

INSPIRATION | HOLISTIC HEALTH | PERSONAL GROWTH

CREATIONS

MAGAZINE

Vol 37, Issue 5
October - November 2023
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The October / November Autumn Issue
Transitions, Cycles, Death & Healing

A Time of Opportunity

- The Third Act
- Bless the Cage Rattlers
- Grief is Love
- Healthy to Dead, and Back Again

How long will you keep pounding on an open door begging for someone to open it?

~ Rabia

Digital Dentistry

What exactly does that mean? Is there a robot that does your fillings, cleanings and crowns? Not exactly. Most of us have experienced dental impressions for orthodontics, mouthguards, retainers or crowns. Let me walk you through the conventional process.

The impression material is mixed and placed in a pre-fabricated tray that is then placed in the mouth. After a few minutes the material sets and is removed from the mouth. Plaster is then mixed and poured into the impression. After a few minutes the impression is separated from the set plaster which renders a stone model of the teeth.

For fabrication of a crown, wax is used to create a pattern of a tooth. This wax pattern is dipped into a cylinder with plaster. After that plaster is set, the wax is then melted away creating a space that hot, liquid metal is centrifugally poured and spun around until it cools. The plaster is then broken, rendering a rough draft, if you will, of a metal crown. For those of us who don't want metal to

show, the metal is cut back and porcelain powder is placed, contoured, then baked in an oven. After it is set, the crown is polished and tried in the mouth for cementation.

This process was our gold standard for centuries. It sounds barbaric, doesn't it? How is that even accurate, I always wondered. We mix these materials and hope that they are the correct proportions. We expect the rubber impression material to be accurate and the plaster to maintain that accuracy. It is an indirect process that inherently has opportunities for compounded error. The impression material also can be uncomfortable and also cause gagging — not to mention, the five minutes that it takes for it to set, feels like an eternity for both doctors and patients.

Digital dentistry involves an optic scanner. It is a mini camera that takes 3D images of the teeth. It is accurate, fast and comfortable. A digital model is fabricated in seconds and can be electronically submitted to the lab

instantaneously. The lab can digitally design the crown and either print it or mill out an esthetic, dense, strong ceramic in minutes. It is then sent to the office for insertion. This process can be done in the office as well, provided that they are equipped with the technology.

This type of digital process is used for crowns, bridges and implants. We also use digital scanning for orthodontics. Oftentimes we scan patients and in as little as five minutes we can show a preview of potential results in a digital, before and after display. We also use this technology for fabrication of dentures, mouthguards, retainers and sleep apnea appliances. Imagine if you lost your appliance? You simply call the office and they can digitally remake one for you!

Digital scanning is used in surgical situations as well. A dental CT scan is coupled with the mouth scan and through digital workflow the implants are planned for placement. A surgical guide is then fabricated, so that the implants are placed with precision and

accuracy. This enables us to perform procedures in shorter appointments and significantly less discomfort.

It's an exciting time in dentistry. Technology has been embraced, and there are so many future applications.



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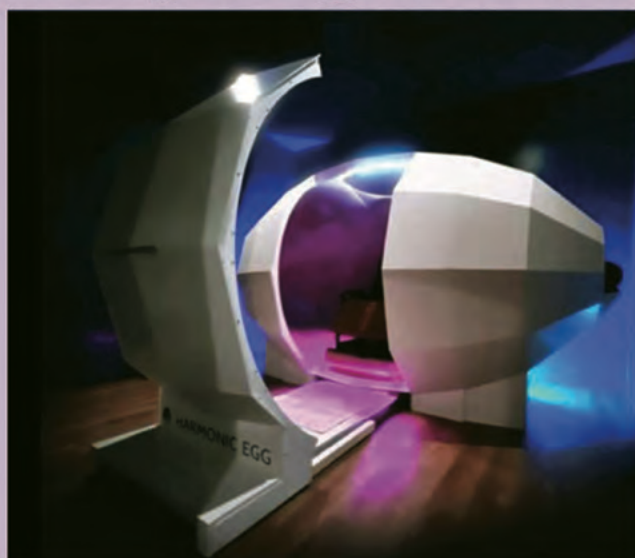
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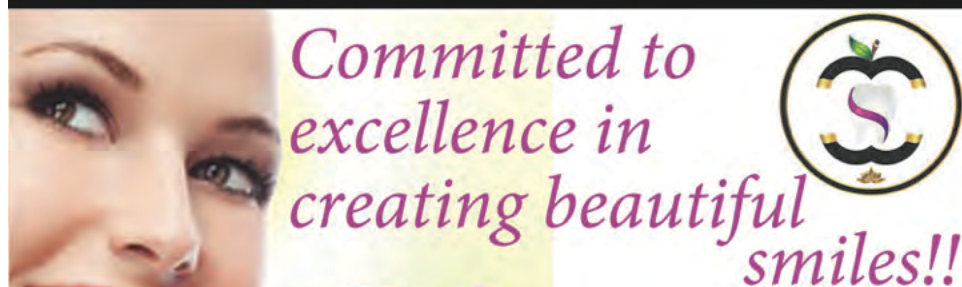
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TALKING OUR WALK

We did not change as we grew older;
we just became more clearly ourselves.

~ Lynn Hal

Welcome to the October / November
Autumn Issue, where *Change is Good:
Transitions, Cycles, Death and Healing.*

Let us first address a critical situation.
This arrives courtesy of Alan Cohen, our
regular contributor, and great friend to
Creations Magazine, and us personally:

**Many people have asked me what
organization I would suggest for
donations to support relief funds.**

*I can wholeheartedly recommend Aloha
in Action www.alohainaction.com. This
group is directed by two very dear friends
of mine, native Hawaiians and spiritual
teachers, who are daily going into the
heart of the devastation and delivering
money and services to those most in need.
While some national relief organizations
are taking 2-3 months to answer requests
for help, Aloha in Action is on the spot
now feeding people while they are hungry,
helping them find shelter, and lifting their
spirits. **Every dollar you give will go
directly to people who most need it**, and
your gift will achieve maximal results. All
prayers will make a difference. Let us see
the Mauians who lost love ones comforted,
knowing that life is eternal, and those who
lost homes, possessions, and jobs, finding
direction and empowerment.*

For those of you inclined to help and
weren't quite sure where to turn, or
who to trust, Alan has made it easy.
Incidentally, you can also read Alan's
latest article on page 7.



Getting back to this issue, I really love
the quote up top. Seems most of us get
this skewed. We don't "change" as we
age, so much as we grow into our true
selves. We gradually reclaim our very
essence that's been with us since the day
we were born, but nevertheless has been
submerged under generational traumas
and societal conditioning.

A short six months from collecting Social
Security and Medicare, I am entering
The Third Act. In our lead article, Milissa
Castanza Seymour characterizes this stage
of life as *most full of potential. It drops
away the expectations and responsibilities
of time gone by and invites you to create
and serve with the tools already honed and
crafted ... encouraging your soul to step
out front and center, stripped of pretense,
anxiety or "to do" lists. It's a time to enjoy
the freedom that comes with unstructured
time and untethered desire. The world is
now a place of wise exploration not duty.*

I'm good with that — no need to send
me this "invitation" twice :)

Peaceful changes to all,

Neil & Andrea

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The Third Act

by Milissa Castanza Seymour
Bethpage, NY

You may be in your third act, but you can still be vital and sexual and funny. Life isn't over.
~Jane Fonda

Why is the third act so often diminished, even unrecognized? The first act is busy, filled with growth and new beginnings. Like spring, it arrives, sparkling with dew and sunlight. The potential is boundless, youthful and moves you forward to explore and grow. It's a time for new opportunities and experiences. Everything is fresh and you're excited about what's to come. It's a time of action and the lessons of love. Like spring, the lightness of being permeates the air!

The second act arrives like summer, lush and full. Days brim with ideas, activities and promise. Fiery passions fuel life's high energy. Your roles are many and you stand in your space. Pulled in varied directions, you take it all on. Like the long days of summer, you are radiant and engaged as you build and establish who you are in the world. It's a magical time touched by a sense of immortality.

But the third act? It comes on the heels of endings and change, as everything slows. Like autumn, it shifts your being. The sign on the shop door says "closed" and the sign posts point to the sunset on the horizon. It may give you pause as you ask yourself "what's next?". Its arrival is somewhat unexpected in its lack of thunder and anticipated meaning.

