



CREATIONS

INSPIRATION • HOLISTIC HEALTH • PERSONAL GROWTH

Vol. 40, Issue 1
February / March 2026
CreationsMagazine.com

- The Fastest Route Home
- Lessons Between Relationships
- Water, Light & Sound are Medicine
- The Return of Free Energy

*Don't Give Up
Because You
Don't Know the Way*

The Winter / Relationships Issue

*Open to the love that
knows no limitation
~ Ann Albers*





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Another Leap Forward in Dental Healing: The Most Misunderstood Procedure in Dentistry – The Root Canal Explained

Many patients come to me convinced that their chronic illness is the result of having root canals. The truth is far less dramatic. A properly performed and properly restored root canal does not cause systemic disease. However, when a root canal is done incorrectly, especially without sterile isolation and without a high quality final restoration, the likelihood of persistent infection increases significantly. The legal standard of care requires the use of a rubber dam during every root canal procedure to ensure a controlled, aseptic environment. Shockingly, research shows that between fifty four percent and seventy four percent of root canals performed by non-specialist dentists are completed without a rubber dam, which allows bacteria to contaminate the tooth root system during treatment. When contamination enters the canal system, infection persists, and patients understandably assume the root canal is to blame, when in reality the problem is improper technique.

Another major reason for root canal failure is the quality of the final restoration. Even a meticulously cleaned and disinfected tooth can fail if it is restored poorly. Leaking temporary fillings, old metal crowns with gaps, weak bonding, or insufficient sealing allow bacteria to reenter the tooth and reestablish infection. Most failed root canals that I see in practice are not failing because the procedure is inherently toxic. They are failing because they were never properly isolated or properly sealed. These preventable errors lead to pain, bone breakdown, and unnecessary fear. Unfortunately, many patients are convinced to remove teeth that could have been saved. This is where a major misconception must be addressed clearly and directly:

Any dentist who tries to convince you that an implant is better than your natural tooth, even a root canal treated tooth, is promoting misinformation. Nothing functions better, feels better, or lasts longer than a natural tooth that has been treated correctly.

Removing natural teeth out of fear or misinformation is a serious mistake. Once a natural tooth is gone, bite efficiency drops dramatically. Dentures or flippers provide only about ten percent of natural chewing ability, no matter what anyone claims. Losing natural teeth also accelerates bone loss and changes facial support. Saving teeth is always the first priority when it can be performed safely and predictably.

At Integrative Dental Specialists of Long Island, we focus on diagnosing and correcting failing root canal teeth, dental cavitations, leaking crowns, and failing fillings. Many of these teeth can be treated successfully using advanced disinfection systems including dental lasers, ozone therapy, ultrasonic irrigation, and biologically driven antimicrobial protocols. With these methods, we can safely restore teeth to full healthy function. We also offer *Root Canal Genesis*, an all natural regenerative therapy capable of reestablishing blood supply and revitalizing

select teeth, which completely contradicts much of the fear based misinformation you may find online.

If a tooth truly cannot be saved, zirconia implants and biologically friendly titanium implants are excellent restorative solutions, but only when the biological foundation is handled correctly. Many offices use dead irradiated cadaver bone for grafting, which lacks vitality. In our practice, we use autogenous self-bone grafts and *Platelet Rich Fibrin* derived from the patient's own blood. These contain living cells, growth factors, cytokines, and natural regenerative proteins that significantly improve healing and implant success.

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TALKING OUR WALK

Welcome to our February - March Winter / Relationships Issue — our first issue of 2026. More noteworthy, 2026 marks the beginning of the 40th year of Creations Magazine.

Many years ago, Carl Jung popularized the term “Life begins at 40.” Well, partnering with Wave Agency, Creations is being infused with new life, including our continually evolving website, digital marketing opportunities, events (see back cover), and merchandise (creationsmag.com). We’ll be celebrating *Fun at 40* throughout the year.

This issue, our online partner, Domenick shares his take on the topic of relationships: As Valentine’s Day approaches, thoughts naturally turn to relationships and connection. This year, and always, remember the most important relationship you will ever have: the one you have with yourself.

When you start from self-love, every other relationship becomes healthier and more authentic. People who treat themselves with compassion tend to experience less anxiety,



depression, and stress, and they bounce back more quickly from life’s challenges. Research also shows that recognizing your own worth supports higher self-esteem, confidence, and emotional stability, all of which deepen your connections with others.

Self-love is not selfish or egotistical; it is the solid ground on which a meaningful life is built. From that foundation, you can choose to treat others with kindness, patience, understanding, and respect, even when they are imperfect. As you give your love and attention to the people around you, notice how the way you care for yourself shapes the way you care for them.

The familiar wisdom says, “Treat others as you wish to be treated.” Today, add a gentle twist: treat yourself the way you would love others to treat you. When you honor your own heart, you expand your capacity to love everyone else.

Love All Ways,

Neil & Andrea



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Honoring the Divine Feminine, Mothers, Earth & Rebirth

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CREATIONS MAGAZINE

PUBLISHERS: Neil and Andrea Garvey
EDITOR-IN-CHIEF: Neil Garvey
PRODUCTION: Design2Pro
POETRY PAGE DESIGN: Jan Guarino, Guarino Graphics
ADVERTISING DESIGN: waveagency.com
DISTRIBUTION: Green Distribution, Creative Distribution
WEB DESIGN: waveagency.com
ONLINE EDITOR: Domenick Melillo
COVER IMAGE: *Light the Way* | JanGuarinoFineArt.com
© 2026, Creations Magazine, Inc., PO Box 1035, Marietta, SC 29661 creationsmagazine.com

ADS DUE March 6th
for April / May 2026 Issue
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Don't Give Up Because You Don't Know the Way

by Ann Albers and The Angels,
Phoenix, AZ

There is a habit—all too human—that gets in the way of allowing what you truly want in life. So many of you have been conditioned to settle for the predictable guarantee of disappointment rather than taking the risk of success. It is easy to quote statistics and 3D facts to explain why you can't have what you want or why miracles cannot happen for you. It is easy to blame a lack of support or insufficient resources. From an early age, this is how most of you learned to navigate life.

You were encouraged to figure out how you would achieve something before ever attempting it. You were taught that you had to have resources such as time, money, or support. You were taught to be good girls and boys who were worthy of what you wanted. You were supposed to make goals and plan in great detail.

And while the techniques of goal setting, planning, allocating resources, etc., work extremely well when you know enough or have enough to define a clear path, the lack of knowledge or resources is often the very thing that causes people to give up on what is dearest to their hearts. If your doctor can't help you heal, you might give up hope of feeling better. If you don't have a clue how to create extra money, you might give up on the vacation, the home, or the life you desire. If you've never met anyone who meets your ideals in a partner, you can easily talk yourself out of the partnership you desire.

The Divine knows no such limitations. **The power that creates worlds and lives within you never withholds love, miracles, grace, guidance, goodness, healing, or help—these flow to you in a steady stream.** Your job is to allow this river of love to flow to you and through you, unimpeded by fears, doubts, or negative self-talk. As we like to joke with

our channel, "Don't tell the Divine what it can't do!"

Well-meaning humans conditioned you to believe that you must know how to get where you want to go. From an early age, those around you unintentionally taught you to believe that the limitations of their own beliefs should be your limitations as well. No one meant to hurt you by discouraging your dreams. In fact, many who did so thought they were protecting you from disappointment. They didn't realize it, but they were helping you guarantee it.

You may have heard the adage, "What you believe you can receive," and we would further clarify this by saying that **true belief will put you in a state of expecting the miracles, expecting the resources, expecting that you might be the one exception to statistical odds.** God's odds are always far better! Your expectation will not feel like a demand, but rather like a quiet and kind knowing that, despite the current situation, all is well. All will come to you in perfect timing. All will be healed if you can only reach for what feels like love and stay in a decent vibration.

You may not even be able to imagine your dreams, but you can appreciate something good in the present moment—anything at all—and in so doing, you tune into the frequency of love and thus become open to the stream that knows no bounds.

In this reality, you find and enjoy what is good now, while anticipating more. Far from "settling," you are accepting and appreciating all you can, knowing it is nature itself to evolve into more.

Accepting your present moment is wise, but you need not give up on your desires and dreams for the future simply because you do not know how to achieve them. When you don't know how, God does. When you don't have the time, the Divine knows who does, or will help you find a little more for yourself. When you don't have the money, the Divine knows how to get you what you want, with or without the funds. When you don't know how to heal, the power that creates universes and informs each cell does.

You are unlimited beings, made of pure energy, connected, and indeed inhabited, by the power that creates worlds. This Presence knows no



limitation. Something in you knows this. Something in you wants to believe. Something in you still hopes and prays. Don't talk yourself out of your dreams, dear friends. Instead, make room in your heart for them to flow to you in divine perfection.

Don't talk yourself into settling forever because you don't know how to get what you want now. Accept the present as it is. *Stop struggling against it.* Search for the best you can find here and now. Reach for the love you can feel in this moment, and dare to dream of a time when you will have more. And if you can't do that, at least remain neutral and open. Refrain from talking yourself out of wanting what you truly do. Adopt an attitude of "I may as well enjoy life and see what happens next."

We love you beyond any capacity to comprehend. The Divine wants you to have all you desire and more. Whether you hope for more freedom, more peace, a dream home, or a miraculous healing, you are the only one who can withhold love from yourself, or allow it in—in even the smallest of ways.

Look for one thing to feel good about now, one thing to enjoy or appreciate, and one thing that looks or feels a little like love to you here and now. And then do it again, and again. You just opened to the stream. You just opened to the infinite. You just opened to the love that knows no limitation.

