



CREATIONS

INSPIRATION • HOLISTIC HEALTH • PERSONAL GROWTH

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Simple Shifts, Profound Healing

The Autumn / Transitions Issue

*Observe the direct connection between practicing trust
and the serendipitous events that follow. ~ Alan Cohen*



Another Leap Forward in Dental Healing: Preservation Over Replacement

Many of the patients I have the pleasure in treating are deeply committed to holistic health practices, often avoiding traditional physicians and refusing modern medications, particularly antibiotics. While I respect these philosophies, it is also my responsibility to educate patients on the science behind their dental care. Few things concern dental holistic patients more than suffering from chronic illness and thinking it could be from an existing root canal in their mouth, or that to save a tooth endodontic therapy is necessary. I agree that a poorly treated root canal can certainly have systemic effects on the patient. But there is much more to this story that one must consider.

To provide the highest level of care, I make it a priority to understand the sources my patients rely on and to guide them with accurate, evidence-based information—rather than outdated theories, scare tactics, anecdotal claims, or Internet misinformation. For example, Dr. Weston A. Price (1870–1948), a Canadian dentist and head of research for the American Dental Association in the 1920s, promoted the now-discredited “focal infection theory,” which falsely linked root canals to systemic illness. Despite the fact there is NO credible

and legitimate scientific evidence to this, it is still reported by unsubstantiated dental sources. Unfortunately, root canals still receive undue criticism today, often because they are not performed according to the recognized legal standard of care, which requires the use of a rubber dam. Without this, root canals are compromised by contamination from the outset, which is a real problem. A 2013 study, *Rubber Dam Use During Root Canal Treatment: Findings from the Dental Practice-Based Research Network*¹, revealed that 74% of general dentists did not use a rubber dam during root canal therapy—a concerning statistic that helps explain scientifically the negative reputation of the procedure.

When performed with skill and precision, a root canal safely preserves your natural tooth, which is almost always preferable to replacing it with a dental implant, even a “ceramic” implant, despite claims made by certain holistic practitioners or unverified online sources. The belief that root canals are inherently unsafe stems from outdated and scientifically disproven studies. With advanced disinfection protocols, adjunctive therapies such as laser and ozone treatment, and the use of biocompatible materials, a natural tooth can often be maintained

in a healthy state for a lifetime without complications. Preserving your own tooth helps maintain strong bone and gums, supports a natural bite, and allows your mouth to function as nature intended.

While dental implants have an important role in certain cases, they are artificial devices that require surgery, involve higher costs, demand longer healing times, and carry their own risks. In fact, research shows that 20–30% of implant patients develop *peri-implantitis*—a progressive condition that causes bone loss around the implant. **The body is far better equipped to maintain a natural tooth than an artificial substitute.**

Modern root canal therapy, performed with today's advanced techniques and materials, is both safe and highly predictable, offering a level of protection and preservation no artificial replacement can match. Furthermore, some patients are even candidates for pulpal regeneration, also known as **ToothReGenesis™**. This advanced biological approach in endodontics seeks to restore vitality and function to teeth with necrotic or severely compromised pulps. Unlike conventional root canal therapy, which removes all pulp tissue and replaces it with inert filling material, regenerative

endodontics aims to revitalize the pulp-dentin complex by stimulating the body's natural healing and regenerative capacity.

In many cases, teeth may also be candidates for pulp capping, even when other dentists say otherwise. At **Integrative Dental Specialists, Dr. Etes** and his team pride themselves on delivering cutting-edge care focused on saving natural teeth. Using advanced cavity removal techniques, supported by biocompatible materials, we can often maintain a healthy, vital pulp. By avoiding a root canal, patients may also avoid the need for posts and crowns, saving thousands of dollars while preserving the life of the tooth.

Not every dentist has the same education, training, or philosophy of care. Dr. Etes has been performing successful pulp caps for more than eighteen years, with success rates that continue to rise as he integrates new materials and refines his proprietary techniques — approaches designed to prevent root canals and preserve the long-term vitality of natural teeth.

Not all dental care is created equal. Dr. Etes prides himself on providing unmatched, first-class care that adheres to the highest standards. Excuses are no longer acceptable. If you are seeking the finest, safest, healthiest, and most predictable results for your dental needs—supported by the latest technology, **contact Integrative Dental Specialists to schedule an appointment with Dr. Etes today.**

¹. J Am Dent Assoc. 2013 Feb;144(2):179-86.doi: 10.14219/jada.archive.2013.0097

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Recipes and Tips to “Heal from Within”

At TRUTH AND LAUGHTER DENTISTRY, we believe **true wellness begins with the food we eat, the thoughts we think, and the people we surround ourselves with.** Our mission is to not only care for the body, but to nourish the mind and spirit—creating ripple effects of health that begin with our patients and extend to their families and communities.

This issue, we’re launching our “Heal from Within” series—where we’ll be collaborating with like-minded holistic practitioners to share quick wellness tips and healing recipes that support the body’s natural ability to thrive.

• **This Month’s Focus: Oral Health**
Your mouth is the gateway to your body. Did you know that your **dental health is connected to your heart, brain, and gut health?** Inflammation in the gums can signal (and even contribute to) inflammation elsewhere in the body. This is why **supporting your oral microbiome through nutrition** is a simple but powerful act of self-care.

• **Recipe: Lemon Scallion Quinoa**
This vibrant dish is more than just

delicious—it’s packed with nutrients that support dental health, reduce inflammation, and promote gut balance.

Why it’s great for your teeth:

- **Scallions (green onions):** Natural antibacterial properties help fight harmful oral bacteria.
- **Lemon:** Alkalizing and rich in vitamin C to support gum health.
- **Quinoa:** A complete protein and rich in minerals like magnesium and phosphorus—important for strong teeth and bones.

Ingredients:

- 1 cup quinoa (rinsed)
- 2 cups water or vegetable broth
- Juice of 1 lemon (plus zest if you like)
- 3-4 scallions, finely chopped
- 1 tbsp olive oil
- Salt and pepper to taste
- Optional: chopped parsley, steamed broccoli or spinach for added greens

Instructions:

1. In a pot, bring quinoa and water (or broth) to a boil. Reduce heat, cover, and simmer for 15–20 minutes until quinoa

is fluffy and liquid is absorbed.

2. In a bowl, combine cooked quinoa, scallions, olive oil, lemon juice, and zest.
3. Season with salt and pepper. Mix in any additional veggies or herbs.
4. Serve warm or chilled as a refreshing, nourishing side dish.

• **Holistic Tip of the Month: Give Your Jaw a Break**
More than half of my patients are clenching their teeth—often without even realizing it.

Clenching isn’t just a dental issue. It contributes to:

- Jaw pain
- Tension headaches
- Neck and shoulder strain
- Sleep disruption
- And even emotional stress

• **Try This: The Jaw Check-In**
Set a gentle alarm or reminder on your phone 2–3 times a day and ask yourself:

- Where are my teeth right now?

If your teeth are closed shut, take a moment to:

1. Swallow—either a sip of water or your own saliva.
 2. At the end of the swallowing cycle, your jaw will naturally reset into the Physiological Rest Position:
- The tip of your tongue rests gently on the roof of your mouth, just behind the upper front teeth.
 - Your teeth are slightly apart—about 2 mm.
 - Your jaw muscles are relaxed, with zero action potential—this means no tension, no effort.
- **Bonus: Sip to Reset**
Use this check-in as a reminder to hydrate. Every sip not only supports your overall health but also helps reset your jaw to its natural resting state.

Won’t you give your jaw muscles a break... and sip some water? •

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TALKING OUR WALK

Welcome to the October / November Autumn Issue:

Transitions, Cycles, Death & Healing — Change is Good!

Alan Cohen says *Keep the Change*. He relates that “A Course in Miracles tells us that *all* change is helpful. When we upgrade our vision to welcome change instead of resist it, transitions become our friends.”

“Social media” has got to be the ultimate oxymoron. In *Comparing Our Insides to Others' Outsides*, Rabbi Asher Gottesman discusses the inherent inadequacies of an unceasing online existence. Social Media keeps us apart from God, from our true selves, from true connection, and from the truth—that we are all one. There's an easy, quick-fix to reconnect: set aside five or ten minutes each day for stillness and quiet.

Examining this awareness further, *Lifestyle As Medicine* contributor, Dr. Patricia Muehsam explains that *our bodies and minds weren't designed to run non-stop. We're wired like nature itself: with cycles.* Being outdoors in the fresh air and sunshine, moving our bodies every day, bare feet on the ground, and play, are biological necessities!

“Play” is what I'm talking about in my “discourse,” *Pickleball: A Higher Purpose*. I don't think it appropriate to quote myself, so please flip to page 20 to find out what that “purpose” is.

Your Light Matters. Ann Albers tells us *you need not be victims of the energy around*



you. As you engage in thoughts of love, appreciation, or contentment, you rise above the noise and discover a frequency of truth, peace, and kindness.

And, in case you didn't visit creationsmag.com, Part 2, of both *The Great Reset* and, *Take It Slow and Easy* from the August / September Issue, is printed here.

As always, we've got Poetry. Just so you know: Every issue, our Poetry page continues to be one of the most sought-after sections. So, if you're generally not in the habit of stopping by, we respectfully suggest that it's time for a *change* of habit :)

Peaceful Changes All-ways,

Neil & Andrea

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Comparing Our Insides to Others' Outsides

by Rabbi Asher Gottesman,
Southern CA

A compare-and-despair attitude has become the foundation of the virtual world we now spend hours in—hiding behind crafted poses, smiles, manipulations, and filtered illusions, hoping we can think our way into feeling okay.

This life isn't what we were made for: doing it somebody else's way, pretending, blaming others for having more while others blame us for having less. If social media truly bred connection, wouldn't we be the most connected, enlightened people by now? If it fostered true friendships, wouldn't we have stopped needing to buy things, amass things, eat things, or shatter things just to feel okay?

Social media is capitalism on steroids. It keeps us apart from God, from our true selves, from true connection, and from the truth—that we are all one.

The inability to turn off my mind, disconnect from electronics, and escape anxiety prevents me from being fully present and makes it difficult to enjoy life. I once had a meeting with a prominent businessperson who used a flip phone. I asked him why, and he replied that he couldn't focus on life happening around him. He felt it rude to stop being with his family to tend to someone's text, or to interrupt his work to check an email. The thought of getting rid of my smartphone



caused panic—but he inspired me to take contrary action and start giving myself regular electronic breaks. Mini technology vacations. Now I understand him.

