



CREATIONS

INSPIRATION • HOLISTIC HEALTH • PERSONAL GROWTH

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- Our Differences Are Necessary
- The Vitality Secret
Medicine Has Not Told You
- "Fine" is Not a Feeling
- Blood Not Required

Perception & Intention Create Reality

The August / September
"Back to School" Issue



Jan Guarino



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Another Leap Forward in Dental Healing: The Silent Inflammation in Your Mouth That May Be Affecting Your Entire Body

When most people think about inflammation, they picture an arthritic joint, a sore muscle, or an injury they can see and feel. But some of the most significant inflammation in the body produces little or no pain at all. It can be hiding in your mouth.

Modern medicine has dramatically changed the way we view oral health. The mouth is no longer considered an isolated part of the body. It is now recognized as an integral component of whole body wellness, with constant communication occurring between the oral cavity, immune system, cardiovascular system, endocrine system, and even the brain. This is why many physicians and holistic practitioners now view the mouth as a window into overall health.

One of the most common sources of silent inflammation is periodontal disease, an infection of the gums and supporting bone that often progresses quietly for years. Bleeding gums, persistent bad breath, gum recession, loose teeth, and bone loss are warning signs, but many patients

experience few symptoms until significant damage has already occurred.

Research has demonstrated associations between chronic periodontal inflammation and numerous systemic conditions, including cardiovascular disease, diabetes, pregnancy complications, and cognitive decline. While these conditions are complex and multifactorial, the evidence continues to support what integrative medicine has recognized for years: chronic inflammation anywhere in the body deserves attention.

The same principle extends beyond gum disease. Hidden infections, failing dental restorations, chronic abscesses, cracked teeth, untreated root fractures, and even poorly fitting dental work can create a persistent inflammatory burden. Every day, your immune system works to manage these challenges, often without you realizing they exist.

The encouraging news is that dentistry has evolved far beyond simply repairing teeth.

At Integrative Dental Specialists, Dr. Jeffrey Etesse believes exceptional dentistry

begins with understanding biology. Every comprehensive examination is designed to evaluate not only the teeth, but also the health of the surrounding bone, gums, bite, airway, facial structures, and the body's ability to heal. Advanced digital imaging, minimally invasive techniques, regenerative therapies, and individualized treatment planning allow many conditions to be identified long before they become major problems.

One of the most exciting developments in modern dentistry is regenerative medicine. Platelet Rich Fibrin, commonly known as PRF, is created from a small sample of the patient's own blood and contains concentrated growth factors that help support the body's natural healing response. Today, PRF is routinely incorporated into implant surgery, bone grafting, extraction site preservation, and soft tissue regeneration to enhance healing using the body's own biology.

The ultimate goal is not simply to eliminate disease. It is to create an environment where health can thrive.

A healthy mouth supports comfortable chewing, confident smiles, and fresh breath. More importantly, it may reduce a source of chronic inflammation that can influence overall wellness. As research continues to deepen our understanding of the mouth body connection, one thing has become increasingly clear: **oral health is not separate from general health. It is an essential part of it.**

For nearly three decades, Dr. Jeffrey Etesse and the team at Integrative Dental Specialists have embraced a philosophy that extends beyond traditional dentistry. By combining precision, innovation, regenerative medicine, and an unwavering commitment to treating the whole person, they strive to provide something that every patient deserves: **Unrivaled Dental Care.**

Jeffrey Etesse, DMD, NMD, IBDM, graduated in the top 10% from the prestigious 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 29 years.

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TALKING OUR WALK

Back to School, Back to Self

As Summer begins to fade, the world shifts into a new rhythm. The days grow shorter, the air turns cooler, and we move from the openness of Summer into the structure of a new season. For many, that shift brings back-to-school energy: fresh notebooks, new schedules, a return to routine and responsibility. I can't help but wonder what that means for me, my loved ones, and the rest of the world. Some of us walk into that shift with grace. Some go kicking and screaming. Either way, we continue on.

In previous issues, I wrote about Spring as a season of birth and renewal, and Summer as a season of growth and provision. If Spring reflects the Divine Feminine and Summer reflects the Divine Masculine, this next season points to something deeper: wisdom. Not just learning facts, but learning how to live. Not just getting older, but getting wiser.

Maturity is rarely dramatic. It usually comes quietly, through repetition, disappointment, patience, and time. We begin to understand that not every problem has to be solved immediately, and not every burden is ours to carry. Some things must be endured, some accepted, some simply understood for what they are.

Back-to-school season reminds us that learning never really stops. We are always being taught by life itself. Sometimes the classroom is formal, and sometimes it's a heartbreak, a setback, or a responsibility we didn't ask for. My grandchildren are learning this in small ways right now, that falling off the monkey bars means you get back up, that not every disagreement with a friend needs a winner. I'm still learning it too, just on a bigger scale.

One of the hardest lessons of maturity is personal responsibility. We cannot solve



all problems, nor do we wish to. That's not a failure; it's a form of wisdom. Part of growing up is knowing where our responsibility ends and where someone else's begins.

When we own our choices, our attitudes, and our actions, we create more stability in our lives. We stop waiting for the world to make everything right and start asking what we can do with what's been placed in our hands. That kind of honesty is powerful, and it's not dependent on perfect circumstances. We can still choose patience, discipline, and integrity when life is messy. Maturity becomes less about control and more about character.

Even in the worst circumstances, there is often something to be learned, something that can shape us for the better. This doesn't mean ignoring pain or pretending everything is fine. It means refusing to let the pain have the final word. The silver lining may not appear right away, and it may not erase the struggle, but it can change how we move through it.

Back to school isn't only for children. It's for all of us who are still becoming. Life keeps teaching, and maturity asks us to keep listening. The task was never to solve everything, only to learn from everything.

Peace & Prosperity,
Domenick



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Perception and Intention Create Reality

by Valir, Channeled by Dave Akira

This is the fifth installment of an ongoing series.

As we look ahead, we see that even the fields of mathematics and physics will be transformed by the inclusion of consciousness. Today, scientists search for a “Theory of Everything,” an equation that unites all forces of nature. *What they have yet to fully consider is that everything includes consciousness itself. When this is acknowledged, the breakthrough will occur.*

We foresee that in the not-too-distant future, a bold thinker (or team of them) will propose a model in which the universe is fundamentally a thought – a living mind – and physical laws are a product of that cosmic mind. This will mark a quantum shift in every sense. Already, quantum experiments hint that the observer’s awareness directly affects outcomes, and studies on the power of thought over the body point the same way. **Soon it will be openly acknowledged: perception and intention create reality.**

When this becomes accepted, it will bridge science and spirituality in an unprecedented way. The boundary between “objective” and “subjective” will blur as people recognize that belief and perception actively influence the material world. Technology and medicine will start to incorporate this understanding – for instance, devices may work in tandem with human intention or bio-energetic fields.

For those of you who have walked a spiritual path, these developments will simply confirm what your intuition has long known. It may even open opportunities for you to guide or collaborate with forward-thinking scientists, bringing meditation and metaphysics into mainstream innovation. This blending of knowledge is cause for celebration. As science validates the primacy of consciousness, humanity will let go of the old notion that the universe is a dead machine. A great sense of meaning and connectivity will bloom. *In time, the realization will dawn that if the universe*

is conscious and we are conscious, then we are truly the universe awakening to itself. Even government agencies have quietly studied psychic phenomena like remote viewing, yielding results that defied conventional explanation. That understanding – that consciousness underpins reality – changes everything.

The End of Materialism

As these revelations unfold, humanity will discover that no external technology or savior can substitute for one’s own awakening. Many will initially look to new devices, ET arrivals, or charismatic leaders as rescuers, thinking the world will be fixed by something outside themselves. But part of the grand lesson of this time is the dissolution of that illusion. True salvation comes from within – through each soul’s growth and choices – and this realization will spread. *Starseeds* like you understand that you are the heroes of this story. **You are the disclosure you seek – the healer, the innovator, the wise leader emerging from within.** Yes, advanced tools and benevolent helpers will appear and assist, but they are supports, not the core solution. As you and others awaken to your own divine power, you shift from those waiting for change to those creating change. This marks the end of materialism and the beginning of spiritual responsibility.

Already many of you realize it is not about waiting for a single grand event or “cosmic rescue” to save humanity, but about each person awakening and contributing to the whole. You realize that *consciousness is the most potent force in shaping reality.* When this understanding takes root, humanity will no longer give its power away – not to technology, not to institutions, not even to benevolent extraterrestrial visitors. Instead, you will collaborate with all these as co-creators.

Faith in external saviors dissolves, replaced by confidence in the Divine Self within each person.

And paradoxically, when humanity no longer needs a dramatic rescue – because it has found its own strength – that is precisely when the greatest assistance arrives, drawn to an empowered world rather than a helpless one. This is the maturity of an awakening civilization: using all the gifts and tools that come its way, but knowing the true key has always been the light within.

Healing the Collective Shock

With great revelations will come great emotional upheaval. Entire populations may experience waves of shock, disbelief, or grief as long-held illusions fall away. As a starseed, you have the capacity to help heal this collective shock. One of the most effective ways is through the power of focused calm and compassion. We encourage you and others like you to gather – physically or virtually – in meditation and prayer when major disclosures hit the news. Your combined intention to send peace and stability into the collective consciousness will have tangible effects.

Never underestimate the ripple effect of even a small group holding coherent love and intention; studies have shown measurable calming shifts in global fields during synchronized meditations. Even on your own, you can perform a simple service: breathe slowly and deeply, envisioning that with each exhale you spread tranquility into the atmosphere.