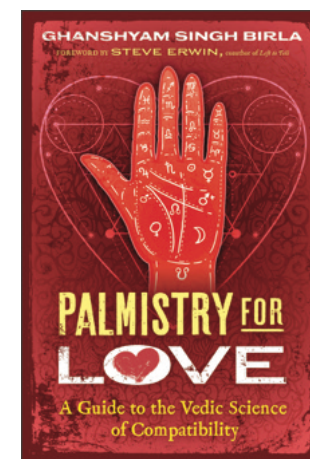
God Bless You! We love you so very much.

-- The Angels

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

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Water, light, and sound are medicine: Everyday elements that shape cellular health, coherence, and resilience

by Dr. Catherine Clinton,
Eugene, OR

You start the day with a feeling you can't name. A tiredness coffee can't touch, a scattered mind, not exactly a feeling of illness but one of being out of synch. You go through the day doing all the right things. You drink water, answer emails, move through the routine, but a sense of coherence, that feeling of safety, never quite arrives. Modern health focuses on food and fitness yet ignores the relationships we evolved with. Our body's first languages were water, light and sound. These are the medicines that are calling us home.

The dominant model of health speaks to a chemical mechanical model of the body. If there is illness or disease, a chemical or mechanical solution is offered. This has many benefits, but it only goes so far. **Our cells also rely on the flow of energy, the resonance of sound and the water organizing to the tune of structure.** It is time to expand our understanding of health and medicine. Our fascia, mitochondria and the water within us are information centers, not just parts of a machine. They exist in a bodywide tapestry of energy. When we tend to this flow of energy, the healthier we become. To understand health, we must understand the signals we have evolved with.

We are water beings: 60-70% of our body is water. The work of Professor Gerald Pollack from the University of Washington shows us that water in living systems takes on a different structure. As water lines our cells, DNA, and fascia it can take on a distinct structure that is different from regular bulk water. This water has a negative electrical charge, just like our cells run on. As this organized water builds it produces a zone of positively charged water. Just like a 9-volt battery, this separation of charge between the negative and positive charge creates potential energy. Some researchers suggest that this liquid crystal water acts as a battery, helping conduct energy and information throughout the body. Our modern life filled with indoor living, artificial lighting, and processed foods can degrade this water within. Light and sound can rebuild it.

Light is a primary signal for our biology. In 2017 three researchers were awarded for their work in *chronobiology* or how light impacts life. They discovered that almost every cell in our body has a circadian gene or what researchers call a circadian clock. These circadian clocks are



tuned to the light in our environment.

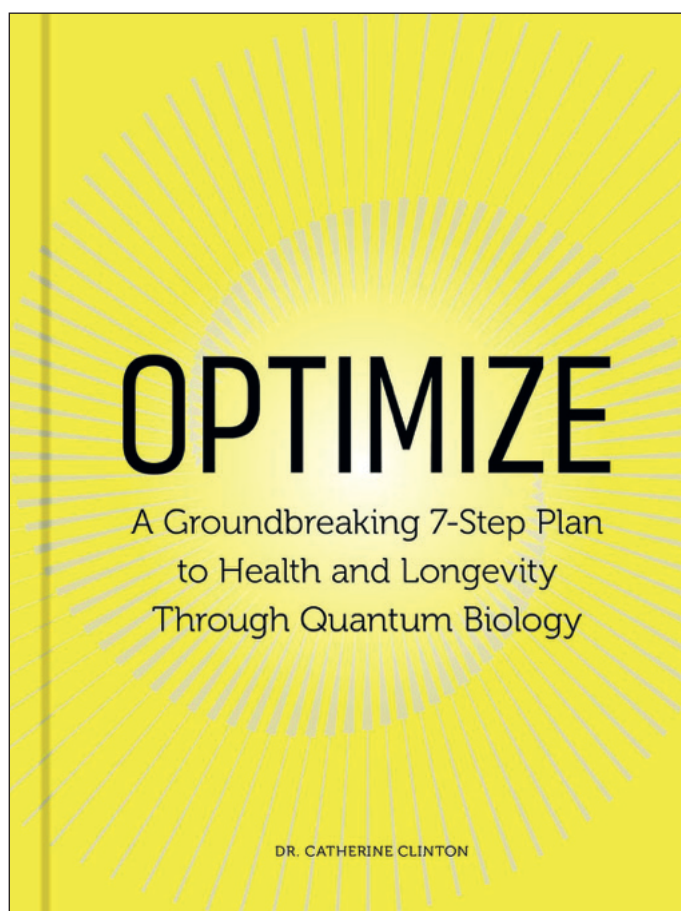
Getting natural light in our eyes upon waking cues over 20,000 circadian sensitive genes and several biological cascades like hormones, metabolism, neurotransmitters, and the immune system. Infrared light, the kind that is abundant any time the sun is up, builds that liquid crystal water and improves mitochondrial cellular energy. Artificial blue light like that found in our modern lighting can skew our circadian rhythm, impair mitochondrial function and decrease cellular water. Aligning with the rhythm of the sun by getting morning sun, even on cloudy days, and lowering the lights after sunset serve as powerful signals that guide our body towards health.

Sound changes our biology on a cellular level. Humming, chanting, breathwork and singing increase dopamine, serotonin, and oxytocin — those feel good, love hormones in the body. It also stimulates the release of nitric oxide in the nasal cavity which causes dilation of the blood vessels, allowing more oxygen into the body. Research suggests the pressure waves of sound can help tone the vagus nerve and soothe an overwhelmed nervous system. This means *sound has an influence on inflammation, blood flow and stress chemistry.* There's even research out there showing that low frequency sound can revitalize blood cells, expanding our understanding of how sound impacts health. The vibrations of sound can reverberate throughout the body, guiding biological action.

Water, light and sound conduct the body into a state of coherence. *Coherence* refers to harmony in biological systems. We could say different cells, tissues and organs in the body represent different instruments in an orchestra and coherence is the conductor of this orchestra. Water, light and sound work together to build coherence and cellular energy within. They reestablish the natural rhythm and electrical conduction that the body runs on. Stress, artificial lighting and overstimulation can cause decoherence. When we have coherence, the cells can clearly communicate but when there's decoherence it is just static. Coherence allows for the beautiful song of life to play throughout the body so health can come more easily.

Health isn't just about supplements and exercise. It lies in the elemental signals that surround us. Health begins by aligning with the elemental signals of water, light and sound. **By getting morning light and nightly darkness, by singing or humming, by drinking water with gratitude and by getting outside – we can build the coherence of health.** Returning to these fundamental signals allows our bodies to remember what healing looks like. It is this remembering that lays the foundation for wellness. This is the first medicine. ✨

Dr. Catherine Clinton, a licensed naturopathic physician, has spent over 17 years helping people overcome their health issues. She completed her Doctor of Naturopathic Medicine from the National University of Natural Medicine. Diagnosed with two autoimmune conditions and Lyme disease while in medical school, she began the long and difficult journey of healing — a path that led to the commitment to help others to not only heal physically but to return to the relationships we evolved over millennia with for a deeper sense of health and belonging. Dr. Catherine is the founder and chair of the Quantum Biology Health Institute where she is actively pursuing research into the practical applications of quantum biology on health. Dr. Catherine teaches doctors, healthcare practitioners and health enthusiasts from around the world in how to apply the principles of quantum biology for health and is a sought after speaker with speaking engagements across the globe.



The fastest Route Home

by Alan Cohen,
Hawaii

For many of us, relationships have presented a huge challenge, especially romantic ones. We long to be with a wonderful partner whom we can love and be loved in return, and make our life richer. Yet we have also experienced lots of pain in relationships. Some of us have been hurt, burned, or betrayed. Or we feel guilty about foolish or unkind past actions. What we hoped would bring us joy ended up bringing us sorrow. We wonder, “What do I need to know or do to find the right person?” or “How can I make my current relationship work better?”

Despair not. There is hope.

The purpose of all relationships is to help us learn to love more deeply. They are loaded with spiritual gifts and lessons that can empower us to master our entire life. *A Course in Miracles* tells us that healing our relationships is the fastest way to enlightenment. It may seem attractive to retreat from the world to find peace. For some, this is the best path. Yet most of us will gain more by taking the relationships right before us, and using them to dissolve the illusions that cause us pain.

A yogi went off to a cave and meditated for twenty years until he was enlightened. Then he went into town to buy groceries. There someone bumped into him on the street. So the yogi punched him. He hadn’t quite achieved enlightenment through meditating only. He needed to be with people to be challenged in a way that would help him to learn to choose peace in adverse conditions.

Just out of college, I moved into a house with four buddies. The neighborhood was rather conservative, not quite a match for five non-lawn-mowing, loud-music-listening hippies. As a result, we had ongoing conflicts with our next door neighbor Mrs. Ryan. Complaints, arguments, and threats got worse and

worse until a dark psychic smog of resentment hung between our homes.

Then one night I went to a lecture on positive thinking. The teacher asked us to close our eyes and think of someone we weren’t getting along with. Immediately Mrs. Ryan came to mind. “Now send that person love and positive energy,” the teacher invited the class. Although I resisted at first, after a while I was able to feel a bit of connection with my neighbor. For a moment my animosity dropped away, and I saw good in her. The positive feeling lasted for just a second or two, but afterward I felt better about our relationship.

