

# CREATIVITY ESSENCE

a community connection and beyond



"Embodiment of a Kiss" by Ray Rosario

The Community Connection's **passion** is to **create**  
a sense of **community**, assisting in expanding  
**awareness** with our informative articles that **inspire**  
and teach through life **experience** and the tools we  
encounter along the way.

## \* H.E.L.P.

(Healing, Energy, Love and Prayer)

Directing Loving Healing Prayer And Energy,  
As A Community To:

Salvini family ▪ Katz family ▪ Cannata family ▪ Michal  
Whiddon family ▪ Santella family ▪ Cahill family  
Doris ▪ Pluchino family ▪ Macco family  
Maloney family ▪ Napoli family ▪ Bellantonio family  
Serao family ▪ DeLisi family ▪ Navarra family  
Rob ▪ Sue ▪ Jeff ▪ Linda ▪ Fluffy  
Our Soldiers



## \* Celebration Corner !!!!

"Let's Raise Our Vibration And The Vibration Of  
The Planet By Celebrating Our Joys"

- ☞ Celebrating the true beauty of the holidays – Family and Friends! ~ R.C.
- ☞ My dad's 90th birthday! ~ J.C.
- ☞ A year filled with Love, Joy, Peace and Abundance for all! ~ L.S.
- ☞ The people who lovingly contributed to this issue.
- ☞ All awakening to their true potential.



Dedicating this issue to...

*All Our Children*

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## LETTERS TO THE EDITOR

☒ Congratulations on your first issue of Creative Essence – A Community Connection & Beyond. I found your cover page a feast for the eyes and the printed articles a feast for the soul.

After reading this issue I thought, what a great avenue this is for lightworkers to meet in this creative community. Born out of love and passion enabling them to share with all of us their knowledge, experiences and ideas.

What a rush it is to read these articles and in doing so raise our vibrational responses to all possibilities.

Thank You! Helen J.

☒ What a neat magazine. Congratulations on a job well done.

Carol Patti

☒ ...You have done a truly beautiful job...congratulations! The picture on the front cover is magnificent...and the publication is so well done that I am sure you will be getting great responses.

Much Love and Support,  
Susan McNeal Velasquez

# Creative Essence

## A Community Connection & Beyond

Published Quarterly

Rita Cannata

Creative Essence

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## Simply Magnificent

Rita Cannata - Publisher/Editor



We all have a magnificence about ourselves... But usually our magnificence or radiant light that shines naturally is veiled by beliefs of who we were told we are.

We hold onto these beliefs that do not enrich us throughout our life, thinking the beliefs are 'who we are'.

Allowing our magnificence to shine is really simple; we just make it complex...

Meditation is a tool that can be used to help quiet and center us, so that we can tap into our true self (the self without illusions). Once we become aware of our true identity - our divinity, we live life as a meditation staying calm in the midst of chaos. Knowing when we feel out of balance we can center ourselves more quickly and easily.

When you center yourself and align with your spirit, you *know* the next step and you *trust* the step after that will follow....

Take a few minutes several times a day, simply to just stop and focus on your breath.... just focus on breathing in and out. You will find your awareness shifts and expands as well as centers you.

Keep it simple and enjoy life, it doesn't have to be hard.

Loving Blessings,  
Rita Cannata

### Animal Medicine....

▪ *Otter reminds us to move peacefully and playfully through our lives.*

▪ *Snake teaches us to shed our old skin.*



## Essence Of The Season

Mama Donna Henes, Urban Shaman



Surely the essential quality of winter is its absence of light. And that, so much more than the attendant weather, is what so many people dread about it. The long, dark, isolating

chill of winter understandably renders many of us susceptible to sadness. Seasonal Affective Disorder is considered to be an affliction and treated with intense doses of light. Our culture just doesn't *do* dark. The problem with that is if we only embrace the light, we will miss experiencing half of each day; half of each year; half of our range of emotions; half of our lives.

The dark is our friend. As we get older and have had more terrible and disastrous things happen in our lives, we begin to realize that there are just some things that you can only learn in the dark. The dark nurtures the richest veins at the extreme depth of our feelings. Like any seed, we need the dark to grow. And like any tree, we do our most growing underground — sending our roots through the dark ever deeper, wider; extending our reach in search of nourishment through the long cold night of winter.