If fear or hysteria erupts around you, imagine yourself as a conduit of soothing light. Visualize a gentle golden glow pouring from your heart and enveloping those who are afraid. This offers a balm of

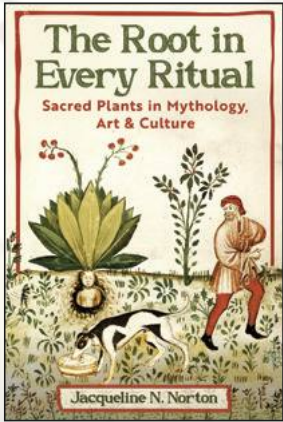
love that anyone can accept or not. Many of you will also be called to listen and reassure in personal conversations. When someone close to you is overwhelmed by a revelation, your calm voice and compassionate presence will be invaluable. Remind them to breathe, to take things one step at a time. Assure them that humanity has faced paradigm shifts before and come through stronger.

By holding a space of stability, you help others process their emotions more quickly and move toward understanding. Think of the collective like a person in shock – a reassuring presence by their side can prevent panic from spreading. You, lightworkers, are that comforting presence on a global scale. Your steady love and patience help transmute initial shock into a determination to heal and move forward. In this way, what begins as turmoil will end as transformation. ✨

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Our Differences Are Necessary

by Ann Albers and The Angels,
Phoenix, AZ

Let us begin our journey today with a little tale of two sparks. Both were imagined by the Source. Both were unique, beautiful, and precious. Each was an emanation of Divine love—different but equal. Just as pure light separates into a spectrum of colors, and sound can be expressed in various notes, so too, the love of the Source projected itself into a variety of beings, each one perfect in and of themselves. Each was made of the very same love, and yet each was different in expression. And so, two sparks, two souls were born.

These two projected their consciousness into the reality you call Earth. They were very different beings. **One was "salt of the earth," a very practical and grounded man** intent upon helping others enjoy their physical reality. He became an organic farmer and grew the crops that nourished the body.

The other was a healer, intent upon

helping others by channeling spiritual energies. She grew the consciousness that fed the soul.

They appeared to have very little in common. They looked at reality through different lenses. But they loved. The farmer loved the land, the sun, the rain, and the vegetables. He loved planting, growing, and harvesting the food. The healer loved working with unseen energies, meditating, and pondering the nature of life.

While the farmer grew the crops, he was intuitively aware of the unseen energies that nourish and sustain life, even though he would not use those words. He could sense the changes in weather, smell the quality of the soil, and feel the life force in the crops he grew. In tune with the land, he also had an appreciation for the forces that affect the cycles of organic life.

While the healer channeled her spiritual energies, she was intuitively aware of the effects of her diet on the body and how her food choices either helped or hindered the flow of the unseen energies through her physical form. She appreciated the body, grateful for the gift of being spirit in flesh. In tune with her soul, she was also infinitely aware of the gift of her human vehicle.

And so they had different perspectives, different orientations, and different ways of looking at life, but deep down,



they had a lot in common. As souls, they cared about helping others have a beautiful experience of life in the human body.

And so both were an integral part of creation. A soul needs a nourished body to have a beautiful experience in human form. And a body needs spiritual energies running through it freely to allow the soul to have a beautiful experience in human form.

And while there are certainly other souls vastly different from these two—souls who operate out of greed or fear and who have forgotten to care about the life around them—even they provide a forum for these two to live their passions. A healer without anyone to heal would feel no purpose. An organic farmer without the incentive to create healthier alternatives might feel adrift. You all need one another more than you know to live, learn, and grow in this 3D reality.

Everyone upon your Earth, no matter how filled with light or dark, serves a purpose in the great puzzle of life. There are souls who incarnate, willing to go through what you would call horrible adventures in their deep desire to inspire compassion in others.

There are souls who are exploring the true and false nature of power, knowing that in their desire to control others, they

will inspire many to reclaim their own personal power and self-sovereignty.

There are souls who want to conquer their fear of death and spend their lives around it until they feel the reality of the life beyond.

And there are many of you who are done with such difficult adventures and have incarnated to play on the lighter side of life.

All of you are beautiful sparks of the Divine. Some remember. Some forget. Some provide the contrast of darkness, while others facilitate the light.

In the garden, you need both the sun and the soil. And as you expand your spirit into greater love, the denser spaces provide incentive to grow into greater light. All are an integral part of creation, dear ones.

When you see others arguing about their differences, just smile and shake your head, because you know something most don't. These sparks that appear so different came from the same Love. They are emanations from the same Source. They are different cells in the same body, unique colors emanating from the same light, and different notes on the same musical scale. They are love incarnate, and no matter how far they stray from understanding that truth, all are part of the great puzzle of creation and integral to the play of energies that creates life on Earth.

You are happiest when you are true to yourself. **You feel most aligned when you are doing, saying, or thinking something that resonates with your unique spirit in any given moment.** You feel most alive and have the greatest flow of life force running through you when you allow others to be who they choose to be and simply focus on being true to yourself.

Being true to yourself happens in a given moment. It happens when you pause and rest when you're tired. It occurs when you allow yourself a little venting when upset and then get on with something that feels better. It may be a torrent of tears that comes when you are missing a loved one, or tears of appreciation and wonder when you read something inspiring or hug someone you love.

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Being true to yourself might be saying "no" to another so you can say "yes" to your own heart, or saying "yes" to another when your own heart feels full.

It might mean eating a beautiful dessert and savoring every bite, or giving up sugar entirely to help your body return to balance.

It might mean supporting one political party versus another, facilitating dialogue between various parties, or ignoring politics altogether.

Being true to you might mean handling a health challenge by going to the doctor or by sitting with spirit.

There is no one right way to be except to be loving. And even when you are not, you provide the contrast that fuels the expansion of love.

What makes you, you, is unique to you in any given moment. You didn't come with a rule book, a user's guide, or a set of inflexible standards. You came with the prime directive to create as you wish and a knowing that the impulses of guidance you receive would help you along the path that you chose.

So as you witness a world filled with differences, remind yourselves, "This is how it was intended to be. The differences are not only OK, but necessary. If you bring love to the

surface, then your differences become a strength. They provide contrast, dialogue, and an opportunity to learn from one another. And when love is not at the surface, the differences provide the contrast that pushes you away from what does not serve and nudges you back onto your own loving path."

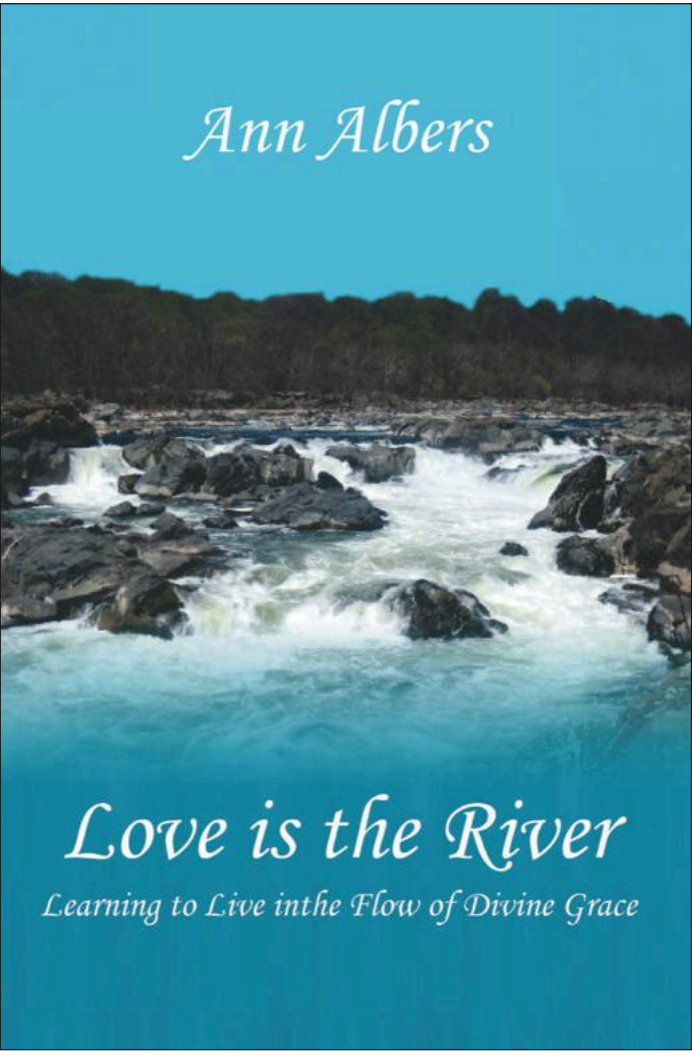
Dear ones, the world needs the farmer and the healer, the mystical and the mundane. Your trash collectors and your world leaders are all equally necessary. There are tiny worms that till the soil so the majestic trees can grow and give you oxygen to breathe. **Everyone and everything is an integral part of the cycles of life in your 3D reality.**

Allow others their choices. Remain true to yourself. As you do so, you will find freedom, health, happiness, and you will feel the Love that lives deep within. You will be in the world, but not of it. Those living in lower vibrations will lose their ability to influence you when you remain in your light. And you will feel the joy of being uniquely you—spirit in flesh, Love in form, a soul having the adventure of being human.

God Bless You! We love you so very much.