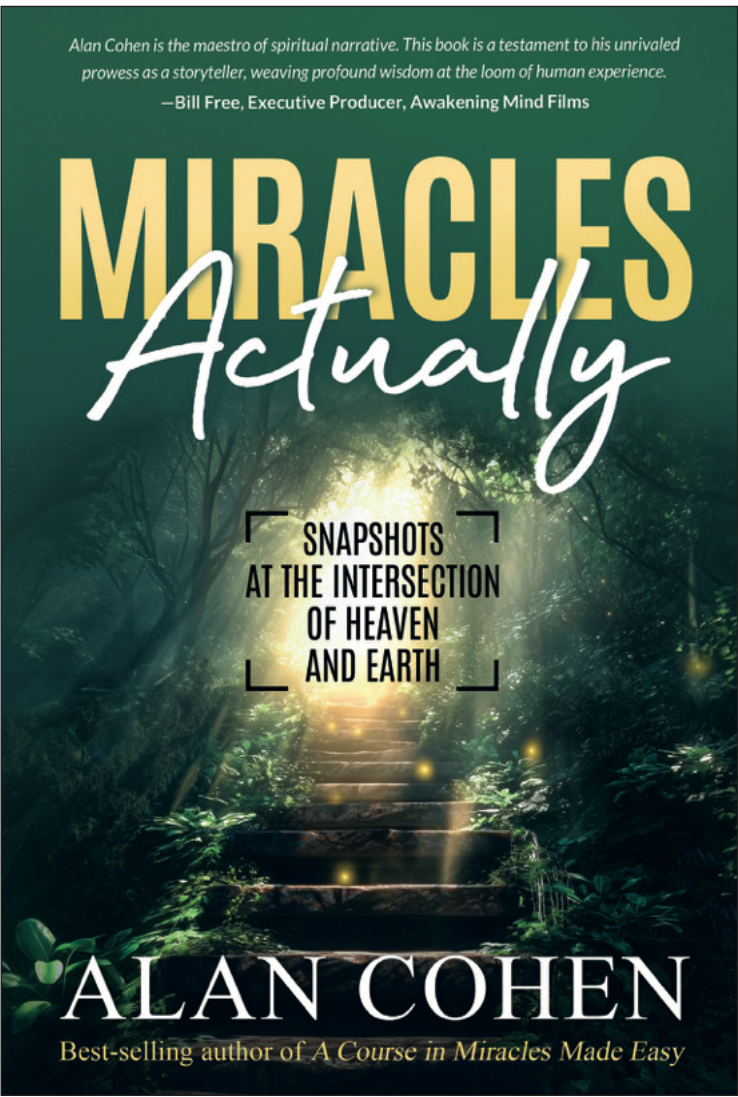
The next day while I was in our garden, Mrs. Ryan approached the fence. I stiffened as I thought, “What’s she going to complain about now?” But instead the woman smiled and said, “I’ve been thinking about you boys. I realized you are actually good guys and I haven’t been the best neighbor. I’d like to start over with you, if you are willing.”

I almost dropped my tomatoes! That act of extending kindness was completely out of character for Mrs. Ryan and our relationship. It was nothing short of a miracle. I told her that of course we would rather be friends, and our relationship moved onto a whole new trajectory. No more upsets or conflict.

Looking back, I realized that the only thing I did differently was to send Mrs. Ryan genuine love, even for a fleeting moment. That was enough to set a huge course correction in motion.

At another time when I was beginning my writing and teaching path, my friend Carolyn was a writer for a popular spiritual magazine. One day she offered to write an article about me for the publication. I got very excited, anticipating the publicity would advance my career.

But then she didn’t follow up. Weeks and then months went by, and I didn’t hear from her. Disappointed, I began to feel resentful for Carolyn not keeping her promise. I began to harbor dark thoughts



about her. In my mind, our friendship had gone sour.

Then one day while meditating, I realized that no article was worth ruining our friendship. I really valued Carolyn and wished we could be close again. I decided to forget about waiting for her to write the article, and just enjoy our connection as

it was. That felt so much better than indulging anger.

The moment I stood up from the meditation, the phone rang. It was Carolyn. “Hi Alan, I’m ready to do the article. When would you like to schedule an interview?” Once again I learned the crucial connection between my attitude and transforming a relationship.

At this time of year when we celebrate Valentine’s day, we have a huge opportunity to heal all of our relationships, not just romantic ones. If we can find a way to connect at a heart level with people who bug us, even for a moment, we can reclaim the peace we have been sorely missing. It can be a challenge to let go of judgments, hurts, or resentments. But when we do, the reward is great. **A miracle is a shift in perception from fear to love, doubt to trust, separation to connection.** When we can achieve that, even in little steps, everything becomes new. ✨

Alan Cohen is the author of the new bestseller *Miracles Actually*. Join Alan for his innovative

online program *Be Whole Now—A Mastery Training for Visionary Healers*, beginning May 5. For information on this program, Alan’s books, ACIM video course, weekly online *Miracle Room*, webinars, YouTube channel, and free daily inspirational quotes, visit www.alancohen.com.

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What the Dying Taught Me About Forgiveness — And Why It Can't Wait

by Adam Rizvi, MD

In my years as a neurointensivist, I have been present for more than five hundred deaths. I've held the hands of the dying, watched families say goodbye, and witnessed the mysterious threshold where breath becomes stillness. What I didn't expect was that these encounters would become my greatest teachers—not about death, but about how to truly live.

The ICU is a place stripped of pretense. What remains when everything else falls away is remarkably simple: love, connection, and the quality of our relationships. Again and again, I watched people in their final hours reach not for accomplishments but for reconciliation. For forgiveness.

Those who died most peacefully were not necessarily those with the fewest regrets, but those who had learned to forgive—others, circumstances, and themselves. Those who struggled most were held captive by grievances they'd carried for decades, waiting for the "right time" to let

go. There is no right time. There is only now.

One evening, I sat with Andrew as his wife Helen lay dying from a sudden brain hemorrhage. It was a ruptured aneurysm. And she was thirty-four. Their children were at home, too young to understand that their mother would not return.

Andrew was consumed by guilt. He told me about their last argument—something trivial—and how he'd left for work without saying he loved her. Now machines breathed for her, and her hand was warm in his, but she couldn't hear the words he'd saved for later. What struck me wasn't the tragedy, but Andrew's realization: he had been postponing presence. Postponing tenderness. Waiting for a future that was never guaranteed.

In the days that followed, something remarkable happened. Rather than collapsing into bitterness, Andrew began practicing what I can only call radical forgiveness. He forgave himself for the unfinished argument. He forgave the randomness of the universe for taking his wife. He even forgave Helen for leaving—an irrational grief-thought, he admitted, but one that needed releasing nonetheless. Andrew taught me that **forgiveness isn't about condoning what happened or pretending pain doesn't exist. It's about refusing to let the past imprison the present.** It's a choice to see innocence beneath the surface of every hurt.



The mystics across traditions point toward a truth that death makes visceral: separation is an illusion. In our deepest nature, we are not isolated beings struggling against a hostile universe. We are expressions of something unified, something that some call love. Fear—including our fear of death—is simply the belief that we can be cut off from what we truly are.

The dying often glimpse this. I've seen hardened skeptics soften in their final hours, seen resentments dissolve as if they were never real. Proximity to death thins the veil, revealing that our grievances were never worth the weight we gave them.

But why wait for a tragedy to release what we've been clutching? The great spiritual traditions agree: everything in form is impermanent. Our bodies, our

relationships, our carefully constructed identities—all of it is borrowed. This isn't cause for despair. It's an invitation. When we truly accept impermanence, we stop postponing what matters. We stop saving our forgiveness for someday.

I want to offer you something practical. Think of the grievance you've been carrying longest. Maybe it's toward a parent who failed you, a partner who betrayed you, a friend who disappeared. Maybe it's toward yourself. You know the one—the weight so familiar it almost feels like part of you. The one you're thinking of right now. Yes, that one.

Now ask yourself: What am I waiting for? Forgiveness doesn't require the other person to apologize or change. It doesn't mean what happened was acceptable. You are not "letting them off the hook". Forgiveness is an interior act. It is a decision to stop drinking poison and expecting someone else to suffer. It's releasing the storyline that keeps you bound to a moment already passed.

You might not forgive completely for now. That's okay. But you can begin. You can set down the stone and notice how much lighter your hand feels. The patients I've accompanied to death's door have given me this gift: the knowledge that time is not promised. That the forgiveness we defer may become our deepest regret. But they've also shown me it's never too late until it's too late. The heart can soften in an instant.

So here is my invitation: Don't wait. The person you need to forgive, the burden you need to release—let it be now. Not because death is coming, but because life is happening. Right now. And it is too precious to spend carrying weight that was never yours to bear. The dying have shown me that love does not know death. It is the one thing that remains when everything else falls away. And it is available to you in this very breath. What are you waiting for? ✨

Adam Rizvi, MD, is a neurologist and neurointensivist whose work bridges medicine and spirituality. He is the co-host of the podcast "Letters to the Sky" and writes regularly on his Substack called "Adventures in Kindness" about consciousness, death, spirituality and healing. Adam is also the author of **Love Does Not Know Death – Stories of Death, Dying, and the Miracles of True Forgiveness**,



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TMD: Causes and Cures

Stress is a major component of many health problems. Oftentimes stress can directly influence these adverse health events and is, almost always, a contributing factor.

There are a myriad of oral health issues that are directly and indirectly associated with stress. These include dry mouth which can increase the risk of cavities, periodontal disease, canker sores and infections. Stress distracts our immune system and makes us more vulnerable to disease.

One major oral health problem is Temporomandibular Disease or TMD. It is a list of issues that revolve around the Temporomandibular joint (TMJ) which connects the lower jaw to the skull on both sides. Stress can cause disharmony in the muscles, the disk between the bones, ligaments and the jaw itself. Temporomandibular Disorders affect between 10 and 35 million Americans.