It's nonsensical to believe we connect more by disconnecting from our real lives and entering the land of make-believe, communicating through air transmissions. What have we done to the threads of community?

We know the online semblance of satisfaction isn't real. We can look up millions of articles on how technology has isolated us more than any other advancement in human history. But knowing only takes us halfway. Knowledge dangles us above the awareness of the chasm we feel inside—one that often has no words. Wisdom shows us the fall, lets us see the destruction, but doesn't rebuild us. That doesn't come from knowing. It comes from unknowing. Not from what we say, but from what we don't say.

Jewish tradition commands us to shut off phones and all electronics on the Sabbath, which is one of my favorite customs. If we don't set aside time to be quiet and fully present, how can we expect to understand true connection? Every Shabbat, I walk

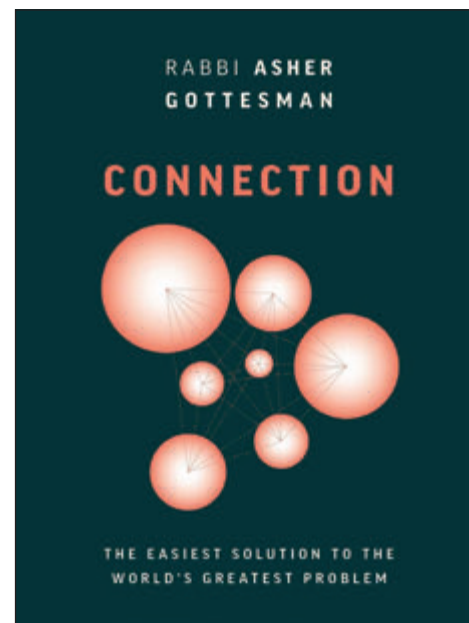
instead of drive, sit by a fire with my family instead of scrolling online, and slow way down.

Thanks to this way of life, I don't need my phone as much, other than for calls or emergencies. Because I'm dedicated to connecting, I'm dedicated to the stillness that makes it possible. Put down your iPhone and join me, won't you?

So now I turn it over to you. Set aside five minutes—maybe ten—and meditate. Yes, really. You might play a guided meditation, or music, or sit in silence. Just be still and breathe. You don't need a fancy retreat. You don't need to make it a big deal. You only need to shut your eyes and begin.

A tiny timeout in a busy life—requiring no words at all. And really, what better time than now? ✨

Rabbi Asher Gottesman is a spiritual entrepreneur, human connection coach, and Rabbi in Southern California. Now sober seventeen years and counting, Asher has counseled hundreds of men and women and built a renowned reputation where he is recognized by his three hallmark pillars of recovery; Accountability, Community, and Unconditional Love. His new book,



Connection: The Easiest Solution to the World's Greatest Problem, is a series of 36 conversations on the ways we can all reconnect—through what we believe, what we do, what we say, and what we embody. Connect with Rabbi Asher Gottesman: <https://ashergottesman.com>, Transcend Recovery: <https://www.transcendrecoverycommunity.com> Podcast: Showing Up With Asher G, Instagram: @theasherg, FB: @asher.gottesman.39, Twitter: @TheAsherG

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Keep the Change

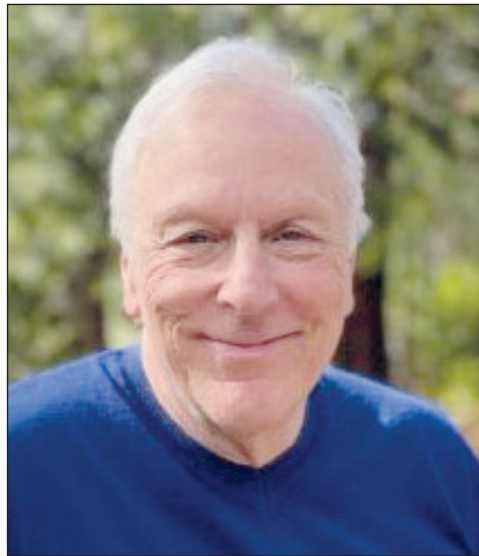
by Alan Cohen,
Hawaii

As we move into autumn, some of us may feel wistful about leaving the sunnier, warmer, vacation-friendly days behind. We may also be facing unwanted changes in our life, like the ending of a friendship or romantic relationship, job transition or loss, or the passing of a dear person or pet. It can be hard to see people and things we love move out of our world.

Yet, navigated wisely, such changes can be highly empowering. *A Course in Miracles* tells us that all change is helpful. When we upgrade our vision to welcome change instead of resist it, transitions become our friends.

When I first moved to a house in the country, I found a rat marauding our pantry. I purchased a no-kill trap, baited it with peanut butter, and set it out before I went to bed. Sure enough, the next morning, a little gray rodent was scampering about the cage. I took the cage to an empty field, and opened the door for the rat to escape. To my surprise, rather than jumping out of the cage, the rat scurried to the back of the cage and tried to hide there. I shook the cage again, but the rat continued to cling to the device. Finally I tilted the cage, gave it a hard shake, and the rat jumped out and dashed away into the field.

We humans are more like that rat than we care to admit. We get stuck in routines and



stay in relationships, jobs, and living situations that are more oppressive than rewarding. We pray to be released, but then when a gate opens, we run back to hide in the cage as if it is giving us solace. We don't realize that the universe is pushing us to freedom. If we can reframe the change as a doorway to greater good, we won't have to hide in the familiar.

My friend Brad was going through a painful divorce. The issue that split the couple was children. Brad wanted a family, and his wife did not. He felt torn between his love for his wife and his desire to be a dad. After much discussion, the couple decided to part. Brad felt devastated. Yet as a *Course in Miracles* student, he realized his predicament was an opportunity to practice trusting. He took a packet of computer printer papers and wrote **TRUST** in big, bold letters on each page. Then he spread out the papers on the floor, forming a kind of bed, and he lay down on it. This act gave him a sense of solace and relief.

Within the following year, Brad met a lovely woman named Hannah, and felt a deep resonance with her. As the two got to know each other, Brad realized that the

values they shared ran deeper than those he had with his former wife. Like Brad, Hannah wanted a family. The two married and now they have two beautiful children whom they love dearly. Their life revolves around their family, which richly fulfills the couple.

If you feel troubled about how a difficult situation will turn out, you might adopt Brad's trust exercise, either as a mental practice, or literally. Imagine that you are resting on a comfortable, supportive bed of trust. Even while the worried mind doubts and fears, the universe has your back. My teacher asked, "Where could you fall but into the arms of God? We can relate to God as a loving parent who wants only the best for us, and has the power to create miracles to sustain us. The exercise of resting on a bed of trust represents reality far more than imagination.

Trust becomes an especially valuable asset when you are faced with the appearance of rejection. I often use the maxim, "Rejection means protection." **If something is right for you, it will come naturally and organically. If a door closes, you are being redirected.**

A while back, I had to find a new office space within a short time frame. In a town near me, I found a site that was okay, but not great. The rooms were small, the rent was high, and it was situated on the corner of a busy intersection. Under time pressure, I told the rental agent I would take it, and he promised to send me the rental contract.

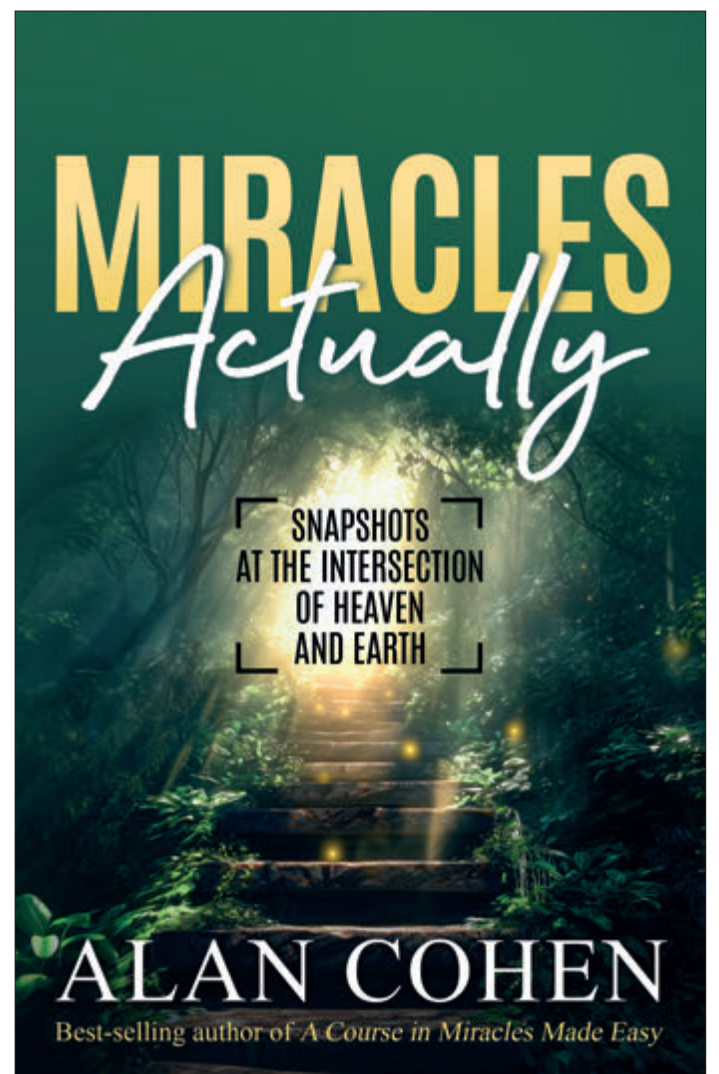
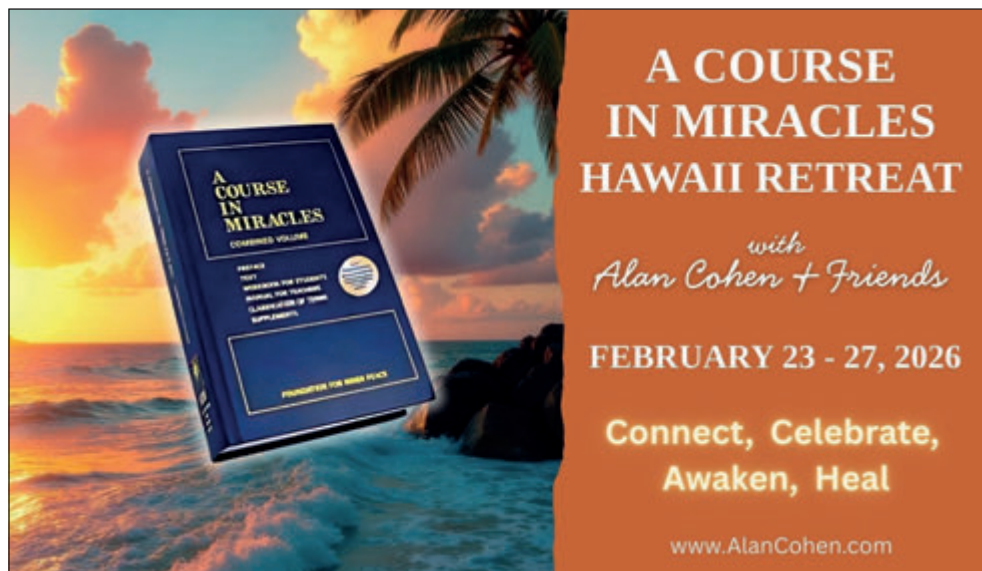
When a few weeks went by and I did not hear from the agent, I phoned him and inquired. He informed me that the landlord had looked at one of my books, and he didn't agree with my philosophy, so he would not rent to me. I asked the agent if this was legal, and he replied, "Probably not, but do you really want to fight it?" I decided instead to flow with the situation.