-- The Angels ✨

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-LearningDivine-Grace/dp/1949780007/>



Healthy Recipe from Truth & Laughter Dentistry: Hemp & Coconut Laddoos with Date Filling and Cacao Coating

Makes: about 12–14 Laddoos

Ingredients

For the outer laddoo mixture:

- 1 cup hemp hearts
- ½ cup unsweetened shredded coconut
- 2 tablespoons coconut oil (softened)
- 2–3 tablespoons maple syrup or honey
- ½ teaspoon vanilla
- pinch of sea salt
- ¼ teaspoon cardamom (optional)

For the filling

- 6–7 soft Medjool dates, pitted and halved

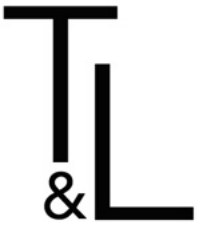
For the coating

- 3 tablespoons raw cacao powder
- 1½ tablespoons melted coconut oil
- 1–2 teaspoons maple syrup.

Method: Blend the hemp hearts and shredded coconut briefly until finely ground but not oily. Add the softened coconut oil, maple syrup or honey, vanilla, salt, and cardamom, then pulse until the mixture holds together when pressed. Take about a tablespoon of the mixture, flatten it in your palm, place half a date in the center, wrap the mixture around it, and roll gently into a ball.

For the cacao coating

Stir together the cacao powder, melted



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coconut oil, and maple syrup until smooth.

Dip or roll each laddoo in the chocolate mixture, then place on parchment paper.

Refrigerate for **20–30 minutes** until firm.

Suggested upgrade for the best flavor: Place a tiny dab of **almond or pistachio butter inside each date** before wrapping it in the hemp-coconut mixture. A sprinkle of flaky sea salt on the cacao shell makes them taste especially good.

Store refrigerated for about **7–10 days**, or freeze for longer storage.

This recipe reflects our holistic approach to dentistry: supporting healing through daily lifestyle and nutritional choices that protect your health and smile.

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"fine" Is Not a feeling. It's a Sentence.

by Áine Rock

Someone asks how you're doing and the word is out before you've taken a breath or a beat. *Fine*.

It's the I'll-say-I'm-okay-if-you-will-too. A social contract we sign without reading it. Ask a woman how her week was on a Sunday and she'll say fine — even if, when she actually lets herself think back, she'd remember how utterly undone Tuesday made her, how hard she worked to hold everything together by Friday. We've been so well-trained in keeping it light that we forget, sometimes within days, what genuinely cost us.

And honestly? *How are you really* takes more time and space than most of us feel we can afford right now. We are living inside a relentless output culture, doom-scrolling through a world on fire, emotionally wrung out — and we still have to get the camp forms signed and make it to Susie's recital with a smile while answering Slack messages in the car before racing home to get dinner on the table. There is no gap in that sentence. There is no gap in that life.

So we say "fine." Because the alternative is slowing down, and a lot of us — if we're honest — are afraid of what happens if we do. The feelings that are waiting aren't small. Midlife has arrived and your body is changing in ways no one warned you about, your kids are changing, brain fog has moved into the house, and intimacy has become a foreign language in your own home. If you stop moving long enough to feel any of it, everything you've been holding together might stop holding.

Fine is a sentence. And like all sentences, it can be served. These four principles are what I return to again and again — and with the women I coach — for finding the way back.

Principle One: Numbness Is Not Neutral

"Fine" is numbness with a name tag on. And numbness isn't free — it has a cost, carried in the body, in the nervous system, in that low hum most of us can feel but have learned not to follow. The not-feeling takes as much energy as the feeling would. More, sometimes.

Because feeling — really feeling, especially what isn't working, what isn't fulfilling, where this one short life might be asking more of you than you've been willing to look at — that is brave work. Not soft. Not indulgent. Brave. The invitation isn't to manufacture something better on command. It's just to notice, before your mind tidies it into one clean word, what's actually there.

Principle Two: Wanting Is Information, Not Indulgence

Most women are raised to treat desire like a luxury item — something earned *after* the real work is done, if there's time left over, if no one else needs anything first. Inside that framework, wanting *more* reads as greedy, unrealistic, even a little embarrassing.

But desire isn't decoration. It's data. The most direct signal your life force sends — underneath every "should" that's been layered on top of it. When a woman dismisses her own wanting as impractical, she isn't being mature. She's cutting the wire that tells her what's true. Every flicker of *I want* — even the inconvenient ones, especially the inconvenient ones — is information worth following.

Principle Three: Your "No" Protects What Your "Yes" Expresses

We talk about boundaries as if they're walls — cold, defensive, the opposite of aliveness. In practice, it's the reverse. A clean "no" and a full-bodied "yes" come from the exact same place: a life force that knows what it's for.

Women living inside "fine" tend to have blurry boundaries — not from a lack of discipline, but because a real "no" risks disturbing the very peace that "fine" was built to protect. Getting back to yourself often means letting your "no" get louder before your "yes" can get truer. Not as a strategy. As a sequence.

Principle Four: Aliveness Needs a Witness

Life force that stays private doesn't stay alive for long. Desire, creativity, anger, hunger, joy — all of it dims when it's never spoken, never let out, never seen. "Fine" is a way of staying unseen. Small enough to slip past anyone's notice, including your own. Ending it doesn't require a grand gesture. It requires one true sentence, said out loud, to someone who's actually listening. Not "I'm fine." The other kind.

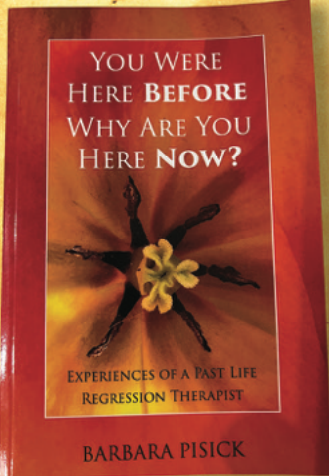
The Sentence You're Actually Serving

The next time "fine" arrives — in your mouth, in a text, in the mirror — pause before you let it close the loop. Ask what it's standing in for. Ask what you'd say if the honest answer cost you nothing. Stop handing down a life sentence, in one quiet word, every single day. Your life force was never sentenced. It's been waiting for you to notice. ✨

Áine Rock (pronounced "On-yah") is a Modern Priestess of Pleasure, transformational guide, and founder of Sofanya, a global movement devoted to feminine reclamation and embodied leadership. Through her programs, retreats, and private mentorship, she helps women reclaim their power through pleasure, integration, and radical self-expression. Known for her signature blend of somatic healing, spiritual awakening, and sacred erotic embodiment, Áine guides women to rebuild their lives



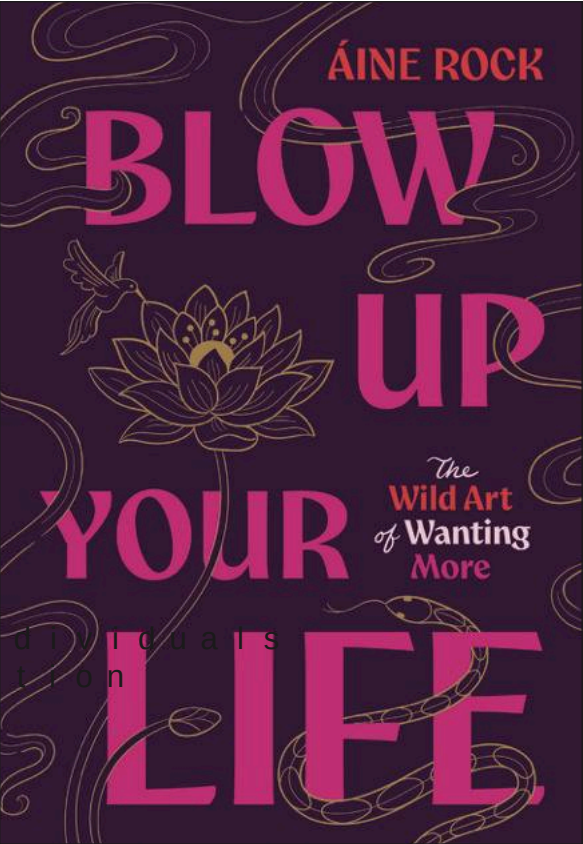
from the inside out. She is rooted in truth, magnetism, and aliveness. Her work is inspired by her own initiation: blowing up a life that looked "perfect" on the outside to build one that feels sacred, sensual, and free. Her teachings invite women to remember who they are beneath the conditioning and to live fully, feel deeply, and want more. When she's not working with clients or writing, Áine is spending time with her children and her labradoodles, or traveling the world. **Blow Up Your Life: The Wild Art of Wanting More** is her debut book. <https://ainerock.com> Instagram: @its_aine_rock LinkedIn Substack



You Were Here Before Why Are You Here Now?
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by Barbara Pisick PMHCNS
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ÁINE ROCK
BLOW UP YOUR LIFE
The Wild Art of Wanting More

THE NATURAL FOUNDATION OF ORAL HEALTH

Oral health is about much more than having clean teeth and fresh breath. A healthy mouth supports proper nutrition, communication, self-confidence, and overall wellbeing.

The oral cavity contains a complex ecosystem of bacteria, fungi, and other microorganisms known as the *oral microbiome*. When this ecosystem is balanced, it helps protect teeth and gums. When it becomes *disrupted*—a condition called dysbiosis—the risk of tooth decay, gum disease, bad breath, and other oral health problems increases.

