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Mouthwash: Friend or Foe?

If I were to offer you a magic mouthwash that would be the single thing you have to do to have fresh breath, clean, white teeth, and healthy gums, would you be interested? Turns out that the mouthwash industry is a billion-dollar business. Yet, I wonder if it's really effective — but more importantly, *does it do more harm than good?*

Many oral healthcare providers recommend an oral rinse as an adjunct to daily brushing and flossing. Spoiler alert: if you have teeth, there is no way around basic hygiene. No magic mouthwash, no hack, no special technology. Just brushing and flossing. To quote an old saying: you don't have to floss all your teeth, just the ones you want to keep.

But many of us like using mouthwash because we get that fresh feeling. A recent study shows that 40% of us have never used it while 25% use it daily. Compared to healthy people, mouthwash users reported having gum disease, oral infections, and lesions.

Not all mouthwashes are created equal. There are natural ingredients like essential

oils and chemicals like cetylpyridinium chloride (CPC) that kill bacteria. Other ingredients are zinc, ethyl alcohol, propylene glycol and sodium lauryl sulfate (SDL). *Incidentally propylene glycol is antifreeze and SDL is a laundry detergent.*

Here are a few things to investigate: Does mouthwash truly treat bad breath at its root cause? Does it dry out your mouth? Does it wreck your oral microbiome? Does it have ingredients that are toxic and can harm you?

If you are using mouthwash daily without routine dental care, you may be masking an underlying disease. **Bad breath may be an early indicator of periodontal disease.** Some rinses do contain ingredients such as alcohol that cause *xerostomia*, or dry mouth. This gets exacerbated if you take certain medications. A dry mouth can lead to more concentrated bacteria. It also leads to a decrease in pH, decreased buffering capacity, sensitive, weaker teeth which can be prone to erosion, cavities, fractures, gum infections, bad breath, and mouth sores.

When you introduce an antimicrobial substance in the mouth, you kill certain organisms, but this allows others to grow in high numbers. We call that an *opportunistic* infection. What's worse is that these bacteria get smarter with time, they recognize the chemicals and mutate so they develop resistance to the antimicrobial. This can lead to a significant disharmony of your normally balanced oral microbiome which, in turn, can negatively affect your gut flora, digestion and absorption of vitamins, nutrients and minerals. We need certain bacteria and micro-organisms for optimal health. Frequent use of mouthwash can reduce nitrate producing bacteria. We need these little guys to produce nitric oxide for vasodilation, elasticity of our blood vessels and proper cardiovascular health. It's no wonder that **studies show that overuse of mouthwash can result in high blood pressure.**

The ideal oral rinse should function as a mechanical cleaning medium that has a power washing effect to help flush out debris from the oral cavity including the tongue, gums, teeth, and pharynx.

It should be harmless, slightly alkaline, and would function as a dilutant. The solution to pollution is dilution!

I will leave you with a DIY tip: Mix 8 oz of water, 1 teaspoon of salt, 1 teaspoon of baking soda, a drop of peppermint and you have a harmless, natural, healthy oral rinse. For whitening, add hydrogen peroxide. *(Please consult with your oral healthcare provider first).*



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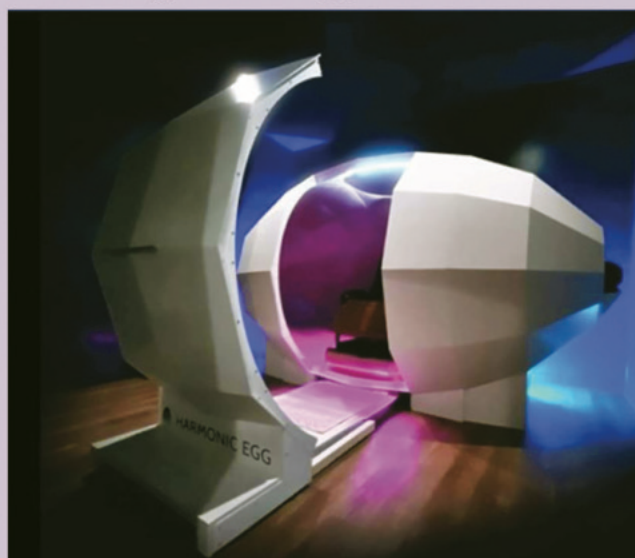
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TALKING OUR WALK

Welcome to our February–March
Winter / Relationships Issue.

Higher Love Begins with You. Steve Farrell relays that *the ultimate love is the love of our self. Your relationships with others mirror your relationship with yourself ... your relationships can never be better than the one you have with yourself.* Suprisingly to many of us, *putting someone else's needs above your own because they were "more important" is not an act of love — it is an act of fear.*

No matter what the circumstances are, *You Get to Choose What You Focus On.* Ann Albers tells us, *You don't get to control the behaviors or actions of others, but by your vibration, you attract the company you keep and how you feel and deal with the energies of the present moment.*

Many of us go through the majority of lives with a contentious relationship to money. Well, Jeff Golden puts *Money and Relationships in Their Place.* Money can buy happiness ... for those of us who do not have enough money to meet our basic



needs. However, meaningful relationships contribute far more to our overall happiness than money and possessions. Circling back to our lead article, Golden echoes that the most important relationship is with yourself. *The quality of your relationship with yourself determines the quality of your relationships with everyone and everything.*

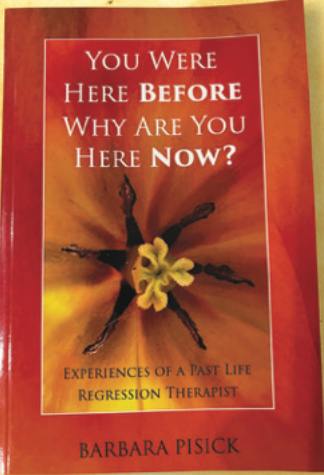
Love to all,

Neil & Andrea

CREATIONS MAGAZINE

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Higher Love Begins with You

by Steve Farrell
Boulder, CO

Higher love is the kind of joyful, fulfilling, authentic, and emotionally intimate love we all desire. If your mind immediately conjures an image of your romantic partner or crush when you read “higher love,” you’re not alone. In our society, romantic love is often the most idealized.

But the ultimate love is the love of our self.

If you crave a deep soul-to-soul connection, whether romantic or platonic, with another person, you must first develop that connection with yourself. Fostering self-love is not selfish; it is one of the most generous acts you can do for your partner, family, friend, coworker, community, and world.

The first step to developing self-love is embracing the true nature of life: Everything in the universe is one. You are not separate from the sedimentary rock forming Mount Olympus, the dog or cat lying at your feet, or the person who cut you off while you were driving to work. You are a spiritual being having a physical experience. So, although you are embodied, you are also an energy, a frequency, a vibration. Therefore, the frequency and vibration you are attuned to affects all the beings in your orbit.

And if everything and everyone in the universe is one, then everything and everyone belongs. When you reflect on your relationships, how many of the issues or challenges you experienced stemmed from an act of self-contraction? How many times did you self-forget, self-abandon, or self-defeat? **Putting someone else’s needs above your own because they were “more important” is not an act of love — it is an act of fear.**

Once you start to tap into your higher self, you will recognize and believe that you are enough, you are important, you are precious, and you belong. Then you invite self-expansion into your life. By awakening your deeper self and honoring the interconnectedness of all living and nonliving beings in the universe, you

accelerate your personal evolution and influence the collective’s.

Living higher love is the pursuit of growth and development. To begin your personal transformation, you must practice living consciously. This means cultivating awareness, honesty, and responsibility. It means living deliberately, harmoniously, and beneficially.

Conscious living requires presence — the ability to hold, contain, and identify what is happening and provide inner support without trying to change or fix the situation. **To enhance the possibilities of love, you must first lower your threshold to reactivity.** Being present with your feelings and experiences is the foundational practice of self-awareness and self-compassion, which allow you to navigate your relationships from a place of honesty and truth. It also leads to self-acceptance, another essential ingredient for higher love. You must first have a fundamental regard and esteem for yourself — a grace — even when you make a mistake, act selfishly, or live unconsciously to extend the same compassion and understanding to others.