The first two acts naturally happen as an established part of the plan. You knew what was expected and time felt fluid. The sunset was far enough away on the horizon for it to seem unreal or at the very least undefined. Doing and planning were your reality. The comfort of that reality was feeling at home in a life that doesn't actually end.

But most don't think about the third act until it's upon them. When it arrives, some go willingly into the next chapter while

others try to delay it. Either way, it shows up and can feel daunting. The reality of life accompanies it, psychic pain and all. The horizon doesn't look that far off anymore. The questions arise from that nagging space of mortality- *What does this next phase hold for me? Is time running out to do everything I'd hoped to do?* The bucket list is challenging you. The stress of it all overwhelms the moment.

Upon a second look, the third act is *most* full of potential. It drops away the expectations and responsibilities of time gone by and invites you to create and serve with the tools already honed and crafted. What a sweet challenge! An invitation is extended, encouraging your soul to step out front and center, stripped of pretense, anxiety or "to do" lists. It's a time to enjoy the freedom that comes with unstructured time and untethered desire. The world is now a place of wise exploration not duty. Behind the fear of the unknown and the terror of a terminal sunset is a beginning. Not the fiery, novel beginning of the first and second act, but a mature, grounded beginning without expectation. By reframing the view, the "closed" sign on the shop door becomes a message of freedom, not ending. Wisdom's ride into a glorious series of sunrises and sunsets has arrived with a greater purpose. A purpose that leads by example and inspires with limitless potential for every soul, not just your own.

So, let the third act begin! Nurture your relationship with yourself. Suspend fear when it arises by taking a deep breath, or five, and slowly exhaling the negativity. Know the fear is signaling a new era. Sit with it and explore the moment. Write down what comes up. Ask yourself, "*What do I want?*" without expectation. Release attachment to the outcome each time you sit and ask. The answers will come.

In the meantime, tap into your talents, hobbies, and passions. Bring joy into your day by just being. The doing will come. Let the third act carry the sparkling dew of the first and the glowing sun of the second, now alchemized by the gentle calm of the third. Do the things your heart desires. Take walks, garden, play with child-like abandon, sit on the beach in spring and wade in the water in summer. Cry, smile, laugh, write, meditate and wonder. Practice kindness. Listen. Self-reflect. Channel the energy of integrity and be mindful. **The alchemy of wisdom will integrate and create a powerful force that will complete you before winter's rest. Be an example to those that struggle. Show them how to live without fear so when they get there, they will.** ✨



Milissa Castanza Seymour M.S. is an InnerSoul Coach, professional Numerologist, and Transformational coach specializing in Stress Management/Well-being and helping clients find their life purpose. Her multi-disciplinary professional certifications

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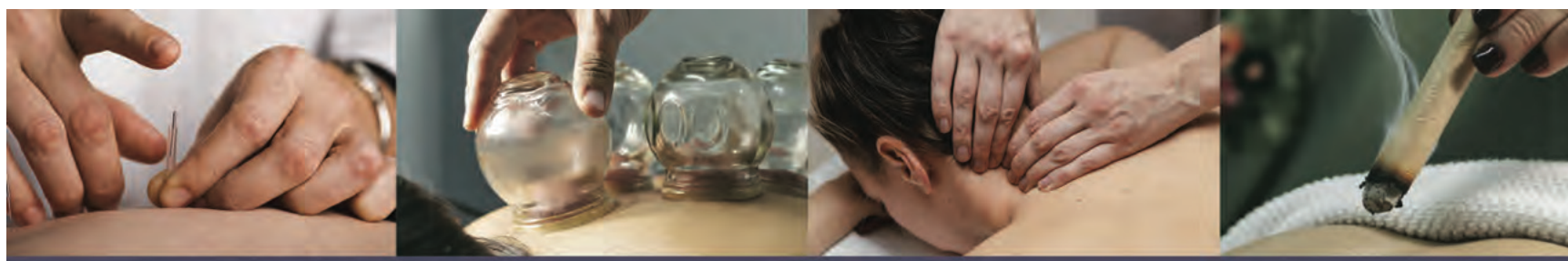
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Bless the Cage Rattlers

by Alan Cohen
Hawaii

While country living has its benefits, finding rat droppings in the kitchen is not one of them. After this gnarly discovery, I went out and purchased a humane rat trap, and set it out before I went to sleep. In the morning, sure enough I found a gray intruder in the trap, pacing back and forth. I took the cage out to a field and opened the door to let the critter escape.

To my surprise, the rat didn't jump out of the cage and scamper to freedom. Instead he crawled to the back of the cage and clung to the bars. The cage seemed safer to him than the outside world. I tilted the cage and shook it harder. He clung more tightly. Finally I gave the cage a strong shake, and the rat fell out into the grass. After a dazed moment, he realized he was free and he ran off into the field.

As I watched the rodent disappear into the weeds, it occurred to me that we humans often act like that rat. We get trapped in deadening habits and lifestyles that make our life smaller and far less rewarding. ("A rut is a grave with the ends knocked out.") We stay in ruts because they offer us the illusion of safety. To the ego, the known is always preferable to the unknown, even if the known sucks. Then our life force diminishes with each passing year, along with our emotional and physical health. We have traded radiant aliveness for a false sense of security.

Then an event comes along that rattles our cage. A divorce, financial setback, or health issue gets in our face and we must confront the situation or lifestyle we have chosen, and admit that while it seemed to be working materially, it is not working spiritually. First we complain and shake our fist at God, asking "Why did you do this to me?" Then God answers, "I couldn't stand to see you dying a little bit every day. Your shaking cage offers a door to freedom.

Please quit clinging to what was, so you can enjoy what could be."

Then we look back on our challenge and realize it was an invitation to heal. The event had to happen in order to get our attention. Then we quit cursing God and start thanking God. We realize the truth of the affirmation, "all things are working together for good."

As we move into the fall and winter seasons, we observe apparent death. The leaves fall, trees grow bare, and the lush greenery of nature goes brown. Yet the spiritually mature person is not fooled by appearances. Behind the appearance of death, life goes on. While bodies live and die, real life has no opposite. Life just keeps going on, evolving into new forms.

I was visiting a magnificent vista point on the island of Kauai with a spiritual teacher. As we gazed in awe at the striking mountains and waterfalls overlooking a lush green valley and idyllic beach, he said, "This is as close as earth gets to heaven." He paused and went on, "If you live in this state of consciousness during your life, when you die you won't perceive any change at all."

The scene served as metaphor. If you are immersed in love while you walk the earth, when you leave your body you won't even notice a change. There won't be any difference between here and there. You just moved from one heavenly room to another. My mentor Hilda Charlton taught classes in a rough section of Manhattan where murders, drug addiction, and prostitution were rampant. Yet she was not daunted by appearances. Hilda found God wherever she looked, and healed the people she touched simply by inviting them to share her consciousness.

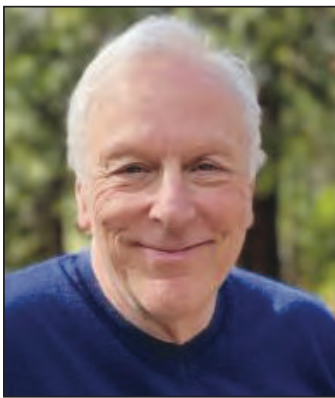
A Course in Miracles asks us, "Why wait for heaven?" A Course student told me, "I have learned that I don't have to die to rest in peace." We give undue power to death as a release. We can release ourselves even while we walk in a body, and experience peace without leaving the world. When Jesus asked us to pray, "on earth as it is in heaven," he was giving us a hint that we don't have to go anywhere to claim the kingdom we carry within us.

While the ego complains that our cage is being rattled, our spirit rejoices that we are being invited to step into a bigger world. One of my students was suffering

in a painful marriage and oppressive job. His 11-year-old daughter told him, "Dad, you're a ghost." Suddenly he realized he wasn't fooling anyone except himself. He left his marriage and job, and came back to life.

