

AMERICA'S GUIDE TO A HEALTHY MIND, BODY, SPIRIT

NEWLIFE

NEW YORK'S GUIDE TO ENLIGHTENMENT

NOVEMBER-DECEMBER 2014

Ascension

**What's Love Got
to Do With It?**

Enlightenment

**Is Metal
In Your Mouth
Dangerous
to Your Health?**

**Foods To Never
Refrigerate**

**Breast Cancer
Awareness
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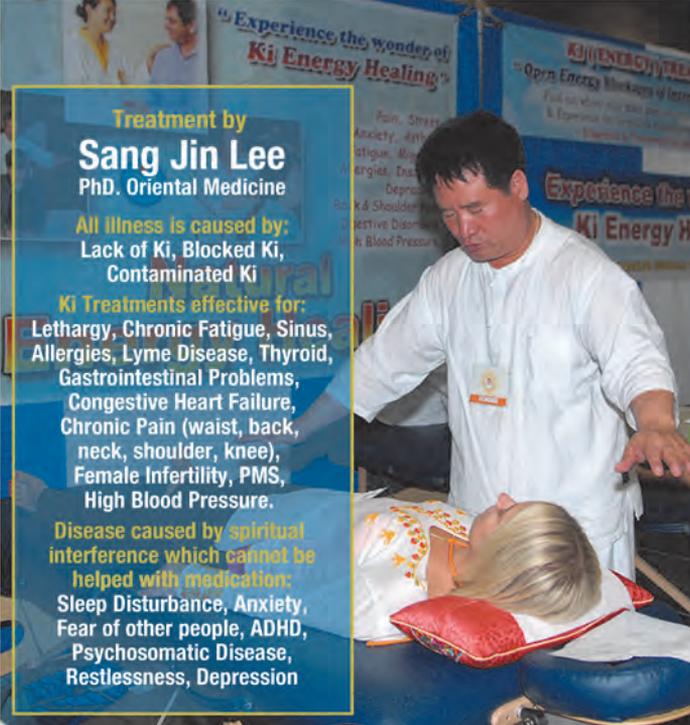
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NEW YORK'S GUIDE TO ENLIGHTENMENT

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NOVEMBER-DECEMBER 2014



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Letter from the Publisher



Happy Holydays NEWLIFERS,

This is my favorite time of the year. It is the season where everyone's heart seems to open. We realize that we are very lucky and blessed to be on this planet at this very moment in time. This is the season of LOVE. The season begins with God's trees and leaves decorating us with a palate of colors that every artist has tried to emulate and we start to remember how beautiful our planet and life is. The season then brings us into Thanksgiving where we melt into each other as friends and families unite to celebrate the gift of life that surrounds us as our mind and body begins to merge letting our spirit shine through; And before you know it comes Christmas and Chanukah, the holydays of enlightenment preparing us for a new year. So just take a deep breath and soak every vibration of this season in.

It is apropos that we chose this this season for two of our feature articles, Lewis Harrison's article on "Enlightenment" and Jodi Serota's article on "Ascension". You might want to read these articles out loud at one of your holy dinners.

I hope you enjoy Lissa's delicious holiday recipes and Dr. Sorge's controversial article on Breast Cancer. Dr. Shvartsman tells us that not only are metal fillings toxic for us but also the metal posts, braces and titanium bridges as well. His article is a must read. Speaking about reading I am sure that you will enjoy this issue's four book reviews.

Thank you for making October's *NEWLIFE* EXPO in NYC an epic one and I hope you join us again at the expo on March 20-22 in New York City and March 14-15 in Fort Lauderdale.

You do know that our thoughts and actions at the end of the year is the foundation for our success and happiness for the New Year. So let them ascend to the highest frequency.

And Remember.....

It's a *NEWLIFE*!!!

Om Shalom,


MARK BECKER

NEWLIFE

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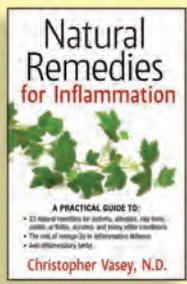
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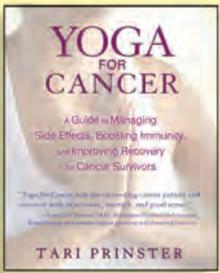
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Life Shift

Let Go and Live Your Dream

By Aleta St. James

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Life Shift: Let Go and Live Your Dream, by Aleta St. James is a compelling “bible for transformation” that has created lasting change and healing in thousands of people’s lives.

Showcasing her life-shifting insights from her unique journeys to spiritual Vortexes throughout the world, world renowned energy healer, and intuitive life coach, Aleta St. James weaves together a compelling story of her own personal transformation as the “Indiana Jones of the soul”.

Aleta’s powerful Life-Shift Tool Kit, will open the door to consciously manifesting your dreams, desires, and ultimate destiny. Incorporating techniques using empowering color meditations, transformative energy baths, and power mantras aimed at enabling your chakras to work at their highest potential you will accelerate your ability to focus on living from a place of Divine Love and manifestation. *Life Shift* will change your life.

You’ll learn to recognize the power of letting go, eliminate emotional blocks, and realign your chakra centers, which will help you focus on love, abundance, and your ability to manifest.

In *Life Shift*, Aleta shares her incredible personal journey towards her life-long dream of being a mother (She had twins at age 57 and received world-wide media attention). By expertly synthesizing Eastern and Western healing modalities, Aleta vividly demonstrates that anyone has the ability to achieve his or her dream, regardless of age or circumstance.

The Science of Spiritual Marketing Initiation Into Magnetism

By Andrea Adler

PRASAD PUBLISHING

“There has never been a time in our history where an innovative, inspired approach to marketing has been more important. Understanding that intention and energy are behind every word and image we use in our materials and in our outreach makes a huge impact as to how we are perceived and whom we attract.”

Andrea Adler’s unique approach to marketing integrates spiritual practice and psychological self-inquiry into a domain not usually associated with spirit: marketing. In her view, when we cultivate the deep sense of integrity and wholeness that accompanies spiritual development, we will be far

more convincing in our efforts to interest others in our work. In her book, *The Science of Spiritual Marketing*, she demonstrates how to: connect to source, define our mission/identify our niche; “mind map” our strategy; understand the science of networking/develop strategic alliances; use social media judiciously; work with the energy of money; tap into our creativity; move through our fears; gracefully push beyond our comfort zones; and much more.