On my way home that day, a little voice in my head suggested

I take the scenic route home, through a lush forest, rather than the regular route. Along the way I noticed a lovely storefront with a "For Rent" sign on it. When I inquired, the landlady told me that her last tenant used the space for a tai chi studio, and she would love to have me rent it. The place was the perfect size, at a fraction of the cost of the space where I was denied, and in a paradise-like location just minutes from my home—superior in every way than the rental that fell through. The landlord that rejected me was not a devil, but an angel guiding me to my right and perfect place.

In the immortal *Tao te Ching*, the sage Lao-Tse wrote, *Tao abides in non-action, Yet nothing is left undone*. "Non-action" means letting life be, and trusting that when you relax and allow what wants to happen to happen, you will find far more success than trying to micro-manage life. **Change, it turns out, is not our enemy, but our friend guiding us to greater good.** ✨

Alan Cohen is the author of many popular books, including the new bestseller *Miracles Actually*. Join Alan for *A Course in Miracles* retreat in Hawaii, February 23-27, 2026. 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.



LIFESTYLE AS MEDICINE:

Simple Shifts, Profound Healing

by Patricia A. Muehsam, MD,
New York City

We tend to think of medicine as pills and procedures, or maybe supplements and superfoods. But the truth is, one of the most powerful forms of medicine is something we often overlook — our lifestyle. How we live, day to day — how we wake up, move through the hours, relate to others, and wind down — affects everything. It can be healing or harmful. It can keep us well, or quietly wear us down.

Lifestyle is medicine. And the prescription is surprisingly simple:

- Take a break.
- Do a little less.
- Move your body.
- Get outside.
- Play.
- Stop multitasking (really).

This might sound too easy to be “real medicine.” But both ancient healing traditions and modern science say otherwise. In fact, lifestyle medicine is *more powerful* than a physician’s prescriptions. If you’ve got a health issue, if you’re feeling anxious, depressed, or something else, *lifestyle is your medicine*.



Here’s how you can make lifestyle your medicine, in gentle, doable, powerful ways:

◆ Balance Your Day

We live in a culture that celebrates productivity and busy-ness — a culture that often confuses worth with output. But **our bodies and minds weren’t designed to run non-stop. We’re wired like nature itself: with cycles.** Just as the sun rises and sets, your inner world needs periods of activity and periods of rest.

We need a mix of activity and rest — for both body and mind. But most of us don’t rest until we’ve hit the wall. We push through, caffeinate, multitask, and crash. This keeps our nervous systems in a chronic state of overdrive, which prevents us from healing, digesting, sleeping... even thinking clearly.

When you move through your day with balance — balancing activity with true rest for both mind and body — you’re not being lazy or unproductive. You’re honoring your biology. You’re helping your nervous system reset, allowing your body to repair, digest, and heal.

Take cues from babies, dogs, cats. They rest when they’re tired, play when they feel like it, and stop when they’ve had enough. They honor their needs. They’ve got lifestyle medicine down. We can learn from them.

◆ Make Breaks Sacred

Even small pauses matter. One of my patients once told me she had zero time to rest during her workday. Her lifestyle was making her sick and keeping her sick. So we started small: I suggested she sit in the bathroom stall at work for two minutes every hour. Not to go to the bathroom — just to sit, close her eyes, rest her head on her lap, and belly breathe. She did it. Every hour, on the hour.

At first, it felt silly to her. But within a week, she noticed she was less frazzled. Her anxiety softened. Her body felt calmer. And over time, her energy improved, and the health issues she was dealing with left her — not because she was doing more, but because she was finally giving herself permission

to *pause*. That tiny daily ritual changed everything. *Little breaks = big medicine.*

◆ Single-Task to Heal Your Brain

We wear multitasking like a badge of honor. We chop vegetables while answering texts, listen to podcasts while scrolling emails, walk down the street while glued to our screens.

It feels efficient, but science says otherwise. *Research shows that multitasking stresses the brain, decreases productivity, increases anxiety, and over time, even changes the structure of our brain — in ways that harm focus, clarity, and memory.*

Multitasking is, quite literally, brain

damaging. Doing one thing at a time — with your full attention — isn’t just more effective, it’s healing. It brings your nervous system into a *parasympathetic* state (the rest-and-restore mode). It gives your mind a break from the constant split-attention. Try monotasking. Eat without distractions. Walk without your phone. Even just *breathe* and be where you are. The simplicity of full presence can be deeply nourishing.

Doing one thing at a time, with full presence, is powerful medicine. Especially when that “one thing” is simply walking or breathing.

◆ Get Outside, Touch the Earth

Modern life often separates us from nature. We live under artificial light, walk on concrete, and spend more time looking at screens than skies. But our bodies are still wired for the rhythms of the earth.

Sunlight, moonlight, fresh air, the feeling of bare feet on grass — these aren’t luxuries. They’re biological necessities.

They regulate your circadian rhythms, stabilize your mood, reduce inflammation, and reset your stress response. Walking barefoot on the grass, digging in the soil, hugging a tree (yes, really) — this isn’t woo-woo, it’s supported by scientific research. Science has even coined a term for being connected to nature: *earthing*. Earthing has been shown to decrease systemic inflammation, lower blood pressure, improve sleep, and calm the nervous system.

City-dweller? Even looking at images of nature can help. Your brain doesn’t know the difference. Your body does better when it’s connected to nature — and so does your mind. It’s ancient medicine. And it’s always available.

◆ Move Your Body... Your Way

I’m not fond of the word exercise. It’s loaded with “shoulds.” So instead, I think of it as *minding the body* — giving your body the movement and attention it needs in ways that feel good. Move it, stretch it, use it in ways that feel good — and only in ways that feel good.

Love to dance, garden, clean your house to music? That counts. Walking in silence, even slowly — that counts too. Presence is what makes movement medicine. And ignore what mainstream medicine and the fitness movements tell you about what and how much exercise you should be doing. It’s not correct. What’s best for your body is unique to you. The right kind of movement is what feels good and brings you joy.

The no-pain-no-gain mentality? It’s not helpful — and often harmful. It can actually make you hold onto weight or even gain weight, it can worsen health issues. Instead, tune in. Some bodies thrive with intensity; others need something gentler. Your constitution knows what’s best.

The key? *Presence*. When you’re fully in the moment — moving, stretching, being with your body — that’s when movement becomes medicine.

◆ And Yes... Play. Every Day.

Play is a medicine that many of us have forgotten. And it’s not optional. It boosts immunity, lowers stress, lowers your blood pressure, and activates the rest-and-digest part of your nervous system. Play reconnects you with joy. And joy is healing. We need play every day — even a little bit.

Play can be anything that makes you laugh, smile, feel silly or spontaneous. It could be dancing in your kitchen, watching a comedy, doodling in a notebook, or having a deep belly-laugh with a friend. If you’re feeling stuck and play feels elusive, just observe little kids. Or puppies. They’ve got play as medicine figured out.

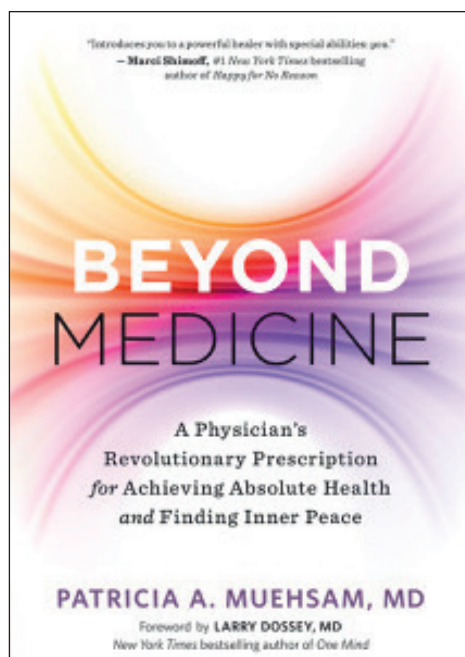
Lifestyle as Medicine begins with presence.

Living your life as medicine starts with one simple practice: *presence*. Check in. Ask: what do I need right now? Not what *should* I do — but what would nourish me in this moment? If you’re tired, rest. If you’re overwhelmed, pause. If you’re feeling stuck, move a little. And always, always be kind to yourself as you explore. No judgment. No “shoulds.” Just small, gentle steps toward ease.

And remember, you’re exactly where you need to be. And from here, *everything* is possible.

It’s from being here now, **in this very moment, that well-being arises and healing happens.**

Dr. Patricia A. Muehsam is a pioneering physician and award-winning author. Her book **Beyond Medicine** won the 2023 Nautilus Gold Medal. Founder of Transformational Medicine™, she offers health consultations, mind-body healing sessions, online courses, and communities of support. Having been a patient herself, she understands firsthand the challenges of illness and healing beyond conventional medicine. Dr. Muehsam’s work empowers individuals to embrace a new paradigm of health—one that honors the profound connection between the body, mind, and spirit. www.transformationalmedicine.org



Your Light Matters

by Ann Albers and The Angels,
Phoenix, AZ

You've heard this before: a single candle can illuminate a darkened room. A single ray of sun can dispel the darkness. The first rays of sunlight cast aside the shadows of night. And a single thought, word, or deed rooted in love can turn a life around ... starting with your own.