Sometimes you have to change your situation, but always you have to change your mind. **Oppression is a choice of consciousness. So is liberation.** We can make the cage our home or scamper to freedom. Smart rats find the door. ✨

Alan Cohen, M.A., is the author of 30 popular inspirational books, including the bestselling *A Course in Miracles Made Easy*, the award-winning *A Deep Breath of Life*, and the classic *Are You as Happy*



as Your Dog? He is a contributing writer for the *New York Times* #1 bestselling series *Chicken Soup for the Soul*, and his books have been translated into 32 foreign languages. His work has been featured on CNN, Oprah.com, USA Today, The Washington Post, and HuffPost. He is included in the book, *101 Top Experts Who Make*

Our Live Better. He is a featured presenter in the award-winning documentary *Finding Joe*, celebrating the teaching of mythologist Joseph Campbell. Alan is the founder and director of the Foundation for Holistic Life Coaching. In his passion for passing along healing wisdom and skills, Alan has been called a teacher of teachers, training many holistic life coaches, educators, traditional and alternative medicine professionals, psychologists, corporate executives, and teachers of *A Course in Miracles*.



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Grief Is Love

by Bill Philipps

The grief we feel upon a loved one's death is unbearable, but it can also be one of the most intense versions of love possible because that love is now limitless. In death, we break free of our human shell and transform into pure energy. The body dies, but the energy has always existed and can never be destroyed.

That energy exists in a perfect state of love, which is why when someone we love dies, we continue to sense them through our love for them. That love is their eternal soul. In this way, we are inseparable from them because the love itself transcends physical existence.

When we grieve, especially the physical loss of a loved one, there is significant pain, often unlike anything we've ever felt. Some

may struggle to breathe, sleep, or eat. Tears may flow for days and at random times. The loss can physically hurt as we wonder how we will continue to live without that person. *But the magic begins to happen when we learn to use this raw exposure to love in ways that honor that love. What about love that can inspire us to live differently, live with more love for those around us, and embrace the life we truly want for ourselves? Tragedy has a way of propelling us into new directions because it derails us from our expectations about how things are "supposed to happen," inspiring us to act now so we can live our best life. It is the ultimate case of surrender. We cannot move through it without allowing it to move through us.*

Grief is universal and connects us all. Love is the same. When the two collide, such as in death, people usually feel compassion instantly because most can comprehend the magnitude of this pain. We tend to feel an innate reaction to support someone who is suffering, and when someone we love dies, the people we count on for support become critical. We need to be able to be authentic and honest about how we feel with those we trust the most. These people are part of our soul group.



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Our soul group comprises our soulmates, and a soulmate is a soul with whom we have lived many lifetimes. They are people with whom we have entered life on a soul level to learn lessons that are meant to help us ascend into a higher state of existence on the other side. This is part of why the grief associated with the physical death of a loved one can be so profound. Part of our soul is here in the living world, while the other part (the person we love) is now on the other side. Our expectation of continuing the journey together feels shattered. While there is some truth to this, it's an illusion. We are never fully separated from our soulmates on the other side. This life is only a blip in the vast orchestra of our soul's journey.

It's a common misconception that a soulmate must be a romantic partner. They can certainly be a spouse or life partner, but these spiritual connections go far beyond romance. A soulmate can be a parent, sibling, child, friend, coworker, neighbor, or anyone else with whom we have a special bond. It can be someone we find at any point in our lives, whether at a young age or in our later years. We can have numerous soulmates throughout our lifetime, and even more than one at the same time.

Sometimes, upon meeting a soulmate, we may instantly be familiar with them. It's also possible that familiarity grows as we get to know them and develop a soul recognition. Regardless of when it happens, this familiarity arises because we get a glimpse of a soul with whom we have spent many lifetimes. It is part of our journey of spiritual evolution.

When you meet someone you believe is a soulmate, you may experience déjà vu. I liken it to when I was sixteen years old and in a horrific car accident. When that happened, I saw my life flash before my eyes. Past experiences, good and bad, were suddenly in front of me. That memory flash is similar to what we feel when we first meet a soulmate. Since we haven't met in this life before, we are not recalling current shared experiences; we are remembering our experiences with them in a previous life, much like an energetic imprint. As we get to know the person and build a relationship with them here on earth, we may continue to have those "flashes" as more of our past experiences with them emerge.

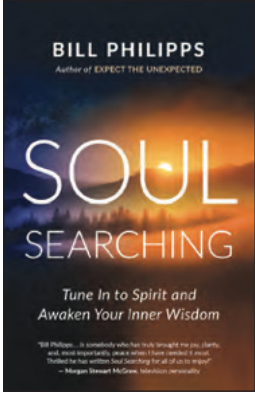
Soulmate relationships are not perfect. They are part of the soul contract set up

from the other side before our birth. All souls within a soul group travel together throughout lifetimes to teach each other lessons so the soul can evolve into higher plains of existence. These are roles we play out here in life. We can argue or disagree, but no drama or toxicity can take away the love that exists with a soulmate because it transcends lifetimes. It stands the test of time — not just our time together here but in previous lives. That is why, even in death, that link cannot be broken.

Grief is a reminder that we have an unbreakable connection with our soulmates. It can change our way of thinking, ideas of self-limitation, and the people we let in going forward. In grief, we also learn the invaluable lesson of letting go. We must let go of the physical relationship with the one we love. But in letting go, we pick up something new. We transform. This transformation, brought on by grief, is an

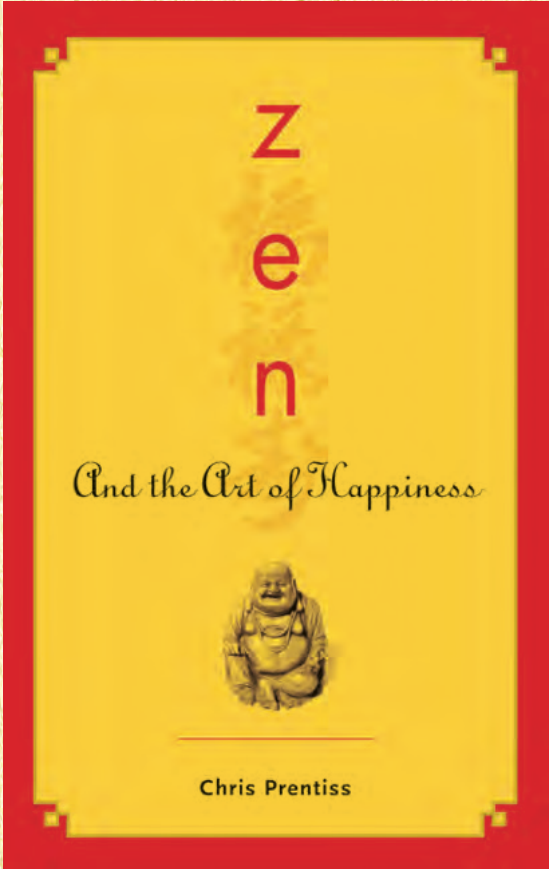
opportunity to forgive. There is no room to hold on to any ill will that separates us from those we love, either those who have crossed over or who are still with us but we have not forgiven. The time for healing ourselves is now. ✨

Excerpted from the book Soul Searching: Tune In to Spirit and Awaken Your Inner Wisdom ©2023 by Bill Philipps. Printed with permission from New World Library — www.newworldlibrary.com.



Psychic Medium Bill Philipps is the author of Expect the Unexpected, Signs from the Other Side, and most recently Soul Searching: Tune In to Spirit and Awaken Your Inner Wisdom. His life's mission is to help people deal with the grief of losing loved ones by bringing through validations, evidential information, and beautiful messages from Spirit, which heal and bring a sense of peace. Visit him online at <http://www.billphilipps.com>.