Adler’s book takes us on a journey, rather an initiation into a holistic/spiritual understanding of our business and how to market it. It shows us how we can delve deep into our unconscious to discover our inner desires, limitations, and visions for the future we desire.

She also reveals the Root Chakra of PR, sources the Three Stages of Creativity, presents Network Science, and introduces marketing concepts rarely expressed. She removes the mystery of marketing, conveys her holistic methodology and its hands-on applications to a new level of understanding and cohesiveness.

From this new perspective, we learn to develop a marketing strategy that becomes sustainable over time. Business owner, entrepreneurs, and cultural creative’s soon discover they can never change the inside by looking outside.

The Science and Practice of Humility

By Jason Gregory

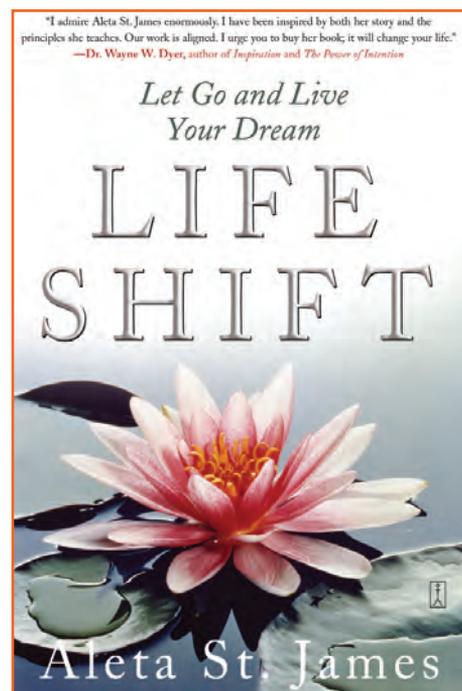
INNER TRADITIONS

www.innertraditions.com

In this fascinating book, comparative religion and East/West philosophy scholar Jason Gregory moves beyond our basic understanding of humility as an attribute to strive for. He provides a step-by-step science outlining how being humble can lead us to life as a jivanmukta, one who is fully liberated.

The book breaks down our preconceived notions about the “why” of our being, leading us through a three-step process of understanding the great work of eternity (Chapter 1), allowing our perception of reality to evolve (Chapter 4), and discovering truth through the science of humility (Chapter 11). Along the way we learn that our warrior mentality of trying to change the world—even when trying to change it for the better—is just an expression of our ego, which ends up creating more harm than good. Instead we should undertake refining our consciousness, the work of the sage.

This practice does not ask us to renounce our lives as householders but urges us to recognize that nirvana and samsara are inextricably linked: we can only reach enlightenment through the “wheel of life.” Perfect for any yogi, meditator, or spiritual seeker, *The Science and Practice of Humility* provides a great opportunity to take your



spiritual practice to the next level, allowing you not only to become mindful of the ego but to transcend it in favor of the simple path of the sage.

— SARAH CIRILLO

Spiritual, Not Religious Sacred Tools for Modern Times

By Lewis Harrison

LEWIS PUBLISHING

www.asklewis.com

Spiritual, Not Religious is an unusual book. On one level it seems extremely basic and simple. Anyone with a deep understanding of the spiritual journey will find nothing new here and that is exactly where the power of the book lies.

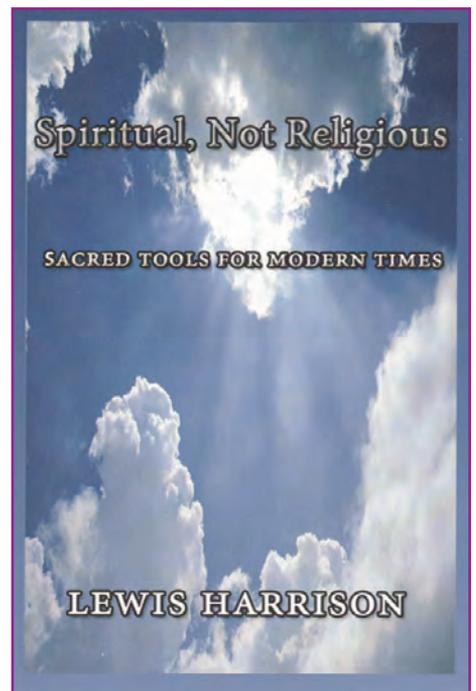
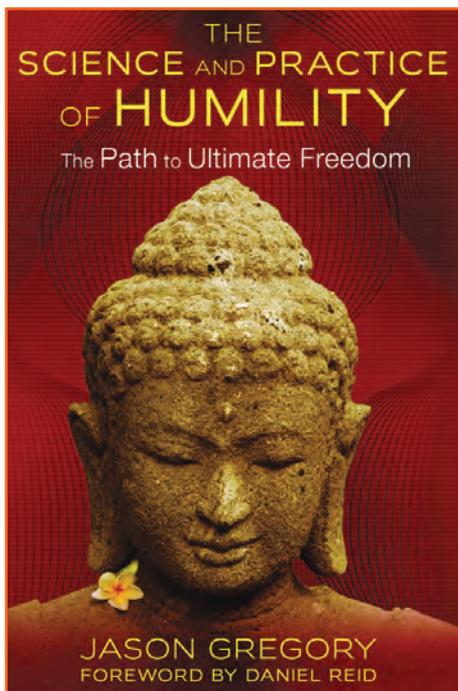
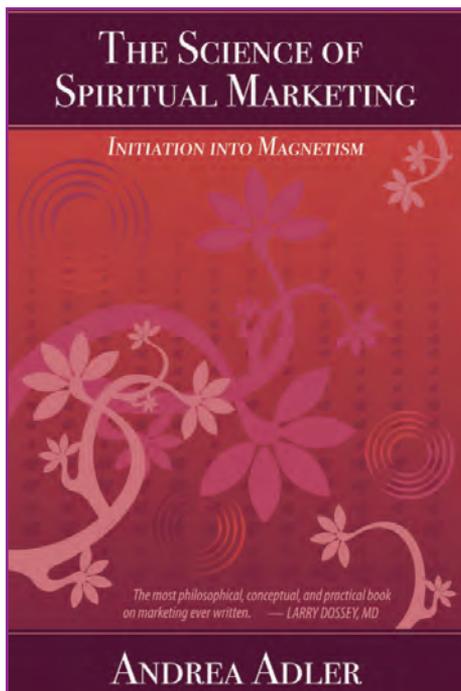
By merging many of the best ideas of Zen, Taoism and Yogic thought, Harrison has created a guidebook for the individual looking to create a spiritual life but who feels turned off by rites, rituals, ceremonies and the cultural baggage that often bogs down many of the great spiritual teachings.

