



CREATIONS

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June / July 2025
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True Wealth

- Ⓢ Happiness & Connection
- Ⓢ Gritty Friendships
- Ⓢ A Tale of Two Fathers
- Ⓢ Creation Over Destruction
- Ⓢ The Future Human

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Biomimetic Restorations: A Guide for the Holistic-Minded Patient



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

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

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

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

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



according to established health standards.

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

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

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

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

References:

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

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TALKING OUR WALK

Welcome to the June / July Summer / Men's Issue: Balanced Masculinity, Fathers, Creative Passion, Prosperity & Abundance.

Speaking of prosperity and abundance, what exactly is *True Wealth* that we're talking about on our front page? Wayne Dyer said that the purpose of life is to be happy. *Joyfulness = Real Prosperity and Abundance.*

Studies reveal that money and happiness are often mutually exclusive. Among the happiest people on the planet are those whom, by all first-world metrics, appear to be living in abject poverty. Paradoxically, these folks score high on the "happiness scale" because they enjoy deep family and social connection through strong community ties.

"Sufficiency, satiation and fulfillment are what people really want," says Lynne Twist, author of *The Soul of Money*. Lynne adds, "Actual wealth, *true wealth*, comes from our well-being." Sadly, the toxic mindset of scarcity — that has been perpetuated by *the powers that wanna be* — drive us in an endless pursuit of accumulating things. Of course, the inner yearnings of our heart and soul will never be sated with more money and stuff.

Lead article contributor Elizabeth Husserl tells us to truly embody wealth, you need to *recognize and appreciate each moment that nourishes you. Shifting our focus from external to internal satisfaction, we move towards building a wealth of more vitality, connection, and opportunities for growth and purpose.*

Choosing Creation Over Destruction seems like the obvious choice, doesn't it? Ann Albers reminds us that instead of focusing on the people and narratives you don't like, focus on those that you do. *You can squander your lives trying to tear down those with whom you disagree or you can put your time to good use by empowering those you love.* It's the ultimate win-win as we, and the world benefit.

A Tale of Two Fathers by Alan Cohen tells the story of a biological dad and a stepdad.



Both dads, while completely different in makeup and demeanor, offered valuable lessons to their son. This one hits close to home — I've played the role of both biological dad in my first marriage, and later stepdad, helping to raise Andrea's two children. Vastly different experiences, but *ever* so grateful that I had a daughter before "stepping" into two kids' lives "already in progress."

Dr. Carlyle Naylor explains how *Men Struggle to Form Meaningful Relationships*. Research confirms that men experience loneliness more often than women. Dr. Naylor adds that *male friendships often lack the depth and intimacy characteristic of female friendships*. Not to despair, guys: by following Dr. Naylor's guidance, men can still experience a real and deeper connection with their *buds*.

PODCAST UPDATE: We debut this summer! My website partner, Domenick and I will be welcoming our first two guests. And, they just happen to be our two of our favorite contributors: Alan Cohen and Ann Albers. Please check creationsmag.com regularly for each new posting, and to sign up for our newsletter to receive these announcements as well as other events.

Peace & Happiness All-ways,

Neil & Andrea



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Three Simple Steps to Embody Wealth in Your Life

by Elizabeth Husserl,
San Francisco Bay Area, CA

The power of enough is fundamental to your natural state of being. The simple practice below can ensure that you learn how to integrate this abundance of meaning into your life.

Your body requires energy to thrive, and a lot of this energy comes through the food you eat. When you are mindful about health and nutrition, and bring awareness to the foods you consume and how your body digests them, it is easier to transform what you eat into the energy needed to live a healthy and vital life. Similarly, when you take time to consciously digest meaningful experiences, including those with money, you fill yourself up.

You embody meaning by digesting it. Meaning is then turned into resources that can be used or stored, creating a deep well of satisfaction you can draw on today or in the future. In this well of satiation, you access the innate reserve that is the *power of enough*. But the question still arises: How do you do this? How do you digest the moments of meaning that naturally arise for you?

Here is a simple three-step process to ensure that you can integrate the significant experiences in your life:

Recognize and appreciate each moment of meaning that nourishes you.

Digest these moments of meaning by *integrating* what nourishes you and *releasing* whatever your body doesn't need.

Satiate yourself with these experiences. Allow these moments of meaning to



accumulate and *compound*, creating a sense of innate fulfillment that connects you to the deep well of your own unique expression of the power of enough.

Step 1: Recognize and Appreciate

Every day presents an opportunity to be in exchange with others, nature, what you produce and consume, and ultimately yourself. Pay attention to the moments that have the greatest impact. They can be positive or challenging. They can be big or small. What matters is to take the time to recognize and appreciate them as important successes on your journey. This is the first step toward living a life with more joy.

Step 2: Digest through Integrating and Releasing

To digest the meaningful moments in our lives, we must fully experience and process them. This is an important point. If you don't take the time to recognize and appreciate these moments, they may not get digested. This is especially true for highly charged moments that we experience as either incredibly positive or particularly challenging. These experiences can feel like they are too much, as they challenge us to transform our perception of ourselves.

Consumption is an economic act that, in itself, is neither good nor bad. It is the act of using resources to satisfy needs and wants. We can apply values to what we consume, but the act of consumption is neutral. Yet it still plays an important role in embodying wealth. By digesting these impactful moments, we can consume the potential energy they provide. And depending on your individual makeup, you will find that some moments are digested and integrated, contributing to your embodied wealth, while others are released because they do not meet your needs or no longer serve a purpose.

Step 3: Compound Meaning, Create Satiation

Over time, moments of meaning start to compound. In the words of Lynne Twist, author of *The Soul of Money*, “**What you appreciate, appreciates.**” The more you can recognize, appreciate, and digest the

impactful moments in your life, the more embodied wealth you compound. Similar to how asset allocation creates diversity in an investment portfolio, embodying wealth requires actively discovering the strategies that meet your needs and the ability to rebalance those strategies over time.

Compounding is earning interest on interest — the effect magnifies the returns on your initial investment over time. This is the “miracle of compounding.” Similarly, compounding meaning creates satiation, a feeling of satisfaction that stems from having enough and being enough. Meaning begets meaning and allows you to see new possibilities and make important connections. **As you shift your focus from external validation to internal satisfaction, you launch a new journey where building wealth includes adding more vitality, connection, and opportunities for growth and purpose into your life.**

Take a moment to conjure up a recent experience where you felt satisfied. It can be a big accomplishment or something as simple as pausing and feeling sunlight on your skin. Don't edit yourself on what first shows up.

Now take a moment to *recognize* and *appreciate* that experience. This allows you to completely feel the moment, giving you an

opportunity to *digest* its meaning. Remember, some experiences will be nourishing and will be integrated as embodied wealth, while others will be *released* so that they no longer take up space for you. As meaning is digested, it starts to *compound*, creating an experience of satiation that connects us to our unique power of enough. ✨

*Excerpted from the book **The Power of Enough: Finding Joy in Your Relationship with Money**, © 2025 by Elizabeth Husserl. Reprinted with permission from New World Library. www.newworldlibrary.com*

Elizabeth Husserl is the author of *The Power of Enough* and a registered investment advisor representative, financial advisor, and cofounder of Peak360 Wealth Management, a boutique wealth planning firm. She holds a BS in economics from Tulane University and an MA in East-West psychology from the California Institute of Integral Studies, where she has also taught as an adjunct professor. Her experience spans nonprofit work throughout the Americas, and she is a highly sought-after speaker, having led workshops at major tech companies, including Airbnb, Unity, and Google. Visit her online at <http://www.elizabethhusserl.com>.



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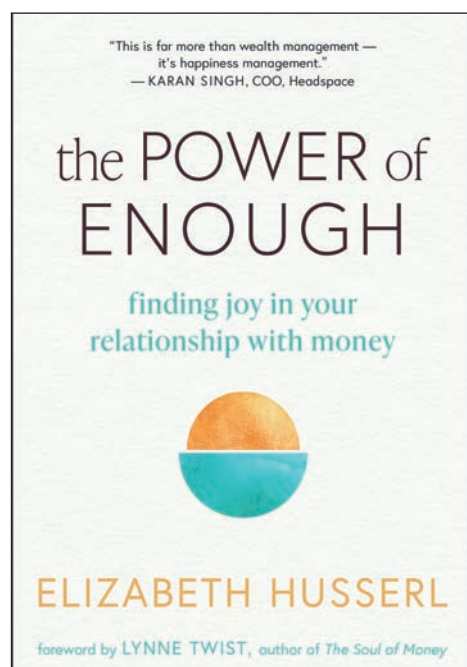


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Choose Creation Over Destruction — Your Creations Benefit the World

by Ann Albers and The Angels,
Phoenix, AZ

You'll begin to feel great when you start to create!

Whether you are creating your dinner menu, travel plans, your to-do list for the day, or a piece of art, **when you are immersed in the process of creation, you are immersed in your soul work.** You are finding ways to bring more love to your life and your day or to the lives of others. Whether this is a playful doodle on a napkin, the solution to your challenging bills, or your next masterpiece, each act of creation, regardless of scale, calls forth the invisible loving energy of the Universe and directs it to what you feel is important in the moment.

When you are creating, you are in a steady stream of love. When you are creating, you are directing the power that creates universes. By the very act of desiring something and embarking on the path to create it, if only in a brief moment of thinking about how you will feel when it arrives, you enter the flow of love, grace, and guidance.

So when the world feeds you thoughts of hatred, division, fear, and upset, don't ask, "What should they do?" but rather, "What can I do?" "What can I do in this moment, right here and now, to create more love in my life?" Then do it. Can you say a quick prayer? Admire the sunset? Clean out your



junk drawer, your pockets, or your purse? Can you pull out that book you've meaning to read and read a page, thus creating time to escape into a world of marvelous words? Can you admire the apple on the table?