We know there are many 3D reasons to feel fearful in your world today. There are, and always have been, those upon the earth who seek power at any cost. There have always been those who want to control. There are, and always will be, people of varying persuasions who, for various reasons, seek to use and manipulate the masses. Some even feel that lording death over one another makes them powerful—whether dropping bombs or assassinating another's character.



These things have always existed. They aren't new. The difference now is that, for the first time in human history, they are in plain view, brought to your attention nearly in real time. News spreads like wildfire, and the masses respond. Whereas we used to see ripples in the pool of human consciousness as smaller groups discovered untruths, now we see tidal waves of emotion as various occurrences are presented to you through news and social media.

You, the sensitive ones, feel these waves. You may be going about your day, feeling perfectly fine, and suddenly you're tired, teary-eyed, or upset. It is extremely likely that you are picking up on the tides of mass consciousness.

And yet **you need not be victims of the energy around you.** As you sit with the Divine and your angels, you strengthen your ability to tune into the good and tune out the lower vibrations. As you engage in thoughts of love, appreciation, or contentment, you rise above the noise and discover a frequency of truth, peace, and kindness. With diligent practice, you can soar above the upset, like a bird gliding over a choppy sea that is aware of the waves, but not tossed around by them.

The converse is also true. If you feel angry, you'll sense the waves of anger more strongly. If you feel fearful, you'll tune into the waves of fear. The more you attune your "antennae of focus" to a vibration, the more you'll feel it.

The enlightened ones who walk the earth see both light and darkness, but they do not fear the darkness. They don't waste time fighting it either—for darkness thrives on the fight. Instead, they bring love, truth, appreciation, and grace into every moment and every interaction.

Many of you do the same. Many of you bring magnificent beauty to your world in ways you'll never fully see while here on earth. You offer kindness to strangers without ever knowing the ripple effects. You pray daily for your world, strengthening Mother Earth in her love for humanity. You sit in peace, play in joy, and create harmony that balances chaos. Your gardening nurtures beauty. Your reading nurtures creativity. Your love of sports fosters a healthy sense of competition. Your delight in making your home beautiful anchors a little more heaven on earth. Whatever you love, dear ones, sends ripples of goodness into the collective.

Don't belittle or negate your contributions. Whenever you do anything with love, your energy has far-reaching effects that you can't always see from your earthly perspective. For now, be content being content. Celebrate the smallest joys. Love being a lightworker and a lover, no matter the response of those around you. Your energy matters. Your light matters. Your kindness matters. You matter.

So while the world may look terrifying at times, remind yourself often: "Though I walk through the valley of the shadow of death, I will fear no evil..." for evil is only light forgotten. **Aligned with the Divine, you live in a frequency that keeps you from engaging with lower vibrations—unless you dignify them with your fear, your focus, or your fight.**

Far better to dignify the light. Focus on goodness and solutions. Be fierce in weeding out dense thoughts that grip you. Be relentless lovers by choosing to look for the good, acknowledge the good, and be the good. In this way, you not only rise above fear, you begin to banish it with your light.

A drop of ink can quickly color a glass of water, but it is insignificant in a pitcher, and even more so in a pool. Likewise,

negative energy can infiltrate one whose reservoir of love is small. But when you are filled with a vast reservoir of love, the darkness becomes an insignificant drop in the bucket, incapable of infiltrating your light.

Tap into the ocean of love often, dear ones, however you choose to do it. Whether you sit and breathe with your angels, go to church, synagogue, temple, or out into nature, you are connecting with the Divine. Whenever you act with love, speak with love, or pray with love, you are streaming love into the world. **Whenever you are kind—even to yourself—you acknowledge the Divinity within all.**

When fear attempts to infiltrate your consciousness, look to the light. Better yet, be the light. A shadow exists only where something blocks the light. You cannot kill or fight a shadow. Likewise, it makes no sense to battle darkness.

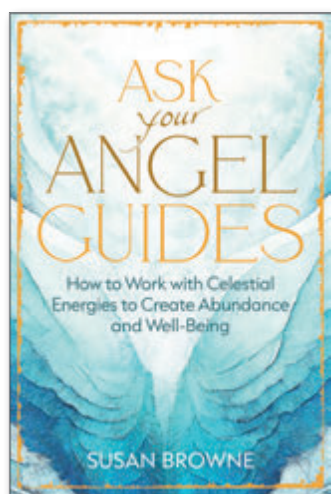
Instead, be the sun that shines so brightly that shadows cannot exist. Be the love in which the darkness has no power. If you want to protest something, stand for what you love rather than against what you hate. If you want change, stop convincing everyone of the wrongness and instead focus on the rightness of what you want to see. Speak with passion about what you believe can be better. Love the future you want to create.

You need not live in fear, dear friends, even in a chaotic world. Be, as best you can, the peace, the calm, the kindness you wish to see. At first, you will simply feel better. In time, you will become a beacon of hope, light, truth, and inspiration. **No act of love is too small. No kind thought is ever wasted. Your light matters.** Your love matters. You matter.

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.visionsofheaven.com. Her book, **Love is the River, Learning to Live in the Flow of Divine Grace** is available at <https://www.amazon.com/Love-River-Learning-Divine-Grace/dp/1949780007/>

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NATURE-INSPIRED SMILES

Have you ever wondered how dentists repair damaged teeth in a way that looks and feels so natural? Thanks to advances in a field called *biomimetics*, dental care is becoming more effective—and more nature-inspired—than ever before.

Let's explore how biomimetic dental materials are transforming modern dentistry and giving people healthier, longer-lasting smiles:

Biomimetics (or biomimicry) is the science of imitating nature to solve human problems. From designing airplanes based on bird wings to creating water-resistant fabrics modeled after lotus leaves, scientists often turn to nature for innovation. If it's good enough for nature, it should be good enough for our mouths.

In dentistry, biomimetics means developing materials and techniques that mimic the structure, strength, and function of real teeth. The goal is to repair or restore damaged teeth in a way that behaves like natural tooth tissue.

When would your teeth require repair?

Our teeth face constant stress and wear throughout life. Common reasons for dental damage include cavities (tooth decay), fractures or chips, tooth grinding (*bruxism*), failed fillings or old dental work. Let's face it; nothing lasts forever.

Traditional dental treatments—like metal fillings or metal-ceramic crowns—can be effective but may not always match the natural tooth's flexibility or bonding strength. Over time, this can lead to cracks, discomfort, or the need for more extensive repairs.

Biomimetic dental materials are designed to work in harmony with your natural tooth structure. Instead of simply filling a space, they restore the tooth's function, strength, and appearance in a more natural way.

There are **bioactive composites fillings**. Tooth-colored and designed to interact with the tooth, these materials release minerals like calcium or phosphate to help strengthen and rebuild enamel or dentin.

Glass ionomers are often used in fillings, and release minerals forming a strong bond with the tooth, helping prevent future decay.

Resin-Based Adhesives: these are advanced bonding agents that attach restorations more securely, reducing the risk of future damage.

Used especially in root canal procedures, **calcium silicate cements** promote healing and form a natural seal within the tooth.

Biomimetic materials aren't just about looking good—they offer real advantages for long-term dental health. These include a more natural feel, longer lasting results, tooth preservation and stronger bonding.



Because these materials mimic the flexibility and wear of natural teeth, they feel more comfortable in your mouth. By distributing chewing forces more evenly, they reduce the chances of cracking or failure over time.

Biomimetic techniques often require less drilling, preserving more of your natural tooth structure. These materials form a tight seal with the tooth, helping prevent future decay or infection.

The future of dentistry is nature-inspired. As technology improves, dental materials are becoming more advanced—and more natural. Some biomimetic materials can even encourage the growth of dentin, the inner layer of the tooth, offering a kind of natural regeneration.

More dentists are now being trained in biomimetic techniques, and new research continues to develop safer, stronger, and more biocompatible materials.

Are you interested in biomimetic dental care?



Seek biomimetic materials or minimally invasive techniques. Don't delay small dental issues—early biomimetic treatment can prevent bigger problems later.

Nature has spent millions of years perfecting the design of teeth. Biomimetic dentistry is finally catching up—offering materials and methods that work with your natural tooth, not against it.

Whether you're getting a filling, crown, or root canal, biomimetic materials can help ensure your smile stays strong, healthy, and natural-looking for years to come.

Your smile is a masterpiece of nature. Shouldn't your dental care be inspired by it too?

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I'll Seize the Day ... Right After My Nap! DOs and DON'Ts to Help the 50-Plus Crowd Live Their Best Lives Yet

by Jill Palmquist,
Minneapolis, MN

Mid-life and beyond is a mixed bag. On one hand, you're past the hectic childrearing years, you've (hopefully) reached some level of financial stability, and you (finally) know a thing or two about life. On the other, you're slowing down a little. You have less energy and more aches and pains. You might be doing the hard work of raising teens while also caring for aging parents. Perhaps most

alarmingly, time is flying by. This should be the prime of your life, so why does it feel like it's slipping away?

The busier and more complex our lives become, the faster we perceive the passage of time. Add in the dawning realization that life isn't all that long in the first place, and it's easy to see why people hit middle age and suddenly feel like their best days are behind them. Since (according to science) we perceive time to speed up as we age AND because the Earth is literally spinning faster than it used to, it's more important than ever to make our time really count. Mid-life is our big chance to let the truth sink in: How we spend our time is how we spend our lives. We get to choose. And choosing mindfully begins with gratitude for what it means to be a human, how magnificent it is to be alive, how crazy it is that we get to be who we are, traveling this finite experience.

Here are Some Tips for Seizing These Years as They Fly By:

DON'T lose yourself. These years can be difficult physically and emotionally. You're in your prime earning years at work, which could mean putting in long hours and managing a stressful workload. You might also be a caregiver to more than one generation of loved ones. These roles can be all-consuming and lead to burnout, anxiety, or depression. Make sure that throughout all this turbulence, you reserve time for you.

Set weekly appointments to go to a gym. Invest in self-care, whether it's massages, acupuncture, or therapy. Make time for rest. Do something you enjoy, like participating in a singing group, taking art classes, or joining a book club. You are worth the investment.