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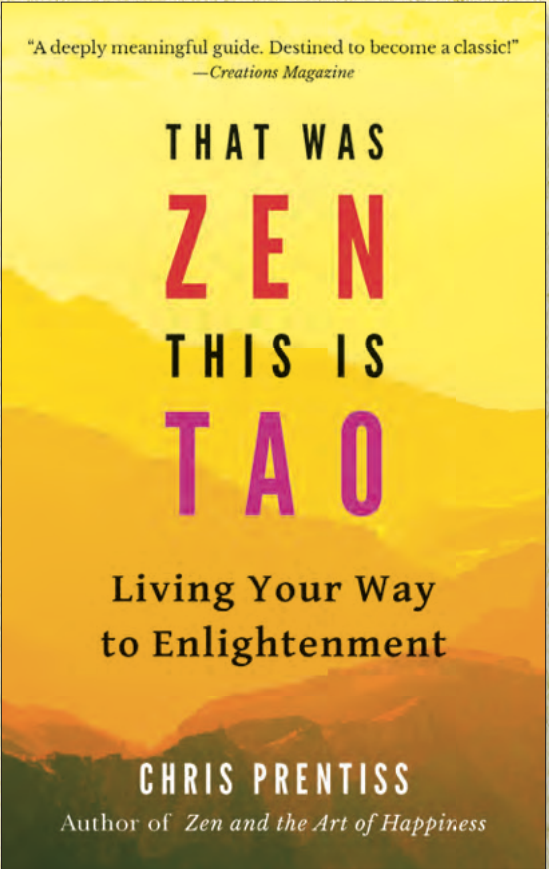


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Lifting the Lid Off Our Lives

by Marie Antoinette Kelley

Death is a big topic. Yet, as big as it is, we rarely talk about it.

Only when death catches up with us in one form or another, do we cover the basics. And always, it's a race to get away from the topic again. Why?

I think most of us relate to death as a ceiling, the lid over our lives, and we're looking at it from the ground up. It looms large over our heads, it is inevitable, and noticing this presence weighs so heavy upon us that we prefer to avoid it altogether. Like *Chicken Little*, most of us move about in relative safety and comfort until this ceiling crashes down.

But are you, like me, one of those people who can't help but wonder what lies beyond that ceiling?

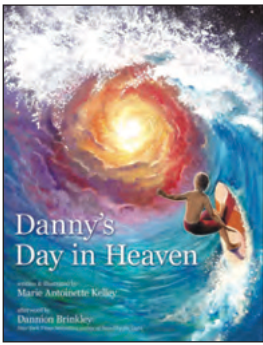
When I was a young child, I used to worry about death. When I was around ten, there was a poem hung on the bathroom wall that said, "Never leave without a greeting,

never leave without a kiss, he who goes to meet his fate, doesn't know whom he will miss."

That poem was meant as an inspiration to live life to the fullest. But in my child's mind, it fueled an irrational fear of death—a black hole that gobbles people up. I didn't like worrying about this black hole, but I couldn't get satisfactory insight or answers to help me out of my worries. I grew up with my family's religion to guide me, but I found no practical understanding there for my young mind.

As I grew older, I learned to deal with death's inevitability. But my real breakthrough came when I discovered there were firsthand accounts from people who had experienced death and found it is not the end of our lives.

One such account is the story of my friend, Dannion Brinkley. He wrote a book about his near-death experience (NDE), called *Saved by the Light*. That book became an international bestseller. It's a riveting story that shows how we, like energy, are not destroyed by death. Rather, we change



over to a different state of living, one of light, love, and consciousness.

While Dannion was the first person to give me this new perspective, he is not the only person who has died and returned with a story that proves we live on. In fact, I have

seen estimates that say 1 in 25 Americans have had some form of a near-death experience. Experts are studying these stories, and they're finding that, while they're unique to the individual, they have certain common truths. In other words, there are steps in the death experience that we can count on, independent of cultural or religious background. We are beginning to get a scientific glimpse into what we can expect to happen when we die!

There are, by now, many books out on the subject. But I noticed there were no books out there for children that share these truths. When I think of what a relief it was for me to find empirical evidence that life goes on after death, having worried for so many years as a child, I can only imagine how powerful it will be for us to make death a safe discussion topic for our children.

I now have grandchildren of my own, and I still feel it is a most important piece of the puzzle to give to our children as they grow and learn to face our world—death is not the end. It's a doorway. And it's nothing to be afraid of. While we all eventually need to leave behind our physical body and possessions, we do not actually lose whom or what we love.

Surprisingly, the biggest benefit to our children in understanding that life goes on, is not that they'll be unafraid to face it when that time comes—after all, for most of them that day is decades away. The best part is that they'll be better equipped

to face *today*. I've seen it take away that "ceiling" feeling when children understand that death is not the end.

When children pop their heads through this looming ceiling, so to speak, they seem able to form a natural bridge between the here and the hereafter. This bridge allows their natural curiosity to take over, removing a lot of the internal limitations that we as grown-ups still obey. That curiosity allows for a deeper, ongoing connection with life as we live it here and now. It keeps them open to the spiritual magic that's woven into all the mysteries of physical life on our beautiful planet. Sensing the freedom that lies beyond our physical limitations also counteracts the existential dread that has gripped so many kids' hearts because of the chaos in our world today.

As you will hear from anyone who has had an experience on the other side, the life force from the spiritual realm brings hope, renewal, and joy. The inspiration for new ideas and the resilience to bounce back in hard times reside there. If children connect to this force, simply by breaking through that ceiling and lifting that imaginary lid off their heads, their childhood intuitive faculties that are so natural at this age will not wither or calcify as they develop their rational minds. And that flexibility will give them a real advantage when life gets hard. ✨

Marie Antoinette Kelley is an award-winning artist who has done hundreds of commissioned portraits, as well as the art for the *Angel Quest Oracle*. She has appeared on dozens of TV, radio, and podcast shows, and has been published in such magazines as *Edge* and *Authority*. In 2019, her bison portrait in the form of woven blankets began selling throughout Yellowstone National Park's general stores. Her most recent children's book **Danny's Day in Heaven** is available now online and in stores. To find out more about Marie Antoinette Kelley and her artwork, visit her website at makfineart.com.

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Healthy to Dead, and Back Again

by Dr. Raymond Moody
and Paul Perry

Sometimes proof of being out-of-body comes from a third-person perspective, someone who witnesses the person as they are out of their body. As you can imagine, OBEs like these are extremely rare events that are treated with reverence by the death study community.

One such case came to me out of the blue. After a lecture in Italy, I was approached in the back of the hall by a very serious man, a surgeon, it turned out, who had been puzzled for some time by an event that took place during a surgery he was performing.

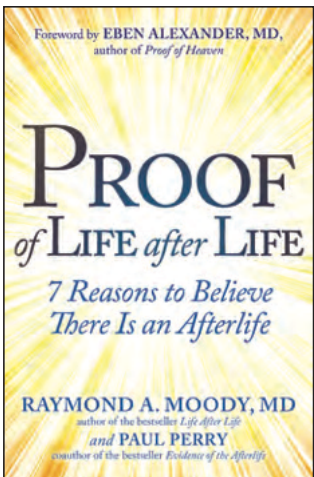
He was doing an elective procedure on a young man who was in excellent health, he said. The surgery was something he had performed many times before and there was no reason to think that anything bad would happen. But it did. Shortly after the surgery started, the patient had a cardiac arrest that the surgeon couldn't reverse. He started with chest compression, and when that failed, he brought out the electric paddles to shock the heart into action. Nothing happened. The young man's heart remained static. The surgeon said he had that sinking feeling that this patient was not going to make a comeback. *Oh my God, how did this happen?* he asked himself. *And what am I going to say to the family?*

Suddenly, as he was trying to cope with this agonizing situation, the door to the operating room swung open and a woman rushed him. So frantic was she that, at first, he thought a mental patient had escaped from another part of the hospital and was attacking him.

The surgeon recounted her shouting, "Don't let my husband die! My husband is not dead. I was out in the waiting area when my husband suddenly came to me. He said you think he's dead! He told me I should come in here and tell you that he is not dead."

The surgeon said he did not remember resuming the resuscitation, only that he went on "automatic pilot" and continued with great vigor to stimulate the patient's heart. Soon the patient's heart started beating again.