If you place your two fingers right in front of your ears and slowly open and close your mouth, you will feel your joint first rotate and then slightly pop outwards. This is a normal rotation and translation of the bulbous head of the lower jaw. The joint is very sophisticated and beautifully complex. Normally the joint should glide evenly and smoothly without a loud pop or any clicking. There also should be no pain. When the muscles are hyperactive they burden the joint and can cause



temporary or, in time, permanent damage due to the unnecessary wear and tear. Some symptoms can include pain or tenderness in the jaw, face, temple, neck, or shoulders.

Stress is the major cause of TMD. We see patients have flare ups when there are stressful events in their lives. When the stress decreases, the symptoms often disappear. Some of these stressors could be loss of a family member, changes at work, midterm or final exams for students, trauma from an injury such as a car accident, a fall, or a blow to the face. Other triggers of TMD are physical

habits such as biting on fingernails, chewing on objects, chronic teeth grinding or clenching (bruxism), often during sleep.

The disharmony and hyperactivity can lead to movement issues such as limited mouth opening, stiffness, or the jaw "locking" in an open or closed position.

Clicking, popping, or grating sounds when chewing or talking can also be evident.

Referred Pain is also very common. It can be in the form of earaches, ringing in the ears (tinnitus), dizziness, or even tooth sensitivity without dental issues.

So how do we manage and treat TMDs? Most TMJ issues are temporary and respond to conservative, non-invasive treatments. Simply being aware of clenching and discontinuing the habit will speed up the resolution of these symptoms. Resting the jaw, eating soft foods, and applying moist heat or ice packs can go a long way. Muscle massage can break up the muscle spasms. Reducing habits like gum chewing or nail biting, and practicing relaxation techniques to manage stress are remarkably effective.

One thing that can be very effective is an oral appliance. Custom night guards or stabilization splints are great for protecting teeth from grinding. They act as orthotic appliances and place the joint into its happy place.



We have something called an incisive reflex. Our lower teeth are innervated or wired in such a way that if you bite on a fork, they send a message to the brain which in turn activates our jaw opening muscles and deactivates the closing muscles. It's like the brain is telling the muscles "don't bite hard or you will break the teeth." The oral appliance acts as a deprogrammer to neutralize the muscle hyperactivity.

Sometimes physical therapy for jaw-strengthening exercises are indicated. Other options are trigger point injections (such as Botox) for severe muscle spasms.

Although we prefer to avoid medications, including over-the-counter NSAIDs like ibuprofen, for a short term they can reduce the inflammation and help the healing process.

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Learning Lessons Between Relationships

by Joyce and Barry Vissell,
Aptos, CA

The time immediately after ending a relationship can be painful, confusing and disorientating. So much energy has most likely been spent first trying to make the relationship work and then in the process of ending the relationship. The tendency with most people is to distract themselves, become depressed, be consumed with anger for the other person or anger at themselves.

We feel there is a destiny to each relationship, a purpose for bringing two people together. Sometimes, a relationship is long, sometimes short, sometimes easy, sometimes difficult. But regardless of the quality, all relationships come to teach us something important. The key to success is to be continually

learning how to open our hearts to the important life lessons.

The time immediately after ending a relationship can be a very valuable period in our lives. If we distract ourselves or rush into another relationship, the gifts and lessons of the previous relationship could be missed. A friend of ours ended a relationship of four years in which a child had been born. He described his life as a giant jigsaw puzzle which had dropped to the ground. Some major pieces stayed together, others separated and scattered. He realized he could quickly gather the pieces and, before the puzzle was whole, begin a new relationship. He saw how, once a new relationship had begun, he would be building a new puzzle without the other one being complete. He realized he needed to take time to bring the broken puzzle to wholeness and this completion would prepare him for a new relationship.

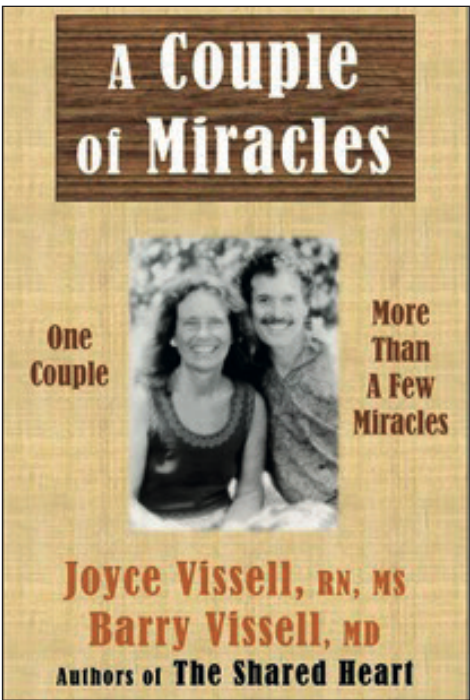
The period between relationships is rich with lessons and growth. Focusing blame on either your partner or upon yourself will blind you to the deeper lessons to be learned. Spend time in silence asking yourself why you were brought together with this person. What is the lesson to be learned? What were the gifts you were able to give in the relationship? What

were the gifts you received from the relationship? What further gifts would you like to give and receive in your next relationship?

Then focus on gratitude that you could spend time with this person, even though the relationship did not last. This relationship was a gift given to both of you according to the highest wisdom of both of your needs. As you can feel your gratitude for the relationship, understanding and wisdom, and therefore peace, will come. In time your heart will truly open to the other person and you will feel the blessing of the relationship.

For those of you who have been single for a long time, this work is just as important. No matter how distant your previous relationships, find and be grateful for the lessons learned. No matter how the relationships ended, you can still be grateful for the love that was shared and for the gifts you each gave and received.

The fact that the relationship did not last as long as you had hoped will cease to be important. The realization that you learned and grew and opened your heart will bless your entire life. ✨



Joyce & Barry Vissell, a nurse/therapist and psychiatrist couple since 1964, are counselors near Santa Cruz, CA, who are passionate about conscious relationship and personal-spiritual growth. They are the authors of 10 books and a free audio album of sacred songs and chants. Visit their web site at SharedHeart.org for their free weekly inspirational videos and monthly e-heartletter, their updated schedule, and inspiring past articles on many topics about relationship and living from the heart. **A Couple of Miracles: One Couple, More Than A Few Miracles.** Semi-Finalist, Book of the Year, Online Book Club.

Wellness Quiz

by Louis R. Franzini, PhD

What is the Single Item that will Significantly Increase Your Own Wellness?

CLUES:

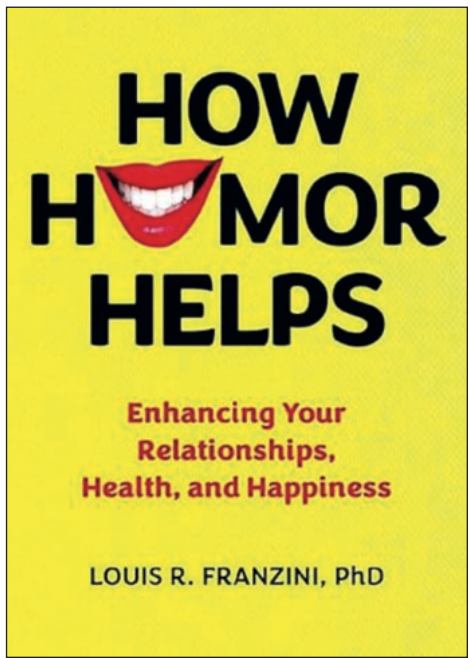
- It is free.
- It is legal.
- No supplementary drugs are needed.
- No healthy vegetables are needed.
- No nonfat or low-fat foods are needed.
- Religious aid is not likely needed, but not scientifically documented yet.
- Has the documented approval of the late Pope Francis.
- Neither manifestations nor meditations are needed.
- Reduces stress hormones in the body.



- Produces muscle relaxation for up to 45 minutes.
- Reduces blood pressure.
- Helps to establish new relationships.
- Helps to solidify long term relationships.
- Defuses anger, whether justified or not.
- Helps in reducing stress of interview situations.
- Increases likelihood of being hired and/or promoted at work.
- Increases the chances of finding a romantic partner.

- Important to be both an appreciator and a participant of this skill.
- Includes a subgroup of professionals, but amateurism is equally valuable.
- No sex or gender differences apply.
- Several kinds and types of this item exist which creates differential preferences.
- Highly correlated with many positive personality traits.
- Highly correlated with physical health and longevity.
- Highly correlated with mental health functioning.
- Highly correlated with self-concept and security in social situations.
- Can always be improved with professional guidance and training.
- Regarded as pre-existing in everyone to varying degrees.

WHAT IS IT?
Answer - **YOGN**



Quiz created by Dr. Louis R. Franzini, author of three books: **How Humor Helps: Enhancing Your Relationships, Health, and Happiness; Just Kidding: Using Humor Effectively, and Kids Who Laugh: How to Develop Your Child's Sense of Humor.**

Reframing Valentine's Day on Your Twin Flame Journey

by Theresa Cheung,
UK

What does Valentine's Day *truly* mean to you? Before you answer automatically, pause for a moment. Place your hand gently over your heart. Close your eyes if you wish. Notice the feeling that rises, subtle or strong, and let your heart speak first.

If a word, image, or sensation surfaces, write it down. Keep it somewhere safe. As you continue along your path of self-discovery and spiritual awakening, returning to these early notes will reveal how far you've travelled emotionally and energetically. But for now, stay present with whatever truth your heart offered.

Does Valentine's Day fill you with joy, passion, and romantic longing? Or does it stir something far more complex – perhaps dread, nostalgia, sadness, anger, disappointment, guilt, anxiety, or loneliness? Perhaps your reaction feels contradictory or unclear.

There is no right or wrong response. There is only the truth of what you feel right now. And that truth matters enormously, because your current emotional landscape becomes the launch point of your Twin Flame journey. It shows you where you stand and quietly points you toward where you are being called to go next.