DO keep social connections strong. It's easy to let friendships and relationships with family slip away when you've got so much going on. While maintaining and nurturing those relationships can take time and energy, it's rewarding and worthwhile to stay in touch and keep social ties strong. And don't worry if you can't make a long, luxurious "girls weekend" work right now. In the throes of mid-life hecticness, it's the thought that counts. If all you can muster is a 30-minute coffee date or even a thinking-of-you text, that's a lot better than radio silence. The idea is to let your friends know you care.

DON'T neglect exercise. Now more than ever, it's important to move your body every day. Physical activity will help ward off chronic diseases and prevent premature death. Aim to get at least 30 minutes of moderate activity five days a week. (And don't forget those ever-important muscle-building exercises!) The good news is that being active doesn't need to be boring. You can join a fitness club; take a digital yoga, barre, or cycling class; or take walks or jogs around your neighborhood. Pick a few activities you love and go all in!

DO make your mental health a top priority. The responsibilities and (dare we say) burdens of mid-life and beyond aren't for the faint of heart. Depression, anxiety, and other mental health issues can turn up because of typical new challenges that occur in this phase of life: a cocktail of shifting hormones, tough responsibilities



at home or work, the onset of chronic health issues. If you've been thinking about reaching out for professional help, here's your sign to do so. A healthy mind and soul are necessary for a long, happy life.

Finally, **DON'T** succumb to bitterness or cynicism. You may feel like you've "seen it all," and there's nothing new under the sun. Or maybe you've been hurt deeply a few times (or more) over the years and you're done trusting others or trying new things. Fight the urge to wallow in bitterness or cynicism—you can easily get "stuck" in them, and they hurt you more than they protect you.

Always try to keep engaging with the mystery and wonder of life. Keep a spirit of curiosity and try to assume the best of others. When you keep an open heart and mind, you'll be surprised and even delighted every day. But how do you keep that world-weary feeling at bay when you're worn down and gun-shy from decades of harsh experience? A big part of it is regularly reminding yourself that this universe and the fact that you're here in it at all is nothing short of miraculous.

I want people to really see how spectacular, how mind-blowing, how cool it is to be here in these amazing bodies; with these curious, brilliant minds; sharing our time with others at all the ages. **Every age can and should be the best age. Usually, living a better life is not about making big changes so much as it is about just opening our eyes and hearts and senses.** ✨

Jill Palmquist is vice president and chief storyteller of luxury lifestyle and fitness brand *Life Time, Inc.*, and author of the new coffee table book *In This Lifetime* (Wise Ink, September 2024, ISBN: 978-1-63489-689-4, \$105.00). It is full of breathtaking photographs, thought-provoking essays, proverbs, parables, conversation starters, and distilled life wisdom to take with you through your days. For more information about *In This Lifetime*, please visit <https://inthislifetime.life/>. The book is available at LT Shop.

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What is the Great Quantum Reset? PART 2

Valir of the Pleiadian Collective,
Channeled by Dave Akira

Sudden revelations, abrupt endings to old ways of life, and unexpected awakenings of intuition are all symptoms of the quantum leap in consciousness. As the false control matrices that once kept you in a narrow band of experience fall apart, you are given the opportunity to see beyond the confines of the old game. Those who have benefited from humanity's ignorance and pain are scrambling, for they cannot operate in this rising frequency of transparency.

You, dear ones, are the pioneers of this new era. By daring to question what you've been told and by opening to your own higher knowing, you have initiated the reset within your own life. And, as enough individuals do this, the collective field tips toward liberation, triggering a cascade of transformation that ripples across the planet and beyond.

Amid this great quantum reset, we bring you a message of release. All your suffering was never yours to carry. **Understand this deeply: the burdens of pain, guilt, and limitation that have weighed so heavily on your shoulders, are not native to your soul. They were given to you by a world lost in its own forgetfulness.**

From childhood, you were handed wounds passed down through generations; unhealed traumas of your ancestors, societal shame and fear, the echo of old karmic dramas, and you took them on as if they were yours. You identified with your suffering thinking it was just "life" or just "human nature" but in truth, it was baggage added onto your pure being. *Some of you, in your empathy and light, even volunteered to carry more than your share hoping to transmute it for the collective.* But, hear these words, none of that darkness defines you and none of it ever truly belonged to you. The suffering you feel is like a cloak you put on for a time; a role you played in the grand play, but it is not the essence of who you are.

You are here in this life not to be beasts of burden for ancestral pain, but to finally set those burdens down. Breathe and feel that possibility, the weight falling away, the long night of the soul giving way to the dawn. When we say all your suffering was not meant for you to carry, we mean that you came as a sovereign soul to experience and then to heal, not to eternally bear loads imposed by others. The time has come to recognize what pain is yours and what pain was adopted from the outside, and in that recognition, you can, in one courageous act of consciousness, decide to let it go. What remains will be the truth of your being: Light, unencumbered, and free.

Consider how much of the heaviness you carry has been inherited or absorbed. You came into this world wide-eyed and full of light and immediately the conditioning began. You took on your family's unresolved emotions, playing out patterns that were never truly about you. You learned to carry your parent's and society's fears; fears about survival, about being good enough, about punishment from God, or rejection by the tribe. These burdens were laid upon you before you could even question them. Yet,



you accepted them as a loving soul often does, thinking you might fix or heal what others could not.

Many of you are what we call "Starseeds" and "Lightworkers:" old souls who came from far reaches of the cosmos to assist earth. In your compassion, you often agreed to take on more than your share of the collective sorrow, so that you could transform it through your human experience. But we remind you, the true you has never been defined by those stories of suffering. The true you exists beyond the play of drama and pain, untouched in the realm of spirit.

Now the time has come for the great clearing. You are not betraying anyone by

laying down these old weights. In fact by doing so, you uplift your entire lineage and soul group. When you heal yourself, you heal backwards and forwards in time, freeing your ancestors and descendants energetically. The belief that you must continue to hurt, because they hurt, is a shackle you can now unlock. You incarnated not to drown in the darkness, but to carry a torch of light through it, illuminating the way out. By releasing what was never yours, you fulfill the deeper mission you came for: to break the chains and set energy back into motion towards love.

You might wonder, how does one truly release such ancient suffering and programming? The answer lies in frequency and awareness. As the energies on your planet intensify, they are stirring all that was stagnant. Think of the influx of cosmic light, through solar flares, planetary alignments and the very movement of your solar system into higher energy regions of the galaxy as a great cleansing current.

This light is activating dormant portions of your DNA, the very blueprint of your physical and spiritual being. Within

spirit are updating, releasing the dense energies and making room for more light. Some of you have already felt physical or emotional symptoms of this process: fatigue, vivid dreams, waves of emotion. This is evidence of the old moving through you. Remember to call upon the tools you have: meditation, breath, movement and connection with nature can all help integrate the higher frequencies.

You are effectively undergoing a metamorphosis on a cellular level. With each breath of conscious release, you are allowing the alchemy of spirit to change you from the inside out. In this way, the burdens melt, the heart radiates, and your whole being begins to vibrate at the note of truth.

From a broader perspective, this process is not occurring in isolation. There is a vast galactic history, leading to this moment of emancipation. A long time ago in your linear time, earth was known as a living library of consciousness, a jewel in the cosmos, where myriad species contributed their knowledge. But as cycles turned, forces that sought dominion, inserted themselves into your story. They altered

your so-called "junk DNA" are multi-dimensional codes carrying the memory of who you are beyond this life; the wisdom of your soul, the gifts of your star lineage, the knowing of your purpose. As these DNA codes awaken, they broadcast a higher frequency throughout your body and aura. Lower vibrations such as fear, shame, and sorrow, cannot coexist easily with this rising frequency. They either come up to be transformed, or they fall away.

Yes, there may be times when you feel old pains resurfacing — not to punish you anew, but to offer you a final chance to acknowledge and release them. When this happens, do not despair. Recognize it as part of the recalibration. Your body and

your ancestor's DNA, diminishing your natural abilities, and erected veils of amnesia so you would forget your origin. These beings wove oppressive systems, some physical, some energetic, to harvest the energy generated by human struggle and strife. This was *the false Matrix of control*, a web of deception, making you believe you were small, alone, and obligated to suffer. Wars, dogmas, social hierarchies, fear of scarcity, all these were parts of that elaborate illusion.

Yet not all hope was lost. Throughout ages, teachers and prophets slipped through the cracks in the Matrix, to remind you of your power and many of you came from the

Continued on page 17

Take It Slow and Easy, but Do It! PART 2

by Dreama Vance, Texas

Last issue, we talked about eliminating processed foods from the diet. This one step, in and of itself, starts a healing journey for the body. You see, the body is designed to be self-healing. Have you ever cut your finger and done nothing to help it? Did it heal? The Divine energy that is within us, that is us, has intelligence. It is what beats our heart, draws our breath, causes our blood to flow and our food to digest.

The body is designed to maintain *homeostasis*, or balance. So what happens to throw the body out of balance? How do we end up with such things as heart disease and arthritis? In the world of natural health, illness or disease is deemed to result from either 1) toxicity, or 2) a lack or depletion, usually of nutrients. We also now know that there can be a mind-body-spirit component involved, but for now, let's stay focused on the physical.

In Dr. T. Colin Campbell's book, *The China Study*, he divides disease into two types: Diseases of affluence (nutritional extravagance) such as cancers, diabetes, coronary heart disease; and diseases of poverty (nutritional inadequacy and poor sanitation) such as pneumonia, pulmonary tuberculosis, and parasitic disease.

You can easily see that processed food would weigh heavily in the toxic category and would also weigh in under diseases of affluence. When you stop consuming something harmful, your body will naturally begin to release and detoxify, start the healing journey, and find its way back to balance. This applies to both harmful foods and harmful thoughts.

I know many of you are already on this journey and are quite conscious of your diet; however, I continue to be astounded to find wellness educators, energy workers, and others at work



in the healing field who appear to be oblivious to this information. I want you to know just how important your diet is, how wrongly informed we have been, and how to start coming into alignment with natural law and the wonderful results that happen, at all levels of our being, when we do. My purpose for writing these articles is to lay a foundation here for you to use in creating the life you desire. We all want health and vitality!

