence and patience serves as the centerpiece of his first book. For Vu, these tenets are more than self-help soundbites, but sit at the heart of who he is. His reverent care for a Japanese maple collection and a passion for tea reflect his belief that inner peace and wisdom arise during simple, quiet moments. He lives with his wife.*

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Destiny is Variable

by Owen Waters, Texas

In the Old Reality, things were seen as opposites - black or white, hot or cold, good or bad, this way or that way. In the expanded view of New Reality consciousness, life is seen in a unified way. Opposite sides of the coin are viewed, not as polar opposites, but rather as just being different aspects of the one coin.

In the New Reality view of the world, the opposite extremes of black and white become, instead, endless shades of gray. Hot and cold become variable degrees of warmth. Good and bad become different shades of human nature; free of the judgment, resentment and fear that comes with Old Reality, polarized thinking.

In the Old Reality, destiny and free will were seen as mutually exclusive. The reasoning was that, if destiny exists, then it controls everything and, therefore, free will does not exist. On the other hand, you can prove that free will does exist by making a choice. So, as the thinking goes, if free will does exist, then there can be no destiny.

But, wait. Perhaps that choice of "free will" was really a predestined one. Perhaps the person was destined to make that choice all along, so the experience of choice was just an illusion. At this point, people usually give up on the whole question because it has turned into one of those brain teasers, like asking which came first — the chicken or the egg.

Brain teasers keep your mind in an endless loop until you try stepping back from the situation and seeing it in a wider perspective. The new, wider perspective allows for the inclusion of non-materialistic factors. In deciding whether the chicken or the egg came first, for example, you just have to step back and see that the chicken was designed to be self-perpetuating.

When you step back and see destiny and free will from a wider perspective, you realize that nothing has to be absolute. If every event in your life were preordained, there would be no such thing as free will or self-determination. As we do have free will, destiny cannot be fixed.

Act well at the moment, and you have performed a good action for all eternity.

~ Johann Kaspar Lavater

Destiny is therefore variable, not fixed. **Destiny and free will both exist as interwoven facets of your life.** Like threads in a tapestry, they interact with each other and blend to form the outcomes that are the events in your life.

Your destiny is created by plans that you made at a soul level of consciousness. Before you were born, you made your main plan for this life. Then, the minute you were born, the rules of the game demanded that you also get a case of amnesia about the whole arrangement. Such is the game of life in the physical realm.

However, at night when you go to sleep, you can go to the deepest levels of human consciousness, review how the original plan is unfolding and make changes to your plan if desired. When you return to your physical body and awake in the morning, amnesia strikes again. Within seconds of your conscious mind returning into your physical brain, you forget both the surface dreams and the deep experiences of the night.

Amnesia may be a part of the game we are playing in this life, but inner guidance is always available to anyone who pays attention to it. Your intuition is your link to your soul, or inner being, which is also linked to the rest of the universe and all levels of Creation.

You are never left alone to fumble in the darkness of a purely physical life. Your inner being is always there with you, expressing itself through the quiet whisperings of intuitive information. Thanks to this inner compass of knowing, you can always sense which choice feels right.

You can always tell when your life is running on plan, and you can tell equally well if you've become temporarily distracted from your plan. You always have the means to be right on course, or get back on course, and explore the fascinating themes that make up your life plan.

The most productive use of free will is to explore your true potential within the themes of your life, thus gaining the greatest possible experience from your life plan. Destiny is an influence that comes from your inner plan. There is nothing absolute about your destiny. It's a pressure which constantly seeks the best route to unfold into manifestation. Free will provides the means to manifest that destiny in a way that provides the learning that you came here to acquire in this life.

Destiny is variable. It adapts to the circumstances of your life every second of the day. As destiny unfolds, you feel it within as a sense of being a part of the flow of life, of manifesting your potential in the way that you planned for this day and that you planned for this life. ✧

Destiny is the plan. Free will is the action. Experience is the result.

That's what being human is all about.