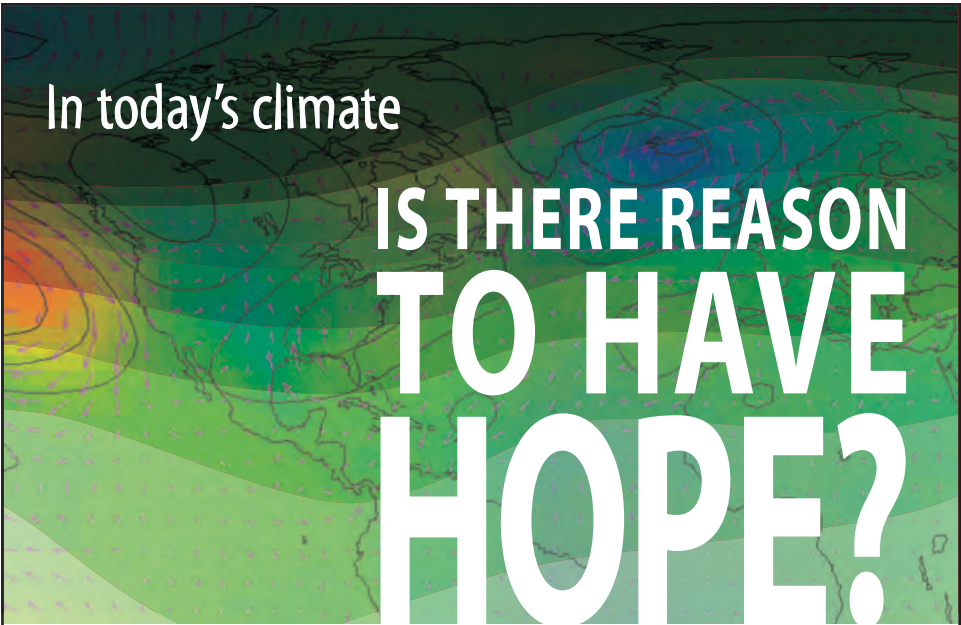
After the patient was taken to a recovery room and regained consciousness, he told the doctor what had happened from his point of view. "I was above my body looking down at you, and I could tell that you thought I was dead. I kept trying to say to you, 'I'm not dead, I'm not dead,' but you wouldn't hear me. So I went into the waiting room and told my wife to come in here and let you know I am not dead." ✧



References: *Raymond Moody interview with a surgeon at a conference in Milan, Italy, 2010. Excerpt printed with permission from Beyond Words/Atria Books*
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Raymond A. Moody Jr., MD, PhD, is the leading authority of near-death experiences and the author of several books, including the seminal *Life After Life*. The founder of the *Life After Life Institute*, Moody has lectured on the topic throughout the world and is a counselor in private practice. He received his medical degree from the College of Georgia and his PhD from the University of Virginia. He has appeared on many programs, including *Today* and *Turning Point*. Find out more at LifeAfterLife.com.

Paul Perry has cowritten several New York Times bestsellers, including *The Light Beyond* and *Evidence of the Afterlife*. He is also a documentary filmmaker and for his film and book about Salvador Dalí, he has been knighted in Portugal. He is also a graduate of Arizona State University and Antioch University. Find out more information at PaulPerryProductions.com.



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The Truth Will Set All Of Us Free

by Caitlin Johnstone
and Tom Foley

You have to start with the truth. The truth is the only way that we can get anywhere. Because any decision-making that is based upon lies or ignorance can't lead to a good conclusion.

~ Julian Assange

The truth will set you free' is an aphorism we've all heard so many times it's lost a lot of its meaning and doesn't sound especially profound when we hear it again; but it really does contain the answer to humanity's most difficult problems. A truth-based relationship with reality is the only way to move into peace and harmony, whether you're talking about the inner peace and harmoniousness of an individual or the peace and harmony of our entire species.

For the individual, you can't generally come to inner peace and a harmonious way of moving in the world until you've done a lot of inner work and gotten extremely real with yourself about your experiences, your relationships, your ways



of thinking about things, your behavior patterns, and your motivations. The deepest levels of peace and freedom open up when we have transformative insights into the truth of our very nature: the nature of consciousness, mind, and self.

It doesn't come from trying to be a nicer person, from praying to the right god or espousing the right belief system. True and lasting peace and freedom comes from a penetrating realization of what is already the case. It comes from knowing what's true.

This is a bit counter-intuitive, because our minds and our culture tell us that we get peace and happiness from getting what we want — the right accomplishments, the right job, the right belongings, the right romantic partner, the right circumstances. But none of those things will ever take us

where we're really trying to get to. Only the truth will.

And it's exactly the same for a group of people, and for humanity as a whole.

Real widespread change can only come from knowledge of the truth — that's why those who don't want widespread change pour so much energy into keeping people from knowing what's true. That's why there's such a frenzied push for more internet censorship and for the government to get more involved in regulating speech. That's why our civilization is saturated with propaganda. And that's why Julian Assange is in prison.

Real change will only occur when a sufficient number of people realize that we live in a profoundly unjust society held together by violence and lies, where our very existence is being imperiled by nuclear brinkmanship and environmental destruction. Because only then will enough people begin mobilizing to use the power of our numbers to force the changes we need.

Again, this is somewhat counter-intuitive, because we've been told all our lives by our schools and our media that we get change by voting for political candidates we like. But our electoral systems are stacked against change, and the candidates are controlled by interests who seek to keep things more or less the way they are. This means change can only be arrived at by widespread forceful rejection of the entire system, and widespread forceful rejection of the entire system can only come through truth.

So the truth will set us free, but those who don't want our freedom are doing everything they can to obstruct, obfuscate and distort the truth. The good news is

that there are a whole lot of us, and (for now at least) we do have the ability to share the truth about what's going on with each other. And the more people understand what's going on, the more people there are to help share the truth with others.

The first step is spreading awareness of the fact that our civilization is saturated in propaganda, because propaganda only works if you don't know it's happening. Helping people to understand that they've been lied to their whole lives about their nation, their government, their society and their world will help shake them free from their propaganda blinders, so that they can begin to figure out what's true.

By working toward a collective understanding of what's real in this way, humanity can come into a truth-based relationship with reality, one freshly opened pair of eyelids at a time. And, just as a truth-based relationship with reality inevitably brings peace and harmony to the life of the individual, a truth-based relationship with reality will bring peace and harmony to the life of our entire species.

Truth is its own reward. It's not always pleasant when you get it, and it might not be obvious at first that it's helping to move things in a positive direction, but every step toward health and harmony begins with truth. The more opportunities we have to experience this fact in our own lives, the more obvious it becomes. ✨

All my work is free to bootleg and use in any way, shape or form; republish it, translate it, use it on merchandise; whatever you want. My work is entirely reader-supported, so if you enjoyed this piece please consider sharing it around, throwing some money into my tip jar on Patreon, Paypal, or Substack, buying an issue of my monthly zine, and following me on Facebook, Twitter, Soundcloud or YouTube. If you want to read more you can buy my books. The best way to make sure you see the stuff I publish is to subscribe to the mailing list on Substack, which will get you an email notification for everything I publish. For more info on who I am, where I stand, and what I'm trying to do with this platform, click here. All works co-authored with my husband Tim Foley.

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A Time Of Crisis is a Time of Opportunity

by Brenda Shoshanna
New York City

Today, we are a nation bathed in fear. Just a few years ago, it seemed as though opportunities were endless. There was a sense of stability, prosperity, and hope. Now, fear has become a part of our daily lives. National and international turbulence goes on and on. So much that we once counted on to keep us secure, our basic anchors, have been taken away. The world seems to be turning upside down. This is a time of crisis.

However, the Chinese ideogram for crisis means opportunity. When our sense of security is taken away, when we don't know where to turn next, this is a time filled with surprising possibilities for extraordinary growth, discovery, and even fulfillment. We are being forced to re-evaluate our lives.

What Can I Really Count On?

The vital questions in front of us are, "What can I really count on? Where does my true security lie? What do I really need in order to live a fulfilling life?" These questions are primal, the ingredients of a meaningful life. When things go well, we may overlook them.

During a time of crisis, however, we are forced to grapple with these questions every day.

Don't Listen To Fear's False Messages

It is therefore of the utmost importance to stop for a moment and gain clarity and power over fear. If we listen to the false messages fear brings us, it is easy to become overwhelmed. In fact, the real danger we are faced with today is not loss of income, home, or safety. Our real enemy, is the fear we carry within.

We must understand what fear truly is, why it arises, and how we can become stronger than fear and release it from our lives. As we do this, as fear weakens, we can begin to see our situation from the largest perspective possible and get in touch with our enormous inner resources that allow us to handle whatever comes along. We can tap into our fundamental courage, creativity, and wisdom and let them be our guides.

What Is Fear?

It has been said that there are only two emotions: love and fear. For some, paradoxically, love is frightening, while fear feels safe. Many of us depend on fear, thinking it protects us. It can feel good to hold on to fear. At the same time, we are taught that it can be dangerous to be trusting; that love can make us weak. This is the work of fear, creating confusion.