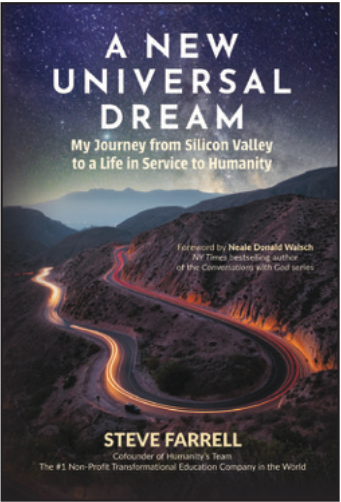
Your relationships with others mirror your relationship with yourself. Therefore, your relationships can never be better than the one you have with yourself. So, when you self-forget, self-abandon, or self-defeat in your relationships, you also forget, abandon, and defeat the other person’s higher self. But when you initiate and cultivate a conscious, generative relationship with yourself, you initiate and cultivate a conscious, generative relational field for others.

The next time something happens in one of your relationships that triggers you, pause before reacting. Take a deep breath and ask yourself how you are feeling in your body. Name that feeling; give it a container and extend yourself understanding and compassion.

How will you react now that you are present with your feelings? Will you self-protect, self-promote, or self-flagellate? Or will you lead with curiosity and extend an invitation to the other person to explore the higher truth of your relationship that is revealing itself through this conflict?

True friendship is reciprocal, not transactional. Too often, relationships are based on what one person can gain from another, such as box tickets to your city’s

NBA games or free medical advice. But *true friendship occurs when each party is interested and invested in the growth that wants to happen between each person.* Being present in your own internal experience and in relation to others allows you to not only be courageous enough to ask for what you need in that moment but also attune to the other person’s emotions and tap into the deep place within you that is still and wide enough to contain, witness, and welcome the other person’s feelings with love.



When that happens, you and the other person both feel less alone in your experience and you live into and align with the oneness of the universe, where the possibilities for love are infinite. ✨

Steve Farrell is Co-Founder and Worldwide Executive Director of Humanity’s Team, a nonprofit organization and transformative education platform that aims to make conscious living pervasive worldwide by 2040. He is a member of the Evolutionary Leaders Circle and lives in Boulder, Colorado, with his family. humanitysteam.org

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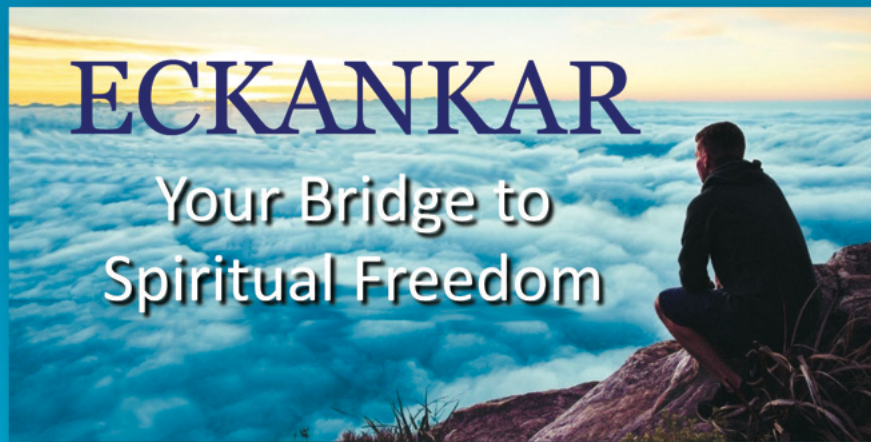
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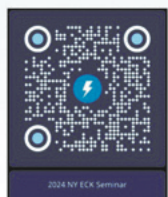
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You Get To Choose What You Focus On

by Ann Albers and The Angels
Phoenix, AZ

There are so many in the world who want your attention. There are movements and ideologies that want you to fuel them. There are television stations and radio broadcasts that want you to watch. Family members, friends, and so-called foes want your agreement, approval, and validation. There are and always will be countless people desiring that you shine your light upon them.

You get to pick and choose where you place your focus. You get to choose what to "light up" in your life and what you will look at. In so doing, you focus on a vibration and attract more.

You can look for the beauty in human hearts, and you will begin to notice it more and more. You can look at the chaos and see more and more. You can think of the crazy person yelling in traffic, and you'll see more of them, or you can think of the hundreds of kind drivers and see plenty of them. You can look at the people doing horrible deeds and feel as if the world is falling apart, or you can look at the billions of quiet, good souls and know they're holding your world together with their love.



Be careful not to jump to conclusions based only on what you see and know.

In a given lifetime, you can see only a small fraction of what is occurring on your earth. You will know only a small percentage of its population. You will only experience a few of the countless things you can experience. You can't draw conclusions about "the way the world is" or "the way people are" based on the news, the internet, or even the people you see around you. It is a vast and beautiful world. It is a buffet unlike any other in the cosmos! There is more diversity in your body's cells than in some of the other realities in which you could incarnate.

So what to believe? Believe in love. Believe in the goodness in the majority of human hearts. Have compassion for the souls trying to find their way back to the light. Believe in what you feel and know is right for you in your own heart. Believe that if you focus your attention on anything long enough, you will see more and more of it. Believe, dear ones, that you get to choose what kind of experience you will have on earth. **You don't get to control the behaviors or actions of others, but by your vibration, you attract the company you keep and how you feel and deal with the energies of the present moment.**

Coming from love with a focus on what is good and beautiful, you can choose where your attention will go and, thus, where your energy and soul will flow. ✨

God Bless You! We love you so very much.

Ann Albers is a popular author, spiritual instructor, angel communicator, and modern mystic. She has spoken at conferences among the world's foremost spiritual authors, been featured on international radio shows, and, for the past two decades, has assisted thousands in tuning into their intuition, manifesting their dreams, and learning to love themselves the way the heavens do. Her free weekly "Messages from Ann & the Angels" reach an international audience with inspiration and tips to help you stay tuned in and turned on! Learn about her newsletter, books, CDs, and more at www.visionsofheaven.com.

Putting Money and Relationships in Their Place — The Science of Happiness

by Jeff Golden

In 2005, psychologists Ed Diener and Robert Biswas-Diener interviewed homeless people in the United States and India. The Indians lived in far worse conditions, yet they were actually happier than the Americans. In fact, they reported an overall satisfaction with their lives, something the Americans did not. The key difference between the two was that the Indians had often been able to maintain some connection with friends and family, unlike the Americans. Indeed, the one thing the Americans reported missing the most, even more than dependable food and shelter, was “close and trusting friendships.”

Over the last several decades the psychology of happiness has rapidly expanded our understanding of what nourishes human well-being—and what does not. This study of homeless people highlights critical findings in both directions: **relationships are very important to happiness; money and possessions, not so much.**

The Currency of Well-Being

To be clear, money *can* buy happiness. For those of us who do not have enough money to meet our basic needs, additional money means more food, shelter, and medical care, all of which do boost happiness. Even then, though, other things are often still more important, as the homeless study demonstrates.

For those of us who *do* have enough money to meet our basic needs, even at a very simple level, additional money does almost nothing for our happiness. Indeed, the pursuit of more money beyond that point often results in us being less happy than we would be otherwise, because it

often comes at the expense of things that really do matter, like friends and family. All told, geneticist David Lykken and psychologist Auke Tellegen have calculated that money accounts for only 2-4% of our happiness, on average.

A person's social life, on the other hand, is a strong predictor of happiness—how much time a person spends with friends and family, and the quality of those relationships. This varies somewhat from person to person, but it's pretty consistently true even for introverts. There is often a pleasure in simply being with friends and family and doing things with them, plus friends often give us a sense of belonging and affirmation, and they can help us in hard times.

The Most Important Relationship

Still, there is a happiness factor that outweighs even our social lives. *More important than our relationships with other people are our relationships with ourselves.* Psychologist Robert Holden notes, “The quality of your relationship with yourself determines the quality of your relationships with everyone and everything.”