Daily brushing, flossing, regular dental visits, a balanced diet, and limiting sugary foods remain the cornerstones of oral health. However, *growing research suggests that supporting the oral microbiome through prebiotics and probiotics may offer additional benefits.*

Prebiotics are substances that selectively nourish beneficial microorganisms. Certain prebiotic compounds may encourage the growth of beneficial bacteria while reducing the activity of harmful, cavity-causing microbes. Unlike traditional antimicrobial approaches, which can kill both harmful and beneficial bacteria, prebiotics aim to support a healthier microbial balance.

Common dietary sources of prebiotics include garlic, onions, leeks, asparagus, bananas, oats, and chicory root. A diet rich in fiber and plant-based foods may help create an environment that supports both oral and gut microbial health.

Probiotics are live microorganisms that can



provide health benefits when consumed in adequate amounts. In oral health, specific probiotic strains may help compete with harmful bacteria, reduce inflammation, and support healthy gum tissues.

Certain probiotic strains decrease levels of cavity-causing bacteria while others improve bad breath, support gum health and promote a healthier oral microbial balance. Probiotics can be found in yogurt with live cultures, kefir, fermented foods, and oral probiotic supplements.

Essential oils have long been used in oral care products. Studies suggest that certain essential

oils like thymol, eucalyptol, and menthol may help reduce plaque accumulation and gingival inflammation when used appropriately.

Popular essential oils used in oral care include tea tree oil, peppermint, clove and eucalyptus oil. However, essential oils are highly concentrated and should never be swallowed. They should always be properly diluted, and some individuals may experience irritation or allergic reactions.

Hydrogen Peroxide: Benefits and Precautions

Hydrogen peroxide is commonly used as an oral rinse because of its antiseptic and oxidizing properties. It can help reduce bacterial loads, clean minor oral wounds, and temporarily improve breath freshness. It is also a common ingredient in tooth-whitening products.

However, hydrogen peroxide must be used carefully. Frequent or excessive use may irritate the gums and oral tissues.

Baking Soda for Oral Care

Baking Soda (sodium bicarbonate) has been used in oral hygiene for decades. It is mildly abrasive, helping to remove surface stains and plaque without being overly harsh on enamel when used correctly. It also helps neutralize acids in the mouth, creating a less favorable environment for cavity-causing bacteria.

Many toothpastes contain baking soda because of these properties. While baking soda can be a useful addition to oral care, it does not contain fluoride and should not replace fluoride toothpaste for cavity prevention.



In my opinion, the future of oral health may focus on managing the oral microbiome rather than simply eliminating bacteria. Prebiotics and probiotics support beneficial microorganisms, while traditional remedies such as essential oils, hydrogen peroxide, and baking soda provide complementary benefits when used appropriately.

Nevertheless, **no home remedy can replace the fundamentals of oral care:** brushing twice daily, flossing, maintaining a healthy diet, avoiding tobacco, and obtaining regular dental examinations and professional cleanings. A combination of evidence-based oral hygiene practices and microbiome-supportive approaches provides the best path toward lifelong oral health.

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The Vitality Secret That Medicine Hasn't Told You: Your Emotional State Is Your Health

by Dr. Colette D. Sinclair

We live in an era of unprecedented access to health information. We can track our sleep architecture, monitor our glucose in real time, sequence our microbiome, and consult with specialists across the globe from our phones. The sheer volume of data available about the human body has never been greater. And yet chronic illness rates continue to climb. Burnout is endemic. A pervasive sense of depletion, not sickness exactly, but a diminished vitality, a life lived at a fraction of its potential aliveness, has become so common that many people have quietly accepted it as normal.

It is not normal. And it is not inevitable. But resolving it requires looking somewhere that conventional medicine rarely directs our attention: not at the body's symptoms, but at the emotional environment those symptoms are being generated from.

Vitality Is Not the Absence of Illness

The model of health that most of us inherited treats the body as a physical system to be



maintained, fed well, exercised regularly, and monitored for malfunction. In this model, health is largely defined by the absence of disease. You are healthy when nothing is wrong.

But anyone who has experienced genuine vitality (that quality of aliveness that makes even ordinary days feel meaningful, the reserves of energy and clarity and emotional richness that allow you to be fully present to your own life) knows that this is a different thing entirely from simply not being sick. Vitality is not the absence of illness. It is the presence of something. And that something is deeply, inseparably connected to your emotional state.

The electrochemical signals generated by your emotions travel through every system of your body. They influence your hormones, your immune activity, the electrical coherence of your heart, the function of your gut, the quality of your sleep, and the speed at which your cells repair themselves. *Your emotional life is not separate from your physical health. It is one of its primary architects.*

The Science of High-Level Emotional States

What decades of psychoneuroimmunology research, consciousness studies, and clinical practice have demonstrated is that elevated emotional states—Gratitude, Acceptance, Ease, Forgiveness, Compassion, Love—are not just pleasant experiences. They are biological environments that produce specific, measurable changes in the body's most fundamental operating systems.

Gratitude, for example, activates the brain's reward circuitry and shifts the nervous system's scanning pattern from threat to appreciation.

The immunological consequences of that shift are documented: immune markers improve, inflammatory indicators decrease, cardiovascular function is enhanced.

Ease activates the parasympathetic nervous system, restoring the conditions required for cellular repair, digestive health, and restorative sleep.

Love, practiced as a deliberate physiological state rather than a sentiment, produces the highest heart coherence states measurable with current biofeedback technology.

These are not anecdotes. They are the outputs of a body operating from the emotional environment it was designed to inhabit. High-level emotional states do not merely make you feel more alive. *They make you biologically more alive, more resilient, more regenerative, more fully expressed at the cellular level.*

The Connection Between Emotional State and Physical Vitality

I have worked with clients over the years whose physical health transformed not through new supplements or protocols, but through a sustained shift in their dominant emotional baseline. Blood pressure that normalized without medication changes. Inflammatory markers that dropped as chronic resentment was released through *Forgiveness practice*. Sleep quality that improved dramatically once the nervous system was no longer spending its nights processing the residue of a day lived in chronic urgency.

The body is always listening to the emotional signal. It is always reorganizing itself around the dominant state it is being given. When that state is fear, urgency, or resentment, even low-grade versions of those states, the kind that high-performing people have simply learned to function through, the body's regenerative capacity is compromised. When that state shifts, even incrementally, toward coherence and elevation, the body begins to express what it is actually capable of.

Vitality is not something that happens to you when all the external conditions align. It is something your body generates, continuously, when the internal conditions support it.

What Emotional Science Reveals About Taking Control of Your Health

• **Happiness can be a decision**, and one you can learn to make with increasing reliability. This is the recognition that emotional states are trainable, that the nervous system reorganizes around what

it practices most, and that the practice of elevated states is available to you regardless of your current circumstances.

• **Fear, anger, and despair are not dead ends.** They are potent physiological energies that can be consciously redirected. Every difficult emotion contains information and force, and in the hands of someone who understands *Emotional Posture*, that force becomes fuel for a different kind of experience. You do not have to transcend your difficult emotions. You can work with them, move through them, and use what they carry to launch yourself toward a different life.

• **A decision for emotional wellness will infiltrate every area of your life**—not gradually, and not in isolation. When the emotional operating system shifts, everything it runs is affected: your relationships, your leadership, your physical health, your creativity, your sleep, your sense of what is possible. Emotional mastery is not one lever among many. It is the lever beneath all the others.

• **You determine your destiny with the internal states you choose to create daily**—not occasionally, and not only when it is easy. The internal states you inhabit most consistently are the ones that shape your neurological architecture, your biofield, your biological environment, and the quality of the life that emerges from all of those. The most consequential truth I know is that *what you practice emotionally, you become biologically. And what you become biologically shapes what becomes possible in every dimension of your life.*

Vitality is not something to wait for. It is something to practice. And the practice begins exactly where you are, with exactly the emotional state you are willing to choose right now. ✨

Dr. Colette D. Sinclair has practiced for twenty years at the intersection of neuroscience, psychology, and contemplative science. She is the creator of *Emotional Posture*®, a pioneering methodology for cultivating elevated emotional states that restore nervous system balance, expand consciousness, and build sustainable inner alignment. She is the founder of *Integrated Mental Wellness*, a collaborative collective offering natural alternatives for mental and physical wellness. Her new book is **Emotional Posture: Six Energetic States to Create and Sustain Inner Alignment** (Balboa Press/Division of Hay House, 2026). Learn more at Dr.Sinclair.com | *Emotional Posture*.

Emotional Posture

Six Energetic States to Create and Sustain Inner Alignment

DR. COLETTE D. SINCLAIR

by Rhonda Weiss, Leeds, NY

It can only be what it is

No matter how many times you fixate
No matter how many times you obsess

What should have happened
Didn't

It can only be what is

Your feet must walk
In now

Or be left behind

The Sunflowers

by Kira Vellella, Long Beach, NY

The heavy-headed sunflowers loom monstrous above the yard.

They are harbingers of change, burdened with the pronouncement
of the end of summer's droning heat and cicada swell.

They bow their massive, seeded faces, bent over stalked bodies
seemingly shot-up overnight.

Who tended to these flowers the size of young oak trees?
What did they eat?

In walking past I am transported to a prehistoric Eden,
a Paleolithic paradise of wild; oversized and overripe.

I forgive them their obtrusiveness,
their disrupting my delusion:
summer will end and fall will drain its color.

All the while glowing golden,
coaxing yellow-petaled, mythological
flowers from the lawn.