Fear thrives on lies. It weakens the immune system, destroys our basic sense of confidence and well-being, takes us off track, and makes us prey to those who wish to control or attack us in various ways. Self-hatred is fueled by fear. Paranoia, an extreme form of

fear, can infect every aspect of our being, undermining the very core of our relationships and wiping away the curiosity, playfulness, joy, and love of life that we are born with.

When and Why Fear Arises

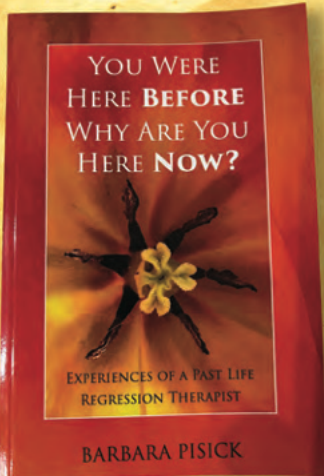
When fear takes over, most of us have no way to resolve it, no tools or techniques with which to handle it. Panic attacks, compulsions, obsessions, and other forms of dysfunctional behavior can occur automatically. Fear also arises in love relationships—when we feel vulnerable or, conversely, when things are going very well.

Some of us feel as if we do not deserve happiness or intimacy and fear losing the love we have found. Some of us fear illness, death, or just being who we are. The lives we live may feel inauthentic, and we suffer the consequences in many ways. In fact, the reason why such staggering numbers of people in the world are involved with alcohol, antidepressants, other drugs, and all kinds of self-destructive behavior can be

directly attributed to the effects of fear.

It takes practice to unravel fear. It is one thing to have an intellectual understanding of what is harmful; it is something else to know how to actually get rid of fear in your life. Contrary to popular belief, it is not at all difficult to do! It simply takes a willingness to take new steps and see with new eyes. The truth is that fear is a bully: When you turn around and face it head-on, it becomes powerless. As you do so, you see that the very thing that once seemed so terrifying is simply made of dust and dreams. ✨

Brenda Shoshanna, Ph.d. is an author, playwright, psychologist and long-term Zen practitioner and Interfaith Counselor. This article is based upon her book **Fearless (The Seven Principles of Peace of Mind)**. Learn more about her at brendashoshanna.com. She also offers a weekly podcast, *Zen Wisdom For Your Everyday Life*, zenwisdomtoday.com.



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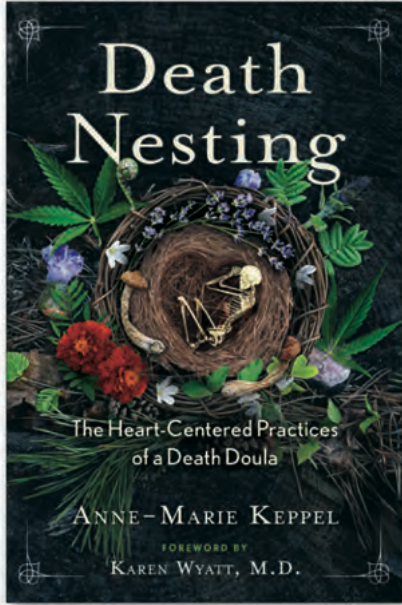
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Why You Self-sabotage and How to Stop

by Laura K. Connell

Self-sabotage makes you feel like you're your own worst enemy. But did you know that self-sabotage is a form of self-protection in disguise? The self-defeating behaviors that hold us back are often adopted in childhood as a way to cope with the pain of growing up without having our needs met. If we understood that our parents could not give us the care and attention we needed, we would find ways to take care of ourselves that became maladaptive as we got older. What are some of those ways?

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Poor Boundaries

If you believed you would be punished or rejected for speaking up for yourself, you might adopt a people-pleasing personality. You felt the need to keep your parents happy at the expense of your own happiness. That's because the threat of rejection or abandonment by a primary caregiver would have felt like life or death to you at that time. You were dependent on them to survive so staying in their good books was a solid survival strategy. That same fear of rejection gets extended to other people, even your social peers, when you're an adult. So, although you're no longer dependent on your parents or anyone else for your survival, you still experience the fear of rejection as a life-or-death situation. You will please someone else at the expense of yourself because it feels safer to do so.

Perfectionism

As a child, you may have gotten the impression that you had to be perfect to be loved. You attached your worthiness to your achievements rather than feeling worthwhile simply for who you are. This form of self-sabotage continues into adulthood and manifests in an intense inner critic who berates you at every turn. You may feel terrified of making mistakes and set unreasonably high standards for yourself. Perfectionism can prevent you from trying new things or putting yourself out there because you fear if it's not perfect it's not worth doing. This can contribute to procrastination and underachievement. Perfectionism makes you believe that you should do things right on the first try which is unrealistic. In reality, years and decades often go into achieving the excellence that perfectionists believe should come on their first attempt.

Unhealthy Coping Mechanisms

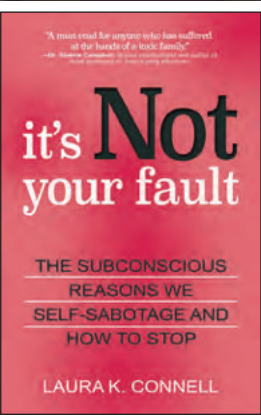
Sometimes we self-sabotage to deal with the pain of our unmet needs in childhood or avoid the emotions we had to repress. For example, if you had no one to support you or comfort you through your difficult feelings, you would push them down so you didn't have to deal with them. Because we are human, we can only push our feelings down for so long before they rear their inconvenient heads. Without the skills to navigate these emotions, you would become afraid of them and try to run away from them. One way to avoid these emotions would be to distract yourself by numbing out with alcohol, drugs, or

behaviors such as binge-watching TV, overeating, shopping to excess, or using pornography. You become dependent on these behaviors to help keep your feelings at bay and they prevent you from processing your emotions honestly. They also interfere with you living a healthy life and get in the way of you reaching your goals or enjoying true intimacy with a partner.

How to Stop Self-sabotage

So, how do you stop self-sabotage and feel like you're on your own side instead of in your own way? It starts with understanding that you are not your own worst enemy. You developed an inner child who tried to keep you safe with these strategies that are no longer working for you. This inner child is trying to protect you the only way it knows how and that is through shortsighted measures like people-pleasing that it believes will keep you safe in the moment. The inner child is not looking out into the future and that is why these strategies often interfere with your long-range goals.

For example, if a feeling comes up that you never received support around, the child scrambles to stop you from experiencing that feeling using the coping mechanisms mentioned above. That's why telling yourself to stop the behavior doesn't work even though you know it's bad for you. By the same token, setting boundaries with a parent will help you enjoy a healthier relationship in the long run. But your inner child will quickly drop that boundary



to please your parent and avoid the dreaded rejection that might follow. The child wants to get through this one interaction safely, not do the work to create a boundary that may feel painful today but reap rewards down the line. It still experiences that threat of rejection as a life-or-death circumstance.

Instead of shaming the inner child for self-sabotage, acknowledge its efforts to protect you and keep you safe. Let the child know that you are in charge now and can take care of yourself because you're an adult. Reassure it that you are capable and have access to resources that you did not have as a child. It is no longer the inner child's job to run

interference on your life. It's important not to threaten to discard the child because that will make it hold on more tightly to its role. Give the child another job such as finding fun things for you to do, and this will help increase your joy in life. ✨

Laura K. Connell is a trauma-informed author and coach who helps her clients uncover blind spots that lead to relationship struggles and self-sabotage. She writes about healing dysfunctional family dynamics at her website laurakconnell.com. Her guest articles have further reached millions through personal development websites *Life Hack*, *Pick the Brain*, *Dumb Little Man*, *Thought Catalog*, *Highly Sensitive Refuge*, the anthology *Chicken Soup for the Soul*, and national newspapers *The Globe and Mail* and *Toronto Star*. She also hosts multi-speaker online retreats that attract over 3,600 attendees.