If you are an individual who wishes to explore the sacred, the divine, love and spirituality and wishes to do so free of the chains of formal religion then this may just be the book for you.

The book is built around small one to two paragraph chapters. Each chapter is written to guide you and to help you explore how the defining and clarification of your intention, your personal life vision may lead to what is known in many spiritual traditions as “Enlightenment.”

The book proposes that clarity of intention is what gives meaning to life. With clarity of intention you have the key through the door in time and space where you may define your vision or life mission and bring it to fruition.

In essence this book is a simple stew of Eastern and Western Wisdom - all injected into the new digitized social networking reality that we live in



today. The thread that weaves through the chapters of this book is the idea that reality is what each person chooses to construct, as his/her mind and inner being explores interactions with other people, places and things. If a person can remain detached from these people, places and things while living through love and compassion he/she will have entered into the realm of the spiritual.

It seems to be Harrison's intention in writing this

book to present ideas and practices that will help the reader to magnify what is already spiritual within. At this he succeeds. As this spiritual component in one's life is magnified and embraced the reader will have this guidebook to assist them in creating a practical order and harmony to the messy chaos that often passes for normal living.

Finally, the ideas presented in *Spiritual, Not Religious* do not conflict with orthodox religion. In

fact it presents a daily Practice that can enrich your authentic connection to a formal faith. No matter what your beliefs, the ideas and practices presented here can be invaluable in helping you to create a grounded sense of spirituality in your life.

The author, a former writer for *NewLife Magazine* does not take the work too seriously and yet the book does address many of the core struggles people encounter in living the "Spiritual Life."

Joan Carra



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By Lissa DeAngelis, M.S., C.C.P.

Ancient Grains to Whet Your Appetite

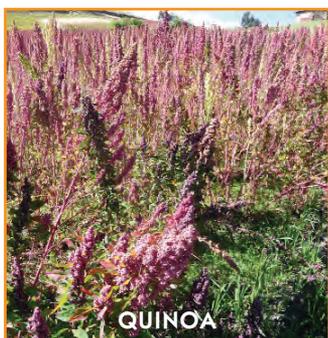
• Quinoa Almond Thumbprint Cookies

Roughly 10,000 years ago man began cultivating grain, giving diversity to the diet of animal foods, seeds, and berries. Those same “ancient grains” are coming into vogue more each year. Many grains such as farro, freekah, and kamut are early strains of wheat. Yet others considered grains such as chia, quinoa, and amaranth are technically seeds, but they are generally accepted as grains in their modern debut since they are cooked and used just like cereal grains. These interesting tasting and textured grains are being used in everything from pizza to pasta, and cookies to chips.

An average American diet includes about 130 pounds of wheat per year per person, mostly from bread, pasta, and pizza. Rice is another favorite grain mostly used as a side dish. Many ancient grains are being showcased on restaurant menus allowing you to try them out without committing to purchase.

Trying new cereal grains and seeds enhances your diet as they add variety, and texture. Many are great sources of protein and fiber, provide minerals, some are rich in vitamins E and B, and others contain beneficial compounds such as antioxidants. These heritage grains tend to come in their “whole” form with the bran, endosperm, and germ intact, such as brown rice and whole wheat. When missing the germ and bran, nutritious brown rice turns into starchy white rice and whole wheat becomes the source for white flour. All whole grains are more nutritious than their refined counterparts.

People with gluten sensitivity or celiac disease can eat many of these grains, as they are gluten-free. They can be prepared and used in salads, soups, and stews, as hot cereal, and can substitute as flour to replace wheat flour and increase the nutritional benefits of bread, muffins, and pancakes. We are seeing more and more packaged foods utilizing gluten-free grains and including some of these highly nourishing grains as part of the ingredient mix.



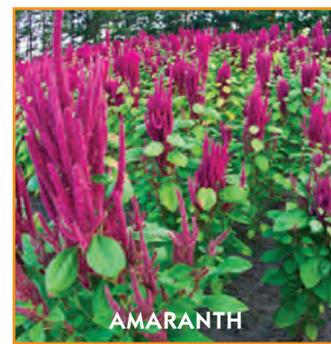
QUINOA



TEFF



FARRO



AMARANTH

Cook grains in water or your favorite stock. After cooking use a fork to scratch and separate the grains to make them fluffy. Any of

these cereal grains can also be used to make a porridge hot cereal breakfast dish, similar to oatmeal. Just cook in coconut milk, add raisins and cinnamon, and other dried fruit and nuts.

AMARANTH: A major food crop of the Aztecs and Incas, this tiny grain native to both Mesoamerica and the Andes and resembles fine whole grain couscous. It has a nutty and sometimes peppery flavor. It can easily replace rice in recipes, is both gluten- and wheat free, high in protein and amino acids.

TO COOK: In a saucepan add 2 cups water to stock and 1 cup amaranth. Bring to a boil, reduce heat and simmer for 15-20 minutes.

FARRO: This chewy, nutty tasting grain is known to the ancients as Pharaoh’s bread. It’s a relative of modern wheat that originated in Egypt thousands of years ago. The Roman legions were said to eat faro and in Italy today it is often found in restaurants and local shops. Use in soups or as a substitute for arborio rice in risotto dishes. It easily stays al dente and is perfect for baked dishes. It can be made into pasta and is very delicious. Look for whole farro that has not had its bran and germ removed.

TO COOK: Bring 1/2 cups water and 1 cup farro to a boil. Bring to a boil, reduce heat and simmer for 25-40 minutes.

QUINOA: The Incas called quinoa the “mother-of-all grains” and was considered sacred. There are over 120 varieties that come in many colors from pale yellow being the most common to red and black quinoa which are higher in antioxidants. Quinoa cooks up fluffy and has a nutty flavor. It has a natural insect protection that can cause the grain to be bitter, so it must be washed before using. Once cooked it has a mild and nutty flavor. It is rich in high quality protein.

TO COOK: Bring 2 cups water and 1 cup quinoa to a boil, covered. Reduce heat and simmer for 12-15 minutes.

TEFF: A staple in Ethiopia for more than 2,500 years, and still used today where it’s mostly used to make a spongy sourdough bread pancake. It is one of the smallest grains in the world— as small as a poppy seed, and its parts cannot be sepa-

rated into germ, endosperm, and bran. It can be found in white varieties that are mild tasting and in darker ones that have an earthier and almost chocolate taste.