If we think there's something wrong with us, if we frequently put ourselves down, if we fear how others see us – these continually undermine our happiness, and they distort how we relate to other people and move through our lives. They may cause us to hide our full selves and show only what we think people want to see, or to play small or try to please others. They may fuel competitiveness and perfectionism as we try to make up for what we feel are our shortcomings. They may cause us to cut others down or lash out, as a way of channeling our hurt feelings and trying to stop others from seeing us a certain way.

When we are compassionate and patient with ourselves, loving even, it's like a constant reassurance and warmth. It continually feeds our well-being, even

when the circumstances of our lives are difficult. It helps us engage with other people and activities with greater confidence and presence. It allows us to root ourselves more fully in the lives we are meant to live.

Revisiting Money

All of this helps to explain why money has such a limited influence on our happiness. How happy can we be if we're not happy

with ourselves, regardless of how much money we have? How much can money feed our happiness if on some level we think we're not worthy of happiness or love or belonging?

In fact, the reverse is much closer to the truth. Psychologists Ed Diener and Shigehiro Oishi found that a person's overall happiness is more important to how satisfied they are with their financial situation than their income—four times more important. In other words, if we're generally happy, then we tend to be happy with our income, whatever it is. If we're not happy, then no matter how much money we have, we generally aren't happy with it.

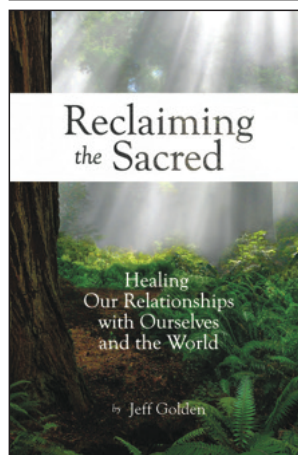
This goes a long way to explaining a remarkable phenomenon: *Americans are actually less happy with their financial situation today than they were in the 1940s*, despite the stunning material gains that have been made since that time. (A third of 1940s homes didn't even have running water or indoor toilets.) This is largely because Americans are less happy today than they were in the 1940s. Happiness has actually been in a consistent decline since at least that time. This again speaks to the very limited role that money plays in happiness, and also to the fact that prioritizing money when we can already meet our basic needs often actually undermines our well-being.

Ed Diener summarized the research succinctly: “Materialism is toxic for happiness.”

The Opportunity Before Us

Wise people throughout the ages have celebrated relationships, and they have warned about money and possessions. The science of happiness calls us back to these lessons in a powerful and pointed way. It presents us with an opportunity to shift how we think about purpose and progress, to nourish the quality of our relationships with other people and ourselves, and to elevate true well-being over money and possessions. ✧

Jeff Golden is the author of *Reclaiming the Sacred: Healing Our Relationships with Ourselves and the World*, winner of the Grand Prize at the Nautilus Book Awards. Previous winners include the Dalai Lama, Barbara Kingsolver, Thich Nhat Hanh, Deepak Chopra, and Eckhart Tolle. “Many books promise to change a person's life. This one actually might.” www.reclaimingthesacred.net



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The Vows We Break

by Dr. Talal H. Alsaleem

Many struggle to accept that infidelity is a conscious choice the unfaithful makes to meet a need.

Some of those needs are healthy and can be fulfilled successfully through proper outlets that honor the expected parameters of exclusivity. Other needs are not healthy or realistic for someone in a committed relationship. Why people struggle with accepting this fact is twofold: one, the impulsive nature of how the majority of affairs start can wrongly imply the absence of thinking; two, the discomfort in accepting that one can consciously commit such awful and destructive acts to themselves and their loved ones. Infidelity doesn't happen overnight. It's a behavior that represents an untreated problem that started a long time ago.

If we accept that infidelity is a choice people make as a result of a preexisting problem, we can begin to understand the factors that compel people to engage in it. Based on my extensive research and direct clinical work, **there are different factors that can cause someone to cheat.** The most common are **relationship factors**. In these scenarios, infidelity is caused by a relationship deficit that has left one or both partners dissatisfied. The second most common are **individual**

factors. These are the scenarios in which the affair was caused by a mental health issue that the unfaithful partner struggles with. There are many mental health issues that can lead to infidelity, but the most common ones are personality disorders and addiction. The third type is **environmental factors**. Here, the causes of infidelity are related to unique circumstances in the unfaithful's immediate environment that make it easy to cross the lines of fidelity. Common environmental factors are cultural norms that shape our worldviews in our families of origin and social environments and how those norms sanction or glorify infidelity behavior.

It's noteworthy to mention the three types of factors are interconnected and can amplify their impact on one another. This is why infidelity recovery is challenging and needs the skillset of a qualified clinician to help the couple discover all the causes that led to the affair to prevent relapse.

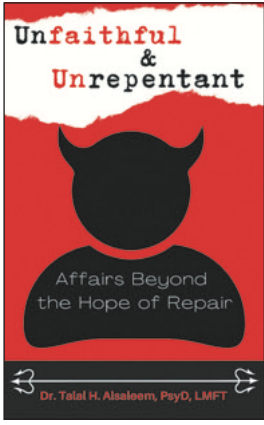
There are many relationship factors that lead to infidelity, all of which prevent the couple from meeting each other's needs. **The three most common relationship factors I encounter are incompatibility, poor communication and conflict resolution, and failure to adapt to changes.**

As for incompatibility, it's difficult for people to meet their partner's needs if those needs happen to be incompatible with who they are. This is especially true if the differences between partners in

certain domains are polar opposite. Let's look at politics for example. If you have one partner on the far right and another on the far left, they are going to struggle in finding a middle ground. Their life is going to be filled with conflict, judgment, and a lack of respect. This is especially true if their political ideologies and the values associated with them spill over into life decisions and parenting styles. I have worked with many couples in which the catalyst for the affair was the connection with like-minded individuals with a compatible worldview.

If a couple lacks good communication and conflict resolution skills, they will not be able to express their needs clearly which can lead to dissatisfaction in the relationship. Think of it this way — in order for someone to have their needs met, they first must know what those needs are. They then must express these needs to their partner in a clear and direct manner to highlight their necessity and how they are expecting their partners to meet those needs. More importantly, couples must learn how to address conflicts successfully, especially if the conflict is getting in the way of meeting each other's needs. The couples who do not acquire this skill tend to be very unfulfilled with their partners. This can manifest through conflict avoidance, explosive and repetitive arguments, or a combination of the two. Poor communication and conflict resolution skills lead to a buildup of resentment. Often, people start affairs because they get tired of their partner not meeting their needs.

Many couples fail in adapting to change. Everyone encounters stressors throughout their lives, some positive, some negative.



Some stressors we choose, and others are thrust upon us. The common mistakes couples make when they have new stressors, are expecting their needs to be fulfilled in the same way as they were prior to the new stressor, or they become preoccupied with the new stressor and stop fulfilling each other's needs. A classic example are the couples who expect their sexual intimacy to be the same after having a new baby or the ones who put their sexual needs on the back burner and become fully occupied by their parenting responsibilities. When couples encounter a new stressor, they need to pause and reassess how they are going meet each other's needs in a way that accommodates the impact of the new stressor in their life.

The best advice I can give to anyone who has experienced infidelity is to use this traumatic event as a catalyst for change. The discovery of an affair is a clear sign of an unresolved, underlying problem that needs serious attention and concrete action. Healing from infidelity doesn't always mean repairing the relationship, however. Sometimes healing from infidelity takes the form of ending a bad relationship that should not have started in the first place.



Dr. Talal H. Alsaleem is hailed as the father of modern infidelity counseling. Building upon his expertise as the author of the acclaimed book, **Infidelity: The Best Worst Thing that Could Happen to Your Marriage**, he is a trusted authority in the field. As the founder of The Infidelity Counseling Center, Dr. Alsaleem has dedicated his research and clinical work to uncovering the root causes of infidelity and developing effective treatment methods for recovery. His revolutionary approach, **Systematic Affair Recovery Therapy (SART)™**, has transformed the lives of countless couples, helping them navigate the intricate challenges of healing from affairs.