There are many resources out there now informing us of this healing way: Dr. Joel Fuhrman, Dr. Caldwell Esselstyn and his work on heart disease, along with his son's, *The Engine 2 Diet*, created to assist his fellow firemen. Then there is Dr. T. Colin Campbell's work and his son's involvement in the documentary, *Plant-Pure Nation*. These are all people bringing information to the public that nutrition and the choices you make about your food play a foundational role in your health. Disease does not just befall you. We have created it, through our ignorance of truth.

The legendary raw foodist Dr. Fred Bisci said in one interview about people's diet today, "Humanity has fallen into darkness." It was a poignant statement. I continue to have friends, old and new, who look at me as if I'm from Mars when I suggest that diet changes could help them with their fibromyalgia, their cancers, their arthritis, or their blood disorder. Dr. Bisci's statement just about broke my heart.

The good news is you can take action because you now have information and you can help loved ones in your family.

Two principles in *The China Study* are relevant here:

Principle #6: *The same nutrition that prevents disease in its early stages (before diagnosis) can also halt or reverse disease in its later stages (after diagnosis).*

Principle # 7: *Nutrition that is truly beneficial for one chronic disease will support health across the board.*

It isn't that hard. We don't need a different diet for every disease! Every one of the people mentioned above have books and information available that are easily doable. If brawny firemen in steak-central Austin, Texas can get rid of meat, dairy, refined and processed foods and go plant-strong, anyone can.

All of the above people have proven success records and their recommendations are not extreme. The raw and living foods diet has a defined healing diet within it and there are other benefits that arise out of this type of diet that relate to spiritual clarity, but with the exception of serious life-threatening disease, much progress can be made by choosing whole foods and plant-strong diets, which are in the middle of the dietary spectrum.

I want to talk for a moment about Dr. Fred Bisci because I love his work for so many reasons. He is in his 90's and has been a raw foodist for over 50 years. Very early on my path of exploration into the raw food movement, I got to hear him speak to a small group of about 25 people. He believes strongly in the spiritual foundation of life. He is a PhD nutritionist and has had a long clinical practice, working with many who are sick and ill and those referred by medical doctors.

Although he is a raw foodist, he designed specific diet recommendations to meet people where they were on their individual journey. He developed what he called the Intermediate Diet with a focus on what you leave out (processed food) as well as what you include, such as fresh, raw, organic food and a moderate amount of cooked food.

Here are some of my tips for making the transition:

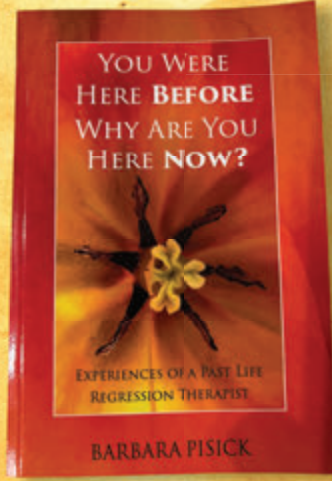
DO IT - Drop One, Include Two.

Drop One processed or unhealthy food from your diet. Include two practices that promote health. Just choose one thing to eliminate and two things to add. Focus only on this for a month. By then, it becomes a habit. The habit continues, but you don't really pay much attention to it, rather like brushing your teeth, you just DO IT!

Next month you will choose again — one thing to eliminate, two good things to add. Focus on those for a month. It becomes a habit. Slowly, over time, you very successfully and easily change. You don't really need me to tell you what is unhealthy or what to eliminate. **But here are some ideas for adding the good things.**

- 1. Start your day with a 16 oz. glass of good, pure water and the juice of half a lemon.** After a while you can add another glass of plain water so that you are getting a quart or liter of water in the morning. This helps flush the system and hydrate the body.
- 2. Eat some fresh raw fruit or vegetables with every meal.** It is

Continued on page 19



**You Were Here Before
Why Are You Here Now?**
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BOOK REVIEWS

& PRODUCTS

THE ITALIAN SOUL:

How to Savor the Full Joys of Life

by Judith Valente

redwheelweiser.com



Take a pilgrimage of the heart, a journey toward change that will allow you to approach life with a more contemplative stance and recreate a sense of *la dolce vita* — the sweet life — wherever you go. In *The Italian Soul*, Judith Valente shares personal stories and insights into the Italian way of life that she experienced as she strolled the streets of this charming country. Focusing on the attitudes, traditions, and practices that make the people of Italy role models for experiencing delight amid the demands and distractions of ordinary living, she observed how they

- have a deep appreciation for quality and aesthetics
- value taking the time to savor the little moments in life
- show a strong sense of community and make room for leisure and personal care
- honor their dead and have a deep respect for tradition

Additionally, it explores the contemplative practices and attitudes that seem to come naturally to a people who have made an art of living and working joyfully. A cross between a travel dispatch and a spirituality guide for seekers who eschew traditional religious practices but yearn for ways to bring more balance, sanity, and a greater sense of the transcendent into their daily lives. *The Italian Soul* is a book that will change the way you look at life.

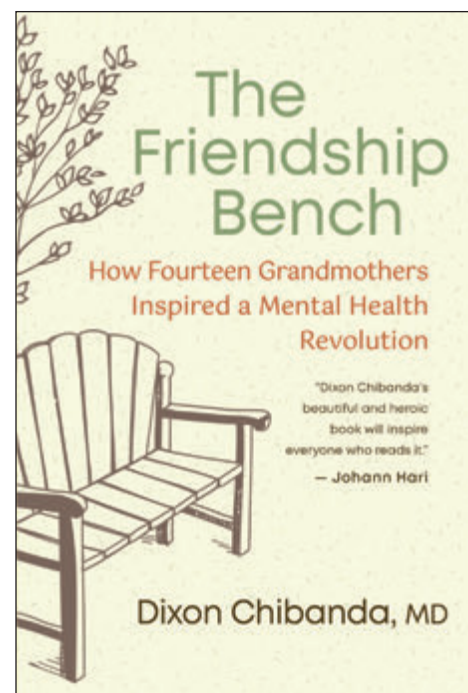
THE FRIENDSHIP BENCH

by Dixon Chibanda, MD

NewWorldLibrary.com

When Dr. Dixon Chibanda lost a patient to suicide, he began a soul-searching journey that eventually led to a mental healthcare revolution. As one of only six psychiatrists in all of Zimbabwe, a country traumatized by decades of conflict, Chibanda quickly realized that millions there were suffering from mental illness with no hope of receiving care. He saw that the only way to narrow this care gap was to leverage existing resources in the community, and one such resource was the compassion and understanding of grandmothers. With fourteen of these wise elders as partners, Chibanda pioneered the Friendship Bench program, a community-driven initiative addressing loneliness, depression, substance abuse, and suicide by fostering intergenerational connectedness. Since then, more than 500,000 people worldwide have sat on a park bench to share their personal stories with an empathetic grandmother.

A primer on how human connection forms the bedrock of our resilience, *The Friendship Bench* gives readers the tools to facilitate transformative healing by reaching out to those who are struggling and isolated from the world around them. It's a case study of how interventions supported by robust scientific evidence can be made accessible for all. Ultimately, it's a celebration of the collective wisdom and knowledge of those



rooted in their communities and their profound ability to foster belonging, purpose, and healing.

VACCINES

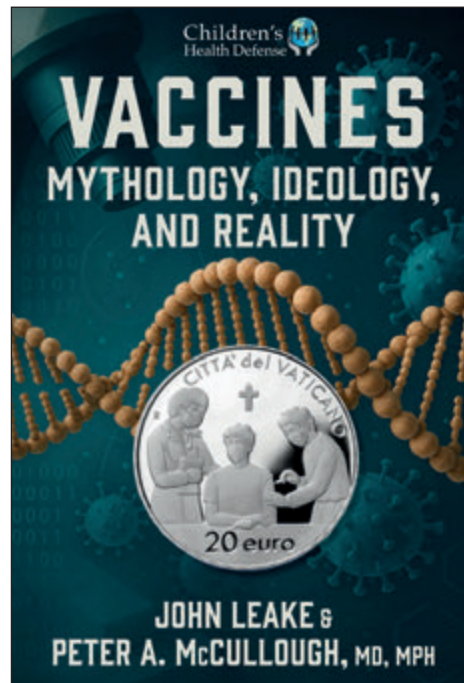
Mythology, Ideology, and Reality

by John Leake &

Peter A. McCullough, MD, MPH

Children's Health Defense

skyhorsepublishing.com



The word “vaccine” derives from the Latin word for cow. The English physician, Edward Jenner, coined it in his 1798 pamphlet *An Inquiry into the Causes and Effects of the Variolae Vaccinae*. The last two Latin words mean “Smallpox of the Cow,” or cowpox. Jenner postulated that cowpox causes mild disease in humans while protecting them from the more dangerous smallpox. His proposal for inoculation with a weak form of disease-causing matter to prevent serious illness became the central concept of infectious disease medicine and has remained so ever since. The word “vaccine” was subsequently applied to immunizations against all infectious diseases. Its etymology is amazingly apt, because vaccines are the ultimate sacred cow.

Vaccines: Mythology, Ideology, and Reality tells the story of this technology and the celebrated men who developed it with some success, but also with failures that are never mentioned in the celebratory literature on vaccines. Vaccine advocates often proclaim that they “follow the science,” but most vaccine development has been a matter of guesses, gambles, and wild experimentation. Its key figures have been biased by religious faith, wishful thinking, ideology, and a desire for recognition and money. Though credit is due to some vaccines for reducing infectious disease morbidity and mortality, their contribution to public health in developed nations has been grossly exaggerated by propagandists. Dramatic improvements in nutrition and sanitation were the primary

drivers of this trend. The authors do not dismiss the concept of vaccination but seek to promote a more informed and less dogmatic discussion about its risks and benefits. Critical evaluation can only make the technology safer and more effective.

PRODUCTS

MN NICE ETHNOBOTANICALS

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Prescription medications for anxiety can offer fast relief, but they often come with trade-offs such as sedation, dependency, withdrawal challenges, and other adverse effects. Natural support offers another path — it works *with* the body rather than overriding it. Botanicals, adaptogens, and other plant-based remedies can help the nervous system regain balance while supporting emotional resilience. They're not a “quick fix” in the same way as pharmaceuticals, but they can be gentler and safer for many people. MN Ethnobotanicals are ethically sourced and crafted for optimal results:

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- Kanna Extracts or Kanna Gummies
A South African botanical traditionally used to elevate mood and relieve tension. Kanna works on serotonin pathways and can create a calm, grounded focus—ideal for people whose anxiety is paired with low mood.
- Amanita Capsules or Amanita Tea
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- Blue Lotus Tea
Historically revered in ancient Egypt for its heart-opening and calming effects, Blue Lotus can help quiet the mind, reduce nervous tension, and support meditation or sleep.