TO COOK: Bring 3 cups water and 1 cup teff to a boil. Reduce heat and simmer for 15 minutes. Turn off heat and allow to sit for 10 more minutes. When ready to eat, teff easily scoops out with a spoon and is stickier than other grains.

All whole grains are healthful, each in their own way. There are also many other grains such as millet, buckwheat, wheat berries, bulgur, couscous, whole grain barley, wild rice, brown rice, black rice, wean rice and many other rice’s, polenta made from ground whole corn meal, freekah, oats, spelt, and kamut to name a few!

QUINOA ALMOND THUMBPRINT COOKIES

Yummy cookies that will be gobbled up in now time! Better make a double batch!

- 1 1/2 cups almonds (see Note)
- 1 cup quinoa flour
- 1/2 cup maple syrup
- 1 teaspoon pure vanilla extract
- 1/3 cup coconut oil or sweet butter, softened
- 1 teaspoon cinnamon
- Pinch sea salt
- Unsweetened conserves

Preheat oven to 350 degrees

1. In a large bowl, mix all ingredients. Dough will be slightly crumbly.
2. Prepare a cookie sheet with parchment paper. Shape dough into large walnut-sized balls. Place cookie sheet. Continue until all the dough has been used. (if too crumbly to stick together add 1-2 teaspoons of water to mixture.)
3. With your thumb form a small indentation into each ball. Using a teaspoon fill each indentation with conserves.
4. Place cookie sheet in oven and bake until edges are slightly golden, about 12 minutes.
5. Place on a cooling rack to cook and serve! (if eaten hot conserves can burn your mouth.)

NOTE: In blender or processor grind the almonds into a powder or use pre-made almond flour.

© LISSA DE ANGELIS
Lissa De Angelis, MS, CCP is co-author of Recipes for Changes: Gourmet Wholefood Cooking for Health and Vitality at Menopause. She can be reached at lissad@optonline.net.



DEFINITELY DON'T REFRIGERATE

potatoes

Refrigeration causes the starch in potatoes to turn to sugar, and while this might sound like a good thing, it gives them the wrong flavor. The skins will also darken prematurely while cooking, making them look less appetizing.

onions

Here's a weird one. You don't have to refrigerate onions, but you do need to keep them physically separated from the potatoes. Spuds emit moisture and gases that will make your onions rot. Your best bet is to keep onions in the mesh bag they came in since they like air circulation.

garlic

Again, air circulation is key. Garlic bulbs will keep for two months without refrigeration, and if you keep them out of the damp air of the fridge you'll avoid making all your other nearby produce smell like garlic. Some even say that refrigeration will make garlic sprout prematurely.

avocados

Is there anything more delicious and healthy than a ripe avocado? Avocado won't ripen in cold conditions, so unless you need them to keep for awhile, you should let yours live outside the refrigerator until they're ready to eat. There's a popular legend suggesting the presence of the pit prevents browning, so if you only use half of an avocado, be sure to reserve the side with the pit.

tomatoes

Cold breaks down the cell walls in tomato flesh and causes them to become mushy and mealy. For better results, store them at room temperature and keep them out of direct sunlight, which can ripen them early and unevenly.

bananas

"I'm Chiquita banana and I've come to say, bananas have to ripen in a certain way." So went the original Chiquita commercial from the 1940s. Now, we're not saying you should go and buy Chiquita brand bananas, but their refrigeration advice is solid. Allow bananas to ripen at room temperature, and use your refrigerator when you want to slow the ripening process. Just be aware that refrigeration also happens to turn banana peels brown (though the interior is still unspoiled). Frozen bananas also make a great ice cream replacement for dieters.

melon

Fresh melon uncut, is best stored on the kitchen counter where it can properly ripen and sweeten. Only after you cut up your cantaloupe (or whatever) into bite-sized bits should the flesh be refrigerated (but never frozen).

stone fruits

Peaches, apricots, nectarines, plums, cherries, and so on should be ripened

There are some foods that are actively made worse by refrigeration.

These are the items you should absolutely keep away from cold.



at room temperature, stem-end down. Only after the fruits start softening slightly to the touch and begin to smell sweet should they be moved to the refrigerator. Shelf life is three to five days after that.

bread

Try to eat your bread before it gets to the point where you need to chill it to stave off mold, because if you end up refrigerating, the loaf will get tough and less tasty. For this reason, a lot of people freeze bread. Freezing preserves the texture, but then you have to deal with defrosting it. And who's got the time to microwave a slice of bread when they're rushing to catch a train in the morning?

pastries

It's the same story with cookies and pastry. You can store them covered outside the fridge, and it's true they won't last quite as long, but refrigeration causes baked goods to go stale faster. Keep them on the countertop where they belong.

hot sauce

Not all hot sauces are created equal, but if it's a vinegar-based hot sauce like Tabasco, you can almost always safely store it in the pantry for months on end. Cold weakens the flavor and changes the viscosity of the sauce, affecting the pour.

spices

Once again the humid environment of a refrigerator is detrimental to the flavor of spices, and since most can be safely stored for years without refrigeration, there's no benefit to cold storage at all.

honey

Ugh. My family refrigerates honey and I'll never understand why. Honey is one of the world's earliest preservatives. It has a practically indefinite shelf life, and we've heard tales of archaeologists uncovering ancient Egyptian tombs with edible honey inside. Don't refrigerate honey. It'll crystallize, and you'll have to squeeze that stupid teddy bear even harder to get it out.

peanut butter

All-natural peanut butter does have to be refrigerated, because the peanut oil can rise, separate from the mash, and go rancid. Commercially processed peanut butter, on the other hand (like JIF and Skippy), can be stored for months without issue even if the jar's been opened already. But really, who can't eat a jar of peanut butter in a month? It's delicious, and good for you, too.

oils

Nut oils (like hazelnut oil, mmm...) must be refrigerated, but for other types of oil you're in the clear. Oils will become cloudy and harden when refrigerated, and while this doesn't do lasting damage, you'll need to wait for the oil to warm before it tastes right or flows properly again.

enlighte

By Lewis Harrison

The word “Enlightenment” is tossed around loosely by many spiritual seekers and so-called spiritual teachers. Who is to say who is or isn’t enlightened? On a Wisdom Path, Enlightenment is a deep insight into the purpose and meaning of all things, including communication with or understanding of the mind of the Divine. This can be stretched to include the communication with or profound understanding of the creative force or a fundamentally changed consciousness whereby everything is perceived as a unity. In the East, words such as freedom from mind, egolessness, knowledge of truth, bliss and pure love may be used synonymously with Enlightenment.