Dear ones, the vibration of creation does not require you to want something grand in order to tap into its flow. It only requires your sincere intention to create something loving —be it thought or thing, in the here and now. And once you enter into that creative flow you are partnering with the love that creates worlds. You become part of ongoing creation. You become part of a vast wave of love reaching out to your planet Earth. You become the change and the solution rather than remaining tethered to the problem. You become an extension of the living presence of the Divine.

This is what you came to do. This is what you are called to do. **For everything that irks or irritates you, there are a thousand more things you desire that you can put your attention towards:**

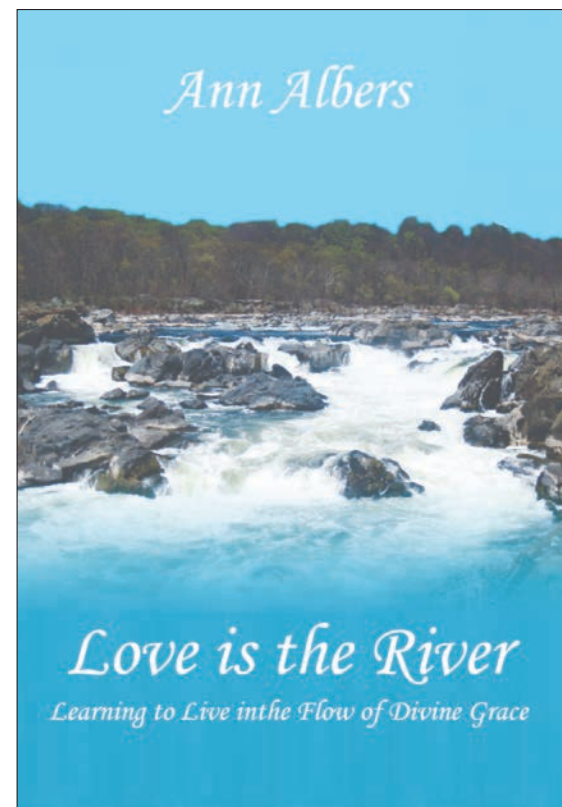
- * Rather than trying to destroy the darkness, create more light.
- * Rather than trying to destroy hate with hate, create more love.
- * Rather than trying to destroy the ignorant, provide information.
- * Rather than trying to destroy ideas you dislike, spread the ones you do.
- * Rather than being upset about the messy drawer, clean it out.
- * Rather than focusing on people and news you don't like, create more love by focusing on those you do.

You can squander your lives trying to tear down those with whom you disagree or you can put your time to good use by empowering those you love.

Choose love, dear friends. Choose life. Choose creation over destruction. You will be the ones who benefit from such endeavors, and your world will benefit as well. You are here to call light into form, be it in the form of ordering a delicious take-out meal or in the form of your smile for a stranger. With each small, simple creation, you enter the eternal stream, and this, dear ones is where you find your greatest power and joy.

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

Ann Albers is a popular author, spiritual instructor, angel communicator, and modern mystic who has spoken at conferences, been featured on international radio shows, and who delights in helping people experience the power and beauty of their own soul. She guides people to manifest lives they love, and develop a blissful connection with spirit! Ann's free weekly "Messages from Ann & the Angels" reach an international audience with inspiration and tips to help you stay tuned in and turned on! www.visionsof-heaven.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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The Importance of Happiness and Connection: How Relationships Fuel Well-Being

by Dr. Lori Whatley

In a world that often prioritizes success, productivity, and material wealth, the pursuit of happiness remains a central goal for many. While factors like career achievements and financial stability contribute to a sense of well-being, one of the most significant and enduring elements of happiness is human connection. The idea that social bonds and emotional connections profoundly influence our happiness is not a new concept; it has been explored by philosophers, psychologists, and neuroscientists alike. In this article, we will explore how happiness and connection are intertwined, the science behind this relationship, and the ways in which we can foster deeper connections to enhance our overall well-being.



The Science of Happiness and Connection

Happiness is a complex emotional state that is influenced by a combination of external circumstances and internal factors. Positive psychology, a field pioneered by psychologists like Martin Seligman, emphasizes the importance of cultivating positive emotions, engagement, relationships, meaning, and accomplishment (known as the PERMA model). Of these, relationships consistently stand out as one of the most potent predictors of happiness.

A landmark study by Harvard University, which began in 1938, tracked the lives of 724 men over 75 years to understand the factors that contribute to long-term health and happiness. The study found that the most significant predictor of a person's happiness and well-being was not their income, education, or career success, but the quality of their relationships. People who had close, supportive relationships with family, friends, or partners were far happier and healthier than those who were isolated or had less meaningful connections. This finding highlights the deep impact that human connection has on our overall happiness.

The Role of Connection in Mental and Physical Health

The positive effects of social connection extend far beyond emotional well-being. Research shows that having strong social ties can reduce the risk of mental health issues, such as depression and anxiety. A sense of belonging provides emotional support and a cushion against life's stresses,

helping individuals cope better with difficult situations. For example, people who feel connected to others are more likely to recover from traumatic events and life setbacks.

On a physical level, the benefits of human connection are equally impressive. A study published in *Psychological Science* demonstrated that individuals who felt supported by close relationships had lower levels of the stress hormone cortisol, which is linked to a variety of negative health outcomes, such as heart disease, high blood pressure, and a weakened immune system. The presence of meaningful relationships can also lead to better sleep quality, lower blood pressure, and even increased longevity. In essence, social connections are not just important for mental health; they also play a crucial role in physical health.

Connection and Happiness: A Two-Way Street

The relationship between happiness and connection is not one-sided. While having strong relationships contributes to greater happiness, the act of nurturing and building those relationships can also make us feel more fulfilled and happier. Research in positive psychology shows that acts of kindness, such as helping others, volunteering, or simply being there for a friend in need, increase our own happiness. These acts trigger the release of feel-good neurotransmitters, such as dopamine and oxytocin, which not only improve mood but also strengthen the bonds between people.

The experience of being connected with others can lead to a sense of purpose and meaning, which are essential components of lasting happiness. Whether through personal relationships, community involvement, or shared passions, connecting with others allows us to feel part of something larger than ourselves, contributing to a deeper sense of fulfillment. It's through connection that we find empathy, compassion, and a shared understanding of the world, all of which foster happiness.

The Challenges of Connection in a Modern World

Despite the clear benefits of connection, many people today find themselves feeling

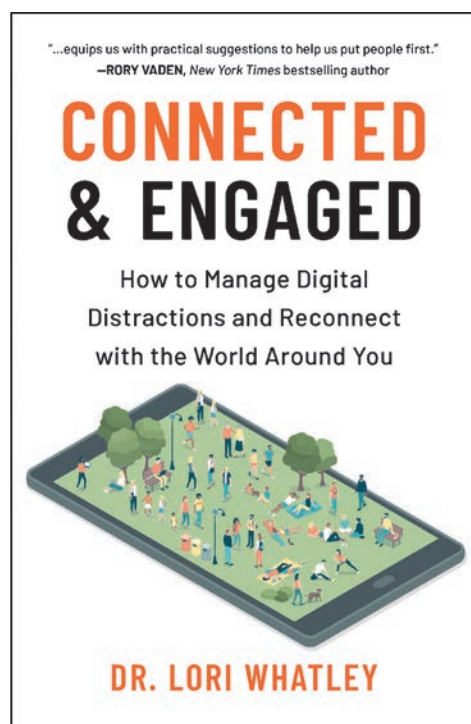
more isolated than ever before. The rise of digital technology, while providing new ways to communicate, has also led to a sense of detachment and superficial relationships. Social media, for example, can create the illusion of connection, but it often leaves people feeling lonely and disconnected in real life. Studies have shown that excessive use of social media can lead to negative feelings of inadequacy and isolation, as people compare their lives to the curated and often unrealistic portrayals of others' lives.

Moreover, the fast pace of modern life, with its demands for career success, financial stability, and personal achievement, can leave little time for meaningful social interactions. Many individuals prioritize work over relationships, which can lead to feelings of loneliness, anxiety, and stress. In fact, loneliness has become a significant public health concern, with research indicating that chronic loneliness is as harmful to health as smoking 15 cigarettes a day.

How to Foster Connection and Enhance Happiness

Given the powerful influence of human connection on happiness, it is essential to prioritize and nurture our relationships. Below are some practical steps to foster deeper connections and enhance overall well-being:

- 1. Cultivate Empathy and Active Listening:** One of the most effective ways to strengthen connections is by practicing empathy and truly listening to others. When we actively engage with others, offering our full attention and understanding, we create an environment of trust and mutual respect.
- 2. Be Present:** In today's world, it's easy to become distracted by technology and work commitments. However, being present in our interactions—whether with family, friends, or colleagues—can make a significant difference. By focusing on the person in front of you, you not only deepen the connection but also experience the joy of shared attention and presence.
- 3. Engage in Acts of Kindness:** Simple acts of kindness, such as offering help,



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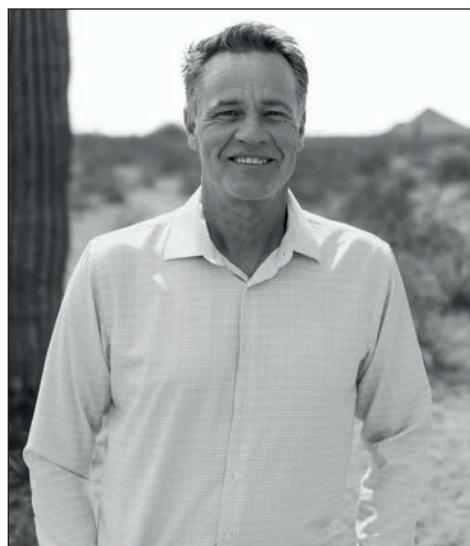
Men Struggle to Form Meaningful Connections

by Dr. Carlyle Snider Naylor

The abrupt text message, “Jon died,” shattered my day. Sent by my close friend’s mother, the message revealed a fatal heart attack as the culprit. Jon was just 46. A husband, father, and successful professional, was suddenly gone. My grief was complex, a mixture of sorrow and confusion for a friendship that had gradually faded. This loss highlighted a critical issue: the often-unseen importance of male friendships and the pervasive loneliness affecting modern men.