The Valentine's Day Paradox

Whether you adore it or avoid it, Valentine's Day is, in Western culture, inescapable. Like taxes, it arrives each year with unwavering predictability. For some, it brings enchantment. For others, it brings pressure. And for many, it is a cringe-worthy reminder of idealized love that feels out of reach.

Everywhere you look, the imagery repeats: heart-shaped chocolates, balloon bouquets, glitter-covered cards promising devotion, roses arranged in perfect symmetry, candlelit dinners, and restaurants overflowing with hand-holding couples. Social media becomes a stage for romantic storytelling—photo-perfect proposals, lavish gifts, curated declarations of love.



It's almost impossible not to compare your own experience with these representations. If you are single, these cultural messages can leave you feeling unlovable or "less than," even if you genuinely enjoy your independence. If you are partnered, the day may come with unspoken expectations to perform romance perfectly, to meet external standards, to spend in ways that don't feel authentic. Tension brews. Arguments start. Overspending happens. And you may be left feeling strangely empty despite good intentions.

In this way, Valentine's Day becomes paradoxical: a day intended to celebrate the joy of romantic love often stirs loneliness, resentment, or disappointment. Breakups spike around February 14th for this very reason because external expectations suddenly magnify the fractures already present in relationships. It is as if the collective weight of the holiday drags the heart down, even as it claims to lift it up.

And when you look more deeply into the origins of the day itself, this emotional dissonance begins to make sense.

Tainted Love: The Truth Behind the Tradition

Valentine's Day, despite its modern sparkle, has a history that is far from romantic. Its origins trace back to ancient Roman rituals, including practices that were violent, chaotic, and deeply misaligned with the energy of genuine love. In the third century, two men both named Valentine were executed in mid-February, adding another dark layer to the story.

Only later did the church attempt to repurpose these events into something symbolic. And it wasn't until the Renaissance and Shakespearean era that Valentine's Day began to shift toward an idealized expression of romantic love.

The commercial version we know today, shop windows overflowing with pink and red, aisles packed with cards and chocolates, emerged with the Industrial Revolution. Companies like Hallmark took the lead, transforming February 14th into an annual display of romantic consumerism. Billions are now spent every year in the name of love, driven not by genuine emotion but by marketing, tradition, and the subtle pressure to participate.

And deep down, you may have always sensed this truth: Valentine's Day is a manufactured experience. A business. A cultural construct that uses romantic love as a hook.

Valentine's-Day-Proofing Your Heart

But once you see the mechanics behind the holiday, you gain a powerful freedom — the freedom to reclaim your heart. This is one of the gifts of the Twin Flame journey: the ability to step back from external narratives and tune into the wisdom of your own soul. As you walk this sacred path, it becomes increasingly clear that no holiday, not even one so widely celebrated holds any power over your relationship with love.

Valentine's Day becomes neutral. A checkpoint rather than a verdict. A moment to observe your progress, to notice your emotional alignment, and to recognize the next loving step the journey is asking you to take. It no longer dictates your feelings, controls your thoughts, or pressures your bank account. Whether you choose to celebrate it, ignore it, or treat it like any other day, you do so from a place of inner truth rather than cultural conditioning.

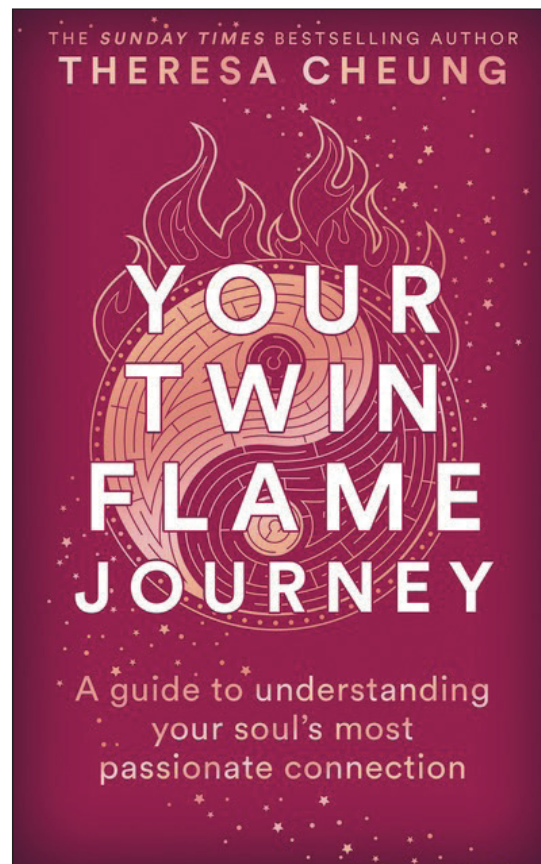
The Freedom to Define Love on Your Own Terms

In time, you will realize that the most loving gift you can give yourself on Valentine's Day or any other day is the permission to define love according to your own heart's wisdom. Not according to tradition. Not according to marketing. Not according to society's expectations.

Your inner guidance, when you listen deeply, will lead you toward a love that is authentic, unwavering, transformative, and aligned with your soul's highest path. A love that no romantic "holiday" could ever contain. A love that flows from within you.

A love that never ends and can only ever expand you. ✨

Extracted from *Your Twin Flame Journey: A Guide to your Soul's Most Passionate Connection*, by Theresa Cheung (Godsfield, Octopus, March 2026.)



Theresa Cheung is an internationally bestselling author and public speaker. She has been writing about spirituality, dreams and the paranormal for the past 25 years, and is listed by Watkins Mind Body and Spirit magazine as one of the 100 most spiritually influential living people. She has a degree in Theology and English from Kings College, Cambridge University, frequently collaborating with leading scientists and neuroscientists researching consciousness. Theresa is regularly featured in national newspapers and magazines, and she is a frequent radio, podcast and television guest and ITV: This Mornings regular dream decoder and spiritual expert. She hosts her own popular spiritual podcast called White Shores and weekly live UK Health Radio Show: The Healing Power of Your Dreams. www.theresacheung.com

The Soul of Leadership: finding Greatness in Humility

by Fr. Daniel Brandenburg, LC, PhL, ThL, EdD

What does it mean to be truly great?

In our culture, we are often shown models of leadership that equate greatness with power, fame, or disruptive “charisma.” We look to CEOs, influencers, and powerful figures as the blueprint for success. But so often, this model of leadership leaves us feeling empty, divided, and stressed. It’s a paradigm of “command and control,” while in our hearts we are yearning for connection.

What if the most effective, lasting, and transformative leadership comes not from an inflated ego, but from a place of profound humility?

Modern leadership thinkers are beginning to catch up to this ancient wisdom. Researcher Jim Collins, in his seminal work, identified a “Level 5 Leader” as the key to taking a company

from good to great. The key characteristic of this leader wasn't a larger-than-life personality; it was a paradoxical blend of deep personal humility and intense professional will. They are leaders who, first and foremost, are dedicated to a cause greater than themselves.

We see a similar thread in the “Servant Leadership” model, which flips the traditional power pyramid upside down. The servant-leader’s primary motivation is to help others grow, thrive, and reach their full potential. This leader asks, “How can I help you?” Not, “What can you do for me?” They understand that true power lies not in being served, but in serving.

These modern models are powerful because they resonate with a deeper truth. They are echoes of a timeless, spiritual archetype. When we look for the most potent example of this model -- leadership through service, vision, and authenticity — we can find a perfect, if challenging, blueprint in the life of Jesus of Nazareth.



He didn't lead from a distance; he walked, ate, and lived among his people.

This ancient model reveals that *true leadership is an “inside-out” job*. It's not about mastering a set of techniques to get people to do what you want. It's about a daily commitment to our own spiritual and personal growth. *It's about cultivating the humility to listen, the courage to serve, and the vision to call others to a higher purpose.*

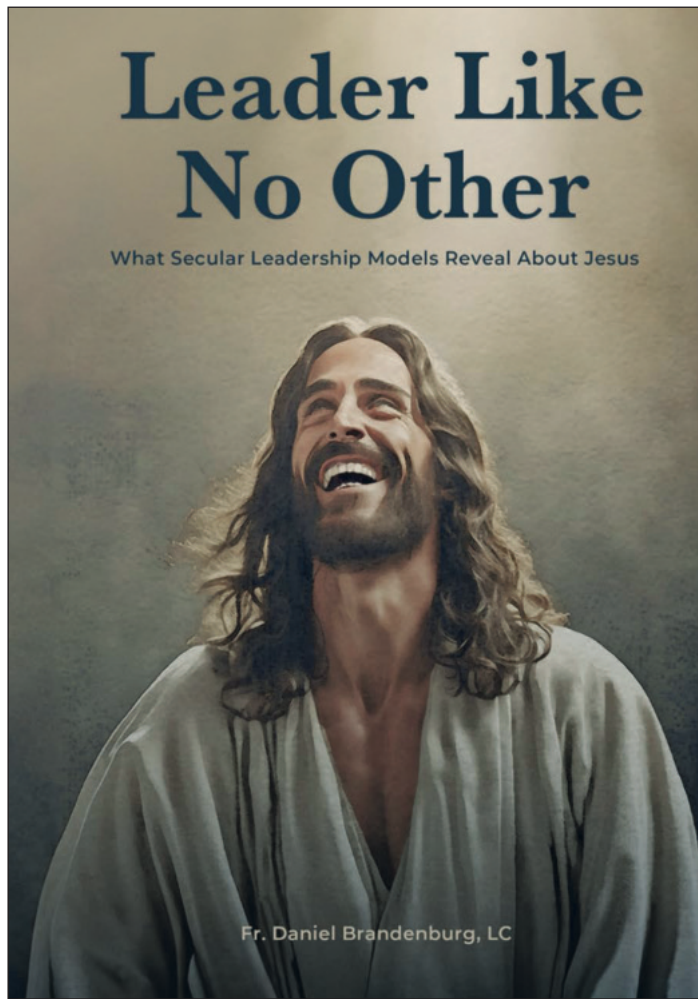
When we begin to practice this “soul of leadership” in our own lives — in our families, our workplaces, and our communities — we stop just managing people and start helping to transform them. We become the kind of leaders who don't just build a better business, but who help build a better world. ✦

Fr. Daniel Brandenburg is a priest, author, and speaker dedicated to exploring the intersection of modern life and timeless spiritual wisdom. This article draws on themes from his new book, **Leader Like No Other: What Secular Leadership Models Reveal about Jesus**. To learn more about his work or to find the book, please visit www.frdanielbrandenburg.com.