Many traditions agree that Enlightenment cannot be achieved by dogmatic beliefs, intellectual insight, rituals, ceremonies or charitable acts alone. Enlightenment is clarity of thought and awareness so unique and profound as to be indescribable. It is physical existence beyond the material world in a thought-trans-

scending realm of unconditionedness, emptiness and non-duality. It is a state where ego and self have been transcended. One might say that Enlightenment takes place when one realizes the non-duality of the observer and the observed and where there is no suffering. In this state, traditional reality itself is an illusion.

How do you become Enlightened? You don’t become Enlightened, Enlightenment happens. In Japanese, there is a word “satori” which describes a sudden flash of awareness or understanding. If there is such a thing as an Enlightened Being, he or she surely knows who they are without assistance from the rest of us. Many great Sages say that “the Enlightenment that can be described is not true. Enlightenment simply “Is.” Whether a spiritual teacher is Enlightened is irrelevant to the conversation. Such a person likely has a full range of experiences many of which transcend ordinary ways of seeing and interacting with the world. Some of these experiences are understandable by ordinary folks including peak experience, emotional ecstasy and various altered states of consciousness. Still, many of these experiences cannot ever be described accurately with words.



enlightenment

CHOP WOOD, CARRY WATER

"Before enlightenment, chop wood, carry water; after enlightenment, chop wood, carry water." This is a reminder that there is nothing you must do in life other than what must be done. When living in this way tasks in your life will cease to be tasks. Work is no longer a burden; it is simply what needs to be done. What's the difference between a job and a burden? The tasks may be the same. The need is the same. What about the frame of mind? Who is chopping? Who is carrying water? Who is in joy? Who is bored?

"On the Wisdom Path there is no benefit to thinking about being disciplined just for the sake of being disciplined." You "Chop Wood, Carry Water" because that is what needs to be done, not because you convince yourself that it needs to be done or that you "should" be joyous while doing it. The best discipline is not to think about being disciplined.

When you become self aware you will begin to become more conscious of what you do, how you act and how you interact with other people and environments. For there to be sustainable change from a life of regret, expectation, psychological agony, and short term gratification requires a life where want and need have merged to create an authentic sense of meaning. This is the key to knowing what needs to be done and doing it. You embrace "discipline" in the service of love. This is "Chop Wood, Carry Water." Over time Chop Wood, Carry Water will show you the way to do things by doing nothing, and get somewhere by going nowhere. In time, want and need, expectation and regret, will fall away.

THE PRACTICE

There is no way to describe the Wisdom Path with words. It is something you practice until it is "Done" and it is never done. Occasionally you will get the sense that it is done then in the next moment you are back at it yet again. The Practice, your Practice is just a way of doing something with full intention and in thought, word and deed, fully. Even more than this, it is a way of being. It is a practice of doing what must be done and being who you must be. This practice needs to be engaged in and embraced with love.

Whether you are eating, working, making love, creating art, experiencing art, being a mate or parent, or sitting in meditation, it is done without any attachment to the present, regrets about the past or expectations for the future. In all of this, what you are doing is what must be done. This conglomeration of "doings" and "beings" is the essence of what I called "Practice," because you are always practicing, seeking to "do" and "be," as fully as possible, and at the same time you are engaged in disengagement, removing yourself from the need to do it right, or perfectly. This practice then, is a paradox in the truest sense of the word. This Practice requires constant practice, and yet it is always perfect because it is being done.

Now about thought, word, and deed. All human beings think, and with each and every thought there is a physical response. "What is the link or bridge between thought and behavior? It is language! All of the words, numbers, and symbols you use, and all of the verbal and non-verbal cues that you create to communicate with others serve as the bridge between thought and action. So one could say that a person's experience of the world is defined by the way he or she thinks and uses.

ascension

By Jodi Serota

masters of the past

In ancient times, many of the masters like Christ, Buddha and Krishna, experienced deep spiritual initiations to truly know they had the “right stuff” to embrace and embody higher levels of consciousness. It was imperative that they acknowledge themselves and others fully, through absolute forgiveness, compassion, acceptance and recognition while being responsible for all their thoughts, feelings, words and actions. Their willingness and abilities to be of service to themselves and others was part of their higher agreements as awakened human beings living as God or Divinity on the Earth plane.

In order for these high masters’ enlightenment they had to be aware of and be able to transmute soul lessons or karma consciously, while living their lives from higher conscious perspectives. This meant they had to take themselves, everyone else and everything into consideration before making decisions or taking action. Everything was created for the goodness of the entire collective. In addition, they all demonstrated the higher requirements of long-term commitments to greater purpose for true evolution.

the open heart

It takes a “pure open heart” emanating full presence of love and expanded light inwardly and out to recognize and value all beings on Earth and beyond. To attain higher spiritual levels, a personal commitment of truth, full responsibility of being all-inclusive in your thinking, feelings and actions, is essential.

It’s the “open heart” or living love that determines your connection to everyone and everything. As humans, most perceive meeting inner pain or even allowing for expansive love, difficult. Feeling deep emotions, or communicating fully is necessary for a human being. Our tendencies of feeling a need to protect ourselves, causes a response of closing down the heart center. Trust, rather than fear, is what all of us are remembering. This again, requires an “open heart”.

ascension

In the dictionary ascension is defined as the act of rising to a higher level. Evolution is the gradual development of something, especially from a simple to a more complex form. It is necessary to evolve in order to ascend.

our higher conscious plan

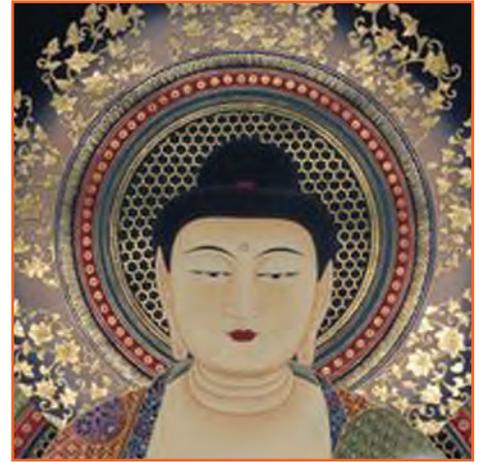
We come into this life with a higher conscious plan that we chose for ourselves before we incarnated. We’ve committed to live this journey that’s strengthened by personal growth & expansion. The experience of loving ourselves fully assists us in compassionately accepting our original higher conscious choice as etheric beings living in physical form, as emanations of love. Empowerment is the full expression of self or the ability to live with greater passion and freedom to be true to others and ourselves.

evolution

We must learn to live and express through the “open heart”. Committing to acceptance, relationships, being creators, knowing we’re loved, lovable, loving, being of service, and learning deep soul lessons, results in recognizing and accepting our Divine, multidimensional selves. This is the evolution of our souls.