Jon and I had once shared a close bond, built on shared experiences, deep conversations, and mutual support. Our connection deepened as we explored spirituality, relationships, careers, and the complexities of masculinity. Our families became close, sharing holidays and vacations. However, over time, a move and demanding schedules gradually reduced our contact, limiting our interactions to occasional milestone celebrations. Despite the distance, Jon’s death revealed the enduring strength of our bond and the void his absence created. I realized Jon was my closest male friend, a realization that triggered a wave of loneliness.

This personal loss reflected a broader societal problem: the epidemic of



loneliness. A 2020 survey revealed that 61% of Americans reported feeling lonely, a significant increase in just two years. This widespread disconnect contradicts humanity’s inherent need for connection. Humans are wired for relationships, yet loneliness persists. One contributing factor is the limited number of relational “hooks” each person possesses. Time constraints, emotional capacity, and personal initiative restrict the number of close relationships one can effectively maintain.

Anthropologist Robin Dunbar’s theory suggests the human brain can only effectively manage approximately 150 relationships, ranging from casual acquaintances to intimate confidantes. This network is structured in tiers, with progressively smaller circles representing deeper levels of connection until about five individuals comprise the innermost circle. Many people fail to even approach this relational capacity, resulting in loneliness and its associated detrimental consequences.

Loneliness is more than just an unpleasant feeling; it poses a serious threat to health. Studies have linked loneliness to a 26% increase in mortality, a risk comparable to obesity or smoking. It also increases the risk of heart disease, stroke, high blood pressure, cognitive decline, dementia, and depression, and can even contribute to suicide. This pervasive issue disproportionately affects men.

Research consistently demonstrates that men experience loneliness more frequently than women. Men are also less likely to participate in community-building activities. White heterosexual men, in particular, report having the fewest friendships. Furthermore, male friendships often lack the depth and intimacy characteristic of female friendships. While women often prefer one-on-one interactions, men’s friendships

frequently revolve around group activities, which can be superficial and lack deep emotional sharing. Even when men gather, conversations often remain on surface-level topics like sports or politics, avoiding more personal and vulnerable issues.

Many men struggle to express their feelings and form meaningful connections. They may find it easier to discuss sports than to admit to personal struggles. This difficulty in expressing vulnerability contributes significantly to the isolation many men experience. Men often prefer solitary activities, substituting genuine connection with isolation.

Despite these challenges, many men yearn for deeper connections with other men. Some men report never having experienced a truly meaningful male friendship. Even when connections are formed, they may lack depth. When I reach out to men by asking about their personal struggles, their surprised and grateful responses highlight the rarity of genuine connection. Many men desire close friendships but lack the skills to cultivate them.

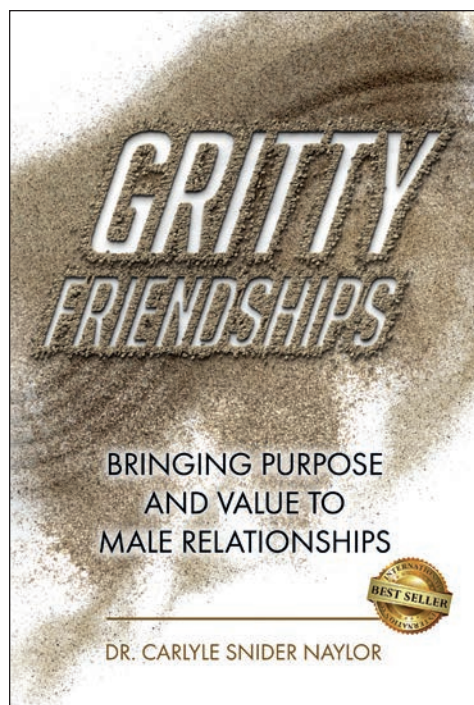
The reasons behind male loneliness are complex. Some men prioritize family, career, and material possessions over cultivating friendships. Others perceive deep friendships as feminine, believing they lack the skills necessary for such intimacy. Another significant obstacle to male friendship is the fear of vulnerability. Men are often conditioned to suppress their emotions and carry their burdens in silence. However, sharing vulnerabilities with a trusted friend often leads to shared experiences and camaraderie, not rejection. The fear of rejection also plays a role. Men may interpret rejection as a challenge to their masculinity, leading them to react defensively and perpetuate a cycle of disconnection.

The solution lies in recognizing and embracing the vital importance of deep male friendships. These connections are not merely desirable; they are essential for a fulfilling male life. They provide a safe space for relaxation, self-discovery, and mutual support. They offer reassurance, fresh perspectives, and increased confidence. Deep friendships empower men to confront their insecurities, overcome challenges, and become better versions of themselves—better husbands, fathers, and leaders. The message is clear: meaningful male friendships are achievable, comfortable, and transformative, shaping men into more complete and authentic individuals.

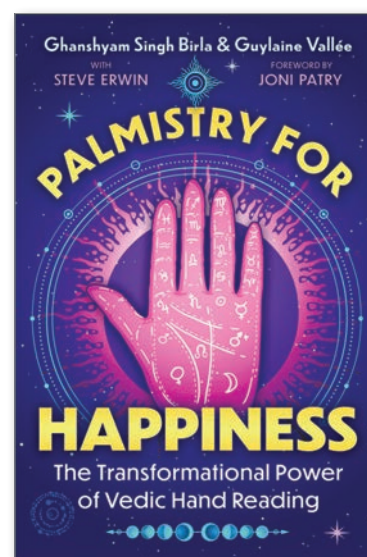
To cultivate closer male friendships, several key steps can be taken. First,

identify and connect over shared interests. This provides a natural starting point for conversation and connection. Second, ask answerable questions. Engage in two-sided conversations, showing genuine interest in the other person’s life and experiences. Third, be genuinely interested in their story. Listen attentively and ask follow-up questions, demonstrating that you value their experiences and perspectives. Fourth, follow up after meaningful conversations. This reinforces the connection and shows that you value the relationship. Finally, repeat these steps consistently. Nurturing friendships requires ongoing effort and initiative. By prioritizing male friendships, men can enrich their lives and experience deeper fulfillment. ✨

Dr. Carlyle Snider Naylor is a pastor and life coach of more than 35 years focusing on mental health, relationships and spiritual maturity. He loves living his life alongside his wife of 40 years. He keeps mentally, spiritually and physically sharp by competing in triathlons and by a constant diet of reading books on theology, relationships and leadership. To Dr. Carlyle, healthy relationships are vital, so he is passionate and intentional about his relationships with Jesus, his wife, his friends and his community.



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A Tale of Two Fathers

by Alan Cohen, Hawaii

My Japanese client Mayumi was raised by a strict, punitive father who overlooked her achievements and harped on her deficiencies. In the wake of his heavy-handed parenting, Mayumi grew sheepish and rarely expressed herself, fearing caustic judgment and criticism.

As a young adult, Mayumi connected with an American boyfriend whom she went to visit during a summer vacation. One day she joined the family on a trip to a lake with a public swimming area. There, her boyfriend's younger brother swam into a deep part of the lake, and not being a good swimmer, got into trouble in the water. Fortunately, a lifeguard observed his distress and jumped into the water and rescued him. He dragged the boy ashore, the child sputtering for breath.

The boy's father ran to his son and embraced him. He kissed him on the forehead and told him that he loved him and how grateful he was that he escaped drowning. The man held the boy tightly and comforted the child until he regained stability.

"As I watched the scene, I was shocked that the boy's father reacted to the incident with such love," Mayumi recounted to me. "If that had happened to me, my father would have yelled at me and punished

me for making such a foolish mistake. Until that moment at the lake, I had no idea how loving a father could be. The only model I had of a father was one of wrath and vengeance. Now I have an entirely new view of parenting."

Mayumi's upbringing is similar to the way many of us have related to our Spiritual Source. Our parents, religion, or culture painted a picture of an angry, retaliatory deity who would strike us down and send us to hell for our slightest transgression. We learned to feel guilty, hate ourselves for our shortcomings, and fear the "God of Punishment." If I told most people, "You are about to meet God," they would shiver in their boots. Why would you want to meet someone who would condemn you for eternity?

Each of us reaches a point where we begin to question that terrifying vision. We attain a level of spiritual maturity where we are ready to challenge the fire-breathing God we have been taught to flee. Then we are in a position to greet the **God of Only Love**. At such an "aha!" moment, we re-invent our relationship with our heavenly Parent. Like Mayumi, we realize that God is on our side and wants only the best for us. Such a turning point marks a milestone in our evolution. Then a life of running from love transforms to embracing love.

Take a moment now to consider the traits of your earthly father. Was/is he loving?



Protective? Gentle? Compassionate? Or was/is he critical, demanding, punitive, or distant? Now consider the traits you associate with God. Most likely they are the same, for better or worse. Our pictures of God are projections of our experience and mindset. Voltaire said, "If God created us in His image, we have more than reciprocated." A

Course in Miracles calls us to recognize, "I have invented the world I see." That invention includes the idea of God we hold.

Fortunately, the nature of God does not depend on your experience or beliefs. God is, regardless of who human beings make Him/Her/It up to be. Ultimately, God is love. A Course in Miracles also asks us to remember, "God is but love, and therefore so am I."

My friend Tom had two fathers, a biological father and a stepfather. His biological father was a major partier.

He drank, threw money around, gambled, and had girlfriends, which ultimately led his wife to divorce him. Tom's stepfather was the opposite in every way. He was quiet, conservative, disciplined, and solemn.

"I learned a lot from both of my dads," Tom told me. "I liked my first dad's aliveness, generosity, sense of humor, and playfulness. I didn't like his indiscretions and wastefulness. I like my stepdad's stability and groundedness. I don't like how serious he is. Now that I am a husband and father myself, I wish to incorporate the best of each father into my parenting, and leave

the rest. Both of my fathers have been important teachers in my life."