Owen Waters *is the author of the book,* **Soul Communion**, *an initiation into advanced soul access for spiritual awakening, protection and prosperity. www.InfiniteBeing,com*

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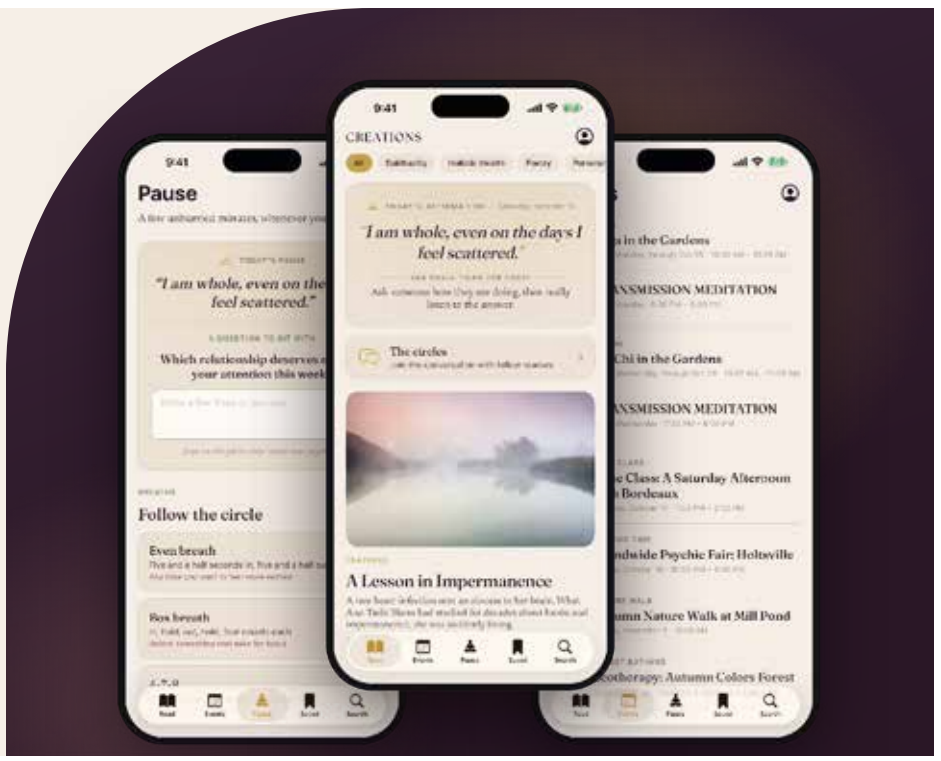
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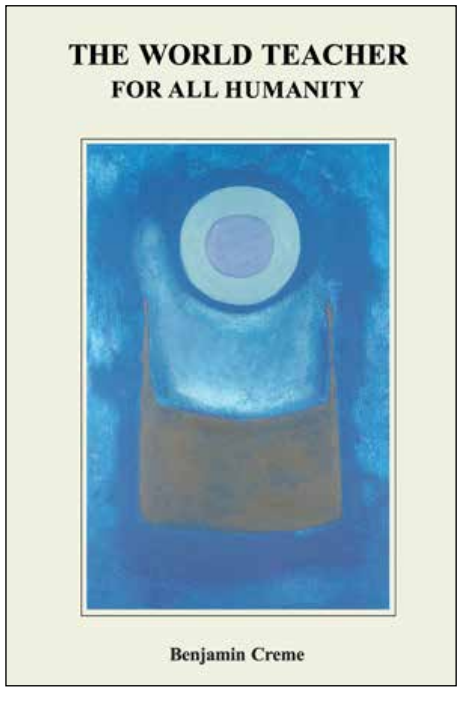
A Teacher for Turbulent Times

by Krista Peres

I'd always thought, in a vague sort of way, that every aspect of life - political, social, economic, was connected somehow but none of my education or life's experiences to that point bore out this indistinct musing. In those days I was unconscious – living life only for the pleasures of the moment. The material world enthralled me and nothing of the spiritual world – the inner world – ever entered my mind. Then, a painful life-changing event forced me onto a path of self-discovery. Suddenly discarded in a divorce, I was traumatized and lost and compelled to ask: what happened? What did I miss? What went wrong?