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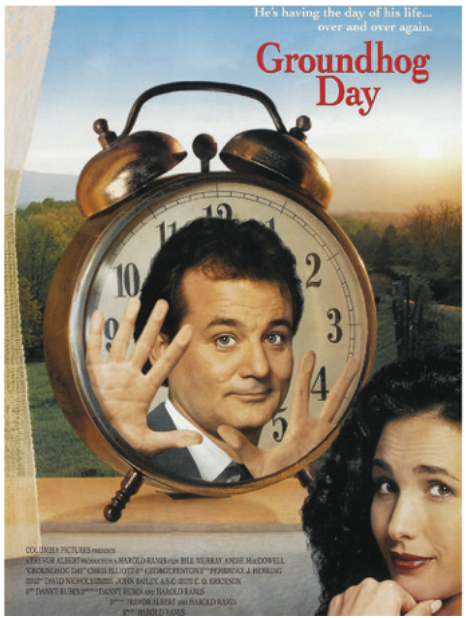
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Mindfulness in Relationships

by Dalia Wallach
New York City

Have you ever had a conversation with someone you love that turned into an argument and winded up spiraling into a screaming match?

We may not want to admit it but sometimes our emotions can escalate so quickly we lose sight of the big picture and



do not respond in the way we would prefer. In those moments, mindfulness skills can feel like a super power. When you get skilled at being mindful you learn how to press pause internally, observe, and choose a response instead of reacting mindlessly. Perhaps even choosing to remain silent instead of blurting out something you would later regret.

Mindfulness is not about denying or burying your emotions. It simply helps you cultivate a different relationship to them. With practice, you observe your feelings and experience in real time without judgment. Internally, you remain neutral. This creates a space between whatever is happening and your reaction. Mindfulness can bring awareness, insight, compassion, and choice to your communications. You are more likely to talk things out instead of make matters worse during moments of conflict. Being mindful helps you feel more centered, calm, and connected to your internal power. It builds emotional intelligence which helps you remain steady when situations get challenging,

Being mindful helps build more positive relationships. And good relationships often help us succeed and become better human beings. Whether it is relationships at work, with friends, family members or a spouse, when you know yourself and manage yourself mindfully, you become stronger. You are more able to listen with curiosity and communicate with an open heart and an open mind.

Mindfulness helps relationships thrive. **There are so many ways to be mindful in relationships.**

- **Practice focusing on what you like about the other person.** See the good and visualize it to strengthen those feelings. Small things count. When you feel appreciation toward another person it fosters a deeper and closer relationship. Being appreciated is a beautiful part of any relationship.
- **Be kind.** Kindness is like a magnet. People like to be around others who are kind because they feel cared about and safe with them.
- **Be interested.** Use eye contact and small physical touches when appropriate. Giving someone your full attention builds trust and respect. Whenever we feel listened to it creates a stronger connection.
- **Share your gratitude.** Research studies have shown that gratitude practiced in intimate relationships increases connection and satisfaction that even extends into the next day for both the giver and the receiver.¹ Humans are motivated by reciprocity. Whenever we receive a compliment, we often want to pay it back. And expressing gratitude helps train your mind to see what is right over what is wrong.

• **Notice new things about the person you care about.** It creates newness in your feelings. The more interesting things you notice the more energized you become.

• **Avoid saying, “you always, or you never” when arguing.** You will likely be proven wrong and it allows the past to invade the present. Living in the present is a better way to manage your relationships.

Relationships test us in many ways, redefining how we see ourselves and the world around us. Mindful relationships promote an open, accepting attitude that allows us to feel more compassionate toward ourselves and others. Mindfulness even changes the brain. The insula, an area in the brain associated with emotional awareness and

empathy gets developed each time you are mindful.²

Present moment awareness supports mindfulness.

There is newness in every moment and present moment awareness helps you become alert to it. It is like having a reset button. When you manage the present moment well, life gets better.

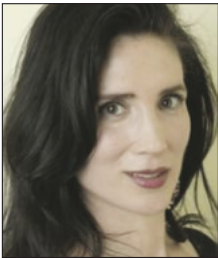
You might try rewatching the 1990’s romantic comedy *Groundhog Day* with an eye toward the story’s subtle, spiritual messages. Bill Murray’s character Phil learns how to be mindful the hard way. Trapped in a time loop and in his own despair, doomed to spend the rest of eternity in the same place he despises, seeing the same people doing the same things over, and over again, the cynical and obnoxious weatherman goes crazy, gives up and even commits suicide repeatedly. It is tragic and hilarious. It takes time but eventually, Phil learns how to accept his life as it is. He works

hard to fine tune each day and makes the most of each moment. He becomes mindful. With each repeated encounter he moves toward kindness, generosity, and connection, appreciating his relationships as he develops into a better human being. Like in so many fables, Phil learns his spiritual lesson and the cursed time loop lifts. Sonny & Cher’s “I Got you Babe” doesn’t play on his alarm clock radio as he awakens and he and Andie McDowell’s character Rita, live happily ever after in Punxsutawney, PA. (<https://www.youtube.com/watch?v=OyBSrBqogPY>)

When you live mindfully and more fully in all your relationships, life gets better and it becomes easier to appreciate the beauty and blessings you already have in your life. ✨

[1] https://www.researchgate.net/publication/337114460_The_Reciprocal_Relationship_Between_Gratitude_and_Life_Satisfaction_Evidence_From_Two_Longitudinal_Field_Studies

[2] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6753170/>



Dalia Wallach created TNM meditation, is a mindfulness coach and uses FIT functional imagery training to help her clients reach their goals more easily. She can be reached at <http://getglow.com>.



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Free Your Joy

by Lisa McCourt

Every one of us has an aspect of us that is peaceful, loving, compassionate toward self and others, and joyful. It's an aspect that comes standard with the human package, but most of us, throughout our lives here in our human suit, accumulate obstructions that keep us from acknowledging or recognizing this very real aspect of who we are. You can call it your soul, your higher self, your inner wisdom; no one is here without one.

I'm passionate about this understanding because as it solidified for me, as I got better and better at recognizing and being able to align with this aspect at will, it changed everything in my life. From then on, my whole journey became about collecting tools and practices for making that aspect more accessible, bringing it more into the foreground, making it sustainably present. Because the extent to which you pull *that* off is the extent to which life truly is *joy* – no matter what's unfolding in the crazy “Out There,” which is always shifting and changing and full of surprises for most of us.

Since this aspect of us is always present and available, it's mostly a practice of

breaking the habits we've accumulated that blind us to it. We all absorbed beliefs and definitions early in life about how it is here, and for most of us, these early-formed beliefs are not working in favor of our joy. They formed the framework from which we've gone on to attract and create all our life circumstances, and most of these we create unconsciously.

We need to burst the illusions of these long-carried beliefs so that the blinders fall away, and we can see the bigger, truer perspective. There are many different protocols for doing that, but they all start with recognizing that *everything in your consciousness is a thing you're in relationship with. We understand that we're in relationships with all the different people in our lives, but we don't think about how we're in a relationship with our career, our body, our home, our money. Everything you experience as part of your existence, you're in a relationship with that thing.*

Anything you're struggling with is simply an area of life where you have an unhealthy relationship. These detrimental relationships are the results of those early-formed, erroneous beliefs, and they're just showing us where we're holding energy that's creating unwanted situations — energy that's in need of healing. So, we want to heal these relationships. Healing them brings them into truer alignment with our soul's perspective.

Our soul sees the fullness of the situation, whereas our “human” self is prone to focusing on one painful slice of it. Whatever you deem your most “unwanted circumstance,” you basically want to do forgiveness work with this thing. We all know the magic

of forgiveness, right? We've heard it's not about letting anyone off the hook. We do forgiveness work not for the person we're forgiving, but for *us*. We're the ones who benefit from letting go of that resentment, that anger, that blame. It's the same with the relationships we have with these different aspects of our lives.

Especially when it comes to our relationships with abstract ideas, like our relationship with money, our relationship with romance. We have to consider that these relationships are really all on *us*. It's not like your relationship with your brother where there are two people involved and all you can do is bring your half of the relationship to the table. These relationships we have with non-human things and mental constructs exist entirely within our own consciousness. Pretty handy! That means we only have to worry about us when we're wanting to improve the quality of these relationships.