Many people grew up without a father who was present and dependable. They feel sad to have missed an important element of their childhood. Yet Dr. Wayne Dyer said, "It's never too late to have a happy childhood." At any moment you can parent yourself and give yourself the love you have missed. I like to think of the universe as my divine Source, perpetually caring for me and providing me with all that I need. It's perfect that this issue of *Creations* ties together fathering and prosperity. No matter your experience with your earthly father, you are being cared for, loved, and blessed in ways far beyond what appearances indicate. Our true father is the one who comforts us after we almost drowned, and takes deepest delight in our happiness and well-being. ✨

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

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—Bill Free, Executive Producer, Awakening Mind Films

Of Course IN MIRACLES

WHEN LOVE BECOMES A WAY OF LIFE



ALAN COHEN

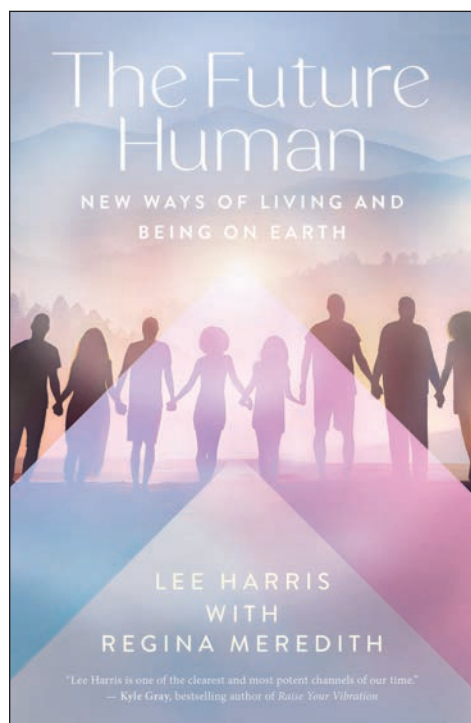
Best-selling author of *A Course in Miracles Made Easy*

The Future Human: New Ways of Living and Being

by Lee Harris
and Regina Meredith

Humanity is facing an unprecedented phase of evolution, planetary revolution, and the acceleration of time. More and more people are seeking guidance as they wake up to a connection with something far bigger than what they were taught about human life. Channeled by Lee Harris and prompted by Regina Meredith's incisive questions, Lee's guides, the Z's, expose the lies promulgated throughout history and explain the past and the future in *The Future Human*. We hope you'll enjoy this excerpt from the book.

REGINA: *You've said a few times in these conversations, we're heading into a period for the next ten to thirteen years of intense change. Can you give us some really salient, simple guidance on how we should approach such a great amount of change on so many levels, in such a short period of time?*



THE Z'S: Yes. **People are important — the people you are able to connect with,** whether they are people you have known for decades or new people, and whether you stay connected to them for the next ten, fifteen years or they're a series of people that you meet and go through the next year or two years with. Your people are going to be very important because they are affirming of life, as are the animals and the nature elements that you are connected to. Some of you are already having very deep relationships with nature, with certain trees, plants, flowers, and patches of land that you feel a deep connection to. Some of you are really opening to that now, which is good because the land is getting louder, and your ability to perceive the land is getting stronger.

We will focus this answer on humans, though, because your people are going to be very important. This is true even for those of you who like to isolate. **The quality of your relationships, the close connectedness of your relationships, is going to be very important.** Many of you are going through many shifts lately, but it's not because you are discarding relationships that no longer work. It's not that at all. It's that many of you are in a process of preparation for the coming years and the coming decades, and you intuitively know that what you will need is trust and safety and close connections, the "mirroring" of other beings. It is very affirming for you to be with other beings and to have them mirror your energy field, your lessons, what you are doing in life, why you are here. Very powerful. So, people is the number one thing for many of you to remember and to use as an important way of keeping yourself afloat, alive, and connected during these times.

Secondly, purpose. What is your spiritual purpose on Earth? Now, we know some of you like to wrap yourselves up in knots because you feel you haven't found your purpose yet. And we will say, your purpose might be to be a doctor, but what is your "spiritual purpose" on Earth? You might know what your career is, or you might know you're here to be a parent, or you are here to be the best child to your parent that you can be. Perhaps the parent is aging, and you are now in a caring position, and you feel that your role or your purpose for the coming years is to take care of that parent. What is the spiritual purpose behind all of it?

When you are caring for an aging parent, for example, the spiritual purpose is, you are learning about nurturing, tenderness, unconditional love, and letting go. You are letting go of the role that that parent played to you when you were younger. You are shifting the roles. You are shifting the polarity of love to go in the other direction. It rounds you out, it makes you stronger, it makes you more. There is always a spiritual purpose.

When you are a doctor, yes, maybe you are helping people to heal, you are helping people to fix their bodies, you are keeping people alive, you are helping people with their health. Very good. But what's the spiritual purpose? You are reconnecting people to well-being and their lives. Now of course, there are some doctors in whom that is not awake yet, or perhaps they are "asleep at the wheel."

What is the spiritual purpose in everything you're doing? What is your spiritual purpose on Earth right now? Do you know what it is? And we would say to you: yes, you do. Ask yourself that question. You might not like the answer. You might hear the word "love," and that might annoy your ego. "Love can't be my spiritual purpose. I need to do something much grander." What is grander than love? What is grander than spreading love on the planet, being love? Your spiritual purpose might be to make heavy-metal music. And through that, you are spreading love. Someone might say, "Heavy metal doesn't sound like love to me." Well, it does to the people it opens love in!

So you see, purpose as seen through the eyes of a human can be laden with judgment. Because the only person who will truly see the truth of what you are doing is someone who resonates with it and understands it and can align with it.

So, the spiritual purpose of everything you're doing is also what you need to stay connected to. For some of you, it's enough for you to know that your spiritual purpose is to help usher in consciousness during this transition.

And on any given day, that might look like being kind to somebody who you can tell is in need. It might look like teaching your child or nephew something they might need to know. Your purpose might be connection and love and spirit.

People, purpose, and lastly, spirit. How are you connecting to spirit? Where does spirit show up for you on Earth? Where does spirit show up in your life? For some of you, spirit shows up in your creativity; it shows up in your way of being. People, purpose, and spirit. Those are three immovable things that no matter how much the world changes around you, you will be able to stay connected to.

Now, for some of you, there are other areas that might be very important. Your health, your fitness might be very important to you. That's how you connect to your spirit; that's how you keep your spirit alive. So yes, there are whole lists of things we could have given you here. But if you stay in tune with the energies of people, purpose, and spirit and keep moving your awareness and your connection through one or all of those areas, you should find it fairly easy to reground yourself when times want to knock you off-balance or when the world goes through one of its more, we will say, crazy periods. ✨

*Excerpted from the book **The Future Human: New Ways of Living and Being on Earth** © 2025 by Lee Harris with Regina Meredith. Reprinted with permission from New World Library. www.newworldlibrary.com*

Lee Harris is the author of *The Future Human* and several other titles. A gifted energy intuitive and channeler, he leads a vibrant online community that reaches 1 million people every month. His acclaimed online events and members community, which is called *The Portal*, are adventures into the deepest aspects of living, loving, and awakening. **Regina Meredith** is a broadcast journalist who is known for making the most challenging topics accessible to all. She has worked for NBC, PBS, and is currently the host of *Open Minds* on Gaia TV. Visit them online at <http://www.LeeHarrisEnergy.com> and <http://www.ReginaMeredith.com>.

Using Guided Visualizations and Expressive Writing for Personal Transformation

by Carl Greer, PhD, PsyD

Using guided visualizations can be enjoyable and relaxing. During a stressful day, they can take you away to a sparkling lagoon or a quiet, tranquil forest, and calm your nervous system. However, they can also reduce stress and improve mood, health, and sleep. In my work as a licensed clinical psychologist and Jungian analyst, I discovered that imaginary realms can also provide valuable insights and even energy for making changes and achieving breakthroughs, leading to personal transformation.

Years ago, I studied with shamans in Peru who believed the places we visit while in a meditative state are transpersonal realms we all can experience and that they're very real. Indeed, their transformative power can be remarkable. Regardless of what you believe about such places, you can "journey" to them to tap into wisdom hidden in your unconscious, just as you can do while in a dreaming state. For example, you can use guided imagery to visualize yourself traveling to a lower world beneath this one, a place where you can enter a building with a room



of contracts that allows you to discover and rewrite agreements you have with yourself that you may not be aware exist. You might not realize you've been telling yourself, "I'll never show vulnerability, because that way, people won't think less of me," or "If I repress my anger instead of expressing it, I'll have better relationships." Rejecting such a contract and writing a new one that's more supportive of your mental health and wellbeing can help you experience an internal shift. Afterward, it may be easier for you to change your habits and be more aware of your tendency to engage in behaviors that aren't working for you.

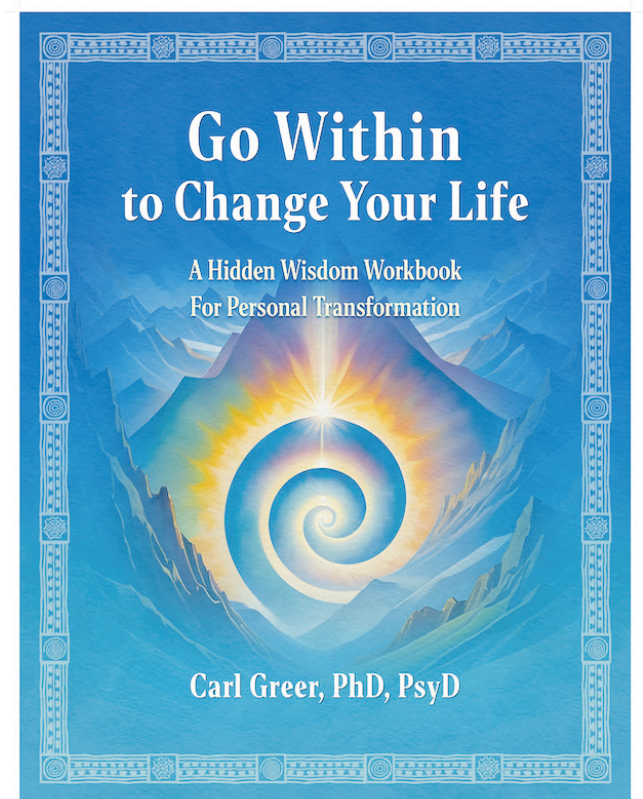
When working with clients doing guided visualizations, I often found it helpful to suggest they encounter a guardian at the entrance to the realm and ask for its permission to continue, negotiating with it if this guardian says it's not a good time to "travel." This figure is recognized by shamans, indigenous healers who do shamanic journeys on behalf of others. You can think of it as a part of your psyche that can protect you from the intensity of encountering insights

you might find upsetting. I suggest you agree to the guardian's request to "travel" another day or do whatever it asks you to do to continue. It might request that you promise to remain open to uncomfortable yet important insights. It might ask you to turn off your analytical mind and release your need to understand everything you experience as you experience it, leaving that work for after you've completed your journey. Whatever its request, it's for your own protection.