I took to the bookstores combing the shelves for answers from those whom I considered wise and knowledgeable about such things. I didn't realize it then, but I was beginning a journey of self-discovery, a journey that continues more than 30 years later. One day while browsing the philosophy books I came across the newspaper, *The Emergence Quarterly, Background Information Issue* explaining the underlying spiritual nature of all aspects of life.

Here was validation of my amorphously subconscious, yet sensed, idea that unity was

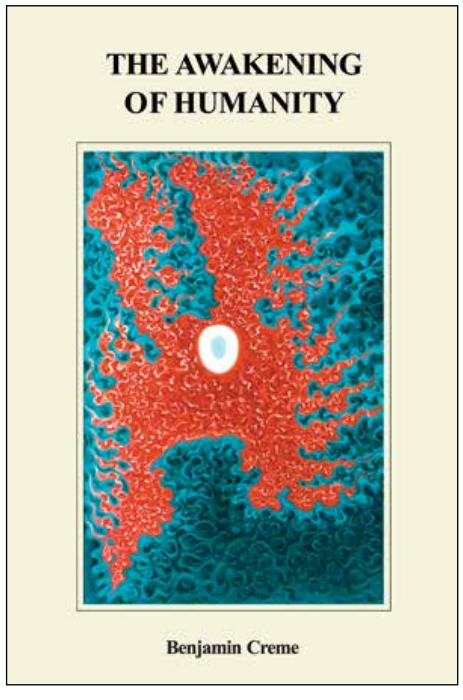


the lynch-pin of life. I also discovered that the word *spiritual* wasn't religious per se, that it actually means anything which advances the progress of man. Organized religion holds no monopoly on the word *spiritual.*

The information in the newspaper also revealed the fact that the Teacher for all humanity, a World Teacher, by name Maitreya, is here now to help us navigate these turbulent times and to show us the way forward. Maitreya's emergence is a cyclical event brought about by a world in crisis. He fulfills the role of the Teacher awaited by all the world's religions though they may call him by different names —Christians await him as the Christ for example.

This information had the ring of truth for me and as a result, I began to engage in activities to make known to the public the fact that this Teacher is here *now* and that we will see him soon. I also joined a related meditation group that posited helping the world by transmitting energies of synthesis and brotherhood — hallmark energies of the new age of Aquarius that we have just entered. At last, I'd discovered the purpose and meaning of my life, *service*, and more than 30 years later, I continue to tell the world that Maitreya, the World Teacher, is here and that his reappearance is the promise of a brilliant future for all of us.

As I've continued to serve, my life has changed for the better. It's still a challenge sometimes but knowing that Maitreya walks among us gives me hope for the future, and service has graced my life with meaning and purpose. Finally, I am on the right track, and I thank God every day for that harrowing event that aroused me from my slumber so many years ago.



Krista Peres *is a long-time Share International volunteer, Transmission Meditation host, speaker and writer on the Ageless Wisdom and esoteric subjects.* ***Visit www.Share-International.us*** *for more information about Maitreya the World Teacher and the Masters of Wisdom, including free downloads of some of Benjamin Creme's books.* **See our ad on page 9** *for information about upcoming events in the NY metro area.*

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Whole-Body Wellness

One studio. **Five** recovery modalities.

- **Red Light Therapy**
- **Power Plate**
- **Pilates Reformer**
- **Far Infrared Sauna**
- **3D Body Scan**

Scan to learn more

rlmcommack.com | 631-771-1280 | 6157 Jericho Tpke., Commack, NY

wavewellness

FREE WELLNESS APP

Sleep, move, eat, recover, all in one wave.

One daily score from your sleep, movement, food and recovery, plus a forty second camera scan.

- Daily Wave score
- Sleep
- Fitness & training
- WellnessScan
- Nutrition
- Mindfulness



Scan to start.
It's free.

wavewellness.app