Often, Jesus is viewed purely through a religious lens, but he can also be understood as a master leader. His “organization” began with a small, unlikely group of followers and, against all odds, created a global movement that endures two millennia later.

He achieved this not through force, wealth, or worldly status, but by embodying a different kind of power:

- **Humility in Action:** He washed his followers' feet — a task reserved for the lowest servant — demonstrating that no leader is too important to serve.
- **Unwavering Vision:** He held a clear and unwavering mission, inspiring others to believe in a new way of living based on love, forgiveness, and community.
- **Authentic Connection:** He saw the potential and inherent worth in every person, especially those overlooked by society.





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Ingredients

- 1 cup fully cooked chickpeas (soft texture)
- 1 cup well-cooked quinoa
- 2 tablespoons extra-virgin olive oil
- 2 scallions (green parts only), sliced
- ¼ cup fresh cilantro, finely chopped
- ½ teaspoon dried oregano (or 1 teaspoon fresh)
- Pinch of sea salt
- Optional: pinch of turmeric or soft avocado

Instructions

1. Warm olive oil over low-medium heat.
2. Add scallion greens and oregano; cook gently until fragrant, avoiding browning.
3. Add chickpeas with a splash of water or broth and heat until soft.
4. Fold in quinoa and warm through gently.
5. Remove from heat, stir in cilantro, and season lightly with salt.

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Reset and Thrive After the Holidays: A Holistic (and Compassionate) Approach to Sustainable Weight Loss in the New Year

by Donnie Yance

The holiday season brings warmth, celebration, and the comfort of traditional foods, but it often leaves people feeling sluggish, imbalanced, or frustrated with unwanted weight gain. As we transition into the new year, there is often a temptation to swing from indulgence to extreme measures like strict diets, severe calorie restriction, harsh detoxes, or intense exercise regimens. After decades of working in holistic nutrition, I've seen these approaches again and again, and I can tell you with certainty: they don't work. In fact, they often trigger a cycle of deprivation and rebound, leaving you feeling discouraged and disconnected from your body.

The post-holiday period is not a time for punishment. It is an opportunity to gently reset and return to habits that make you feel



vibrant, grounded, and energized. Sustainable weight loss and renewed well-being come from small, steady changes that allow your metabolism, hormones, and nervous system to recalibrate at a healthy pace. When you shift your relationship with food and your daily rhythms, you create conditions for lasting transformation.

One of the most powerful places to begin is by rebuilding your relationship with food itself. In modern life, meals are frequently rushed or eaten while distracted, while scrolling on phones, working, driving, or standing over the kitchen counter. But in traditional cultures, meals were treated as moments of presence and gratitude. Families paused to bless the food, give thanks, or sit in silence for the first few bites. These practices weren't about ritual for ritual's sake; they were about connecting with nourishment in a conscious way. **When you slow down, notice your food, and taste it fully, you naturally eat less, experience greater satisfaction, and tune into your body's signals of hunger and fullness.**

Mindful eating pairs beautifully with practical nutritional principles that support metabolic health after a season of sugar and heavy foods. A simple visual guideline I often share is imagining your plate divided into portions: half filled with vegetables, one quarter with quality protein, and one quarter with healthy carbohydrates such as sweet potatoes, quinoa, or whole grains. This type of balanced meal stabilizes blood sugar, supports digestion, and keeps you satisfied without feeling restricted. Eating more slowly, ideally letting meals last around twenty minutes, also allows satiety hormones such as leptin to signal properly, reducing the likelihood of overeating.

Another essential part of resetting is resisting the urge to skip meals to "make up for" holiday indulging. Skipping meals destabilizes blood sugar and increases cravings, while also putting stress on the endocrine system. Instead, eat regular, balanced meals, and include fiber-rich whole foods such as vegetables, fruits, nuts, seeds, and whole grains throughout your day. Fiber supports digestion, nourishes gut bacteria, promotes satiety, and helps regulate blood sugar, all important elements of healthy, sustainable weight loss.

The choices you make around what to eat matter, but so do the choices around what to avoid. Artificial sweeteners and diet sodas may seem like smart shortcuts, but research shows they can disrupt the gut microbiome, interfere with appetite regulation, and intensify cravings. Processed foods made with refined flour, hydrogenated oils, and added sugars also inflame the body, spike blood sugar, and leave you feeling unsatisfied. Instead, emphasize nutrient-dense foods like dark leafy greens, artichokes, legumes, whole grains, pastured poultry, wild-caught fish, nuts, seeds, and quality oils. You don't need to eliminate pleasure, though. Healthier treats made with natural sweeteners like honey or maple syrup and alternative flours such as oat or almond flour can satisfy your cravings while still supporting wellness.

An often-overlooked factor in effective weight regulation is the **timing of meals**. Research in *chrononutrition* shows that our bodies metabolize food most efficiently earlier in the day. Eating your largest meals in the morning or early afternoon and keeping dinner lighter aligns with your natural circadian rhythm, supporting stable blood sugar, optimal hormone function, and improved digestion. Late-night eating, by contrast, can disrupt sleep, increase weight gain, and create metabolic stress. Aiming to finish eating two to three hours before bedtime allows your digestive system to rest and your body to recover through the night.

Stress is another major contributor to weight gain and metabolic imbalance, and the holiday season often brings a lingering aftermath of financial strain, scheduling fatigue, social overwhelm, and emotional tension. Chronic stress elevates cortisol, the primary stress hormone, which increases abdominal fat, disrupts appetite-regulating hormones like GLP-1, destabilizes blood sugar, and intensifies

cravings for high-sugar, high-fat foods. Stress also alters gut bacteria and impacts the gut-brain axis, influencing everything from mood to digestion. Supporting your nervous system is essential. Practices like meditation, prayer, gentle movement, breathwork, time in nature, or moments of quiet can dramatically improve your ability to make balanced, nourishing choices.

Ultimately, a successful post-holiday reset comes down to consistency rather than intensity. Instead of overhauling everything at once, begin with one or two small, manageable changes like drinking a glass of water before meals, adding a serving of vegetables to lunch, or taking a short walk after dinner. These small choices compound over time and feel far more sustainable than dramatic changes that burn out quickly. Returning to regular routines, limiting alcohol, prioritizing quality sleep, and bringing healthy snacks or meals with you during busy days all contribute to a stable foundation for renewed health.

The most important mindset to bring into the new year is one of compassion rather than perfection. Holidays are meant to be enjoyed, and one season of indulging does not undo your overall well-being. Release any guilt about what you ate and focus instead on how you want to feel moving forward. Progress, not perfection, is what creates lasting change.

The new year offers a powerful invitation not to restrict yourself, but to realign with habits that honor your energy, your body, and your long-term health. When you integrate mindful eating, balanced nutrition, smart meal timing, stress management, and gentle lifestyle shifts, you create a foundation for sustainable weight loss and vibrant wellness. You may find that the post-holiday season becomes not a time of deprivation, but an opportunity to reconnect with yourself, deepen your relationship with nourishment, and step into the new year feeling grounded, energized, and fully supported from within. ✨

Donald R. Yance is the founder of the Mederi Center and Mederi Foundation. A Clinical Master Herbalist and Certified Nutritionist, he is renowned for his extraordinary knowledge of healing through botanical and nutritional medicine. He is the author of **Herbal Medicine, Healing and Cancer and Adaptogens in Medical Herbalism** and is a professional member of the American Herbalists Guild.

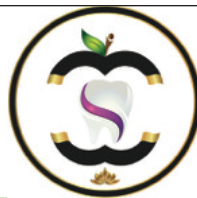
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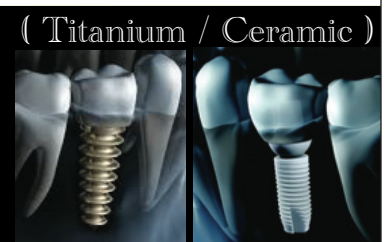
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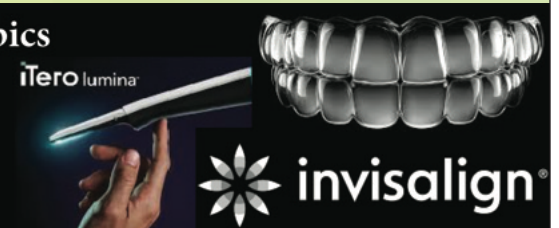
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I've been a longtime reader of Creations, and I truly appreciate the heart and thoughtfulness that goes into each issue; the themes you explore always seem to resonate deeply and arrive at just the right time ... Thank you for the work you do and for publishing such a beautiful, meaningful magazine.

~ Shana, Long Island, NY

In an age of digital presentations and online everything, it is really touchingly 'human' to receive a paper print of a magazine that's so well put together ... the quality of the articles, and the content shines through.