SIGNS

by Paul Stone, Huntington, NY

Price of wisdom
'bove your brow appear

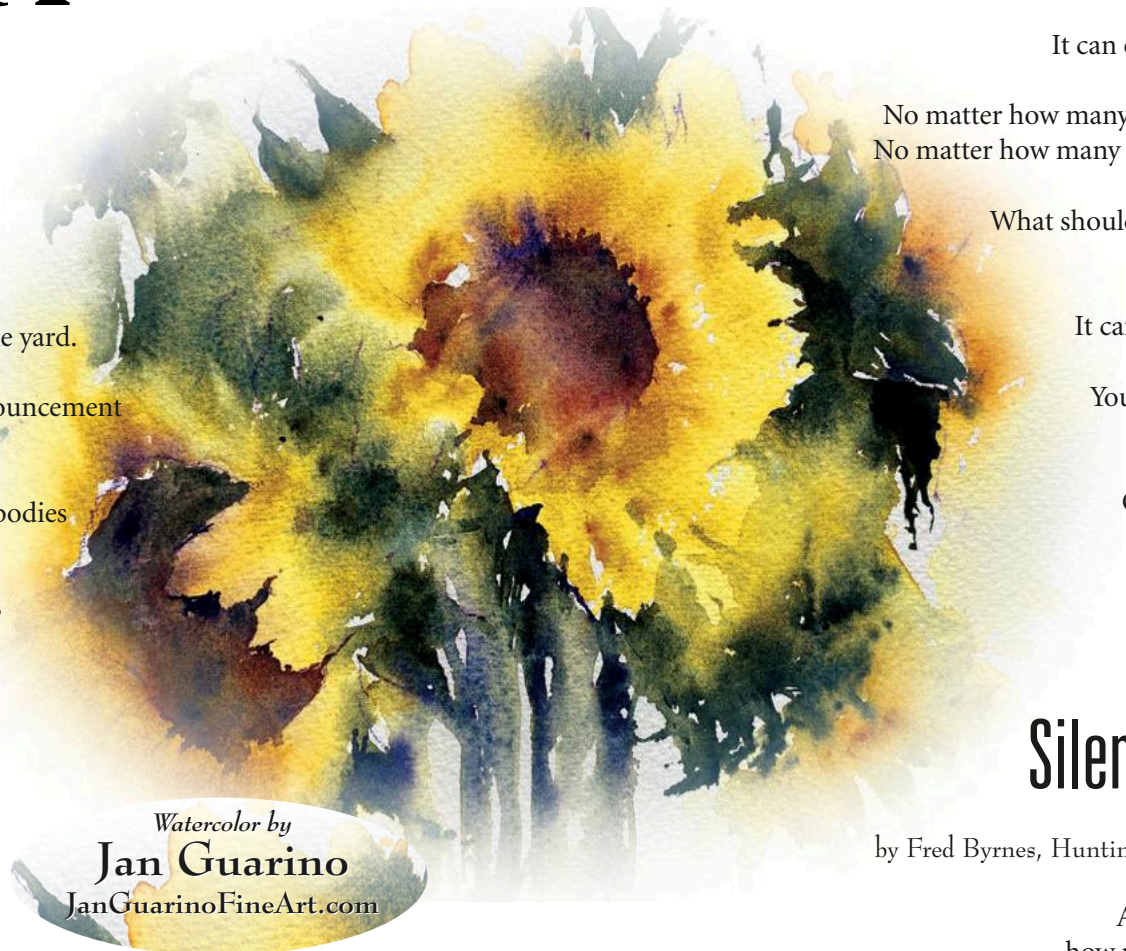
A sign of knowledge
and of years

We lose, we gain,
with each new season

All things that are
are for a reason

If we look for signs
and listen

'long the road
we'll find our mission



Silent Dignity

by Fred Byrnes, Huntington Station, NY

Anyone could tell
how much he enjoyed
eating in the diner
Every night in a booth
by himself

but he never seemed alone
He was an elderly African-American
with a head full of white hair
He would joke with the waitresses
about the specials,
then always order a complete dinner

Leaving the diner, one summer evening
when the sun still lit the sky,
satisfied with his meal,
going down the few steps
that led to the sidewalk,
an open convertible
full of white teenagers drove by
One pointed at him and shouted:
"Uncle Ben, Uncle Ben"
While the others laughed

He ignored them
with the silent dignity of a man
who possessed enough years
to know who he wasn't
and understand exactly what they were

Lessons

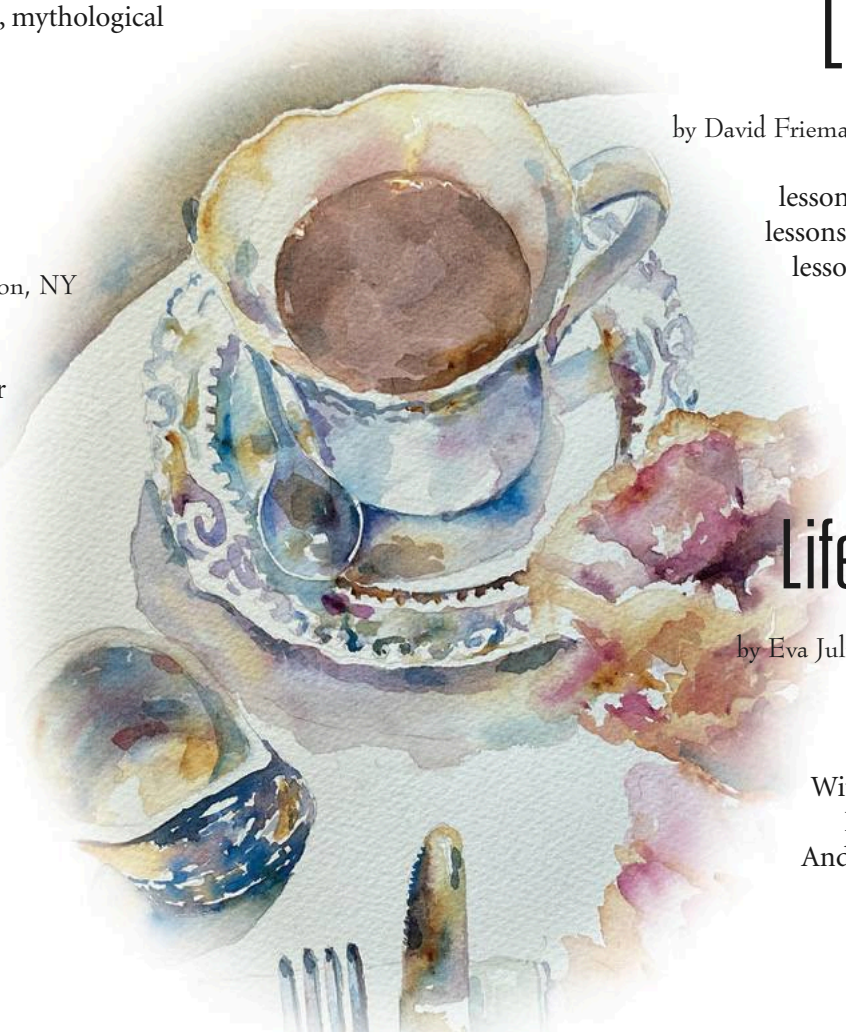
by David Frieman, Huntington Station, NY

lessons might be quick
lessons might be difficult
lessons help us grow

Life is Sweet

by Eva Julietta, Staten Island, NY

Life is sweet
Life is grand
With a cappuccino
In your hand
And many roses, too
Of course



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*

The Trauma Deception

by RJ Spina

TRIGGER WARNING

What if I told you trauma doesn't actually exist?

Your struggle with trauma is simply because trauma is not what you think it is.

You struggle with trauma because you don't ask the right questions because you think you already know the answers. Triggered yet?

Imagine for a moment that what we have labelled as trauma and suffering – in all its forms – are all products of misperceptions, misunderstandings and misidentifications. The misperception about the way you see yourself is not actually who and what you actually are.

You are born deaf, dumb, and blind. You are confused not knowing how you got here, why you come to earth, and what happens after. You misunderstand the nature of The Self, how you and reality actually works at their core, and therefore you completely misunderstand what to do to operate optimally in your life. You misidentify yourself with your physical body, your thoughts, emotions, and experiences.

Due to this comprehensive and overwhelming confusion, we naturally try to grab on to something to give us a sense of self or a sense of meaning. A role, a job, or anything that completes the sentence, "I'm a (insert the blank)." We identify with our role within our families, religion, gender, occupation, hobbies, etc. We are then limited by everything we think that role means that we can and can't be, and can and can't do. All

arbitrary rules, and we think they're real. The misidentification is complete.

If you don't think you misperceive, misunderstand and misidentify, I want to ask you this: is your life exactly as you desire it be in regards to finances, relationships, health, and happiness? These three hidden blocks are why you struggle to live the life you want. You don't know what you don't know and you can't see what you can't see.

In regards to trauma, I am not saying catastrophic events in your life did not occur. In fact, they most assuredly did. I am saying that if you want to finally move past what has greatly affected the quality of your life – even on levels beyond your thinking and subconscious mind – then keep reading. The only prerequisite for a better future is an open mind right now.

The Impossible is Possible

Ten years ago I was told I had forty-eight hours to live, was permanently paralyzed from the chest down, diagnosed with multiple chronic conditions and was suffering from life-threatening conditions ... and yet I was not traumatized. How is this possible?

In the throes of complete agony, the most grim diagnosis possible, and wracked with unrelenting mind-breaking pain, I announced to the team of expert health professionals that I would un-paralyze myself in exactly one-hundred days. That all my health issues would be resolved. And that I would walk right out of this hospital rehab under my own power. I did exactly that and filmed the whole process. Surgeons notes, MRI's, etc. It's verified.