The more we are in sync with our original choice of being on Earth, participating fully in life, the more we embrace our brilliance and become masters like in the past. Our gifts of heightened clarity, refined sensory

What’s Love



perceptions, remembering innate wisdoms and truth, all become apparent through healing illusions of limitation, pain and suffering. The “open heart” is the key to our true connection with each other, all dimensions, and ourselves.

currently on earth

We have greater opportunities quickening our growth for moving to heightened levels of awareness. There’s direct assistance from Hierarchies of Light with dispensations of assistance transmuting residual “stuff” needing to be shifted. Many have one foot on the Earth while still having the other foot in the etheric realms. This feels as if we have an option to check out, not fully committing to being present in this Earthly dimension. Some feel lost or misplaced, not belonging here. We all desire freedom of being, as in the higher realms where we originated from. We must know that as we fully embody, express and receive love, our planet can be experienced as Heaven on Earth.

We are here now to experience ourselves as the enlightened masters of the past...Human Beings as Divine Masters walking the Earth with higher, more refined gifts of pure expression of Divine Love.

ascension symptoms

Many have been experiencing what has been called “ascension symptoms”.

Difficulties arise as old wounds of karma are surfacing for clearing. Many face the fear of death or death of old patterns. Others confront living more of life and making appropriate changes.

Feeling heightened sensitivities, increased perceptions and expanded psychic abilities are bringing up etheric and physical boundaries to explore. Many find difficulties breathing or taking in more of what life can offer, while others feel overwhelmed through accelerated growth and rapid changes. Feeling more connected or loss of connection comes up for people as they work through polarities of patterns. Experiencing all sides of issues creates wholeness of lessons. The “open heart”, feeling compassion, is what brings the awakening of higher knowing.

Still, some feel traumas from all times and become confused not being sure where these memories are from. Challenges in relationships are surfacing and

Many are finding new partners to continue on the journey. New gifts and abilities are coming up for others. Changes in life are beginning to take precedence. Brain chemistry is being altered by new and higher frequencies causing new ways of balancing in all areas of life. Many are instantly

opening to higher levels of consciousness needing deeper grounding to work with higher frequencies coming through their bodies. We must continue our commitments in order to ascend.

in conclusion

Miraculous times are ahead. Your heart must be fully open to feel the true experience of bliss or Heaven on Earth. Experiencing an all-inclusive connectedness or the actual “frequency of love” is what is necessary to feel what we term paradise, where existence is positive, harmonious and eternal.

Be the full master that you are, keep an open heart, love fully, give freely and enjoy your life on Earth!

Jodi Serota is a life-changing metaphysical educator, channel, vibrational healer and professional artist. Her in-depth intuitive abilities and her remarkable sound healing powers are used to create initiations and activations instantly making major shifts in consciousness and healing. She holds individual channeled sessions, teaches classes and creates multi-media concerts and events for personal growth, transformation and the creative process. She is co-author of the book Healing The Heart of The World and she is owner and creator of META Center NewYork.

Got to Do With It?

IS METAL In Your Mouth DANGEROUS To Your Health?

BY DR. ALEX SHVARTSMAN

Galvanism is the generation of a current. Oral Galvanism occurs when two dissimilar metals or metal alloys are placed in an ion rich, moist environment. What we just have described is the basic battery build. This is exactly what can happen in people's mouths when their teeth have been restored with different metals. Oral Galvanism is a phenomenon that is rarely discussed amongst dentists today, yet as early as 1800's it was a concern of the entire profession when metallic restoration of teeth was the only option. Over the centuries, much has been forgotten or ignored.

DENTAL WORK WITH METAL

Common metal containing dental restorations include amalgam dental fillings, metal posts and pins, metal fused to porcelain crowns and bridges, titanium dental implants and titanium alloy implant posts, metal to acrylic removable partial dentures, preformed metal crowns and baby-teeth nickel-steel crowns, orthodontic braces, wires or retainers, and oral piercings.

The electric currents and ionic flow between various dental alloys has been shown to cause problems with the nervous system. The brain generates measurable voltages in a variety of frequency ranges that control everything from our emotions to our motor skills. The galvanic effect of mixed metals in the mouth can cause voltages tens to hundreds of times greater than what the brain produces, and may cause currents and electromagnetism that interfere with the brain's electrical impulses, which control the voluntary and involuntary actions of the body, as well as the mind. In addition, oral galvanism can block the flow of energy through major acupuncture meridians, which can in turn lead to greater dysfunction throughout the body.



SYMPTOMS OF ORAL GALVANISM

The production of electrical current in your mouth is an unnatural phenomenon that can have the following oral symptoms: Burning or tingling of the tongue sometimes referred as "burning mouth syndrome", mouth pain of unknown origin, metallic, salty or sour taste in the mouth and increased salivation. Autoimmune diseases such as oral Lichen planus as well as ulcers, rashes, and as unresolved inflammation or irritation of the gums have been associated with oral galvanism. Oral galvanism has been implicated in systemic conditions, which may include headaches, hearing loss, ringing in the ears, vertigo, eye problems, insomnia, chronic fatigue syndrome, memory loss, and irritability due to its effects to the central nervous system.

Another consequence of oral galvanism is metal corrosion. The transfer of electrons between dissimilar metals can corrode the metals in your mouth. These toxic oxidation byproducts can be released into the body causing further disruption to our function.

At the Long Island Center for Healthier Dentistry we take oral galvanism seriously. Every dental need can be addressed using non-metal options. Biomimetic resin-composite white fillings, single visit all-ceramic crowns, fiber-composite posts, Zirconium bridges and dental implants and metal free-dentures are standard of care in our office. As well as Invisalign: orthodontics without metal braces or nickel wires and metal-free retainers.

Today, we live in a toxic and unnaturally synthetic world. People are just beginning to scratch the surface of understanding the negative impact of having metal placed in our mouth. Today it all metal

dental restorations have a non-metal counterpart. If you are interested in reducing the toxic and electrical effects of "metal-mouth", working with a dentist who shares your concerns is a good place to start.