When we get clear that we created this situation — innocently, unwittingly, via an unhealed frequency within us that we have the power to heal — that understanding provides the critical foundation for forgiveness, both for ourselves and the other party (situation) in the relationship.

Even if we were able, through effort and struggle, to get the unwanted situation behind us, if we don't take that step of making peace with whatever it is we're leaving behind, we're going to create it again, or something similar. *We have to heal the energy we create from, or we'll carry the essence of that creative frequency right into whatever we create next.*

I often use the metaphor of pushing pieces around a game board. That's all we're ever doing. Every morning you wake up, your day is a game board. There are challenges there on the game board, and also some really cool and satisfying stuff. That's why we play games. That's why we read novels and go to movies, or binge Netflix dramas — because something in our humanness *likes* the mix of the challenges and the beauty. It's what all our art is about.



We want to learn to appreciate this mix in the gameboard of our life, too. We all have things we've created that we love, and other things we've created that we're finding challenging. This is how it's supposed to be! Our souls know this, but our human minds forget. Some problem shows up, some disappointment, and we're all indignant and shocked. We're like: “Ack! Can you believe it? This *problem* has come up for me; what were the odds?

Well, the odds were really good. Our challenges provide the portals for our growth; none of us are likely to scoot through life without any.

It's how we manage them that matters; how we move the pieces around the gameboard we wake up to each day. We're moving them skillfully when we bring more fun and compassion to the game, more conscious lightness and ease, more ways to enjoy it by adjusting our relationships to the challenges and by directing our focus and attention and energy into the good parts (because they're always there, too). Basically, the more *love* you can bring to this day's gameboard, the better, easier, more in your favor tomorrow's gameboard will be.

Love is the way to win the game. Not how many points you score, not how fast you get to the end. There's no one else on *your* life gameboard. Figuring out how to lovingly enjoy the playing of the game is how you win it. ✨

*This excerpt is adapted from Lisa McCourt's new book, **Free Your Joy: The 12 Keys to Sustainable Happiness**. Reprinted with permission from Health Communications, Inc.*

Lisa McCourt writes books about joy and love that have together sold over 9 million copies. She's host of the *Do Joy!* podcast, and her newest book, **Free Your Joy**, represents the culmination of the magic she's shared for two decades through her online Joy School at LisaMcCourt.com.



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Five Human Feelings that Affect Our Pet's Behavior

by Joan Ranquet

A friend of mine called the other day from Los Angeles and said she wanted to set up a phone consultation for her dog. I said, “You don’t need to”. She said “Why not?” I said “Because I already know what is going on.” (Not that I’m that psychic mind you – but as an Animal Communicator I’ve seen this a million times). I continued “You’re calling me because your dog is depressed.” She agreed.

“She came to you depressed and fearful and you are depressed at times so the two of you are a great mirror and commiserate when *you’re* depressed. When you’re not depressed, you spend the rest of the time feeling sorry for her past. Therefore, you are falling into what I call default behavior.” I told her to call me in a few days if she still wanted a session.

We all fall into default behavior. We don’t allow the moment to exist. I explained to my friend that at that point, that dog was lucky. In fact, it had been lucky for all the years they were together. It no longer had the sad circumstances it had before and in fact, she had a great life. The dog had a kid and a cat to look after, my friend loves her – it doesn’t get any better.

When I saw her in person weeks later I asked about the dog. She said the switch was overnight. Once she acknowledged that this was a great life NOW, the dog could enjoy life.

Not everything is that quick, but really it could be. When we default to certain feelings, we allow the animal to ‘get away’ with certain behavior that is not serving the harmony of the household. If we continue to feel sorry for someone or stay hurt by something, we are not allowing them to be all that they can be.

This is not to say that we need to be in denial, it’s the opposite. By staying in the past feelings, we are actually denying them the present (and who is better with the present than animals?!) Sometimes you already know the painful circumstances that the entire household is clinging to. And if you don’t, it’s a good time to call in an Animal Communicator. Meanwhile,



acknowledging the circumstances is important, but also acknowledging how great things are NOW is vital. They don’t have to stay in feelings. Feelings are like waves in the ocean, they come and go. (We all tend to forget the go part.) Sometimes giving it a date to let it go – like we can all feel badly about this until next Friday is a great way. You all might get bored by Tuesday and be on with the day.

The following are typical examples of things WE ALL DO:

Feeling guilty about going out of town or being away all day.

If guilt was measured in dollar amounts and put into a bank account, it could give the Vatican a run for its money. And there’s no place better than to do this with our animals! There are lots of ways around this. First of all, you have to do what you have to do (as in j.o.b.) in order to afford this dog/cat/bird/goldfish/horse the life of luxury he/she gets to lead. Secondly, you can say everything with a positive tone. “I will be home at 4:00 and we get to go on a walk.” While you are away, replace the guilt with the feeling of looking forward to connecting with your friend. Believe it or not, they pick up on stuff when we are away and what would you rather send, something good or bad? Make your vacations a vacation for them, they *get* to eat all that stuff I would never feed you with the housesitter, etc. It’s fun, all fun, and they respond to an uplifted spirit.

Feeling guilty about adding a baby or another pet to the household.

Life is life. While your dog/cat/bird/

goldfish/horse may have been the baby before and a real live baby is coming into the home, you may want to include them – that you need their help – employ them. They can always use an extra job. They can be in charge of the safety or training of the new animal etc. By feeling guilty, you are setting up room for them to be resentful and act out.

Feeling sad about an animal’s past.

Here’s a big one. Again, the example at the top is truly how quickly we can help them let it go. If that doesn’t do it, as I said, let them download with an Animal Communicator. Sometimes just getting their story “off their chest” so to speak allows freedom. In addition, having it released from their muscle memory by a canine massage therapist, a cranial sacral practitioner, acupuncture and/or chiropractic, may be the best money spent. Sometimes bad memories are stored in their bodies and it is our job to help them find the therapy to get it out. Also the word “rescue” has such a negative, sad, forlorn vibration to it. If you were to close your eyes and think of the word rescue, it automatically brings up unwanted feelings, quite literally. So start referring to the day that you adopted your friend as the “lucky day.” Encourage people that are in the rescue world to start finding other words like “sanctuary.” Nothing leads to bad behavior faster than the word rescue. We feel sorry for them and let them get away with things we wouldn’t let a kid do. There still has to be

boundaries. Chances are good that if you are a caring guardian and are reading an article like this to learn to be better, your animal is already on the road to a charmed life. So just start expressing and enjoying it more! But don’t forget boundaries and training.

Staying mad about an episode in the past.

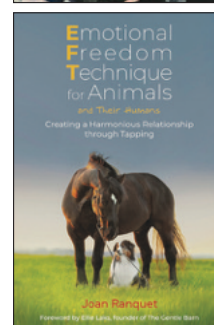
This can create a never-ending cycle of really bad behavior. Animals pick up on the pictures, words and feelings of their guardians very quickly. When we hang on to an episode that infuriates us, unfortunately, we are creating a billboard for them to replicate the behavior. They are not necessarily picking up on our feelings about the event; they just see the instant replay in our minds and think they need to do it again. If your cat isn’t using the litter box and you’ve run blood work and you’re quite sure the problem is behavioral, rather than to cling to the image, try to sort out what they are ‘pissed off’ about while at the same time, picture them using the litter box. I know this is difficult but you can’t let your mind slip – not even at work. Forgive the behavior and send the picture you want.

Being fearful of how the animal will behave.

Again, this is billboard material. And when we get a little panicky about something – i.e. our dog gets leash aggressive and we don’t want to see any of the neighbors, unfortunately, we are setting them up not only in our mind but in our body language and the tone in our voice. At this point the time and money spent on a good dog trainer is worth its weight in gold. You can’t afford the fear and must remember, you are in charge – it is your home, in fact at that moment, you need to provide them with security. Fake it until you make it down the road the first day and then call a dog trainer.

I am not pointing the finger at anyone. Over the years I have made all of these mistakes with dogs, cats, horses, etc. What I have found in life is there are no mistakes only lessons. Our animal companions offer these so graciously!! ✨

Joan Ranquet is an Animal Communicator, Speaker and Author of *Communication with all Life, Revelations of an Animal Communicator* published by Hay House. For more info, go to www.joanranquet.com.