DONNA HENES has been a contemporary ceremonialist for 30+ years. Mama Donna, as she is affectionately known, is the author of four books and a CD. She writes a weekly column for UPI Religion and Spirituality Forum and also publishes the highly acclaimed quarterly journal, *Always In Season: Living in Sync with the Cycles*. In addition to teaching and lecturing worldwide, she maintains a ceremonial center, spirit shop, ritual practice and consultancy in Exotic Brooklyn, New York, Mama Donna's Tea Garden And Healing Haven, where she works with individuals and groups to create personally relevant rituals for all of life's transitions. Visit her at <http://www.DonnaHenes.net>



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## Our Thoughts, Our Minds And How To Create The Life We Desire

Sydney Merlino, MCH, EFT-CC

I am a Master and Energy the meridian kinesiology as heal the body and



Hypnotherapist Therapist using system and my modality to mind.

The average person generates approximately 60,000 thoughts a day. We are constantly thinking, therefore, our minds have the capacity to be our best friend or our worst enemy. The choice depends on what we choose to do with our minds. God has given us a powerful tool that allows us to be the creators of our own life and no person, situation, not even society can cause that to change. Despite how we feel physically or emotionally we have the ability to choose the thoughts we think.

Our mental body is always at a higher vibration than our emotional body, and as such, **our minds are more powerful than our feelings**. The problem is that we have been trained to listen to what we feel and then create thoughts that correspond with our feelings. In doing so, we tend to make so many mistakes. Feelings of negativity, perhaps due to the loss of employment or relationship causes the continuation of thinking negative thoughts and, ultimately, creates a life based on these feelings: worthlessness, depression, rejection, loneliness, and anger. We begin blaming others for what is taking place in our lives including blaming God. At that point we are unable to perceive ourselves in a positive light until we experience one positive feeling again. This is **feeling controlling thought, instead of thought controlling feeling**.

The subconscious is the portion of your mind that creates your world. Each time you verbalize negative thoughts about you or someone else to yourself or in public, the subconscious takes it personal and believes that you want these thoughts for yourself. You then begin to live and become these thoughts without consciously making an effort.

For example, you know a person you believe is overweight, but you do not particularly like her. You talk about her over and over to your friends and family, making fun of her, calling her fat and other names. What occurs in the mind is that the subconscious will think you are referring to yourself because it takes the things you state as personal. It does not acknowledge

that you are speaking of someone else and in time, due to your excessive talking about this overweight person, you will one day find you are 20 lbs. overweight. You created a thought and the universe gave it to you.

In times of pain and difficulty we find it challenging to take ownership of our problems and tend to blame others for all that is wrong in our world. The last thing we want to believe is that we had a part in creating the misery in which we live. If this is your belief, you are only fooling yourself because the universe holds you accountable for your actions whether or not you believe you are responsible for them. If you lie, steal, cheat, hurt others and yourself by neglecting your own needs, your body loses vital energy needed to sustain health and well-being. Each choice we make either drains or fuels our spirit. Many suffer from poor health, depression, unhappiness and dissatisfaction in their lives. This is caused by patterns of blaming others for their misery, living in denial of having done something wrong, or depending on others to finance their happiness rather than working towards controlling each situation to one's own satisfaction. Your problems are yours despite your efforts to hide, deny, or skate around them and you own them because they are the results of the thoughts you created.

Thinking thoughts that cause you to feel good raises your body's electromagnetic field with a vibration that sends a signal out into the universe guaranteeing **your every thought put out into the world returns to you multiplied**. Therefore, be careful of what you think. It is not the words you speak, but the constant thought of those words. **Your thoughts and nothing else are the most powerful mechanism for controlling your life.**

Creating a strong intention in which you can hold your belief of something is the most powerful way of using your mind. Intentions are decisions, goals, ideas, and desires that are stated in a positive affirmation. When you match your intentions with a positive feeling you send forth a signal to the world that the universe honors allowing you to receive that which you desire. You must remain focused on the positive thought, **knowing and believing** that you will receive what you desire, despite the length of time, without the worry or fear that you may not receive it. **This is creating the life you want.**

I have a friend who challenges me whenever I feel negative. If a relationship has ended and I want a pity party, he would say loudly with enthusiasm "N-E-X-T --This is great --Now you can look for the person who

will fit in your life and make you so happy." He was so right. Having a pity party with someone will only keep negative thoughts flowing. You must stop complaining and ask yourself why you created this negative life that left you unfulfilled and unhappy. Why did you hold on to something for so long that was not working from earlier on? Because you waited thinking life would create your happiness as you contemplated every negative thought, you created the life you thought of instead of thinking on the life you desired. Consider this for one moment: If you could have the life you want, how would it be right down to the smallest detail? How would it feel? Do you believe you deserve it? Do you believe it can happen? If your answer was yes to the final two questions, you are in alignment with God's will and it will happen. If you hold the slightest doubt, then it will not happen.