What I am saying – telling you now – is that what is real can never be harmed. Ever.

Real Spirituality is Metaphysics

Real spirituality is not incense, crystals, energy healing, channeling, being psychic, or saying that everything is love. It is not claiming to be more advanced, superior, knowledgeable or better than so-called others. It is not believing in more exotic information yet you struggle with your own health, wealth, or love life. *Real spirituality is the ability to fulfill your greatest potential and manifesting your dreams while having the human experience.*

Let me ask you a question:

Are you aware of your body and its sensations and are you similarly aware of the thoughts and emotions you experience? You are aware of these things,



yes? You cannot be the victim and the awareness at the same time. That is impossible.

This means you are the awareness of the body/mind complex and not the body/mind. If you are not the body/mind, how can you be the experiences that the body/mind has? The identification story of "I'm traumatized" is already beginning to lose its gravitas, isn't it? That's because only the truth heals. If it doesn't lose its gravitas even after knowing this, then you have an attachment to it.

For a memory to be formed, something must already be present. With this knowledge, right now, tell me how what you really are – awareness – can actually be traumatized?

A time lapse camera observes incredible change and transformation captured over long durations of time. Is the time lapse camera traumatized by observing the endless sea of change? Is it wounded by what it observes? Is it harmed by watching the cyclical miracle of creation, preservation, and destruction?

It is only through the unholy trifecta of misperceptions, misunderstandings, and misidentifications that you create the experience of trauma. You, like the time lapse camera are unharmed, untainted, and unaffected by anything that is observable through the body/mind.

What Works And What Doesn't

The approach people have been using, whether it be traditional therapy, past life regression, western medicine, eastern practices, acupuncture, psychotropic plants, energy healing, salt baths, sound healing, you name it, do not bring truth to the conscious mind.

I have worked with over ten-thousand people in my career. Just as I did for myself, I have helped countless people all over the globe make unprecedented leaps in their mental, emotional, and physical health. Through all this diverse and direct counseling, I have realized the one thing that never fails. Only the truth heals.

Wisdom – what is – is timeless truth. Truth comes from clarity. Clarity comes from detachment. Detachment comes from non-identification. Non-identification prevents misperceptions, misunderstandings, and misidentifications. Herein lies your liberation from all suffering.

Pretend you just arrived here, no past no future.

There are two elements that must be present in order to heal and overcome trauma. You must harness your entire mind and summon all of your energy with a single-point of focus. In order to do this, you cannot be attached to anything including an outcome. The above instant meditation protocol of "pretend you just arrived here, no past no future," immediately stops the thinking mind and brings relief.

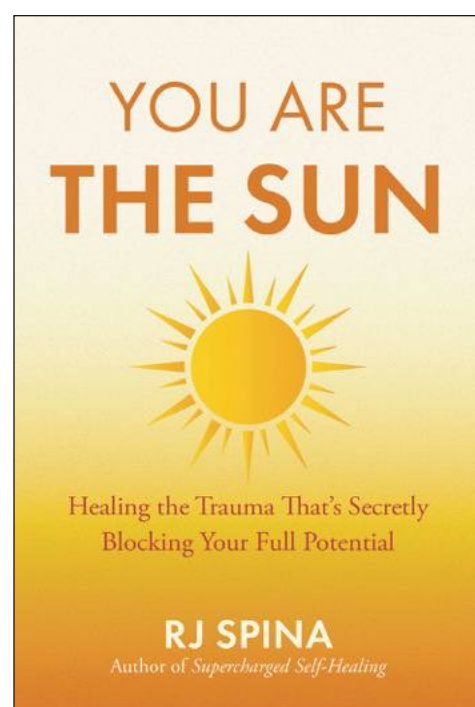
If you are attached to any belief/concept/so-called knowledge/outcome your infinite conscious has collapsed and your energy has become constricted. This prevents the full activation of your immense power to create. Humility and presence is required for transcendence.

The second element is that you must *already* be at peace. We cannot start from a place of fear, anger, anxiety, or depression. If you build a house on a faulty foundation, no matter how beautiful you make it or how much money you spend on it, eventually that house will crumble. The same is true for you. You must start from peace.

"How can I be at peace if I am in pain or have been given a horrific diagnosis?" I understand and have been there. Remember the truth. You are the awareness of the pain and not the pain itself. You are the awareness of the diagnosis and not the diagnosis. Detachment brings peace, clarity, and unleashes your power. Those elements must be fully embodied and harnessed completely.

Your new life awaits. It requires a new action. ✨

*Many consider RJ Spina the world's leading authority on metaphysics. His own incredible story of healing permanent paralysis and enlightenment is well-documented and verifiable. He is an internationally published author of four bestselling revolutionary books, a humanitarian award winner, and highly sought-after counselor and healer. His fifth book, **You Are The Sun** is the ultimate handbook and user manual to overcome and transcend all trauma, and is the culmination of a lifetime of actionable, practical, easy-to-use timeless teachings and protocols that resolve trauma, ill health, and addiction. RJ has changed the lives of millions of people and his audience and following continues to grow exponentially.*



A New Path for Conscious Entrepreneurs: How to Do Meaningful Work Without Losing Your Soul

by Jeanna Valenti

There is a conversation quietly unfolding throughout the health, wellbeing and consciousness industry that few people are having openly.

Behind the inspirational social media posts, beautifully branded websites, and growing online communities, many practitioners, coaches, healers, therapists, yoga teachers, and holistic entrepreneurs are wrestling with a difficult question: *How do I share my gifts with the world without becoming consumed by self-promotion?*

For many, the wellness path began as a calling rather than a career. It emerged from a desire to help people heal, grow, awaken, and live more meaningful lives. Yet somewhere between purpose and profitability, many discover that building a successful practice often requires skills they never expected to need—marketing, branding, sales, content creation, networking, and constant visibility.

The challenge is not that these activities are inherently wrong. The challenge is that they can easily pull us away from the very values, like mindfulness and presence, that inspired our work in the first place. Many wellness professionals find themselves trapped between two competing beliefs. On one side is the desire to remain authentic, humble, and service-oriented. On the other is the pressure to stay visible, build an audience, and compete in an increasingly crowded marketplace. The result is a quiet but pervasive struggle: a fear that success requires sacrificing authenticity.

Fortunately, a new perspective is emerging—one that bridges consciousness, awareness, mindfulness, and business into a practical system for sustainable growth. Rather than viewing spirituality and business as opposing forces, this approach recognizes that business can become an extension of conscious living.

The Missing Link Between Inner Growth and Outer Success

The wellness industry has spent decades teaching people how to cultivate inner peace, emotional intelligence, and mindful awareness. Yet many professionals receive little guidance on how to apply these same principles to marketing and business.

As a result, many default to traditional marketing models built on scarcity, competition, and

attention-seeking. But what if there is another way? What if marketing could become an act of service rather than self-promotion? What if visibility could be aligned with purpose rather than ego? What if business growth could emerge from awareness instead of anxiety?

The answer begins with understanding the relationship between consciousness, awareness, and mindfulness. *Consciousness* represents our deepest connection to purpose and meaning. *Awareness* allows us to observe our thoughts, emotions, and behaviors. *Mindfulness* helps us remain present while taking action. Together, they create a framework that transforms how we approach business.

Shift from Self-Promotion to Service

One of the greatest misunderstandings in business is the belief that marketing is primarily about convincing people to pay attention to us. This mindset often creates discomfort for wellness practitioners because it feels self-centered and misaligned with their values. A more conscious approach reframes marketing as an act of service. Instead of asking: *"How do I get more people to notice me?"* Ask: *"How can I make my work more accessible to people who need it?"*

This subtle shift changes everything. **When service becomes the focus, visibility no longer feels like self-promotion. Sharing your expertise becomes an opportunity to educate, inspire, and support others.** The energy behind the message matters. People are naturally drawn to authenticity. They can sense the difference between someone seeking attention and someone seeking to help. When marketing is rooted in contribution, it becomes an extension of your mission rather than a distraction from it.

Use Awareness as Your Internal Compass

Many business challenges are not actually external problems. They are internal patterns that surface through business activities. Pricing fears. Imposter syndrome. Comparison with competitors. Fear of rejection. Fear of being judged online.

These experiences are common in the wellness space because many practitioners are deeply empathetic and highly self-aware. Rather than treating these challenges as obstacles, awareness



invites us to see them as opportunities for growth.

Every marketing activity becomes a mirror. Notice what emotions arise when you promote a workshop. Observe your thoughts when someone declines an offer. Pay attention to the stories you tell yourself about success, money, and visibility.

Awareness creates choice.

Without awareness, we react automatically to fear and

uncertainty. With awareness, we can respond intentionally and align our decisions with our values. In this way, business becomes more than a profession. It becomes a path of personal development.

Practice Mindful Action Instead of Reactive Action

The modern business world rewards speed. Post more. Create more. Launch more. Respond faster. Produce endlessly. In a book I'm a contributor to *Marketing for Leaders: 11 Keys to Building Trust, Clarity, and Connection in a Noisy World*, I call this MBE. **More Better Faster.**

Yet constant activity often leads to burnout, especially among wellness professionals whose work depends on presence, compassion, and emotional connection. Mindfulness offers a different path. Mindful action is not about doing less. It is about bringing greater presence to what we do.

Before posting online, pause and reconnect with your intention. Before launching a program, ask whether it genuinely serves your audience. Before saying yes to every opportunity, consider whether it aligns with your purpose. Mindfulness transforms action from a reactive process into a conscious one.