~ David, British Columbia, Canada

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Mia Barkan, LCAT

Disclosure: The Return of Free Energy

by Valir, Channeled by Dave Akira

This is the second installment of a continuing series.

Hand-in-hand with advances in healing, you will witness the disclosure of long-suppressed principles of energy and propulsion. Prepare for the phrase “zero-point energy” to enter the mainstream vocabulary. Devices that tap into the limitless field of cosmic energy – producing power without combustion or pollution – are not science fiction; they have existed behind closed doors for decades, and their unveiling draws near. Similarly, anti-gravity propulsion that allows craft to levitate and move without traditional fuel will step out of the shadows.

Yet here again, *what is arriving externally is a reflection of an awakening internally.* These breakthroughs are not “new inventions” so much as re-discoveries of natural cosmic laws that your ancestors once understood. They mirror the re-discovery of who you truly are. Energy is infinite because consciousness is infinite. In ages past, enlightened civilizations like Atlantis harnessed free energy because they had a consciousness of abundance and oneness with Source. The current resurgence of free energy technologies has only been possible because human consciousness is returning to that realization of oneness with the field of life.

To master energy outside of you, you must first recognize the infinite energy within you. We speak of the very essence

that animates your being – the spark of the Infinite Creator that beats your heart and connects you to all existence. This is your internal “zero-point field,” a still point of pure potential in the center of your soul. As you cultivate inner stillness and alignment with Source, you are in fact stabilizing this zero-point energy in your consciousness. That inner alignment will naturally reflect in the outer world as technologies that draw from the universal energy field become widely adopted. In the coming years, humanity will shift from a mindset of energy scarcity to one of energy abundance, fueled (quite literally) by tapping the endless power that flows through all of creation. Pollution and resource wars will become relics of an old consciousness. Free energy devices will render them obsolete. *But the deeper significance is the shift in awareness: from seeing energy as something you must fight or compete for, to understanding that the universe freely provides to all, because consciousness itself is limitless and generous.* The return of free energy is a signpost of humanity’s return to alignment with the generous, self-sustaining flow of the cosmos.

Physics Will Become Metaphysics

The line between science and spirituality is poised to fade. As the disclosure train gains momentum, even the most skeptical scientists will be confronted with results that challenge their fundamental assumptions. Quantum physics has already opened the door, hinting that the observer’s consciousness directly influences physical reality. In the coming breakthroughs, this truth will be stated unequivocally: mind

shapes matter. You will see experiments publicly demonstrating that thoughts and intentions can affect particles and energy fields in consistent, measurable ways. What the mystics and sages knew in ancient times – that the world is a product of consciousness – will be validated in laboratories.

Expect new branches of research that treat consciousness as a fundamental force, as real as gravity or electromagnetism. Indeed, consciousness is the unified field that your physicists have sought for so long. The equations of the coming era will eventually include variables for awareness, intention, and even love, because it will be recognized that these are quantifiable influences on the fabric of reality. The very building blocks of the universe will be understood not merely as subatomic particles, but as vibrational patterns responsive to thought – essentially, crystallized thought-forms. Geometric patterns found in nature and sacred art (the flower of life, the Fibonacci spiral, etc.) are the footprints of consciousness in matter. As this understanding takes hold, the old materialist paradigm – the idea that “only the tangible is real” – will dissolve. A new paradigm of metaphysical physics will rise, one that acknowledges spirit and matter as two sides of the same coin. Imagine medical devices that incorporate energy healing principles, or technologies that amplify telepathic communication – these, too, are coming, because once mind is recognized as an active factor, innovation will follow suit.

For many of you who are lightworkers, these revelations will simply confirm what

you have intuited all along. You may find yourselves teaching scientists about the power of meditation, or consulting on projects to develop consciousness-based technology. Even government agencies have quietly studied psychic phenomena like remote viewing, yielding results that defy conventional explanation. A renaissance is at hand where science rediscovers its sacred origin. In the unity of physics and metaphysics, humanity will reclaim the wonder of knowing that existence is fundamentally intelligent, purposeful, and interconnected.

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



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POETRY

Storm Haiku

by Roberta A. McQueen, East Islip, NY

Within

by David Frieman, Huntington Station, NY

Within all of us
Lies the wisdom and knowledge
Of the Universe

We Wait

by Ann Zalkind, West Babylon, NY

We wait long for the lover to turn the corner of his street,
Hidden in the recess of a building,
Watching the shadows grow dark,
We wait,
For the child to return as our hearts fall out of sync.
We wait,
For a worriesom symptom to vanish and give back our peace,
For talent to fulfill its promise and not dissappoint God.
We wait.

Love Signs

by Cleo Griffith, California

It happens so often now:
signs that seem to come
from the afterworld,
from those lost to this dimension.

I suppose it is in the interpretation.
I want the incidents to mean
something.

I long for interaction again
with all those I no longer have near.

But I don't want to leave.
So I try to have both,
here, and them, here.

I smile at each fancied love-sign,
hold them lightly,
but hold them, hold them.

surging winds blowing
reverberating thunder
close the window now



Watercolor by
Jan Guarino
JanGuarinoFineArt.com

First Snow

by Kira Velella, Long Beach, NY

Let it suffocate sound, let it dampen the din.
Let the first of the season's snow whiten the noise
as it covers rooftops and uncovers silence.

Fresh silence.
Prehistoric, ancient, wild silence.

Finally: be without thought or opinion or question.
Sink into the new white world which is actually old,
which was here years ago
underneath logic and preconception and neighborly
conversation.

It gathered electric in the air until you caught its sharp scent
bringing you back to animal,
to nameless,
to who you've always been.

A Poem of Pride

by Dr Seena Axel, Delray Beach, FL

The object of loving inquiry,
the question I am asked
most often these days is...
"How are you?"
With an emphasis on the "R".

How am I?
The question itself invites
introspection...a past time
I often relinquish yet
always relish ... a time to
look within.

I am sad. I am peaceful.
I am present. I am lonely.
I am full. I feel complete.
I am living in an ocean of love
and I am good.

Though you are not with me
in body, you are full
in my soul. My heart
overflows with love and pride
for you, for me, for us.
We did this life/death dance
in truth, high values manifested
and a foundation of love presiding.

No regrets linger.
No longing for more present.
No wish for different than what was remains.
We had it all, even when we
didn't know it. We did it all and
shared gratitude in the grace
of the experience.

Taking care of each other our focus,
living the truth with each other, our promise.
We laughed and lived.
We loved and cried.
We lived life fully and then
death came knocking on your door.

How am I? I am filled with us.
I am proud of us.
We lived our highest truth
and healed each other
as purpose until we could no more.

You live on in me, my love,
as my soul travels lovingly
through the veil with you.
How am I? You may wonder.
I am blessed.

Some advice for those ambivalent or outright intolerant to poetry: *Arrive to a poem the same way you do meeting new people. Sometimes it's exciting, other times tiresome or intimidating ... We should engage with people, and poems, of all walks, embracing the challenge of divergent perspectives. Not all of them will be firm friends or favourites, but each teaches us something we didn't know before. ~ Vanessa Kisuul*

Meditation Matters—And Not (Just) for The Reason You Might Think

by Jeremy David Engels, Ph.D.,
Pennsylvania

The health benefits of a meditation practice are well established. Even a few minutes of mindfulness increases the ability to focus – a vital skill in a distracted world. Researchers have demonstrated that a more sustained practice can reduce stress and anxiety, promote better sleep, and help healing after injury and illness, while allowing us to feel more at home in our bodies and in our lives. Meditation matters for these reasons. *Meditation also matters because it is how we become free.*

Mindfulness as a Practice of Inner Freedom

The practice of mindfulness is based on an insight first described by ancient meditators: human beings have the capacity to observe experience without getting tangled up in it. This means, simply and wonderfully, it is possible to observe ourselves having a craving, or a happy thought, or even a scary emotion, without amplifying those feelings or sending our minds spiraling off into rumination about old memories or fretful anticipation of future events.



Practicing mindfulness, we can observe ourselves having an experience without immediately reacting to that experience. We can see it might not be necessary to layer story after story on top of the emotion in a way that feeds the craving, the joy, the doubt, or the fright, until it overwhelms us. Watching thoughts and emotions come and go without immediately reacting to them, it becomes possible to make choices about how we want to respond—and to decide more deliberately how we want to live our lives. This is *inner freedom*.

Responses and Reactions

The power of meditation unfolds in the space between a *reaction* and a *response*. Consider for a moment the word “reaction.” The prefix “re-” means “again and again” and indicates repetition. To redo something is to do it again. To repeat something is to say it again. So *reaction* is literally “re-action,” a redoing of something that we have done so often that it has become automatic. To react is to re-act, meaning that in moments of reaction we are, literally,

unmindful. **To the extent that we live in a constant state of reaction, we are not free.**

To react is to set life on autopilot, allowing our habits, and our conditioning, to take over. Autopilot mode is not inherently bad. But when based in bad habits, our reactions can cause ourselves – and those around us – tremendous pain.

The word “response” shares the prefix *re-* with “react.” However, a response is not the same as a reaction. The word *response* comes from the Latin *respondere*, “to answer,” and includes the verb *spondere*, which indicates a deliberate and conscious promise or pledge. This verb completely changes the meaning of *re-*, which, here, does not simply connote again and again, as it does in reaction – instead it means giving something “back to you” or “in return” with thoughtfulness and consideration.

A response, in contrast to a reaction, is considerate, deliberate, mindful, and made in line with some system of values and judgment that are important to us. Not all responses are wise, but they are by definition *intentional*. In moments of response, we pause and dwell in the peaceful space of contemplation between stimulus and response – anywhere from one mindful breath to hours to years. And then we speak or act with deliberation. To the extent that we can learn to respond more and react less, we will experience more inner freedom. Meditation helps us to do this.