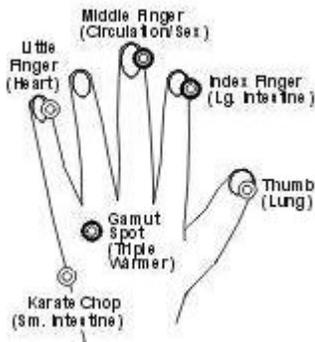
Become a deliberate creator of your life. **Live life on purpose. Live life with passion.** Always anticipate your future whether it is one-second or one year ahead. Take time each day to identify your desires without worrying about how they will surface to move you in that direction. Pray each day. Prayer raises your vibration greatly, which in turn, makes you happy. Ask God to assist you in remaining focused on your goals. If you do not have a goal, ask God to help you recognize one through meditation. If you believe in God and believe in yourself the power of heaven will work on your behalf producing the life you want.

## **ENERGY HEALING TECHNIQUE FOR DEPRESSION**

Depression is a state of feeling negative almost all of the time. It is a feeling of being in a very low vibration and an uncomfortable energy that offers little or no relief.

The good news is **IT IS SIMPLY NEGATIVE ENERGY** and does not define who you are or your identity. It is an experience taking hold of your life for the moment. Now that you are aware that it is not your identity, you have the power to change, remembering that you have the ability to think anything you want. Is this negative energy serving you or making you feel low?

Drink a glass of water. Tap together the karate chop points on the hand. Where you would use your side of hand to karate chop someone, karate chop the left hand on to the right karate chop area of the right.



As you continue tapping the right and left sides of your hand together without stopping, declare these statements three times each:

- Although I am feeling depressed, miserable, worthless, and life is not going the way I thought I planned (state the reason why in your own words), I am choosing to release this negative energy NOW!
- Although I am feeling as if life is not worth living (continue in your words how you feel), I love and accept myself no matter what challenges I am faced with from this point on.
- Although I am feeling depressed, sad, lonely, and rejected by (say all people's names or situation) and I am unsure where I belong in life, I forgive myself for being so hard on **ME**. I forgive anyone else in my life who had anything to do with making me feel so bad, I forgive you God because I blamed you for everything, and I now ask for divine guidance to come to me while I create my new life.

Stop tapping your hands and on small pieces of paper write the reasons that are causing you to feel badly.

Go to a toilet or a garbage pail.

Put the tip of your tongue in the back between the two front teeth at the gum line where the teeth meet it.

**SMILE!**

Take one of those hurt papers and flush it or throw it away.

Take a deep breath in through your nose and out through your mouth with your tongue still behind the teeth. As you do this with tongue in place and a smile

on your face, say in your mind "MY PAIN IS GONE -- I AM HEALING NOW."

Be sure to keep smiling.

Do this for each piece of until you have no pieces of paper remaining. Smiling and breathing raises your vibrations making your energy system healthier and causing you to heal more quickly.

You have thrown away all your junk; it is gone forever. The only thought you should have now is for a new beginning and positive future. What fun, happy times did you have in your life? Which family members and friends make you smile? What are you grateful for? Make a list of all the good in your life.

**NOW SMILE!**

May God Bless You All.

If you would like to be part of my mailing list, please contact me at sydshealingminds@aol.com or 347-385-1925. Also, in your e-mail please send me ideas on topics that you would like healing on. We could do private sessions or I could put a workshop together using your topic and have fun doing group healing.

*"Your thoughts and nothing else are the most powerful mechanism for controlling your life"*

~Sydney Merlino



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## Limitations

Ray Rosario



As my gift grows inside...  
I thirst, as my sights are impaled  
by reality,  
I hunger, as I reach to others  
I see the hunger in their eyes  
for life.

My thirst is only quenched  
when I can give

some part of my life to others.

I will give to all those who ask,  
whether it's stated verbally or in the subconscious,  
you are heard either way.

What has to be understood is the process.

Before you ask of this world,

Why did you ask and for what reasons?

Once upon arrival one has to have a clear vision  
of what they have seen.

One has to be ready to handle the gifts  
and do right by them.

If intentions prove otherwise,  
the fruits of life will be denied

until you're ready to taste with your heart.

So many are satisfied with the average taste of life  
because familiar is safer than uncertainty,

discovery is left to others,

exploration is limited by the boundaries that society  
has created in our mind.

Limitations are self-induced.

The key to existing in life lies with recognizing the  
power of your presence and reason for being.

A question we fail ourselves at this time and age.

The first taste of life without fear.

Fear is the core of all that is not manifested.

It will take a lifetime of thirst,

to fill all that will be manifested by your own power  
and the will to have what belongs to you.

This kind of power soars through the human spirit  
and others live vicariously because of fear.