For more information, call Alex Shvartsman at the Long Island Center for Healthier Dentistry at 631-361-3577 or visit www.SmithtownSmiles.com.

BREAST CANCER AWARENESS or is it Fear Mongering!

ENOUGH IS ENOUGH! If it is not prostate cancer awareness for men, it's breast cancer for women. After 50 years of practicing naturopathic medicine, I feel like I am going to explode from the orthodox drug medicine's endless propaganda and false system. Everywhere you turn, the establishment is trying to cram prostate or breast cancer awareness down your throat. While it is true both of these conditions are epidemic, both are 100% preventable, treatable and reversible naturally. In simple language this means without deleterious drugs or dangerous radiation or life changing surgery.

In many third world countries breast cancer or prostate cancer is non-existent. For example, in Camarone, one woman in 500,000 gets breast cancer. Compare that with one woman out of eight, soon to be one in seven, in the U.S. who is diagnosed with breast cancer.

Our Creator designed the anatomy and physiology of our third world sisters as he/she did our American women. We need to approach this dilemma more scientifically. We need to uncover the cause and then correct the cause rather than drug, radiate and hack so quickly.

This is at the Bottom Line

My mother taught me a lesson at a very early age: "You can't have your cake and eat it too." There is no short cut to being cancer free. In short: To win the war with cancer you've got to change your entire lifestyle, body, mind and spirit. We've all got cancer cells and it takes 10-20-30 years to be officially

diagnosed. That's the primary difference between mainstream orthodox allopathic medicine and naturopathic medicine.

Hacking Off the Breast or Prostate is Not Fighting Cancer

When the establishment highlights some movie star promoting her as a brave cancer survivor, I don't believe I am being insensitive when I shout enough is enough! Our true scientists (those not on Big Pharma payroll) tell us most mastectomies are unnecessary. They are the result of medical prostitution and fear mongering.

Fighting cancer is getting down to the common denominators which are toxicity, hormone imbalance, faulty lifestyle, anxiety, stress, depression, worry, fear, under-performing thyroid, nutritional deficiencies, cellular oxygen deficiency, excess body fat weight and faulty dietary habits. Remember, one ounce of nutritional and naturopathic preventive medicine is worth a ton of after the fact drug medicine.

It All Starts with Big Pharma

Don't be fooled by the establishment propaganda. Breast and prostate awareness is the code word for breast and prostate screening. Screening leads to treatments. Treatments lead to deleterious drugs, dangerous radiation and inhuman hacking.

By Robert H. Sorge, N.D., Ph.D.
DOCTOR OF NATUROPATHIC MEDICINE SINCE 1964

These lead to more money for Big Pharma's coffers. With today's modern screening devices, such as CT scans, they are always going to find something. What they find usually is taken care of by the body without any medical intervention.

The Pink Ribbon Mafia

The media won't reveal it because they are terrified of the well-financed and highly organized pink ribbon mafia. The truth is breast cancer awareness is a massive swindle, created by Big Pharma. It starts with so-called national breast cancer awareness month. Do-gooders hoping to raise awareness didn't start this marketing campaign and true scientists hunting for a cure didn't create it. The American Cancer Society, basically the public lobbying arm of the drug industry and cancer inc. and big business, created it.

Six Scams to Avoid to Protect Your Health Life, Future and Pocket Book

Scam One MAMMOGRAMS

In a recent 25-year Canadian study, half the women were given regular mammograms while the other half were told to avoid them. What did they learn after 25 years? The death rate was exactly the same. What did they conclude? Mammograms are useless. In short: A scam.

Scam Two NEEDLE BIOPSIES

Clearly the best way to keep a harmless tumor from growing is to leave them alone. Don't poke at it with a needle or irritate it in any way. Tumors are protective. When a tumor is invaded with a needle during a biopsy, cancer cells can spread to the lymph system, then to the blood stream, then to the weakest systems of the body.

One recent study of 663 women with breast cancer found that those who had needle biopsies were 50 percent more likely to later in life suffer from lymphatic nodes under the armpit. Don't let any doctor, no matter what, touch those tumors. A tumor is your body's protective mechanism. Poking is dangerous, even mindless. Don't do it.

Scam Three SELF EXAMINATION

"Seek and ye shall find." Breasts are lumpy. Our Creator designed them that way. They contain the mammary glands needed for milk production. So lumps are normal, but the moment a woman feels one that she's been looking for since she was 12 years old, she panics. What does she do? She rushes to the doctor. What is he/she trained to do? Why order useless mammograms and dangerous biopsies and the medical game starts. Fear mongering is part of the medical game.

Our true scientists tell us that some 266,000 women were divided into two groups. Half were trained to self examine. Half were told not to. After 10 years we learned there was no difference in the death rate from breast cancer. Conclusion: Self-examination is nonsense, totally worthless. Most breast lumps resolve themselves with no intervention. When orthodox drug medicine finds a harmless breast lump, fear mongering is triggered and the game begins.

Scam Four GENETIC TESTING

This test is being used to instill fear into women, to con them into treatments for diseases they do not have and may never get. It's an outright abuse. The so-called breast cancer gene is not a death sentence. If you do have it – it's just another compelling reason to seek the help of a naturopathic doctor. Fear has contributed more to cancer deaths than cancer itself.

Scam Five PREVENTATIVE MASTECTOMY

Fear causes us to do irrational things. We can live symbiotically with cancer. The key is correcting the cause, naturopathic detoxification and building an indestructible immune system. While it's true you can't get cancer in a part of your body you don't have, hacking off your breast because you are at risk of cancer is tantamount to drowning yourself because you live in a flood zone.

A major study of over 100,000 women with stage one and two cancers took place. Some women had one breast with cancer removed. Others had both lopped off. What they learned was that there were no significant differences in the survival rate. Conclusion: Cutting the breast off to prevent cancer has no scientific validity.

Scam Six BREAST CANCER AWARENESS

Don't let your doctor or the pink ribbon mafia guilt or bully you to donating to their scam. Giving a donation is funding disinformation awareness aimed at getting more women screened into the medical game. The pathetic thing this propaganda system does is brainwash women into truly believing that the useless and unnecessary treatment saved her life. She then becomes an evangelist for cancer awareness and the pink mafia. It's the perfect system – the perfect scam. It's been going on for over 100 years. What has been the outcome is more cancer and a cancer industry that is out of control.

What Should I Do?