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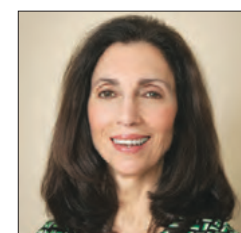
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YOU WERE HERE BEFORE, WHY ARE YOU HERE NOW? *Experiences Of a Past Life Regression Therapist* by Barbara Pisick, PMHCNS. Available on Amazon, www.pastliferegressiontherapy.com, blpsik@yahoo.com (see ad p.13)

DEATH NESTING – The Heart-Centered Practices of a Death Doula by Anne-Marie Keppel. A practical and compassionate guide to physically, emotionally, and spiritually caring for the dying. ISBN 978-1-59143-482-5. InnerTraditions.com 800-246-8648. (see ad p.14)

THAT WAS ZEN THIS IS TAO – Living Your Way to Enlightenment by Chris Prentiss. An invaluable new guide for the most important journey of your life. "A deeply meaningful guide. Destined to become a classic!" – Creations Magazine. (see ad p.9)

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Looking Ahead: The December / January 2024 “Holidays” Issue

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POETRY

DABDA ~ Letters of Grief

by Jan Niebrzydowski, Tampa, FL

Your strange letters, tangled, seem to make no sense
And yet, their elegance of truth stands like mighty oak
Denial that came upon me with most strident rigidity
Could have shook my mental rafters as turbulent
As any tropical sea, undeniable strength existing there
The wave rising to 100 feet seemed to remain crested
It would not crash into the land, it held with tenacity
Anger that would follow surely seemed so out of place
But came out of genie's bottle rubbing sand into my face
Powerful that letter you tattooed in your monogram
I would try to shake it off but blackened eye revealed
It could not be escaped; the dreaded beast would not shy
Bargaining, my coveted one,
this I branded boastfully into my skin
For here I remained the longest, with my gift of flowery speech
It came easily to me to create myths that fell into my poetry
Depression became the contender with octopus tentacles large
Darkness sometimes comforting,
like getting lost in aimless crowd
Although so often confusing because there is no visibility
The path on which to leave it
is an English garden with porous maize
Acceptance came with deflation,
the fighter sprawled onto the floor
After pummeling and weaving to somehow stay in as a contender
Now just collapsed with mindless confusion
of why I even fought at all
Realizing after all this drawn out battle
I had trained for meticulously
Could never end in victory,
and now I must climb out of this fighter's ring
Taking with me another hole to mend
when I no longer can find the thread

Sweet Child

by Tim Sullivan, East Northport, NY

Breathe easy sweet child
Your human experience is complete
You've learned all you needed to learn in this lifetime
You can finally be gentle with yourself
in the presence of God
No longer burdened by the shackles of humanness
Your spirit soars freely above the mountaintops...
Pausing briefly to acknowledge; the miracle is you

Two Haiku

by David Frieman
Huntington Station, NY

when the Autumn calls
dance in Her falling gold leaves
and laugh at the world.

at the end of life
what you gained will fade away
what you gave lives on

Countdown

by Rhonda Weiss, Leeds, NY

Wait
Not so quick
Well some departures are quick
Blindside quick
Like a Band-Aid pull
A skin separating rent
Because your life
Has taken a downturn
And you've been devalued
To Inconvenient
And no one
Will invest
Their Time
In you
So they run
They run
All you thought cared about you
Run
Without a backward glance
Because they
Fear
They will
Become
You

DINAH

by Roberta A. McQueen, East Islip, NY

My calico cat Dinah has cancer
her jaw's swollen and
her right eye's half shut
there's a tumor pushing outward
destroying skin and bone
She jumps on my lap
silently she stares
while I hold her gently weeping
She purrs softly
and rubs her face against mine
then reaching up with both paws
she hugs me as if to say
everything will be alright
If only she could talk
and let me realize
we are kindred spirits
for I have cancer too
Why can't she let me know
the secret of life's mysteries
and how not to fear death
Perhaps that's too much to ask
even if the answers seem hidden
behind her luminous green eyes



Watercolor by

Jan Guarino

JanGuarinoFineArt.com

Breaking Free

by Seana Ankers, Warrenton, VA

Echoes of childhood whispering through the woods.
Unspoken traumas breaking free,
Floating past the mourning doves,
Silently on watch, waiting for a tear to fall.
Rising up through the clouds
and on towards the sunset,
My story rewrites itself for future generations.
Moist eyes blink slowly,
as the deep scars disappear before them,
Never to be felt again.
The doves break their silence and sing a lonely song,
before taking off to witness another rebirth.

It is difficult to get the news from poems, yet men die miserably everyday for lack of what is found there.

— From *Asphodel that Greeny Flower*

BOOK REVIEWS

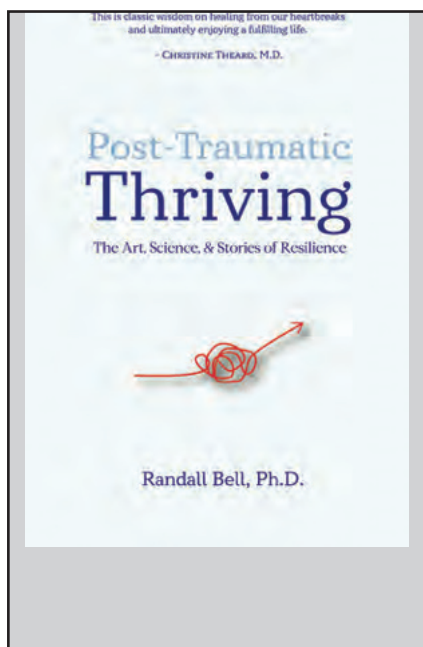
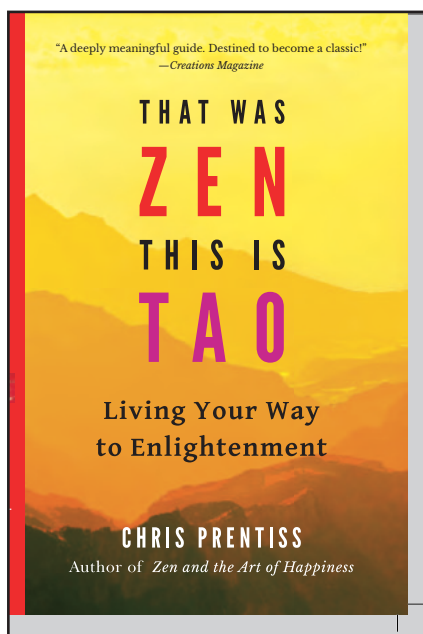
& PRODUCTS

BOOKS

THAT WAS ZEN, THIS IS TAO
Living Your Way to Enlightenment
by Chris Prentiss

"Enlightenment is knowing Who You Are in relation to All-That-Is." So starts the latest work from Chris Prentiss—a deeply meaningful guide to living in harmony with the natural laws of our universe, the laws of Tao as he calls them. Like his well-known *Zen and the Art of Happiness*, his new book is destined to become a classic. The ancient sages spoke of "Tao" not only as the spiritual essence of All-That-Is but as the "way" that leads to enlightenment. Although we may not know it yet, says Prentiss, "we are all on the way to becoming enlightened." He explores what it means to be on the path to enlightenment, our true purpose for being, and the real factors that shape our destiny and bring authentic happiness. With practical examples and stories, he teaches about the role of adversity and offers life-changing skills to handle painful experiences.

Prentiss, who has written books on the I Ching under his pen name, Wu Wei, also shows how intimately connected we are with Tao's consciousness and how we can therefore receive guidance in our daily life through such methods as intuition and the I Ching. His affirming, memorable insights are set off throughout the text, making it easy to go back and reflect on those that resonate most with you. No matter what spiritual tradition you follow, Prentiss's fresh and engaging way of looking at spiritual concepts will open you to the greater possibilities at the heart of your own personal path.



POST-TRAUMATIC THRIVING
The Art, Science & Stories of Resilience
by Randall Bell, Ph.D.
PostTraumaticThriving.com
coreiq.com/books

Traumatizing events like natural disasters, COVID, social unrest, and random acts of violence dominate the news. But your traumatic experience doesn't have to make headlines to be real. "Anybody's trauma is completely valid," emphasized Dr. Randall Bell — any circumstances a person is struggling to process and move beyond can be considered trauma. "We may not always be able to control what happens to us, but we can control what happens to us going forward," he added. And this philosophy forms the foundation of his latest book, *Post-Traumatic Thriving: The Art, Science, & Stories of Resilience*. Dr. Bell draws upon his decades of experience and scientific research to deliver a three-stage framework — Dive, Survive and Thrive — that can help readers process their trauma, make the conscientious decision to accept help and move forward, and eventually, tap into the energy generated by that trauma to achieve more than they ever thought possible.