After completing a guided visualization, you might write about it in detail. You can consider what you learned, what messages symbols or figures you encountered might have for you, and what aspects of your life in the past or present align with your experience or what you discovered. For example, as you write, you might remember a time you had a real-life experience that evoked similar feelings or that you now realize had the same lessons for you, ones you didn't recognize at the time. Expressive writing about experiences, in contrast to simply recording the facts about them, is known to help improve psychological and physical health. I believe that combining guided visualizations and expressive writing could be extremely beneficial for anyone feeling stuck and unable to make changes they say they want to make. I also believe this combination can help people discover what they want to experience that they've been denying themselves.

Given the many benefits of guided visualizations and expressive writing, I'd encourage anyone to try using these tools, especially in combination with each other, to see whether they're useful in bringing about the transformation they seek. ✨

Carl Greer, PhD, PsyD, is a retired clinical psychologist and Jungian analyst, a businessman, and a shamanic practitioner, author, and philanthropist, funding over 60 charities and more than 2,000 past and current Greer scholars. He has taught at the C.G. Jung Institute of Chicago and been on staff at the Replogle Center for Counseling and Well-Being. His new book is **Go Within to Change Your Life: A Hidden Wisdom Workbook for Personal Transformation**. Learn more at CarlGreer.com



Continued from page 8

expressing appreciation, or volunteering, not only benefit others but also boost our own happiness. Helping others fosters a sense of purpose and reinforces the bonds between people.

4. Invest in Close Relationships: It's important to dedicate time and energy to cultivating meaningful relationships. Whether through regular communication, spending quality time together, or offering emotional support, strengthening these bonds provides long-term happiness and well-being.

5. Seek Support When Needed: It's essential to acknowledge that, at times, we all need help. Reaching out to others for support or seeking professional help can significantly improve mental health and foster a sense of connection.

Conclusion

Happiness and connection are inseparable. The quality of our relationships plays a critical role in our overall well-being, influencing both our mental and physical health. In a world where isolation and loneliness are increasingly prevalent, it is more important than ever to prioritize the connections that bring us joy, purpose,

and fulfillment. By cultivating empathy, being present, and nurturing our social bonds, we can enhance our happiness and create a supportive network that enriches our lives. The pursuit of happiness is not a solitary journey—it is one that is deeply rooted in the connections we form with others.

Dr. Lori Whatley is a Clinical Psychologist that specializes in the effects of digital device usage on both individuals and businesses. With over 25 years of experience, Dr. Lori's client list spans CEOs and high-level executives of multi-billion-dollar companies, foreign diplomats, professional athletes and Emmy award winning

producers. She has been featured in *Inc. Magazine*, *Yahoo News*, *ESPN*, *Business Insider* plus many local and regional publications. Through countless hours of research, Dr. Lori is committed to helping businesses and individuals overcome the endless problems created by excessive device usage. Her book **Effects of Texting on Marital Relationships** offers a poignant, data-backed critique of texting within marriage, including its often-negative impact. In addition to working 1-on-1 with clients, Dr. Lori speaks to and advises businesses on the operational effects of over-connected employees, how to manage technology distractions in the workplace and drive employee productivity.

Coming Back Down to Earth

by Julie Brams, Los Angeles, CA

What do you notice about yourself when you lie down in the grass and gaze up at the clouds? What do you notice when you gaze into a shadowy pond long enough to discover a fish slowly moving toward you? When the sound of rustling leaves reveals a small bird nearby? What do you feel like when you sit on a boulder at the top of a mountain trail and look out at the silent trees below you? When you're brushing your dog's fur, and you notice a look in his eye that you recognize as gratitude and love? What do you experience when you notice the grass in your yard is struggling in the summer heat? What do you feel when that same grass is growing lush again after you've given it more water? What happens inside you when you're walking alone in the winter woods and stop to feel the snow silently gathering on and around you? Who are you in these moments? How do you experience yourself and the world when you're in intimate connection with nature?

That you, is you in your natural consciousness, a *nature embedded mind*. The one you were born with.

Our knowledge about the benefits of being in nature is growing daily. Human-Nature connection plays a significant role in our health, the health of our planet, and our ability to return to a sustainable culture where humans live in balance with the rest of nature. This sustainable culture is a nature embedded way of life that stems from a nature



embedded mind. This way of thinking and behaving is best exemplified by our Indigenous ancestors and our current Indigenous contemporaries. However, it's also a way of life that has no racial identity and is the natural birthright of all human beings.

We are all born from Earth, and we all have the capacity to live in connection with Earth. The key to whether we do or not and to what degree we do, hinges on one simple premise in our own thinking. That premise is: I am embodied and embedded within all elements of Earth. In other words, my body is part of and connected to all the other parts of one living interdependent being named Earth.

I entered the field of mental health over thirty years ago with a deep love of our Earth and a fascination with human consciousness. I have spent my professional life following a path of understanding what causes human suffering and what relieves it. Inevitably, this path led me finally to a core delusion. A delusion of severance between humans and the rest of Nature. This perceived separation causes immense suffering both in obvious ways and not so obvious ways and is completely manufactured. To be clear, not all people share this psychological split from the rest of Nature. Our Indigenous ancestors and contemporaries have maintained their connection to all beings. It is only Western civilization that operates from this false premise. However, it's important to remember, all our ancestors were at one time connected to Earth.

What began in Ancient Greece, at the Temple of Delphi, originally dedicated to Gaia (Mother Earth) and presided over by the Pythia (priestesses), was the first of many wars. This one resulted in the sanctuary's dedication being converted to the worship of Apollo rather than Gaia.

The Anti-paganism policies of the Roman Empire and early Byzantine Empire were also instrumental in persecuting and severely punishing people who believed themselves to be part of Nature and who believed all Nature was sentient. The new way of thinking was based on the belief that humans are separate from and superior to other-than-human beings (animals, plants, elements).

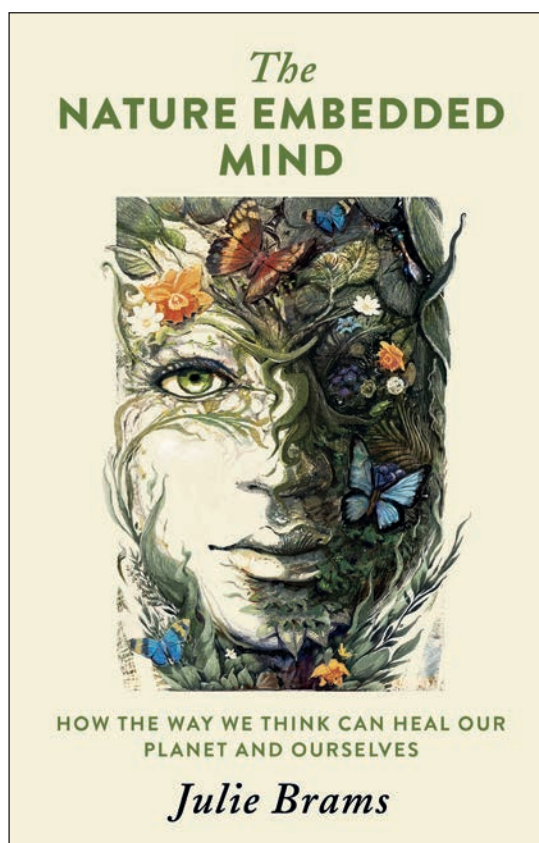
We are now at a time when the full consequence of this thought experiment can be seen. Since our bodies are intimately connected with the rest of Nature no matter what we think, the result has been great damage to our Earth as well as humanity. As we destroy our environment, we destroy ourselves.

The good news is, and this is very good news, restoring our core premise to one of unity with Earth is not only possible, but also enjoyable. If we have the courage to honestly look at our own corrupted belief system, we can take the actions needed to change our belief and thereby change our relationship with the other-than human beings with whom we co-create Earth. We can return to the reality that we are one inseparable organism with humans being an important part of the whole but not more important than any other part. Since our bodies cannot be separated from Earth, when we come back to an embodied way of living coupled with a respect and recognition of the other bodies and elements that create Earth, we can return to reality.

It is my hope and mission to guide people back to their original mind, connected to themselves and connected to Earth. And it is my hope that you will join me in changing your own mind and coming back down to Earth, coming back to reality. This is not about going backward in time. Rather this is about finding our path forward, together, this time with the true premise. We are Earth. ✨

*Excerpted with permission from **The Nature Embedded Mind: How the Way We Think Can Heal Our Planet and Ourselves**, by Julie Brams.*

Julie Brams is an Earth-centered psychotherapist, certified Forest Therapy guide, meditation practitioner/teacher, and writer in Los Angeles for 30 years. Her psychotherapy practice integrates traditional therapy, ecopsychology practices, meditation, and the latest advances in the field of neuropsychology. She has presented on the topic of ecopsychology and the neuroscience of nature for the treatment of anxiety, depression and optimal mind-body health at California State University Northridge, The American Public Health Association, the Institute of Noetic Sciences, as well as many churches and synagogues. She is dedicated to social change and environmental sustainability through re-establishing our intimate connectedness with the rest of Nature.