It All Starts with a Thought ...

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

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

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

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

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

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

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

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The Steep Price of Living with Imposter Syndrome

by Coline Monsarrat

Imposter syndrome is rampant. It's estimated that up to 70 percent of us have been caught in the snare of *imposter syndrome*. We've heard it whispering to us that we're incompetent and that someday someone will expose us as a fraud. This can extract a price on your professional journey — lower salary, missed promotions due to risk aversion, and that ever-present shadow of self-doubt.

And this isn't just a 9-to-5 problem. These symptoms don't punch out when you leave the office, but will follow you home and meddle with your personal life and health.

Unfortunately, the price tag of living with imposter syndrome is one we don't always see until we've accumulated an enormous debt of self-doubt and sacrificed opportunities.

Let me share a slice of my own life — and mind you, this isn't a wholesome slice of apple pie. It reveals the intricate connection between our brain and body that science has now proven, whereby an unhealthy mental pattern can send distress signals to our body, potentially catalyzing diseases. For me, this wasn't just theory but an alarming reality. Imposter syndrome almost claimed my life. Living under its oppressive symptoms like low self-esteem, perfectionism, and a persistent urge to please everyone, I inadvertently silenced my genuine needs. My continuous entrapment in negative and detrimental patterns amplified a genetic disease I was living with.

Additionally, imposter syndrome kept me in denial and coerced me to downplay the seriousness of my condition despite crippling stomach pain. The result? When I finally went to the emergency room, my pancreatitis was so advanced that my

pancreas was essentially not functioning.

My message to others is don't be as defenseless to imposter syndrome as I was. Act before it's too late!

To prevent paying the steep price of imposter syndrome, embark on these actions:

1. Dig deep into the imposter's origins

Journaling is a key way to improve self-awareness. Science shows that reflection through writing better impacts the brain. By reflecting on your experiences and emotions, you might pinpoint where this insidious imposter syndrome started. Once you know the cause, you're better armed to battle the symptoms.

2. Ditch the negative narrator

Each of us has an inner voice that narrates what's taking place in our lives. If yours has taken the role of a persistent critic rather than an encouraging cheerleader, it's time for some introspection. Challenge that internal dialogue. Differentiate between constructive self-reflection and undue self-blame. Step back and regard yourself objectively, viewing yourself from a detached standpoint, and decipher whether your negative narrator's opinions are actually founded on facts.

3. Escape the "helpless" hamster wheel

Imposter syndrome traps you into believing there's no way out of this cycle of self-doubt. But remember, you're not a helpless hamster. You're a human with the power to take charge. Believe in your capacity to change and adapt.

4. Draw the line on people pleasing

You're not a buffet that caters to everyone's tastes. *It's alright to say "no" sometimes. Not only does it preserve*



your energy, but it also sets boundaries that command respect. When you say yes to something, you are saying no to something else.

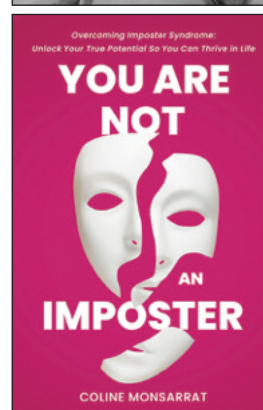
5. Step out of your comfort zone

Sure, there's undeniable comfort in staying within what's familiar, but in doing so, you sacrifice real growth. The rewards you reap when you challenge yourself are unmatched. Remember, *fortune favors the brave*, not those cozied up in their comfort zones. Start by creating a list of aspirations you've always had. Aim to check off one each month. Stepping out of your comfort zone will build

your confidence, pushing you to grow even more.

As someone who has paid the price of imposter syndrome, I urge you to recognize the roots of your imposter syndrome, challenge negative narratives, assert your agency, set boundaries, and push past your comfort zone. Understand your worth so that you can counter its effects before it sends you a hefty bill of missed opportunities and compromised wellbeing. ✨

Coline Monsarrat is a passionate author driven by a mission to help others thrive. She weaves captivating stories that transcend boundaries. Whether through her insightful nonfiction work or the adventure MG book series, *Aria & Liam*, she imparts valuable wisdom that inspires readers to overcome challenges and embrace their potential. Her new book, **You Are Not an Imposter: Overcoming Imposter Syndrome: Unlock Your True Potential So You Can Thrive** (Apicem Publishing, April 11, 2023), offers a powerful and personal exploration of this all-too-common condition. Learn more at youarenotanimpster.com.





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MIRACLE RELATIONSHIPS: A Path To Freedom and Joy

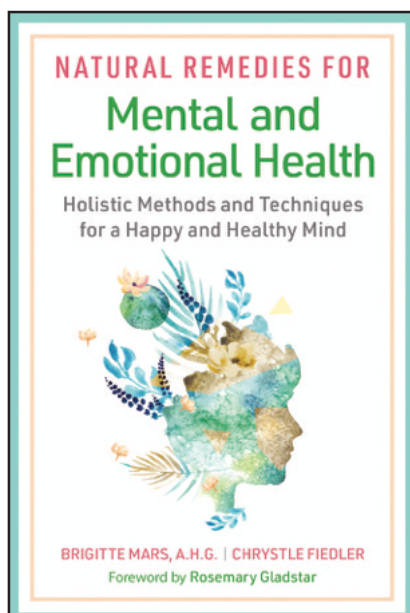
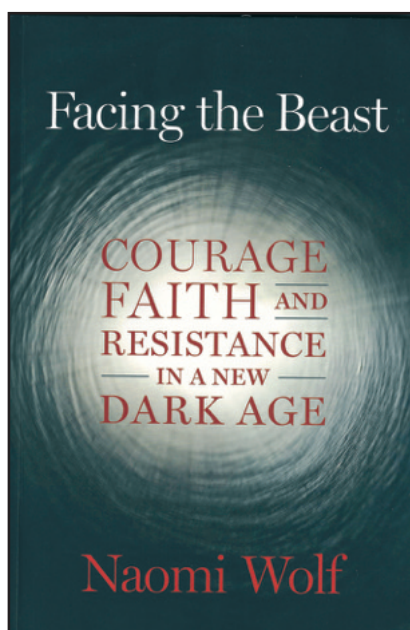
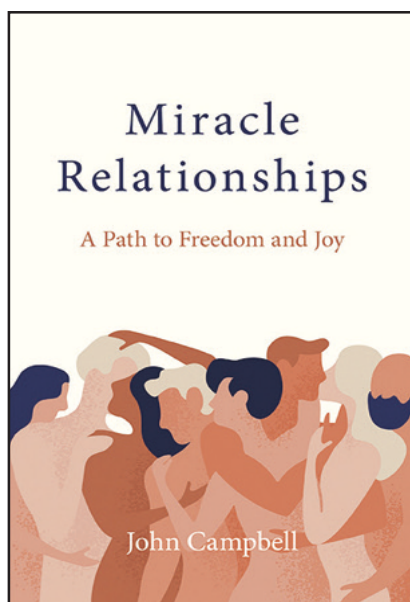
by John Campbell
www.o-books.com

What courses do intimate relationships usually take? And why do they often seem to go wrong? A concise, brief guide aimed at finding and maintaining peaceful, harmonious relationships, *Miracle Relationships: A Path to Freedom and Joy* will help you understand the purpose of these relationships and the gifts they have to offer. Understand the healing opportunities in every relationship and the real reason we choose the partners we choose. End the cycle of repeated painful patterns and discover that there is no “failed” relationship. Chapters include: *Why Does This Keep Happening to Me?*; *The Phenomenon of Family History Repeating Itself*, and *Why the Couple Has to Come Before the Children*. The inclusion of select principles from *A Course in Miracles*, further reinforces Campbell’s mission.