In *Post-Traumatic Thriving*, he shares powerful, inspirational stories of real people who were able to move beyond trauma and thrive in the aftermath. Dr. Bell juxtaposes outcomes of scientific studies with these stories

to reveal common denominators among "thrivers," revealing to readers a healthy path toward healing and a life where post-traumatic thriving is possible. As a socio-economist, Dr. Randall Bell has consulted on more disasters on earth than anyone in history. His clients include the Federal Government, State Governments, International Tribunals, major corporations, and homeowners. Dr. Bell believes that "the problem is not the problem — the problem is how we react to the problem."

PRODUCTS

THE TORNADO
by ZoomBroom

As an innovative and unique product designed to solve all cleaning needs for outdoor living areas, *The Tornado* is an air-broom that is simply a *sweeping success*. While it may initially compare to a leaf blower for many, the ZoomBroom eliminates the noise, the heavy equipment, the bulky battery packs, and storage problems. ZoomBroom has already received a Global Innovation Award for product design excellence. There is nothing like it on the market, says the manufacturer. *The Tornado* can be used to clear out debris from yards, patios, garages, cars, driveways, walkways, RVs, and boats, to name a few. How this compares to a typical leaf blower: it is smaller, cordless, lighter and easier to control. It is comparable to a battery-operated leaf blower, but smaller. Available on Amazon.

PRAJNA AYURVEDA
HDVIPsale.com

In Ayurvedic medicine, the body, mind and spirit are treated using a holistic approach. The pairing of traditional use with clinical science creates uniquely modern Ayurvedic blends that can serve as a bridge to a new world of health and vitality. This is the motivation for neurologist and Ayurvedic practitioner, Dr. Kulreet Chaudhary's development of Prajna Ayurveda herbals. Dr. Chaudhary has helped successfully restore thousands of patients back to health, as well as transform her own health. Partnering with Healthy Directions, an established 30-year-old manufacturer and marketer of doctor-formulated nutritional supplements, has

empowered Chaudhary to develop herbal formulas made with powder from the whole plant, as it has been used for thousands of years, along with powerful extracts of the plant that have been clinically researched for specific health benefits.

Prajna Triphala is taken at night to cleanse and "sweep" the day away. This herb has been traditionally used to support digestion and elimination, while also nourishing both mind and body. Prajna Ashwagandha is a popular "multi-tasker" herb that brings daily harmony, calm, and positivity by helping balance hormones and reducing levels of cortisol—the body's primary stress hormone.

Prajna Brahmi has been used for centuries as a tonic for overall mind and memory support as well as for its calming effects on the nervous system. Prajna Guggul is a purifying Ayurvedic herb traditionally used for its cleansing effects and to support a healthy inflammatory response and cholesterol health.

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CALENDAR OF EVENTS

ONGOING EVENTS

MONDAYS

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

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

TUESDAYS

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

WEDNESDAYS

GUIDED IMAGERY CHAKRA CLEARING / BALANCING & SOUND HEALING MEDITATION with Gong Wash & Psychic Card Readings with Psychic Development & Reiki Healing by Lorry. **Wednesdays: 11/1 and 12/6** at 7:30PM and **Saturdays: 11/4 and 12/9** at 7 PM. Each two-hour workshop is only \$25 and two people from same family may attend for \$40. One person can attend two workshops in the same month for only \$40 for both! **Lorry Salluzzi Sensei 516-708-5213** text for Calendar of Events & your private one hour in-person session in her Bellmore office at 1298 Newbridge Road. www.reikimastersensei.com.

THURSDAYS

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

SATURDAYS

GATHERING OF LIGHT INTERSPIRITUAL FELLOWSHIP – A Place to Connect, Reflect, and Revitalize Your Spirit. Music, Meditation, and a Universal Message of Positive, Practical

Spirituality. **10:00am**. 203 East Pulaski Road, Huntington Station, 11746. GatheringOfLight.org 631-455-3471 (see ad p.8)

SPECIAL EVENTS

OCTOBER 8

FREE PRESENTATION: In Today's Climate – Is There Reason to Have Hope? – In the midst of the chaos and division gripping the world, a group of wise, incorruptible, compassionate teachers led by Maitreya, the World Teacher, is here to guide and inspire us to reverse the damage we have done, and overcome the dangers we face. Join us for a spiritual perspective on our current global crises. Quest Lecture Hall 242 East 53rd St., **NYC 1pm** www.share-international.us/ne 718-200-7965. (see ad p.11)

OCTOBER 13

HAUNTED HAPPENINGS WITH DANIEL AKNER Go to eyesoflearning.org for details.

NOVEMBER 8

FENG SHUI FOR EVERYONE - JOSEPH DAIRO Zoom Only Event. Go to eyesoflearning.org for details.

DECEMBER 2

ANNUAL FALL FESTIVAL Go to eyesoflearning.org for details.

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.

AL-ANON'S INVITATION TO YOU We invite you to try our program. You can have a better life-free of anxiety, fear and desperation. At Al-Anon and Alateen meetings, you will meet other people facing the same problems you are. Al-Anon can help! Please reach out! Call 631-669-2827 or visit al-anon-suffolk-ny.org.

**Calendar Listings:
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Many people have asked me
what organization
I would suggest for donations
to support relief funds
for the people of Maui.

I can wholeheartedly recommend **Aloha in Action**. This group is directed by two very dear friends of mine, native Hawaiians and spiritual teachers who are daily going into the heart of the devastation and delivering money and services to those most in need. While some national relief organizations are taking 2-3 months to answer requests for help, Aloha in Action is on the spot now feeding people while they are hungry, helping them find shelter, and lifting their spirits. **Every dollar you give will go directly to people who most need it**, and your gift will achieve maximal results.

— Alan Cohen

www.alohainaction.com

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

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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:

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



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

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

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

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Smiling is a universal language that transcends barriers, conveying warmth, happiness and approachability. Beyond its social significance, smiling has remarkable health benefits. It reduces stress by triggering the release of endorphins, fostering a positive mindset.

Studies link smiling to lowered blood pressure and bolstering cardiovascular health. Enhanced immune function and reduced pain perception are also linked to this simple, yet powerful, expression.

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A captivating smile isn't exclusive to celebrities; it's a gift accessible to everyone. While Hollywood may

showcase dazzling grins, a beautiful smile is more about confidence and authenticity than movie star fame. **Dr. Jeffrey Etess** and his team offer cutting-edge cosmetic dental smile makeover therapies to enhance smiles for all. From biologically compatible composite fillings to full arch zirconia implant dental reconstruction and everything in between such as hand lab-made ceramic laminates.

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Your new, beautiful, natural smile can happen easier than you think with the broad and advanced specialist skillset of Dr. Etess. With 26 years of private practice experience, Dr. Jeff, as his patients fondly refer to him, provides his dental expertise from general cosmetic dentistry to super specialized dental surgery.

Continued rigorous dental education has shaped Dr Etess' next level capabilities, providing improved surgical proficiency and successful aesthetically pleasing outcomes. All dentists aren't the same unfortunately, and outcomes can sometimes be less than desirable in the wrong hands. Dr. Jeff is the dentist TV personalities and A-list celebrities trust for their dental care.

Remaining on the cutting edge of the newest dental advancements is a full-time task and a top priority for Dr. Etess. To provide his patients with the most sanitary environment possible, we employ ENHANCED proactive ultraviolet air and surface office disinfection protocols.

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If you're looking for the finest, safest, healthiest and most predictable results to correct your dental issues, supported by the most advanced dental technology, contact Integrative Dental Specialists to make an appointment today.

Jeffrey Etess, DMD, NMD, IBDM, graduated in the top 10% from the University of Pennsylvania School of Dental Medicine. An IVY LEAGUE trained Certified Endodontic Specialist/Implant Specialty Surgeon with a dual degree in Dentistry and Board Certified in Naturopathic & Integrative medicine & certified in biomimetic cosmetic dentistry to provide a broad array of biological dentistry covering all facets of restorative, cosmetic, prosthetic, surgical, endodontic, pediatric, periodontal, and implant dentistry for his patients for over 26 years.

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