20th Anniversary of Healthcare Wellness Center!

Q & A with founder, Anthony Cerabino

Creations Magazine: Congratulations on your 20th Anniversary. To what do you attribute to your success?

Anthony Cerabino: Persistence. Patience, Passion, and Love are my credos. To follow through with a dream and stick to its true essence. That is what my lifelong philosophy and goals have always been. All I wanted to do was to help people in any way possible. Traditional Oriental Medicine is one of the most flexible healing paradigms. It helps people through a broad scope of medical techniques that positively affect the mental, spiritual, and physical levels. I tell my patients, "If I can help you with any part of your life, I will."

Creations: From a larger perspective, how has Healthcare Wellness Center been contributing to society, or community, or the world at large?

Anthony: *I think approaching things from a broad perspective is one of the key aspects of living life through the eyes of "we are all one" or a UNITY of beingness and togetherness. Seeing, looking, and considering things through the "eyes" of a global consciousness of peaceful intentions and desires in life is the goal. It would be hard to find peace on a global scale without*



finding peace within oneself. None of these thoughts are brand new; they are just "life wisdom pearls."

Creations: Your first career was a professional musician. How has changing

your career midlife to pursuing the healing arts been beneficial and self-fulfilling?

Anthony: *I call it transferring the skills of focus, dedication, and commitment. I practiced drums for many hours per day, studying with many of the great drummers both privately and on a college level. I achieved an extremely high level of mastery of the art and craft of being a professional drummer / percussionist / educator / author in my first career. I have now been approaching the Healing Arts with the same level of intensity, passion, and discipline. Discipline has been described as "the disciple within."*

Creations: You haven't mentioned any specific healing modalities such as Acupuncture, Massage, Herbal Medicine, Energy Medicine, Moxibustion, Cupping, Eastern Nutrition, and a myriad of other modalities that Healthcare Wellness Center provides.

Anthony: *These are just the three-dimensional products of the fourth dimensional product of dreams expressed through Intentions which create your Attention to things. As Wayne Dyer has said many times: "There is a spiritual solution to every problem." Everything important*



that we pursue in life comes from "Heart-Consciousness."

Creations: What final sentiments would you like to add as testimony to your success of the Wellness Center?

Anthony: *The spirit of Healthcare Wellness Center is to provide services guided by the utmost integrity, sincerity, and compassion. We are proud to be of service to the community in which we've built lasting professional relationships and referrals from existing patients over the past 20 years. We uphold the highest standards of integrative healthcare and patient care.*

Healthcare Wellness Center
85 West Main Street, Suite 302
Bay Shore, NY 11706
healthcarewellness.org | 631.665.1666
(see Ad Page 7)

- ADVERTORIAL -

If you do things you are passionate about ...

... you will feel energized. If you try to make yourself do things you don't authentically feel like doing in the moment, you'll feel exhausted. Find a way to feel good about what you have to do, dear ones, so you can accomplish your necessary tasks without falling asleep! It is not a good time to push yourselves without mercy. Take small steps towards the things you desire. Gentle momentum will give you more energy. Pushing yourselves will deplete you.

Take care of your physical body. Drink your water. Get the minerals that the nervous system needs to function well. Listen to the cravings your body has. It tells you what it needs.

Both the visible and invisible lights are flowing to you in great measure, dear friends. **Resistance to loving yourself will be felt more strongly, but the choice to be kind to yourself will feel as if the universe is magnifying your love.**

You live in exciting times, and the possibilities for creating new realities for yourselves have never been stronger. Listen to your hearts. Get in your own natural flow. In that space you can enjoy these intense times and tap into the love that is there for you, now, always, and forever.

— Ann Albers and The Angels



RESOURCES FOR NATURAL LIVING

ACUPUNCTURE

In Pain? Stressed out? Tired?
Anxious? Depressed?
Get Relief The Natural Way –
at **Relief Wellness Center**

Acupuncture is a 5,000-year-old system of medicine treating everything from the common cold to chronic disease.
93% of 89,000 patients reported successful treatment for musculoskeletal pain with acupuncture (American Specialty Health 2016).

Thousands of studies have shown the efficacy of acupuncture treatment for:

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- anxiety / stress & depression
- allergies
- asthma
- autoimmune disease
- back pain
- cardiovascular diseases
- chronic fatigue
- diabetes & metabolic syndrome
- fibromyalgia
- gastrointestinal issues
- headaches / migraines
- menstrual / menopausal issues

- neurological issues
- respiratory conditions

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Peg Duignan MS LAc LMT
Relief Wellness Center
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Smithtown, NY 11787
www.ReliefWellnessCenter.com
Office: 631-265-3600
Text: 631-786-5429



Peg Duignan MS LAc LMT

Anthony Cerabino B.M., LMT, M.S., L.Ac
is the Founder and Director of
Healthcare Wellness Center.

We specialize in treating patients on an individualized basis using a COMBINATION of healing modalities:

- Acupuncture
- Medical Massage,
- Herbal Medicine

- Vitamin/Mineral Supplementation
- Aromatherapy
- Reiki
- NAET

NAET (Nambudripad's Allergy Elimination Technique), is a medicine-free technique that retrains the body to accept the allergen.

Acupuncture commonly treats: All Pain, Back and Neck Pain, Vertigo, Headaches,

Muscle Strain/Sprain, Stress/Anxiety, Any Addiction, Migraines, Neurological Disorders, Digestive Disorders, and Allergies.

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HEALTHCARE WELLNESS CENTER
85 W. Main Street, Suite 302
Bay Shore, NY 11706
631-665-1666
www.healthcarewellness.org



Anthony Cerabino
B.M., LMT, M.S., L.Ac

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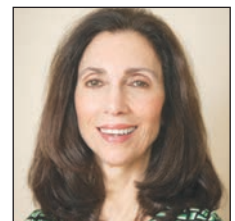
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Jackie Major, LCSW

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Michele Frimmer, MEd, LP
Psychotherapist, Licensed Psychoanalyst,
Certified Gestalt Therapist, Licensed Art Educator

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In our work together we will gradually dismantle the blocks to your Authenticity. We will consider the thoughts, beliefs and behaviors that are causing you pain or discomfort. Whether you are experiencing relationship issues, anxiety, stress, depression, anger, fear, regret or simply a low-level hum of discomfort in the background, we will clear the way for your peace of mind and happiness.

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- Transpersonal Psychology
- Somatic Experiencing
- Mindfulness Practices
- Dreamwork, Art Therapy

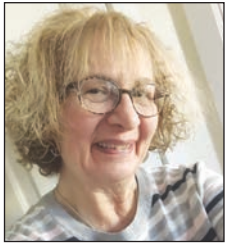
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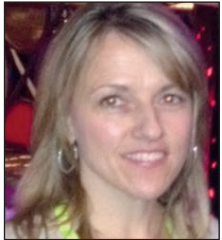
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Patricia Bono (516) 922 7574

www.patriciabono.com

E-Mail: speaks2spirits@gmail.com



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Jeffrey Etes,
DMD, NMD, IBDM

Jeffrey Etes, DMD, NMD, IBDM

is an Ivy League educated endodontic
dental specialist with formal university
residency training that encompasses an
extensive oral surgical expertise includ-
ing all aspects of dental implantology.
Dr. Jeff, as his cherished long-time adult
patients and his pediatric patients call
him, has a dual board certification in
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Dr. Jeffrey Etes

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Dr. Rizvi earned her DDS from New York University and completed a fellowship in Oral and Maxillofacial surgery at the Montefiore Medical Center of the Albert Einstein College, as well as an Implantology Fellowship from Columbia University.

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Herbology extends back thousands of years. As an experienced Herbalist, I work with herbs and the individual to assist in attaining harmony for strengthening, toning and supporting your life with health! Naturally, gently and simply. If you have a medical problem, I can consult your physician. Today much health improvement takes real work on your part and the daily care of focusing more on each individual's personal health education and prevention.

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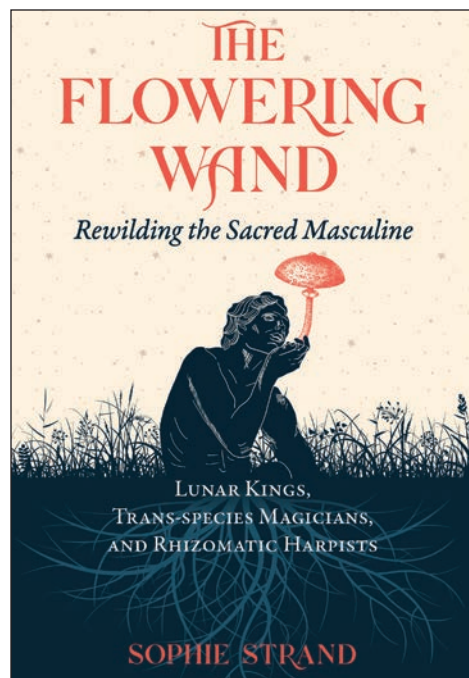
BOOK REVIEWS

& PRODUCTS

THE FLOWERING WAND

Rewilding the Masculine

by Sophie Strand
InnerTraditions.com



Long before the sword-wielding heroes of legend readily cut down forests, slaughtered the old deities, and vanquished their enemies, there were playful gods, animal-headed kings, mischievous lovers, trickster harpists, and vegetal magicians with flowering wands. As eco-feminist scholar Sophie Strand discovered, these wilder, more magical modes of the masculine have always been hidden in plain sight. Sharing the culmination of eight years of research into myth, folklore, and the history of religion, Strand leads us back into the forgotten landscapes and hidden secrets of familiar myths, revealing the beautiful range of the divine masculine, including expressions of male friendship, male intimacy, and male creative collaborations.