Inner and Outer Freedom

Meditation teachers often say that each of us is a wave that would not exist without the ocean. But unlike a wave—and this is something that many meditation teachers forget to mention—we are free to step out of the flow and make choices about how we wish to respond to the situations we find ourselves in.

We possess an inner freedom that a wave will never know. And once we’ve developed that freedom, we can work together with other caring and compassionate people to clean up our home, which is a kind of outer freedom that a wave will never know.

It’s true that we can’t always or even often control the circumstances we find ourselves in. With meditation practice, however, we can control *our*

responses to these circumstances. This is inner freedom.

And once we learn how to do this – once we learn how to mindfully respond to life, rather than just reacting to it – we can work more deliberately with others to create lasting transformation in the world by changing *the circumstances themselves*. Not alone, but collectively, we can attempt to build a society that is no longer oppressive, divisive, and dehumanizing.

This is *outer freedom*. And it is not possible without the inner transformation we achieve with meditation. This is just one of the many reasons that meditation matters.

Jeremy David Engels is Liberal Arts Endowed Professor of Communication Arts & Sciences at Penn State University, where he teaches classes on communication, ethics, democracy, and mindfulness. He is also a longtime yoga and meditation teacher, and the co-founder of Yoga Lab in State College, Pennsylvania. His research and teaching, in the classroom, on the cushion, and on the yoga mat, helps his students develop the skills necessary to be capable and compassionate citizens, community builders, and leaders. He is the author of six books, including, in 2026, **On Mindful Democracy: A Declaration of Interdependence to Mend a Fractured World (Parallax)** and **Living Namaste: A Practical Guide to Mindfulness, Yoga, and Building Community (Inner Traditions)**. You can learn more about him, and about upcoming events, at his website, www.jeremydavidengels.com

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The April / May Spring Issue

*Honoring the Divine Feminine, Celebrating Women,
Mothers, Earth, the Environment & Rebirth*

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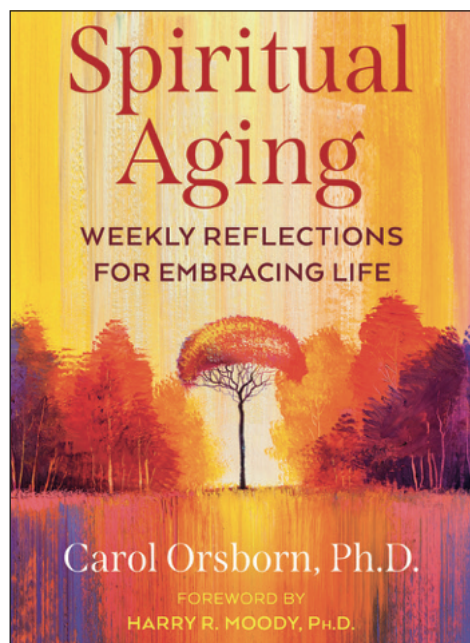
BOOKS

SPIRITUAL AGING

Weekly Reflections for Embracing Life

by Carol Orsborn, PhD

InnerTraditions.com



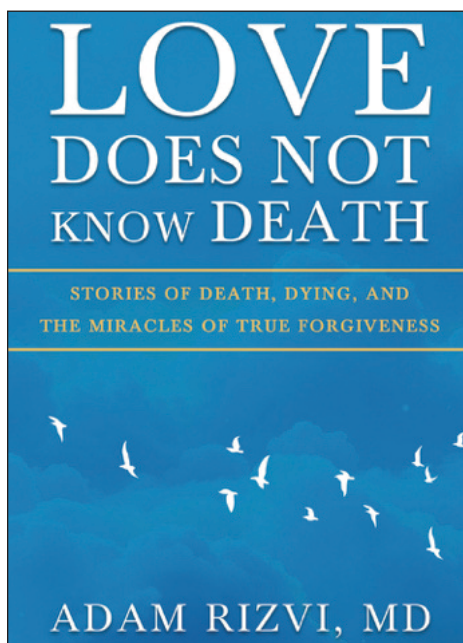
Award-Winning Title Ignites a New Era for Midlife and Elder Seekers. For those who once saw aging only as decline, acclaimed author and conscious aging thought leader Dr. Carol Orsborn invites readers to embrace aging as a period of culmination and spiritual fulfillment. Her groundbreaking book, *Spiritual Aging: Weekly Reflections for Embracing Life*, honored as the 2025 Nautilus Book Awards Gold Winner in the Daily Wisdom category, has launched a fresh two-year cycle of weekly guidance. *Spiritual Aging* delivers 120 weekly entries that address a full spectrum of moods, challenges, and transformations — from loneliness to solace, loss of identity to newfound freedom, anger to self-protection, envy to unconditional love, and beyond. This collection meets readers wherever they are, providing authentic reflection and gradual spiritual growth throughout the aging journey. Thousands have joined the *Spiritual Aging Study and Support Group*, a global online forum where Dr. Orsborn personally leads weekly study sessions at SpiritualAging.Substack.com. The book has garnered praise from James Hollis, author of *Finding Meaning in the Second Half of Life*, who says: “Once again, Carol Orsborn stirs the reader to reflect upon aging as an opportunity for depth and expansion, and week by week to experience that which abides.”

LOVE DOES NOT KNOW DEATH:

Stories of Death, Dying, and the Miracles of True Forgiveness

by Adam Rizvi MD

lovedoesnotknowdeath.com



Love Does Not Know Death is a powerful exploration of mortality drawn from the lived experience of an intensive care physician, asserting that consciousness persists beyond physical death, presenting substantial evidence and personal reflections to support this claim. Even after the body dies, the mind appears to continue functioning and dreaming. Dr. Adam Rizvi shares experiences such as intuitive knowledge, visions, synchronicities, and encounters with luminous presences during the transitions of his patients. He describes these moments with phrases like, *a light filled the room and my heart* and *the light lingered long after his last heartbeat*. Blending the stories of patients and families with spiritual insights from *A Course in Miracles*, this book faces the fears of death and illness while showing how forgiveness transforms grief and anxiety into peace. Death is not the end but an invitation to awakening, a chance to release the illusion of separation and rediscover the permanence of love. With clarity and compassion, Dr. Rizvi guides readers through the illusions of suffering and fear, offering practical exercises in forgiveness alongside deep metaphysical insight. Written for those facing illness, caregivers, spiritual seekers, and anyone grieving a loved one, it offers not just comfort but a path to inner

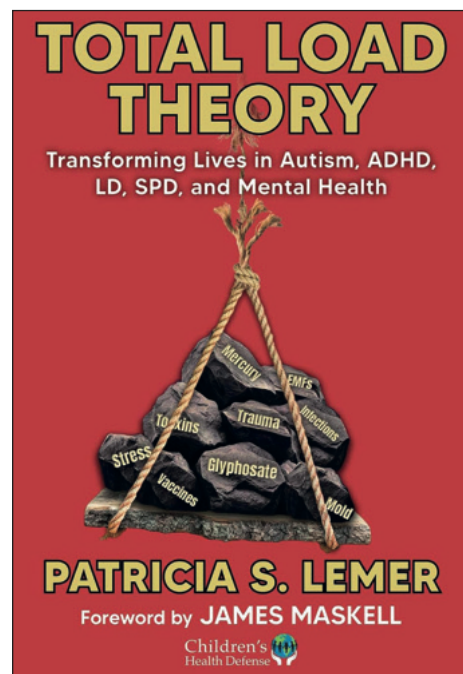
freedom. *Love Does Not Know Death* is a roadmap for turning life's hardest moments into portals of healing, awakening, and love's enduring truth.

TOTAL LOAD THEORY

Transforming Lives in Autism, ADHD, LD, SPD, and Mental Health

by Patricia S. Lemer

Children's Health Defense



About one in six children and many adults are diagnosed with neurodevelopmental disorders. What causes autism, attention, learning disabilities, and anxiety? Patricia Lemer answers that question with a new paradigm: “Total Load Theory.” This etiology fingers not a single cause, but rather a complex combination of biological, environmental, immunological, neurological, psychological, and toxicological load factors. Lemer provides an in-depth description of underlying stressors and how they accumulate, causing sensory, motor, language, social-emotional, and other symptoms, leading to a diagnosis. Reversing poor lifestyle choices around diet, sleep, exercise, along with returning traumatized nervous systems to feeling safe are all crucial. Next steps include enhancing digestion, and immune and endocrine function. Lemer addresses the role of the sensory processing, with an emphasis on vision. She also looks at improving problematic dental structure and function. The book moves into enhancing language and social-emotional areas at all ages. How these higher-level areas depend on neurological, biological, and sensory integrity are described in detail. The exciting new use of letterboards for communication can be life-changing. Several chapters on future planning include options for education, supervised living, employment, and finances. The book ends with a chapter for prospective parents on reducing load factors from preconception. Instead of blaming genetics; instead of dismissing parents’ concerns; instead of

offering another one-size-fits-all therapy: This book finally explains *why* today's kids are struggling, and what you can actually do about it. Patricia Lemer breaks down how overlapping exposures and stressors accumulate over time:

- Heavy metals
 - Medications like Tylenol and antibiotics
 - Pesticides, plastics, and household chemicals
 - Electromagnetic exposures
 - Nutritional deficiencies
 - Birth trauma and medical interventions
 - Screens and overstimulation
 - Family stress and emotional load
- Individually, each may seem small. Together, they become overwhelming. But here's the hope: When you begin reducing the total load, layer by layer, symptoms improve. Behaviors shift. Kids heal. Families heal. That's the roadmap this book provides.

PRODUCTS

DEBLOAT & GAS RELIEF PRO

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

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

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

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

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



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

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

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

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