FACING THE BEAST: Courage, Faith and Resistance in a New Dark Age

by Naomi Wolf
chelseagreen.com

Raw honesty and courage! That is what you will find from author Naomi Wolf in *Facing the Beast*. Wolf shares her personal feelings, experiences and understandings with keen cultural insight about the tyrannical public policies implemented during the



Covid years of 2020 to 2023, including her investigations into the truth about the experimental Covid injections. Wolf is a best-selling author of eleven books. She is the cofounder and CEO of DailyClout.io, and a prolific journalist through her Substack column *Outspoken*. Wolf shares her pilgrimage and transformation from a somewhat conditioned liberal feminist intellectual progressive to having a new respect and interest in conservatives, spirituality, rational openness, and an exploration of the evil forces influencing our civilization today. In the Chapter, *Have the Ancient Gods Returned*, Wolf states, “Too few (in both Christian and Jewish communities) seem to understand how dangerous to a nation, to civilization, abandoning God can be.”

Wolf ‘paints a picture’ for us through her journey of being censored and ostracized for telling the truth about women experiencing menstrual dysregulation and more upon receiving the mRNA vaccines. She states, “I was radioactive for telling the truth.” Wolf facilitated the organization

of over 3,250 volunteer scientists, physicians and other experts to report

the facts in the Pfizer documents which started to be released in early 2022. She states, “Eighty-four reports reveal that Pfizer committed the greatest crime against humanity in recorded history; with a special focus on destroying the reproductive capacity of human females.” A full (and chilling) Chapter, *The Pfizer Documents*, is included in the book.

Wolf concludes, “We are in a time of extraordinary change...and if we are to survive this time, we need to talk honestly about good and evil energies; about healing and killing energies; about sacred and profane energies ... The bad guys are not done with us ... Their goal is still a global feudalism.” Yet, Wolf remains cautiously optimistic which is relayed in her statement, “I think you will find as you read that I believe we are in a time in which we may receive incredible potential blessings and experience incredible rapid evolution – depending on what we choose to do; morally, and as humans fighting for humanity.” *Facing the Beast* is available through the publisher, Amazon, and many independent booksellers. – Reviewed by Jerry Brown

NATURAL REMEDIES FOR MENTAL AND EMOTIONAL HEALTH: Holistic Methods and Techniques for a Happy and Healthy Mind

by Brigitte Mars, A.H.G. and Chrystle Fiedler
HealingArtsPress.com

Mental health and emotional well-being are just as important as physical health. And like physical health, there are many simple ways to improve and support mental wellness with the healing power of herbs and other holistic remedies and practices. In this comprehensive guide of natural methods for maintaining a healthy mind, herbalist Brigitte Mars and natural health expert Chrystle Fiedler explore many common mental health concerns and stress-related issues—such as anxiety, depression, panic attacks, anger, insomnia, brain fog, and trauma—

and share remedies and practices to address and heal their root causes. Citing recent medical studies, they examine the influence of diet and nutrition on mental health concerns and explore the benefits of specific foods, herbs, supplements, essential oils, and self-care techniques like acupuncture, massage, and color therapy.

The authors also explore holistic practices and treatments for moving through grief, breaking free from addiction, working with ADHD, supporting chronic conditions like bipolar disorder, epilepsy, and Parkinson’s disease, and recovering from traumatic brain injury and stroke. Presenting a wealth of holistic self-care therapies for mental well-being, emotional balance, and neurological health, this guide enables each of us to heal the mind and nurture the soul, two essential keys to a happy, joyful life.

PRODUCTS

FRISKA NIGHTLY REBOOT getfriska.com

Friska has a range of products packed with clean ingredients including enzymes, probiotics and botanicals designed with not only gut health, but overall health in mind, as over 70% of our immune cells reside in the gut. Friska products are formulated for ultimate absorption and ingredients to help give your gut a boost and up your overall digestive health. *Friska Nightly Reboot*, designed to promote better rest and sleep, blends melatonin and chamomile with proprietary enzymes to break down food overnight, balancing the gut overnight so people wake up energized, focused, and ready to tackle the day.

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A national health survey, published in the journal *Nutrients*, found that more than 80% of adults had deficient omega-3 EPA and DHA blood levels for cardiovascular health. *Algae Omega* gives vegans and vegetarians a way to meet their daily recommended serving of omega-3 EPA and DHA, and supports normal vision, heart and brain health, and immunity. *Algae Omega* contains 715 mg of total omega-3s, which is a higher daily dosage than comparable vegetarian options on the market. This formula is made from sustainably-sourced microalgae, the original source of marine omega-3 and is the most sustainable omega product in the portfolio. In fact, its cultivation is used to offset CO2 emissions. *Algae Omega* is certified 100% vegetarian by the American Vegetarian Association and is non-GMO and hexane free (Walmart Price: \$23.88).



POETRY

Winter

by Milissa Castanza-Seymour, Bethpage, NY

Oh winter, you arrive
with smiles
and heartfelt reminiscence!
The winter solstice
darkens our door
as the North Pole
tilts away from the sun
Yet, in the darkness
the light of the world
guides your entrance!
The sun rests
but light still glows
the light of our hearts
and souls
as it forms well-wishes
for peace and love
Like fairy dust in the wind,
our invitational intentions

wrapped in twinkling light
warm us
settling down to blanket the earth
with hope
and prayers
and expectations
of what is to come
The divine nature of your presence
exacted by design
births an energy
not easily contained
by mere mortal hearts
and lights the way
to celebrate
life
love
and the beauty of silver and
gold lined dark nights!



Hibiscus Tea

Kitchen Still Life

by Connie Prestianni

The early morning light coming from the window is so clean.
It passes through the blind and creates a pattern of stripes on the cabinets.
That light illuminates the kitchen and sanitizes it for the new day.

She gazes at the ordinary objects and how the cool light makes them special.
The coffee pot, the toaster, her mug, all elevated to objects d'arte
Together they create a kitchen still life.

She loves the solitude of early morning,
The quiet is accentuated by the occasional knock of the refrigerator.
The quiet invigorates her. It's a good time to pray, reflect, and to plan the day.

She thinks, as she drinks her coffee, what can she accomplish
and what will the day bring.
As she ponders, the pristine light is changing into a golden hue.
Her day begins.

In time, someone else will find refuge in this kitchen
And will create a different still life.
But she won't think about that now, as she sips her second cup.

Them

by Elaine P. Morgan, Warrenton, VA

I watched them again today.
Familiar strangers
shuffling along together
down sidewalks, streets,
past storefronts, restaurants.

Both of them have snow white hair now
but not one strand reveals the secret
of their faded hues from yesterday.

He leans over a grocery cart
resting his weary spine.
She clutches his left arm
with a right hand to steady her gait.
Both of them hobble to their car
in silence, sharing presence gratefully
after years of like intention to so many
common destinations.

I always told you we would be them,
we would be them one day.
We believed it you and me,
nostalgic fantasy.



Just The Two of Us

Here to Eternity

by Bruce Levine, Saco, ME

For Jane

Forever held
A piece of my soul
Floats through the universe
Sitting on your shoulder
Lasting 'til the end of time
Like the waters of a spring
Flowing from here to eternity
Counting the days
By scores of millennia
In everlasting love

Suspended in Time

by Seana Ankers, Warrenton, VA

Swirling colors envelop my mind,
Covering my face and then expanding outward.
Or was the sensation coming towards me and entering my soul?
Coursing through me as pure energy,
Awakening my mind and every fiber of my being.

Where does it start, and where does it end?
Did it start with you, breaking through my self-made walls and vulnerabilities?
Did it come from within me and simply refract off of you?
Or was it an alchemical reaction, joining both in one sacred moment?
A gift from the Gods themselves.
Words do not exist to capture it.
It must be experienced.
It must be breathed.
It must be felt from within and suspended in time.

For in that moment, time stopped.
We no longer existed as individuals.
We were the world, and the world was us.
We captured all the colors of the rainbow and felt their power.
Our frequencies danced with those of the world,
Vibrating on to eternity and slipping back into our souls,
Just as time began again.