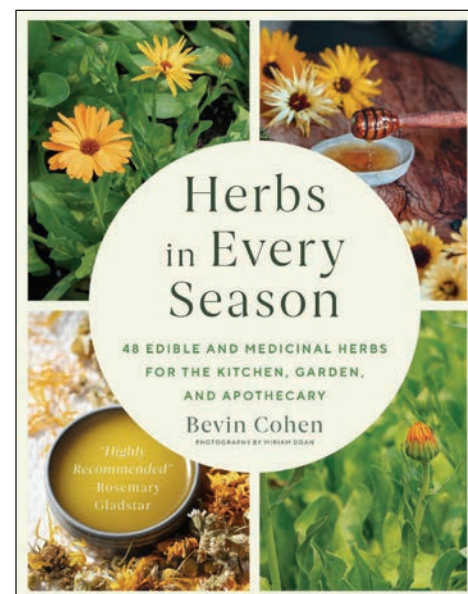
In discussing Dionysus and Osiris, Strand encourages us to think like an ecosystem, instead of like an individual. She connects dying, vegetal gods to the virtuous cycle of composting and decay, highlighting the ways in which mushrooms can restore soil and heal polluted landscapes. Exploring esoteric Christianity, the author celebrates the Gnostic Jesus of the Gospel of Thomas, imagining the ecology that the Rabbi Yeshua would have actually been referencing in his nature-focused parables. Moving into medieval history, legends, and fairy tales, Strand frees Tristan, Merlin,

and the Grail legends from the bounds of Campbell's hero's journey and invites the masculine into more nuanced, complex ways of dealing with trauma, growth, and self-knowledge. By rewilding the myths of the masculine, Strand reseeds our minds with new visions of male identity and shows how each of us, regardless of gender, can develop a matured ecological empathy, reinvigorate the magic of the world around us, and witness a blossoming of sacred masculine powers that are soft, curious, connective, and celebratory.

HERBS IN EVERY SEASON

48 Edible and Medicinal Herbs for the Kitchen Garden, and Apothecary

by Bevin Cohen
timberpress.com



Herbs bring more bees, birds, and beneficial insects into the garden. They add spice and depth to any recipe. They enrich our lives, our health, and our earth in profound and nourishing ways. Gardening expert Bevin Cohen offers gardeners, herbalists, cooks, and homesteaders a new way of looking at herbs throughout the year, from every angle. HERBS IN EVERY SEASON is an exploration of 48 medicinal and culinary herbs to grow and use year-round in any kitchen. This beautifully photographed guide features information on gardening, cooking, and integrating herbs as part of a holistic wellness routine. Herbalists will learn how an herb's growth habits inform its medicinal capabilities, and gardeners will gain insight into herbs as integral culinary plants for the kitchen garden, polli-

nator plants for perennial borders, and key ingredients for a home apothecary. HERBS IN EVERY SEASON will provide ideas for:

- Seasonal Herbalism Approach to align herbal practices with seasonal changes.
- Foraging and Wildcrafting – local wild herbs and plant identification to avoid toxic look-alikes.
- Cultivation and Gardening herbs at home, including selecting the right plants for different climates and garden sizes.
- Harvesting and Preservation to include the best times to harvest herbs, drying techniques, and storing methods to maximize potency and freshness.
- Herbal Medicine Making and preparing tinctures, infusions, salves, and essential oils to create home remedies.
- Culinary Herbalism – the role of herbs in cooking, blending flavors, and incorporating them into daily meals for health benefits.
- Seasonal Herbal Recipes for teas, salves, tinctures, and meals that correspond with each season.

PRODUCTS

THAT YUCCA STUFF™

Hungry Planet Organics

<https://hungryplanetorganics.com>



That Yucca Stuff™ is the groundbreaking, eco-friendly soil conditioner designed to enhance plant health, improve soil structure, and promote sustainable growth. That Yucca Stuff™ offers a science-backed, non-toxic solution to help gardens flourish. That Yucca Stuff™ harnesses the natural power of plant-based saponins, acting as a surfactant to break down soil tension, allowing water and air to permeate more effectively. This enhanced permeability supports stronger root systems and healthier plants, as nutrients and moisture penetrate deeply and evenly through the soil. John Ballard, founder of Hungry Planet Organics explains “By improving water absorption, especially in dry areas, gardeners can maximize every drop and create a thriving, sustainable ecosystem right in their backyard.”

Beyond improving hydration, That Yucca Stuff™ boosts soil vitality by supporting exist-

ing beneficial microorganisms that accelerate organic matter decomposition and humus formation, resulting in richer soil, more vigorous plant growth, and reduced dependency on synthetic fertilizers and pesticides.

Exhausted, nutrient-depleted soils are a widespread challenge for American gardeners. That Yucca Stuff™ helps rebuild soil strength naturally, providing an organic alternative to chemical-based treatments. As part of a comprehensive garden nutrition program, this innovative product supports long-term soil health, contributing to a greener planet and healthier communities. Made from 100% certified organic ingredients, including 97% yucca extract, 2% citric acid and 1% humic acid, That Yucca Stuff™ is free from synthetic additives and harmful chemicals. It's produced in partnership with Baja Agro International, a leader in sustainable yucca cultivation with multiple industry certifications including OMRI® Listed For Organic Production, GMP+, Halal, and Kosher ensuring the highest quality product for your garden.

COCO POLO BLISS

Whole Cacao Fruit

cocopolo.com



Coco Polo's commitment to providing indulgent, healthier alternatives is embodied in their Coco Polo Bliss™. This line incorporates upcycled whole cacao fruit, offering a more sustainable, nutrient-dense chocolate experience. The move to use the entire cacao pod, not just the beans, enhances the chocolate's nutritional profile, unlocking a treasure trove of beneficial compounds. Coco Polo Bliss™ also continues to be completely free from added sugars, an achievement the company has championed for nearly three decades. The Bliss™ line represents a significant leap forward in both taste and health benefits. Certified by the Upcycled Food Association™, Coco Polo's latest innovation is crafted with a focus on sustainability and nutrition, without sacrificing the rich, silky texture and robust flavors consumers expect from premium chocolate. Each bite delivers complex, satisfying taste notes, a testament to the high-quality cocoa used and the careful formulation. Created on the basis of naturally eliminating added sugars, Coco Polo provides both taste satisfaction and real health enhancing properties. Coco Polo is “chocolate as it was meant to be created, without any distraction from sugar.” Flavors include; Absolute Pure, Raspberry Hibiscus, and Espresso Infused.

POETRY

Only June

by Kira Velella, Long Beach, NY

It's only June,
only a word, a name, a season
but it evokes a feeling.
After the rain today I went outside,
and the whole place was wild and teeming.

Only June can cast this spell—
it's a specific time, it's an entire world.
I carry it year-round in my yellow and white
honeysuckle heart.

If we speak in December and I seem half there,
know that part of me is plucking mulberries
from a just-ripe tree,
hanging over a path hardly hidden
from voyeuristic backyard barbecuers,
but I don't have room to care;
I delight.
It's only June, but I could cry.

I worry. I worry unendingly.
Am I present enough, am I taking it all in?
Will I run out of time?
I'm practically tripping over treasures
provided by this season,
studded as it is with newborn fireflies,
their light burning my squinting night-eyes.

I catch a breath that picks up the scent
of freshly crushed-grass heaven,
summer's start.
And relieved, I remember
it's only June.

Joy is a kind of courage

by R.J. Andres, Auburndale, NY

in a spider's hopeful embroideries...
in the feathered wingtips of an egret grabbing onto space...
in the clamor of Canada geese sounding an arrowed hymn...
in the silent owl hunting and a half-moon there to spy with...
in the swan's soft urging of her poems to swim in a straight line...
in each thieving bee's eager steaming for pollen somewhere...
in the hang-time of a red-tailed hawk circling to strike...
in fireflies daring to share their light...
in the summer quickening of sunflowers....

A WHIM AND A WIND

by Jerry Brown, Santa Fe, NM

Following Your suggestion
To take new direction

I cultivated and listened
To a whim and a wind
And a whim blew in
Through a way the wind opened

This whim and the wind
Was very strong
And by listening to this whim
I heard a sweet song

It wasn't like a wishy-washy
Whisk of a wind
But more like a whirl-wind
Blowing in a shift

It wasn't a wind
That was wimpy and weak
It was more like the wonder
Of WOW that I seek

It wasn't about wondering
Which way do I go
It was more about welcoming
The wonder that I know

It was not about taking a risk on a whim
Or going out on a limb!

The whim was a wind
Whisking in wondering
Wafting around the dreams
That I have been pondering

So on a whim.....here's a new poem you've inspired
Because sharing this whim.....is how my passion gets fired!

Wherever this poem goes.....I'll trust how the wind blows
I'll trust how it flows.....because the Whim knows!

There is Nothing Better

by Eva Tortora, Staten Island, NY

There is nothing better than
Ice cream
Chocolate covered strawberries
Sunshine
Receiving a payment
Dancing in the rain

Haiku

by Janice Kuhl, Glen Cove, NY

The silent flower
speaks the language of its source
perfect plan of God

Every Human

by Olivia Tatara, Puerto Rico

You are like a tree
Spreading your roots in the Earth,
Rustling your branches in the Wind,
Reaching towards the Sunlight.

HAIKU

by Diane Sciacchitano
North Massapequa, NY

Fragrance wafts the air
Thorns hiding amongst beauty
Senses awaken



It is difficult to get the news from poetry, yet men die miserably every day for lack of what is found there.
— From *Asphodel that Greeny Flower*



CREATIONS

INSPIRATION • HOLISTIC HEALTH • PERSONAL GROWTH

CALENDARS

ONGOING EVENTS

MONDAYS

SACRED MEDICINE WHEEL GROUP

for healing and personal transformation. Meditation, drumming, journeying with Irene Siegel. 7:30pm, Huntington. Call for info and registration, (631) 547-5433, DrlreneSiegel.com. Now offered Online. (see ad p.6)

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

TUESDAYS

PSYCHIC PALM/TAROT/MEDIUM

READINGS by Roni Todd. Private Readings in

Roni's Psychic Sanctuary.
Tuesday or Wednesday
by appointment only. Call 516-889-3732.