Keep foremost in mind: Fear of cancer kills more people than cancer itself. We can live symbiotically with cancer. It's true cancer is the number two cause of death in the U.S. but we can live with cancer, just like we can live with diabetes or any other disease. No one is going to get out of this life alive. Cancer may be the opportunity of a lifetime to get your relationship with your Creator on a firm foundation, even before you start your naturopathic and nutrition health program.

The answer to cancer is not to wait for the official diagnosis. Your body is manufacturing the cause.. Nutrition testing and personal health evaluation offers a compelling alternative to our current system because it puts you in charge. Laboratory diagnostics are presently ten years ahead of mainstream medicine. Lab tests are presently available that tells you how your immune system stacks up compared to cancer antibodies. Knowledge plus intelligently directed action is power.

Dr. Robert H. Sorge, a Doctor of Naturopathic Medicine, is the Director of AbundaLife Medical Nutrition testing clinic in Asbury Park, NJ. He can be contacted at 732-775-7575, by email at abundalife@abundalife.com or visit www.abundalife.com. You can find these products in most health food stores or if you prefer to have the convenience of a single Pac contact Dr. Sorge at your convenience.

Climate Change Is Here AND We Are The Cause

Warning of "irreversible and dangerous impacts," some of the world's top scientists Sunday released the most comprehensive assessment of climate change ever done.

Newest in the report is the level of certainty — 95% — that humans and greenhouse gas emissions are largely to blame for the change.

"The atmosphere and ocean have warmed, the amounts of snow and ice have diminished, and sea level has risen," the report states.

Hundreds of scientists from 80 countries gathered in Copenhagen to take part in the assessment by the Intergovernmental Panel on Climate Change, a United Nations group.

The assessment comes as the Earth is headed toward its hottest year ever recorded, along with its highest level of atmospheric carbon dioxide in at least 800,000 years.

"The IPCC's new Synthesis Report is yet another wake-up call to the global community that we must act together swiftly and aggressively in order to stem climate change and avoid its worst impacts," said John P. Holdren, Director of the White House Office of Science & Technology Policy.

"Those who choose to ignore or dispute the science so clear-

ly laid out in this report do so at great risk for all of us and for our kids and grandkids," said Secretary of State John Kerry.

"The scientists have done their job and then some," said Alden Meyer of the Union of Concerned Scientists. "The risks are clear. Politicians can either dramatically reduce emissions or they can spend the rest of their careers running from climate disaster to climate disaster."

Five years ago, global leaders set a goal of keeping the temperature rise below 3.6 degrees F, as compared to before the Industrial Revolution. Since the 1800s, the planet's temperatures have risen about 1.4 degrees F.

The report is a key document that will be used at the Paris climate summit next year, where world leaders will try to broker the first major deal on emissions seen in decades.

It "will provide the road map by which policymakers will hopefully find their way to a global agreement to finally reverse course on climate change," Rajendra Pachauri, the panel's chief, explained this week.

The Copenhagen report sums up the IPCC's Fifth Assessment, a huge analysis of 30,000 studies related to global warming.



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C O L O N T H E R A P Y



Intestinal Cleansing and Detoxification with Kiva Process

JoAnne Greylen Asher, Director

Colonic Irrigation at its finest; disposable accessories, triple-filtered hyperactive oxygenated water; Kiva process, a new method that biologically cleans for greater detoxification and purified through ultraviolet sterilization.

Intestinal cleansing may eliminate years of accumulated toxic wastes and stop the unnecessary recycling of poisons that build up in the large intestine. Diluting toxic load may reduce stress on the liver, allowing greater functioning of the eliminating organs. The quality of water used is particularly important in this process.

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- Candida Diet
- Parasite Cleansing
- Oxygenated Steam Sauna

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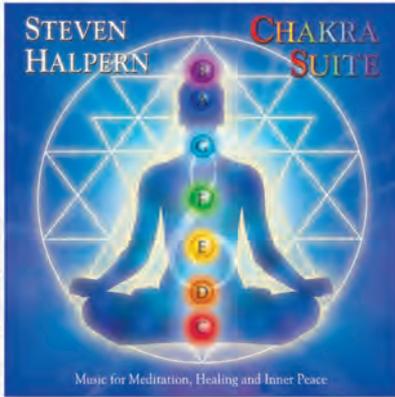
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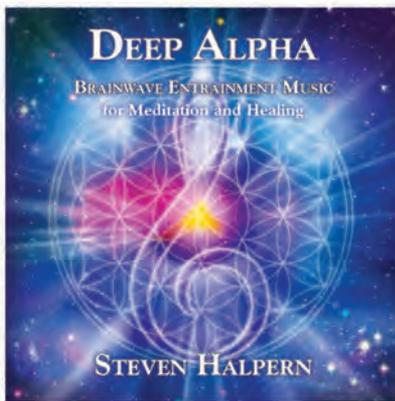
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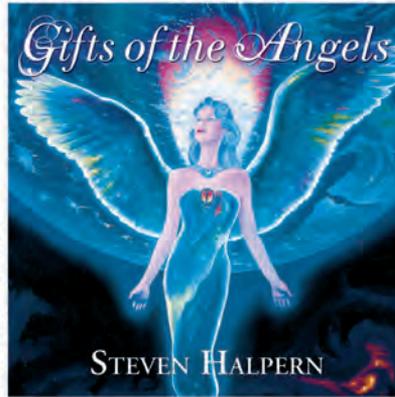
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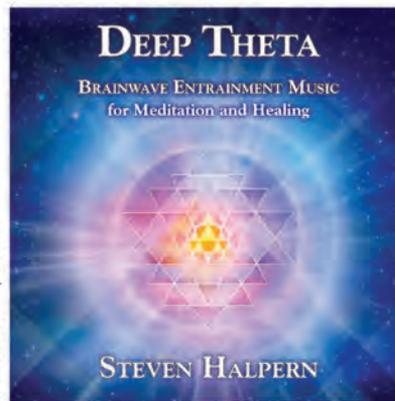
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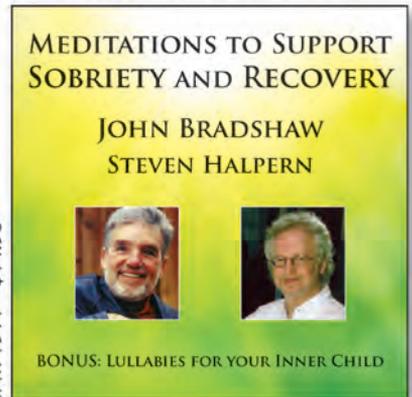
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