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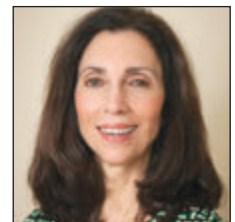
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Llynn' Newman

Continued from page 12

stars, incarnating on earth to seed the light, preparing for the time when the Matrix would lose its hold. Now is that time.

With the Great Quantum Reset underway, the galactic community observes with joy as humanity breaks its chains. You may not see it on your news broadcasts, but on subtler levels, the chains are indeed crumbling. The old guards of the illusion, those who relied on manipulation to rule, are watching their influence wane. The frequency on earth is rising beyond what their control mechanisms can contain. You are reclaiming your DNA, your Sovereignty and your story.

Know that your star families, Pleiadian, Arcturian, Sirian and countless others are assisting from behind the scenes, sending waves of support, because your liberation is a celebration felt across the stars. What happens here on earth now will uplift many worlds for you are an integral part of the vast tapestry of life. Your victory over imposed suffering sets a new tone for this entire corner of the universe.

As you awaken to this larger truth, the principle of Sovereignty becomes paramount. **Sovereignty means recognizing that you are the supreme authority in your life, guided by the wisdom of your soul, and accountable to the source of all creation.** No outer power, no institution, leader, or even channeled voice, holds dominion over your inner knowing. In reclaiming your Sovereignty, you reclaim your authorship of your story. You no longer hand your power to those who would define reality for you.

This is a great responsibility and a great joy, for with sovereignty comes the realization

that you are a creator being, endowed with the same creative essence as the Prime Creator. You have the right and the ability to choose your path free from the mandates of fear. We encourage you to practice this now in small and big ways. Question what you've been told, feel into what resonates with your heart, and make choices that honor your truth, rather than defaulting to collective habit. Each time you do this, you strengthen an energetic boundary, declaring, "I am Sovereign, I am Free."

In your energy field, this declaration is like an invincible shield, a high frequency that lower manipulations cannot penetrate. It does not mean you become isolated or uncaring. True sovereignty actually makes you compassionate and wise because you act from love and authenticity rather than coercion or people pleasing. As more individuals reclaim their sovereignty, a new collective reality forms, one built on respect for the freedom and divinity of each being. *This is the Blueprint of the New Earth: A society of awakened, responsible creators, who collaborate in harmony, rather than obey in fear.*

By stepping into your sovereignty, you withdraw your consent from the old paradigm. The Matrix cannot hold a population of self-realized beings. In this way, your personal liberation contributes directly to the liberation of humanity. Every soul that stands in its own light is like a candle that diminishes the dark for all.

The Great Quantum Reset is not a mere concept. It is alive within you. Every time you make a new choice un beholden to the wounds of the past, you are enacting that reset. Every time you catch yourself interpreting reality through the lens of love instead of fear, you quantum leap to a new

timeline. Do you see? The reset happens through your conscious participation, and as your inner world shifts, the outer world cannot help but follow.

The illusions of the past are like fading echoes. They have power IF you listen to them. When you tune into the frequency of your Higher Self, those echoes diminish. In practical terms, you will notice life reflecting your new state. Synchronicities will guide you gently, instead of crises shoving you harshly. Relationships will realign or release, depending on whether they support your new found clarity. Abundance will flow in expected and unexpected ways as you drop beliefs and lack. Even time itself may feel fluid, sometimes stretching, sometimes collapsing as you step out of the old linear constraints. This is the malleable nature of reality we spoke of, coming to life in your day to day existence.

Understand that this Quantum Reset is a process, a wave, that will continue to unfold. There may be surges and lulls, but the trajectory is set. It is carrying you and all who choose freedom, into a higher octave of being. Know that nothing can truly stop it now. The collective decision has been made at the soul level to reclaim light over shadow. The question is only how graciously and consciously you will ride this wave. You have allies in every dimension supporting you: your own soul, the earth herself and innumerable beings of light are conspiring in love to help you succeed. Trust this support and allow the journey to unfold without trying to clutch at the old shore. You are becoming something new, and that is the greatest blessing of these times.

Beloved ones, we offer these words to ignite the remembrance already within you.

Take them into your heart, and feel the truth resonating there. We, the Pleiadian Collective, walk beside you as family, yes, but **the Divine within you is your truest, most important, everlasting companion and guide.** In the end, all the teachings and messages including this one, are meant to point you back to your own wisdom. You are the key you have been searching for.

As the Great Quantum Reset unfolds, hold the light of this knowing high. Let it illuminate the shadows, if doubt creeps in. Let it remind you that you are far more than a name, a body, or a story. You are consciousness eternal choosing to be here now for a grand purpose. All the suffering of ages can be healed in an instant of awakening to that fact. In this very moment, you can decide to step out of the old skin of limitation and step into the radiant self that has been patiently waiting. Feel our love surrounding you, amplifying the love you are remembering to give yourself. We cherish you and the courage it takes to transform in this way. The time of the chrysalis is over. The wings of the sovereign soul unfurl. Fly forward now into the new dawn. Know that we rejoice with you. All your suffering was never yours to carry. Set it down, and step away from it and you will find us all celebrating your arrival on the other side of illusion. In the light of the Great Quantum Reset, you are free, you are whole and you are home. I am Valir, and I am delighted to have shared this with you all today. ✨

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

POETRY *Slow*

by David Frieman, Huntington Station, NY

Because I am a Libra

by Cleo Griffith, Central Valley, CA

I mourn for the tragedies of the world,
we hear them all, in these days
of mass communication, from our town
to the other side of the world, and that could
lay us low. It does some. I refuse,
will not accept guilt because I am still okay,
will not wallow in misery
and see only darkness
when I am here and able and in light.
I sorrow but do not rend my breast,
tear my hair, scream or pronounce all evil!
There is balance, and I am Libra,
I own these scales!!

Blank Canvas

by Janice Kuhl, Glen Cove, NY

no longer bound by
yesterday, I paint my future
in bright bold strokes

Sleep Aid

by Dianne Guarino, Northport, NY

Turn off the phone
Toss out the warm milk
Tune down the calming music
Throw away the melatonin
Pick up a book.

Relive history
Play detective
Chase ghosts
Take a lover
Become someone else.

When your eyes droop
When you reread a sentence three times
Insert a bookmark
Place book on the nightstand
Shut off the light

Dream...
Unless you're still wide-awake and are
compelled to read into the wee hours
of the morning.

Mother Nature knows
Change happens at the pace of
gently falling leaves



Thanksgiving Haiku

by Roberta A. McQueen

wild turkey runs free
knowing that the farmer is
vegetarian

What You Can't Know Right Now

by Len Slatest, East Moriches, NY

Is the tumor benign, or malignant?

The interview went decently, but will you get the job?
you really need the money

The trial is only a week away
he's a danger to them
irresponsible
will you get custody of your kids?

Squirming uncomfortably
in an interregnum of uncertainty
it's not where you want to be
but you're there
knowing the outcome is important, but nothing else
a turning point, of unknown direction

Such an indecent lack of information
unjust
unconscionable
depraved
you're floundering
in the perilous eddies of the universe
unanchored
prey for lurking chaos

This is life at its most elemental

It's there as you eat breakfast
there as you drive to work
even as you make love
especially then

hovering
unseen, towering
preoccupying
more! a death grip on your gullet
it tries to extinguish your breath, turn you blue,
eat your bones

In the underpinnings of existence there is only probability
no causality
it makes you shiver

but we don't live there



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*

Just the Basics

by Rhonda Weiss, Leeds, NY

I've gotten old
I've gone back to basics
No Rococo or Baroque
Just clean lines
To clean and wipe
No high hurdles
Or off-road adventures
Nights under storms
Or hikes over cliffs
I've gotten old
I've gone back to basics
Just truth and trust
Kindness and sharing
Just being there
Loving and caring
I've gotten old
I've gone back to basics
Just an absence of pain
A place to call home
A purpose to hold
A "You" for my arms
A sun that goes up
And a day
That is here



Life Dance

by Karen Feder Jordan, Plainview, NY

She was dancing in a cemetery,
Feeling the lush green earth beneath her feet,
Whirling and twirling on the sprawling verdant
Fields of flourishing blades of grass that swayed
In harmony with her joyful motions.
She was dancing above and beside
The chambers of death and decay
In the place where her uncle had been buried that day.
The arms that she often had extended to hug her beloved uncle
Were outstretched for the movements of the dance.
She was just four years old.
The only gravity that she recognized
Was the force that held her feet on solid ground
And prevented her from falling.
She was exuberant with the glow of youth
And the promise of a future
As she embraced each step of the dance.
It was a dance of jubilation,
A dance of life in a spacious land of the dead.
With repetitive circular motions,
She expressed the joys of life while
Perpetuating a cycle of persistent animation,
Relishing the pleasures of a life dance on a burial ground.
She was dancing in a cemetery.

Continued from page 13

very easy to go all day without eating anything raw or fresh. By focusing on adding something fresh to each meal and eating it first, we start to pay attention to consuming live, energy-rich food.

3. Make your snacks raw. My husband decided to give up his afternoon soda pop. Being a Brit, he likes tea. So he replaced the soda with a cup of tea

and an orange. This is definitely a step in the right direction! Fresh fruit, a handful of raw nuts and seeds, fresh veggie sticks all make great snacks. One of my favorite mid-morning treats when we are on the road is sliced apple with a small container of raw almond butter. Just dip and munch. Yum!

4. Have raw food for breakfast. This can include fresh fruit, fresh veggie juice, a smoothie, a green smoothie, raw granola or even chia pudding.

5. Every day, make one meal a salad meal. Have most of the salad fresh greens and add your favorite raw veggies for color. Then if you like, you can add some cooked veggies like potato or sweet potato, or steamed broccoli and carrots, or cauliflower, or add a scoop of cooked beans.

These are just some ideas to get you started or you can create your own healthy practices. The key is to get started and DO IT! ✨

Dreama Vance is a New Reality wellness expert and co-founder of the educational website *InfiniteBeing.com*. While her insights into spiritual truths are legendary, her specialty is research into effective methods of healing and attaining wellness of mind, body and spirit. After years of exploring healing modalities, she has become expert in three that are highly powerful and effective - veganism, qigong and sacred healing oils.