Ironically, many entrepreneurs discover that when they become more intentional, their communication becomes more effective. Their message becomes clearer. Their audience becomes more engaged. Their business grows in ways that feel sustainable and aligned.

A Practical System for Conscious Business

When combined, these three principles create a powerful framework:

Consciousness asks: *Why am I doing this?*
Awareness asks: *What is happening within me as I do it?*

Mindfulness asks: *How can I engage with presence and intention?*

This simple system provides a bridge between personal growth and professional success. It allows practitioners to remain connected to their purpose while navigating the realities of business. It creates space for growth without compromising integrity. Most importantly, it reminds us that success does not require becoming someone else.

The Future of Wellness Entrepreneurship

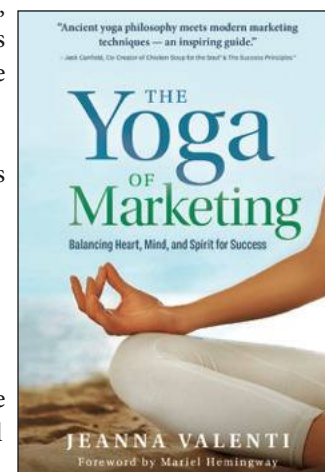
As the wellness industry continues to evolve, authenticity is becoming more valuable than ever. People are no longer seeking perfect brands. **They are seeking genuine connection. They want teachers who embody their teachings. They want practitioners who lead with integrity. They want businesses that reflect human values.**

The future belongs to those who can integrate consciousness with commerce, purpose with profitability, and mindfulness with meaningful action. The question is no longer whether wellness professionals should market themselves. The question is whether they can do so in a way that honors who they are. For a growing number of conscious entrepreneurs, the answer is yes.

When consciousness guides purpose, awareness provides insight, and mindfulness shapes action, marketing becomes service, business becomes practice, and meaningful work can flourish without losing its soul. And for those of us who are health-conscious, focused on holistic health, personal growth, and conscious living, that is a win. ✨

Jeanna Valenti is the principal of LightBox Media, a marketing and public relations firm based in Scottsdale, Arizona. She is the author of *The Yoga of Marketing: Balancing Heart, Mind and Spirit for Success*. Jeanna is a contributor to

Marketing for Leaders: 11 Keys to Building Trust, Clarity, and Connection in a Noisy World. She is a Seven Spiritual Laws of Yoga instructor, Reiki master, certified mindfulness and meditation instructor, owner of Meditate Scottsdale and a TEDx organizer. Jeanna holds a Master of Arts degree in Corporate Communications and a Bachelor of Arts degree in English. For more information, visit: lightboxpr.com.



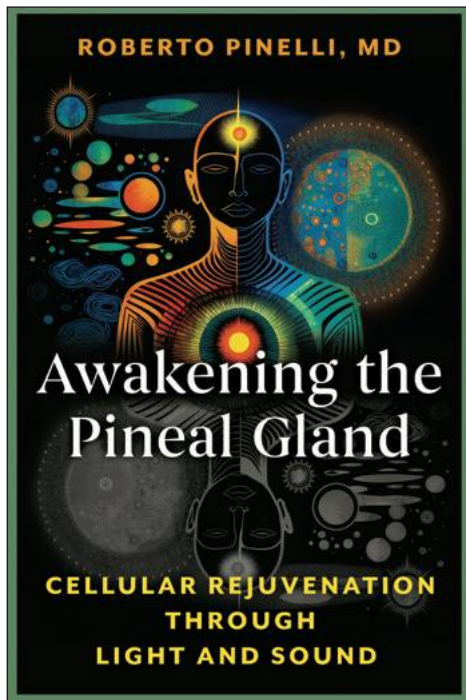


BOOKS

AWAKENING THE PINEAL GLAND

Cellular Rejuvenation through Light and Sound

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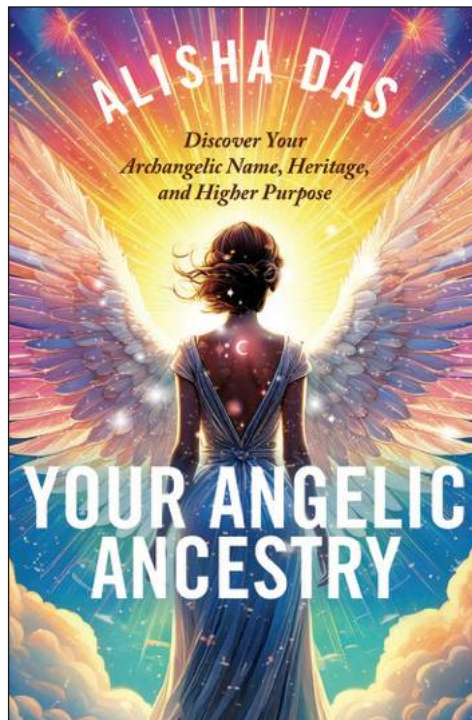
Techniques to Awaken the Pineal Gland for Health, Mental Clarity, and Longevity

The pineal gland, a part of the endocrine system, is less than a centimeter long. Yet this tiny organ in the brain plays an out-sized role in many spiritual traditions as it is widely connected with the esoteric concept of the third eye. Ophthalmologist, and neuroscientist, Roberto Pinelli explains in an engaging personal narrative style, his unique methods for using a combination of light, sound, and nutraceuticals to noninvasively activate the pineal gland to promote cellular rejuvenation, decrease aging, and improve overall well-being. Supported by case studies and peer-reviewed research, Pinelli's method centers on using photons to convey vibrational energy through the eyes to target areas of the body. He shows the potent effects this has on mental health as it can improve memory, mental clarity, and self-awareness. His techniques also have positive effects on the body such as helping to heal degenerative diseases like Alzheimer's, rheumatoid arthritis, and Parkinson's. Pinelli explores Egyptian, Sumerian, and Aztec understandings of the sun and its

life-giving rays, looking at how ancient knowledge has been corroborated by contemporary scientific findings. The author details how the pineal gland functions, particularly its role in melatonin regulation. He also offers methods to reduce pineal calcification and regenerate overall physical and emotional health. *Awakening the Pineal Gland* is a unique fusion of ancient and modern science that offers readers a practical guide on using light as a medicine to activate your higher nature.

YOUR ANGELIC ANCESTRY

Discover Your Archangelic Name, Heritage, and Higher Power
by **Alisha Das**
hayhouse.com



Spiritual teacher and angel expert and communicator, Alisha Das introduces readers to what she describes as "Ancestry.com for the Angelic Realm," where you can discover your own Archangelic name and heritage. The Great Archangels stand ready to support you in manifesting the fullness of your higher purpose—not only for this lifetime, but across many. Channeled directly from the Angelic language, this book conveys the purest frequency of the Great Archangels, awakening your innate spiritual gifts and higher awareness. Drawing on her expertise from more than three decades of guiding thousands of students, Alisha Das

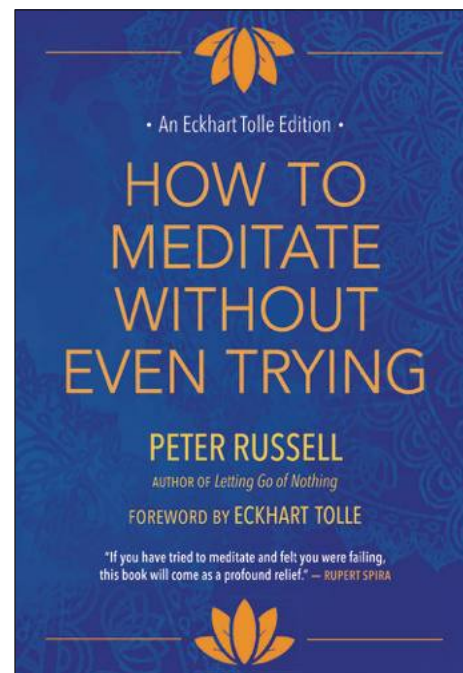
offers engaging Angel Activities, experiential meditations, and true stories of Angelic awakenings to bring the mystical teachings within this book to life. You'll receive the keys to connect with Great Archangels, leading to a living intimacy with God that makes ordinary moments shimmer with miracles, meaning, and delight. This is your invitation to remember and celebrate who you are: a radiant being of light—of both Heaven and Earth. In *Your Angelic Ancestry* and in her work, Das guides readers on many topics including:

- How your Archangelic name becomes a compass for purpose and direction
- Connecting to Angels to access clear, higher guidance
- Angel Numbers and their significance
- Calling on Angels for healing and spiritual insight into real-world decisions and daily life

"Most people know their family ancestry, but few have explored their spiritual ancestry," says Das. "When we understand the deeper qualities our soul carries, we gain greater clarity, meaning, and connection in our lives."