CALENDAR

OF EVENTS

ONGOING EVENTS

MONDAYS

SACRED MEDICINE WHEEL GROUP for healing and personal transformation. Meditation, drumming, journeying with Irene Siegel. 7:30pm, Huntington. Call for info and registration, (631) 547-5433, DrlreneSiegel.com. Now offered Online. (see ad p.10)

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

TUESDAYS

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

WEDNESDAYS

PSYCHIC READINGS & GUIDED IMAGERY with Gong Wash & Tibetan Chakra bowls clearing: **2/7** and **3/6** from 7:30-9:30pm, \$25 donation, including FREE Reiki Healing. Call or text 516-708-5213 www.reikimastersensei.com.

WORKSHOPS: TBD - In-person with Eyes of Learning, **February 28 and March 27**. Levittown Hall, Hicksville, NY, 8:00 PM Members: \$15.00, Non-members: \$20.00. eyesoflearning.org.

THURSDAYS

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

FRIDAYS

LECTURES: TBD – In-person and Virtual with Eyes of Learning, **February 9 and March 8**. Levittown Hall, Hicksville, NY, 8:00 PM Members: \$15.00, Non-members: \$20.00. eyesoflearning.org.

SATURDAYS

PSYCHIC READINGS & GUIDED IMAGERY with

Gong Wash & Tibetan Chakra bowls clearing: 2/10 and 3/9 from 7-9 pm, \$25 donation including FREE Reiki Re-initiating. Attend both for \$40 donation. Private one-hour healing sessions \$110. Call or text 516-708-5213 www.reikimastersensei.com.

SUNDAYS

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

SPECIAL EVENTS

FEBRUARY 16, 17 & 18

THE SILVA METHOD NY is offering the full and original Silva Method Foundation Course. This 3-day, life changing intensive lecture series provides you with tools to eliminate blockages that prevent you from living the life you desire. Limited space available. Call or text (718)-457-8093. (see ad p.13)

MARCH 15, 16 & 17

THE SILVA METHOD NY is offering the full and original Silva Method Foundation Course. This 3-day, life changing intensive lecture series provides you with tools to eliminate blockages that prevent you from living the life you desire. Limited space available. Call or text (718)-457-8093. (see ad p.13)

MARCH 16

FREE LECTURE: In Today's Climate of FEAR, Is There Reason to Have HOPE? UUFH, 109 Browns Rd, Huntington 2pm. (See ad p.3)

APRIL 5-7

NY SOUL ADVENTURE SEMINAR: Eckankar, Your Bridge to Spiritual Freedom: Immerse yourself in a weekend of spiritual exploration: workshops, talks, interactive discussions on dreams, karma, spiritual masters, spiritual exercises ... **FREE for those new to ECK.** <https://eckankar-ny.org/nyseminar2024> (see ad p.6)

APRIL 7

SPRING FESTIVAL/PSYCHIC FAIR: Free Lectures and Shopping with \$5.00 admission. Psychic Readings available only \$25.00. In-person at Levittown Hall, Hicksville, NY. Saturday, 11:00 AM to 5:30 PM. eyesoflearning.org. (see ad p.14)

UPCOMING EVENTS

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

The Beautiful by James Vollbracht, Bozeman, MT

What We Hold

If you
are not as Beautiful
in this moment
as you will ever be,
when shall you ever be
Beautiful?

If you and I
are not as Beautiful
in this moment
as we will ever be,
when shall we ever be
Beautiful?

All of life
responds to the
immeasurable
power of Beauty;
but who has the courage
to proclaim themselves
to be
the Beautiful Sun
of God?

Who is it,
amid the flash

of thunder
and the roar
of lightning
that rages
through our world,
who can drink nakedly
from the Fountains
of Beauty
unashamed?

At the end
of this life
our regrets will not be
our sins.
No, never our sins.
Our regrets will be
the Beauty
we withheld
from ourselves
and others.

We have
been made
so afraid of our sins
and so ashamed
of our Beauty
that we have come
to believe
only a miracle

could change
our lives.

And yet
there is a bridge
to Beauty
that is known.
It is found
in the curl of a wave,
in the silent glance
between two eyes,
in a touch, a brush
upon the cheek.
These are the eternal
moments
of our lives.

The Great Secret
is not that
one day we shall
awaken from
the dream of life
and suddenly
be transformed.
The Great Secret
is that we are already
the Beautiful;
and when we see

the Beauty
within another,
it awakens
the Beautiful
within ourselves.

Stop, here, now.
Take my hand,
we have not far
to go;
for this path
is already known.
Let us walk
over the bridge
of Beauty together
and gaze into
the deep well
of life,
seeing all that
has transpired.
And with tears
of joy
and whispers
of remembrance,
we will
travel into
the Beautiful
and
beyond.

Watercolors by
Jan Guarino
JanGuarinoFineArt.com

Do what is healing to your spirit, and without effort you will bring the world healing in return.

— Alan Cohen



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

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- **Metal Free Zirconia Implant Placement**
- **SMART Certified Safe Mercury Removal**



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

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

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

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Another Leap Forward in Dental Healing: A Bad Filling

A 16-year-old girl recently came to **Integrative Dental Specialists** seeking a second opinion after experiencing persistent biting pain following a filling placed by her regular dentist. The original dentist recommended a root canal, a concern confirmed by a local dental root canal specialist. However, the parents wisely decided to explore further dental options. Fortunately, it turned out the girl's pain simply stemmed from an improperly placed filling, which appeared fine on x-ray. **Dr. Jeff** replaced the composite restoration correctly, and the young woman is now pain-free and spared the unnecessary procedure of a root canal.

While all dentists hold essential licensing qualifications, actual dental services can vary in quality for several reasons: Individual skill and experience play a significant role. Years of practice and continuous learning through professional development can refine a dentist's technique and decision-making. Additionally, access to state-of-the-art equipment and technologies can make a marked difference. Newer tools often offer

greater precision, faster treatment times, and improved outcomes. Furthermore, communication and bedside manner significantly impact the quality of care. Dentists who effectively explain procedures, address anxieties, and foster patient trust, create a more positive and collaborative experience. Finally, varying approaches to diagnosis and treatment planning can influence outcomes. Different dentists may prioritize different factors, leading to diverse treatment recommendations. It's crucial for patients to actively participate in their care, asking questions, understanding options, and finding a dentist whose philosophy aligns with their needs and preferences.

If you're dealing with a cavity and seeking a comprehensive solution, it's essential to consult with a qualified dentist. Dental expertise varies, so it's crucial not to compromise on the quality of care you receive. **Dr. Jeffrey Etes** stands out in delivering exceptional dental services that surpass the ordinary. With a commitment to understanding your unique needs, **Dr. Etes** brings a level of specialized

dentistry that is unrivaled. Drawing upon his extensive specialist dental training and exceptional expertise, he ensures a personalized approach, providing patients with unmatched care, tailored treatments, and easy accessibility. Trust in Dr. Jeff to not only addresses your cavity but to elevate your entire dental experience, setting a standard of excellence in individualized dental care and treatment.

At **Integrative Dental Specialists**, we are dedicated to setting the pinnacle of care in dentistry. Our commitment to excellence is evident in the implementation of cutting-edge dental protocols, distinguishing our practice from conventional dental offerings. Dr. Jeff's approach transcends the routine drill-and-fill dentistry, as he understands that the proper repair of a tooth with a cavity demands specialized restorative protocols. Dr. Jeff's extensive specialty training equips him to address these issues with unmatched efficacy, ensuring enduring results you can rely on.

Incorrect procedures often lead to persistent biting pain and heightened

sensitivity to temperature changes – inconveniences nobody desires. Dr. Etes not only averts such complications but also challenges the common resort to root canals to fix these post operative complications. Pioneering therapies and procedures developed by Dr. Etes are seamlessly integrated into every cavity restoration, ensuring a return to normal anatomical form and biological function. Dr. Jeff will fix your tooth so you can confidently chew without fear of pain and smile wide, knowing that each tooth is meticulously cosmetically matched.

In order to provide our patients with the most sanitary environment possible, we employ ENHANCED proactive air and surface office disinfection protocols. We work toward one standard, the **HIGHEST** standard! The time for excuses has passed. If you are looking for the finest, safest, healthiest and most predictable results to correct your dental issues and would like to learn more about the best ideas in modern dentistry available to you, **please contact Integrative Dental Specialists to make an appointment with Dr. Etes today.**

- ADVERTORIAL -



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