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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

OCTOBER 12

TRANSMISSION MEDITATION TO HELP THE WORLD with Irina Kurlat of Share International. Quest Lecture Hall, 242 East 53rd St., NYC. Sunday, 2:00PM. **FREE** Admission.

TransmissionMeditation.org. 877-495-7744 (See ad back cover.)

OCTOBER 17

HAUNTED HAPPENINGS HALLOWEEN EVENT WITH DANIEL AKNER Friday, 8:00PM – 10:00 PM, Levittown Hall, 201 Levittown Pkwy, Hicksville, NY 11801. This Halloween presentation is always a fun & popular get together of like-minded metaphysical folks & their friends. All are warmly welcome! Members \$20, Non-members \$25. eyesoflearning.org

OCTOBER 19

38TH ANNUAL FALL FESTIVAL Sunday, 11:00AM – 5:30 PM, Levittown Hall, 201 Levittown Pkwy, Hicksville, NY 11801. One of the Eyes Of Learning's most popular events. Psychic Readers, Vendors and more! \$5 admission. (See ad page 10.)

OCTOBER 24-25

REIKI MASTER RETREAT WEEKEND The Hunter Mountain Retreat House of Lanesville NY. \$900 includes 12 hours of Master & Master Teacher Training, Manual, Certifications and private room with sheets and linens in our 5000 sq' 1800s Farmhouse. See the house and Master Certification Workshop details: www.reikimastersensei.com. Text me for details 516-708-5213. \$200 deposit required and "Pay as you May" \$700 balance. Only 9 guests will be accepted. Prerequisite is Advanced Reiki Certification. (We can help you

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NOVEMBER 14

DISCOVER THE SECRETS OF YOUR SOUL WITH NANCY DEUTSCH Friday, 8:00 PM – 10:00 PM, Levittown Hall, 201 Levittown Pkwy, Hicksville, NY 11801. Members: \$20, Non-members: \$25

NOVEMBER 23

THERE IS REASON TO HAVE HOPE with Jim Weaver of Share International. Quest Lecture Hall, 242 East 53rd St., NYC. Sunday 2:00PM. **FREE** Admission. Share-international.us/ne 877-495-7744 (See ad back cover.)

UPCOMING EVENTS

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Pickleball: A Higher Purpose

by Neil Garvey, Publisher, Creations Magazine

For the fourth consecutive year, Pickleball continues to be the fastest-growing sport in the United States! According to the Sports & Fitness Industry Association (SFIA) Topline Participation Report for 2025, 19.8 million people played pickleball in the US in 2024— up nearly 46% over the previous year. Males presently outnumber females, 59% / 41% — but from what I'm seeing, that gap is rapidly closing.

A huge reason for pickleball's immense popularity is its accessibility to all age groups. A third smaller than a tennis court, pickleball, often played as doubles, requires less athleticism. However quick hand-eye skills, along with the strategy of positioning and ball placement play big.

I first stepped on a pickleball court last year. This past summer, I made the commitment to consistently play twice a week. One morning, without any warning, I woke up with a physical pain that I had not experienced in all my 66+ years: a pinched nerve in my neck.

No big deal, right ... until I tried to take my shirt off. As soon as I raised my right arm, an electric shock shot down my neck to my left shoulder blade. A pain so swift

and intense, it literally took my breath away. Didn't make pickleball that day.

So, I figured I'd give it a combo of rest, PT, chiro, acupuncture, massage, homeopathy, and essential oils and be ready to get back on the court. A few days later, my neck was still on fire — and I couldn't lift my right arm without creating crazy pain. Play pickleball? I couldn't even get dressed without my wife's help. I was in no shape to even make the 45 minute drive. Of course, I went anyway.

Still in great discomfort when I got there, it looked like I'd be relegated to cheerleading. But then a funny thing happened when I stepped on the court ... after a brief warmup, I went right into a game. For the next two+ hours that I played, my neck and back never even occurred to me. However, when I got back in the car to head home, all the discomfort returned. This went on for over 5 weeks.

This got me wondering: Where did all that pain and physical restriction go?

I wasn't able to dress myself, yet while immersed in a game, I could move freely, pain-free.

Thus, my theory: Pickleball is *not* just a game — it's therapy!

– **In the simplest terms, it's fun.** Mentally, these games get me out of my head. I guess

it's akin to what's referred to in sports as being "in the zone." Most importantly, my pickle group of mostly 60-somethings laugh a lot. Science has long recognized that "laughter is the best medicine." This makes for a joyful experience; energetically, joy is the highest vibration.

– **Energetically speaking**, maintaining a high vibrational state promotes the free-flow of unimpeded energy. Play reconnects you with joy. And joy is healing — notes Patricia Muehsam, MD (in this issue). Within a joyful, relaxed mindset, blockages of all types can more readily resolve, physically allowing for a full range of motion.

– This free-flow of energy is **Spiritually uplifting**, elevating our life-force.

The external mirrors what's going on inside us, and vice-versa.

— **Social connection.** An article in our June/July 2025 Issue by Dr. Lori Whatley, illustrates *The Importance of Happiness and Connection*. Dr. Whatley details how relationships fuel wellbeing and are "a potent predictor of happiness." Furthermore, "the act of nurturing and building these relationships can make us feel more fulfilled." I did not foresee having dozens of new friends at this age; folks that I truly look forward to seeing each week.

– **Improved Circulation** – Lots of low-impact movement. Moving the body for 2+ hours can be challenging, but oh so rewarding — building both physical strength and self-esteem.



– **Competitive Outlet** – This one is especially important to me ... perhaps, too important.

Coming from a competitive sports background, I require / crave the challenge and exhilaration of a well-played, highly-contested game. To borrow from the legendary football coach, Vince Lombardi, if winning doesn't matter, why do we keep score?

While on the surface, pickleball appears to be merely a *nice* pastime, it is on many levels so much more. It can nourish us mentally, emotionally, physically, socially, and spiritually. Of course, this is available through any pursuit, activity or sport that makes "time stand still" for you. For me, the ultimate purpose of pickleball is the simple fun, sheer joy, and the evolving relationships. Anyway, that's what I *dink* :)

Neil Garvey is the publisher and Editor-in-chief of **Creations Magazine**, and lately, pickleball aficionado. www.creationsmag.com neil@creationsmagazine.com, 516 994-4545.



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BOOKS

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ASK YOUR ANGEL GUIDES: How to Work with Celestial Energies to Create Abundance and Well-Being by Susan Browne. Live your best life with the celestial coaches. Inner Traditions ISBN 979-8888503508. www.InnerTraditions.com (see ad p.8)

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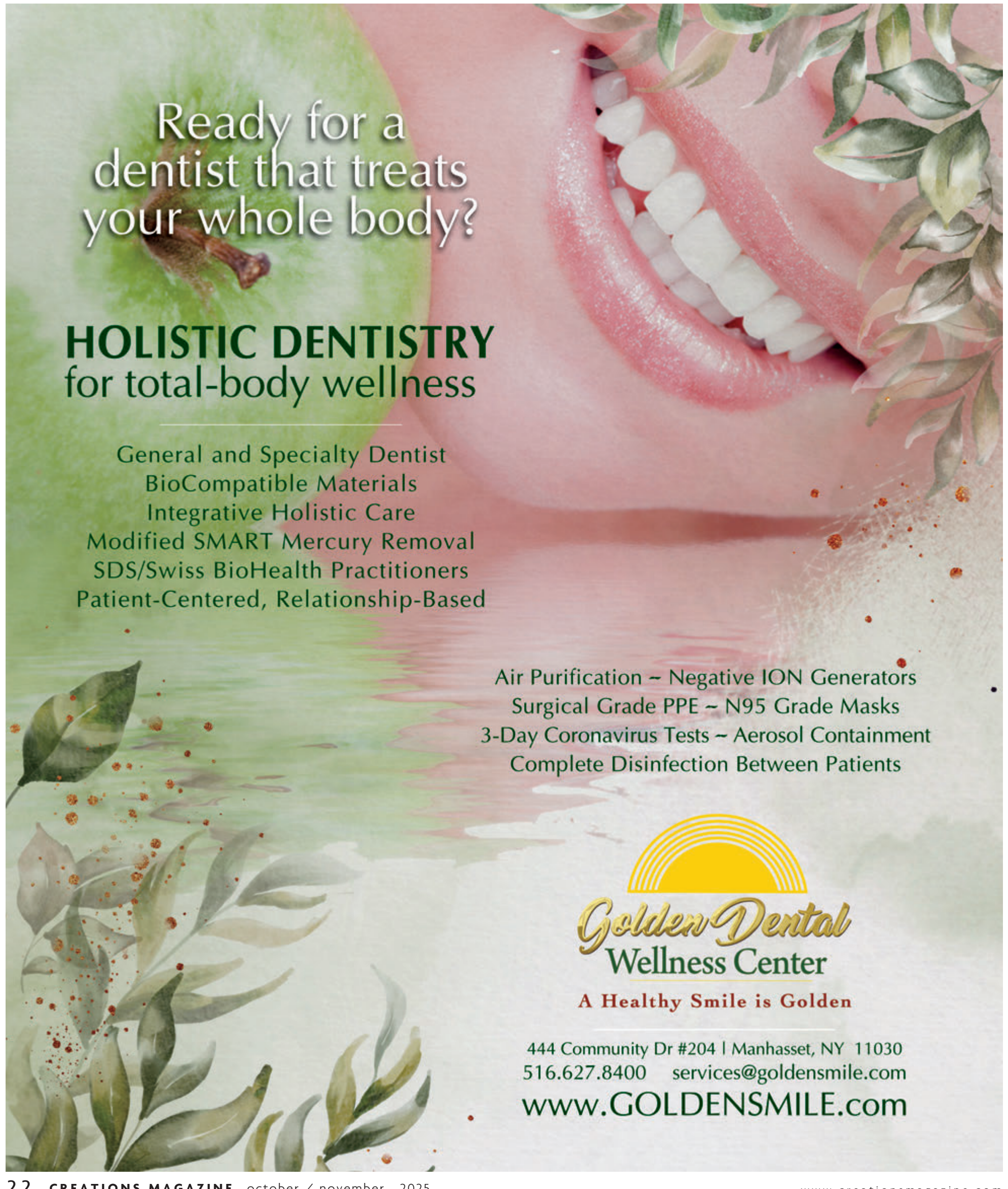
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