HOW TO MEDITATE WITHOUT EVEN TRYING

by **Peter Russell**
NewWorldLibrary.com



What if meditation didn't require discipline, intense concentration, or hours of sitting still but was actually something you looked forward to? In *How to Meditate Without Even Trying*, world renowned author and consciousness teacher Peter Russell reveals a liberating insight he discovered after decades of practice and teaching: the harder we try to meditate, the more we get in our own way. "When our attention wanders off, we may concentrate harder to keep distracting thoughts at bay — but usually to no avail," writes Russell. The refreshingly simple approach

Russell introduces replaces effort with ease and reminds readers that true peace of mind is closer than they might think. His techniques incorporate the practice of allowing — releasing effort, relaxing the mind, and gently returning to the present moment — to make meditation more enjoyable and effective. Russell's down-to-earth approach will help readers:

- let go of resistance, tension, and emotional discomfort
- use their intuition to deepen their meditation practice
- stay grounded in challenging circumstances
- integrate mindfulness into daily life through "mini" and "micro" meditations
- discover the practice as a source of joy, clarity, and deep contentment

More than just an introduction to a basic practice, *How to Meditate Without Even Trying* packs numerous tips and refinements in a tidy 128 pages, that allow readers to dive deeper into stillness, to the very core of their being, and experience the essence of spiritual awakening. Rooted in both lived experience and timeless wisdom, this is a book to keep within arm's reach — a call to stop striving and start being. Valuable for new meditators and regular practitioners alike!

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The Things We Don't Do

by Joanne Steenberg,
Penobscot, ME

Have you heard of Dr. Leo Buscaglia? He was an author, motivational speaker and professor who dedicated his career to exploring the depths of human connection, emphasizing the importance of love. He gained widespread recognition for his passionate and engaging lectures and his most well-known work is the book titled “Love,” published in 1972. I remember it sitting in a basket in my living room growing up. It moved me as a teenager and watching his old lectures continue to move me today. This past weekend I dove deep into his work again.

He challenged societal norms helping people to break free from the constraints that prevented authentic connection. He would shine a light on a society that was too focused on material success daring us to elevate love as the ultimate currency. He would remind us that love is expressed in the small, everyday choices we make – like a warm smile, a kind word, simple eye contact, or as he says, “God forbid a hug!”

He tells a funny story about what we humans do when we are in an elevator

and how most of us are afraid to look at each other or engage. We all just stare at the numbers while the elevator moves. He questions...why do we do that? You just never know what that simple smile or nod or hello might bring to someone.

He also said, “Do it now!” Don't wait. Write that letter. Make that call. Reach out. Touch someone. Wave to a stranger. Speak the truth. Embrace your mortality, because only then can we find the courage to go outside of the box.

During one of his lectures, he also reminds us of the importance of the things we don't do. He shared this powerful poem submitted by one of his young students. It was during the Vietnam War era.

Things You Didn't Do

by Merrill Glass

Remember the day I borrowed your brand new car and I dented it?

I thought you'd kill me, but you didn't.

And remember the time I dragged you to the beach, and you said it would rain, and it did?

I thought you'd say, "I told you so." But you didn't.

Do you remember the time I flirted with all the guys to make you jealous, and you were?

I thought you'd leave me, but you didn't.

Do you remember the time I spilled strawberry pie all over your car rug?

I thought you'd hit me, but you didn't.

And remember the time I forgot to tell you the dance was formal and you showed up in jeans?

I thought you'd drop me, but you didn't.

Yes, there were lots of things you didn't do.

But you put up with me, and you loved me, and you protected me.

There were lots of things I wanted to make up to you when you returned from Vietnam.

But you didn't.

Don't wait dear ones. Do it now.

Too often, we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

– Dr Leo Buscaglia

Reprinted from the weekly Power of Love column in the Penobscot Bay Papers. ✨

Joanne LaCurrubba Steenberg is an award-winning columnist whose heartfelt



and insightful writing has captivated readers across Penobscot Bay Press publications for years. As the creator of The Power of Love, a widely read column exploring compassion, human connection, and personal growth, she blends personal storytelling, wisdom, and cultural insight in a way that resonates deeply with audiences of all backgrounds. poweroflovestories@gmail.com
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Jeffrey Etes, DMD, NMD, IBDM is an Ivy League educated endodontic dental specialist with formal university residency training that encompasses an extensive oral surgical expertise including all aspects of dental implantology. Dr. Jeff, as his cherished long-time adult patients and his pediatric patients call him, has a dual board certification in Naturopathic and Integrative medicine.

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

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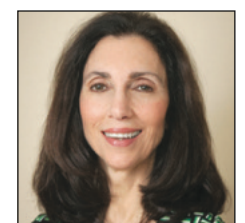
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Blood Not Required: From Self-Sacrifice to Self-Empowerment

by Alan Cohen, Hawaii

My friend Lucy became tired, irritable, and ill. She was dragging herself through her workdays and family activities until she displayed classic signs of burnout.

Lucy went to see her spiritual advisor, who knew her history. He told her, “You are suffering from self-sacrifice.” Lucy had grown up in a religion that glorified carrying the old rugged cross, and defined an individual’s loss as the community’s gain. “Refusing to say ‘no’ has worn you down considerably,” the advisor told her. “Your major life lesson now is to recognize that your greatest contribution to the world is not the acts you do, but the sense of well-being you maintain. When you feel alive, joyful, and empowered, you help people far more than when you burden yourself with guilt-born obligations.”

Hearing Lucy’s story, I realized that I have often taken on tasks and meetings because I wanted to help people, but which caused me undue stress. I have had to practice creating a healthy balance between service to community and wise self-care. *A Course in Miracles* tells us, “Health is the result of relinquishing all attempts to use the body lovelessly.”

In that very *Course*, dictated in the voice of Jesus, he tells us that people have sorely misinterpreted his description in the Bible as “the lamb of God.” He explains that he never meant to be known as a sacrificial lamb whose blood redeemed the world. Instead, the lamb is a symbol of innocence. He wants us, too, to be the lamb of God by recognizing that God wants us live at our brightest, and not mask the light of the world that we are, with guilty owing.

Religions do not have a corner on the market of deprecating self-sacrifice. Some cultures also inculcate overriding life with death. Many Japanese people, for example, work too hard and deplete their life force. They help their company at the expense

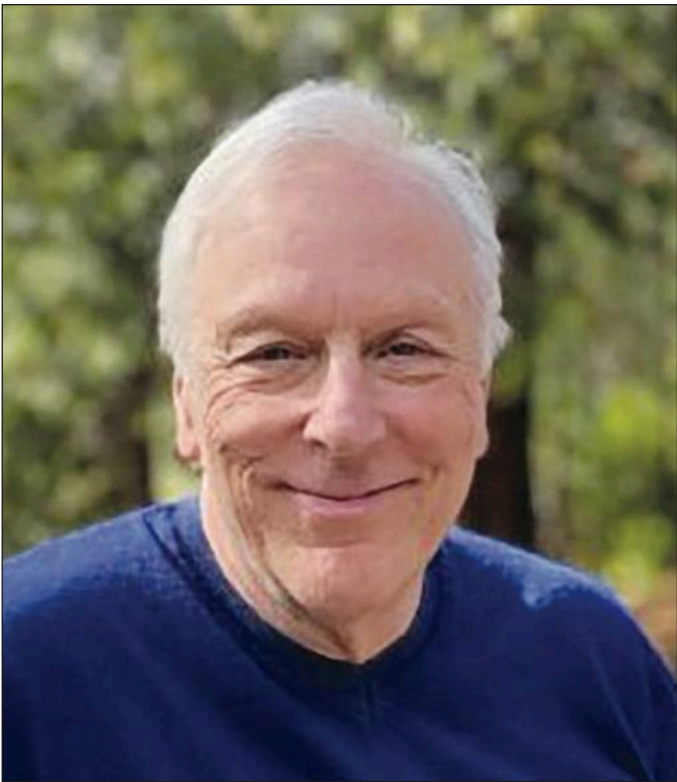
of their own quality of life. As a result, there is a very high rate of suicide in that country, and many people push themselves to *karoshi*, working themselves to death. In the classes I teach for Japanese students, I seek to impart that we are all worthy of living a happy, healthy, productive life, without damaging ourselves.

Take a moment now to consider how much of a role self-sacrifice has played in your life. You will probably recognize that it has cost you more than you have contributed to others. Now consider who you are when you take good care of yourself. You eat well, sleep well, enjoy soul-nurturing activities with people you love, get into nature, and your life represents joyful self-expression. Your self-nurtured self is whom God wants you to be. ACIM Lesson 101 asks us to remember, “God’s will for me is perfect happiness.”

Certainly we want to support others when we can. Helping one another makes the world more like heaven. But not if it makes your life more like hell. **Your strongest contribution is the energy you are exuding, rather than particular words or actions.** You can be doing all the right things, but if you are feeling self-sacrificial, you are sapping life force from the world. Attitude makes or breaks us more than deeds. The key to physical, emotional, and relationship healing is to tap into the stream of life force moving through you, and discover where the sacred river of life wants to take you. If you know you are worth a rewarding life, you will help the people you care about find theirs.

Lucy made two lists: (1) Stuff I Do Out of Guilt, Fear, Obligation, and Self-Sacrifice; and (2) Stuff I Do Because I Sincerely Feel Moved to Do It. Then she began to methodically quit or diminish the items on List 1, and expand the items on List 2. The next time I saw Lucy she looked infinitely brighter, healthier, and more alive.

You were born to be happy. When you place well-being at the top of your priority



list, everything else lines up beautifully. Then you get off the cross you never needed to bear, and inspire the people you love to live their fullest life. ✨

Alan Cohen is the author of many popular books, including the new best-seller *Miracles Actually*. Join Alan for his life-changing Holistic Life Coach Training, beginning September 1. For information on this program, Alan’s books, *A Course in Miracles* retreats, weekly online Miracle Room, webinars, YouTube channel, free daily inspirational quotes, and other offerings, visit www.alancohen.com



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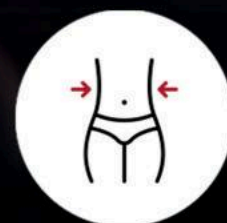
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