WEDNESDAYS

TRANSMISSION MEDITATION – offers an unparalleled opportunity to serve humanity in a simple yet very potent manner. By participating in this unique form of group meditation, you assist the Masters of Wisdom in the healing and transformation of the world, accelerating your own spiritual evolution in the process. 7:00PM. Call 718-951-7295 for more info and location in Brooklyn. (see ad p.2)

THURSDAYS

PSYCHIC PALM/TAROT READINGS

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

SPECIAL EVENTS

JUNE 22

EMPOWERED PATH OUTSIDE FESTIVAL-

Sunday, Holistic Vendors, Psychics & Food Trucks. 12 PM - 5 PM at KOC Park, 759 Long Island Ave, Deer Park. Call Diane: 516-639-6903

JUNE 25

WORKSHOP: PYRAMID POWER WITH MARY

KLOCKER, Psychic Medium
Eyes of Learning, Levittown Hall, Hicksville, NY,
Wednesday, 7:30-9:30 PM.
eyesoflearning.org

JULY 18

LECTURE: TBA

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

JULY 30

WORKSHOP: CARLA GITTO VIOLET FLAME

Eyes of Learning, Levittown Hall, Hicksville, NY,
Wednesday, 7:30-9:30 PM.

UPCOMING EVENTS

A BACH FLOWER CERTIFICATION

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

UP NEXT:

**The August / September
"Back to School" Issue**
Lessons and New Beginnings

Ads Due: July 10
Articles & Poetry: June 20

neil@creationsmagazine.com

516.994.4545
creationsmag.com

A Mission of Care: Bringing Dental Relief to Ghana

My friend and college classmate is from Ghana, and he has long been inspired to provide healthcare services to underserved communities in Africa. We both work part-time at the dental school at Stony Brook University in New York, where he was surprised to see functional dental equipment being discarded. What a waste! With a little care, this equipment can be refurbished and repurposed in areas where access to healthcare and medical resources is extremely limited.

Motivated by this vision, he founded a not-for-profit organization, and together we have been organizing resources to deliver dental care to those without access. Our most recent mission took place in Accra, Ghana—and to call it a success would be an understatement.

Although dental care is available in Ghana, there is no insurance system in place. Most people earn less than \$400 per month and cannot afford routine—or even urgent—dental treatment. For weeks, we promoted our upcoming outreach event and anticipated hundreds of people to attend. Our goal was to do the most good in the shortest amount of time.

I was fortunate to work alongside three bright young volunteers, all aspiring



dentists. They handled medical histories, interviewed patients, triaged urgent concerns, and trained local technicians and volunteers to take X-rays. They implemented systems for patient flow, sterilization, disinfection, and dispensary logistics, and managed the setup and breakdown of mobile dental chairs and units. They also assisted chairside and provided post-operative instructions. There was a seamless rotation among stations, making the entire operation incredibly efficient.

As a clinician, my primary role was to provide urgent care—mainly extractions. But none of this would have been possible without the team's enthusiasm, resilience, creativity, open-mindedness, work ethic,

passion, energy, humility, and dedication. Because of their tireless efforts, we were able to treat 175 patients in just a couple of days. What we accomplished as part of this medical-dental mission was nothing short of a miracle.

Together, we screened and triaged over 900 patients, took approximately 300 X-rays, performed about 350 extractions, and dispensed appropriate antibiotics and anti-inflammatory medications. Over two intense 10-hour days, we worked at two very different sites—one a modest clinic, the other a humble elementary school with no running water, air conditioning, or consistent electricity. Despite the challenges, we truly made a difference in the lives of so many underprivileged people. Some patients had been living with broken teeth, infections, and abscesses—many in pain for more than two years.

This experience will stay with us for the rest of our lives. I hope to share our story to inspire other physicians, dentists, and volunteers to join us and help grow

this mission through HelpToHelpAfrica.org. We are forever grateful to our hosts, Ninche and Ibty, who welcomed us with incredible hospitality, comfortable accommodations, and delicious home-cooked Ghanaian meals. Words cannot fully express our appreciation.

Jimmy Kilimitzoglou, DDS, DABOI, MAGD, FAAID, FICOI, FDOCS, FACD, FICD, FPFA

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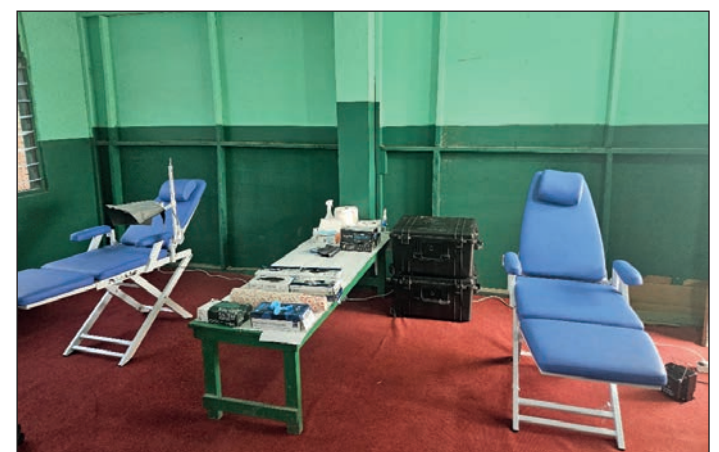
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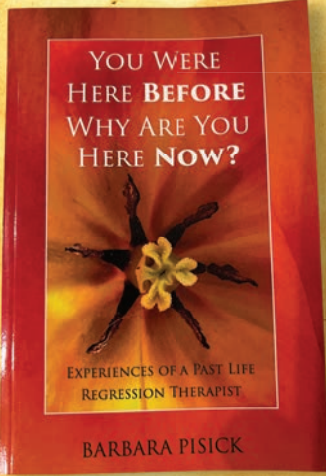
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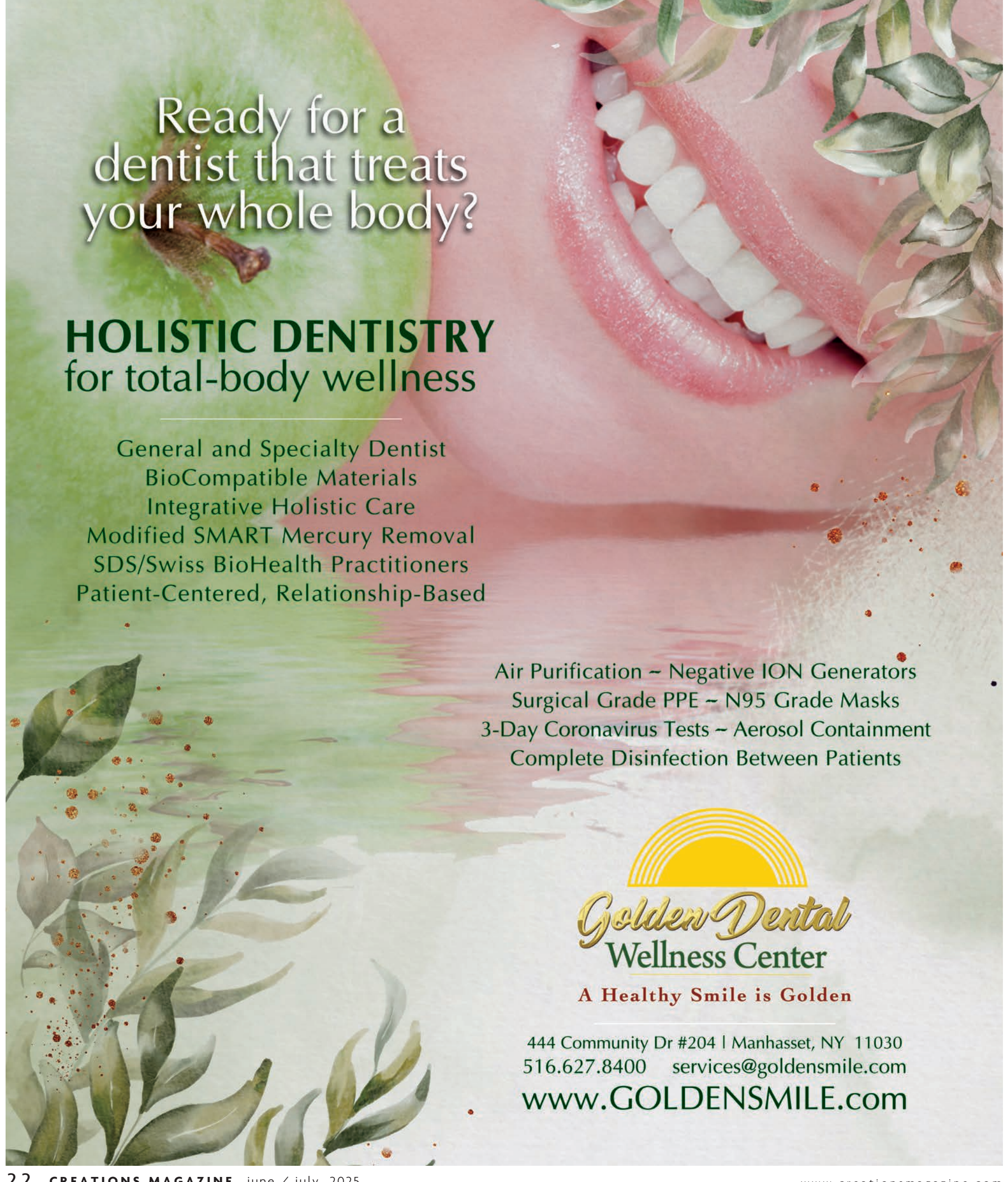
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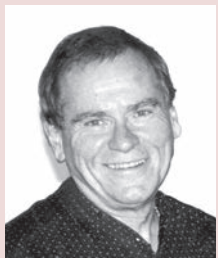
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