No one is placed in front of others,  
self-placement empowers movement  
in the subconscious

and leads others to think they are more,  
when in fact,

the dream is yours if you wish to live it.

But what price are you willing to give for that  
manifestation of life?

I will say this to all those who decide to pursue  
their dreams or cause...

There is a price to pay and unless you're willing to  
give every last breath of air in your body,

make every sacrifice possible,  
give up all material possessions,  
time, space, and freedom  
you will end up coming short.

As long as you run with your heart,

you will always finish first,

followed by happiness and love.

All I'm asking is for you to trust  
and believe in yourself.

Feed back is always welcome: [ray.rosario@verizon.net](mailto:ray.rosario@verizon.net)  
[www.rayartweb.com](http://www.rayartweb.com)



## Unleash The Power Of Your Intuition - An Elegant State Of Mind

Susan McNeal Velasquez

*The only real elegance is in the mind;  
if you've got that, the rest really comes from it.*

~Diana Vreeland (1962)



Have you managed to  
fashion a life that is at least  
80% pleasing to you? Do you  
have a passion or a purpose  
that keeps you challenged  
and engaged in pursuits that

are meaningful to you? Do you have friends and  
family who you are on good terms with, so that you are  
provided with a sense of continuity and connection  
with others?

Do you have a sense of wellbeing and an awareness  
of your basic goodness and the basic goodness of your  
life? Are you doing the best you can, given what life is  
currently asking of you?

If you can answer yes to these questions, you have  
enough cause to be profoundly happy with the  
elegance of your life.

If you are still spending time second-guessing,  
pushing and prodding yourself for more, bigger and

faster results, you may be needlessly victimizing yourself, simply because of an old habit.

Many of us were raised with a belief that showing feelings of hurt, disappointment, fear, anger or upsets were considered to be a sign of a flawed or weak character. Feelings were considered to be too messy to deal with; therefore, the repression of emotion became a desired goal.

Put on a happy face. Laugh and the world laughs with you, cry and you cry alone. There is nothing to fear but fear itself. Success is fashioned for the man who will grab the handle of courage.

Cliché's abound that leave the impression that the way to success and happiness is to strive for perfection and never let up until you reach it.

Demanding perfection from ourselves and others is a formula for disaster. It leads to judgmental, brittle, harsh and opinionated thoughts that split us off from our nurturing and healing intuitive wisdom and guidance. We generate a constant state of emotional upheaval because we, or they, are never perfect enough.

When we carry an invisible yardstick weighing the rightness or wrongness of our actions and choices, we limit our chances for inner happiness and wellbeing.

We become the creator of our own unhappiness because our mind is tethered to an immature and unworkable notion of what a successful life is.

Perhaps it is time to breathe in a healthy dose of gratitude for the life we have and then breathe out and let go of any resistance to claiming ownership of an elegant life, this very day.

*Susan McNeal Velasquez teaches small group seminars on the topic of how to Unleash the Power of Your Intuition. She has been writing and producing personal development seminars for 34 years and has been focusing on the topic of accessing the skill of intuitive guidance for the past 14 years. Susan can be reached at: (949) 494-7773 / SusanVelas@aol.com.*



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## Feng Shui For Your Health And Vitality

Rodika Tchi



How many of us wake up in the morning feeling refreshed, happy and full of energy? How many of us, after a few hours in the office, still feel full of energy? Why certain

environments uplift our spirits and make us breathe deeper, while others drain our energy? We seem to have forgotten how deeply connected we are with the space we live in and how important is for our well being to live in a balanced environment.

As our lives are certainly not getting easier, the need to create a healthy and vibrant home environment cannot be overestimated. We have to have a safe, peaceful and energetically balanced space where our bodies can let down the daylong protective shield and focus on regenerating and self-healing.

Feng Shui is an ancient art and science that has been used for over 5,000 years to heal, balance and enrich people's lives. It is a very complex body of knowledge that reveals how humans are connected to their environment and shows numerous ways to change specific aspects of one's life by changing the living or working space.

Being aware of this deep connection and its influence on all aspects of your life, it would be wise to employ feng shui knowledge in your home (and business!) to improve your health, vitality, and general well-being.

One of the main theories of Feng Shui is the theory of Five Elements, which are Fire, Earth, Metal, Water and Wood. The elements are the five manifestations of Chi, or universal energy, and are represented in your environment by colors, shapes, textures, smells, taste, etc. They interact with each other in certain ways, the basic cycles being Constructive (where each element supports the other) or Destructive (where one element destroys the other). Understanding this theory and its applications in your life can be a very powerful tool indeed. In order to experience high vitality levels and an increased level of well-being, feng shui masters recommend living in a place that supports and nourishes your birth element.

Each of us has a predominant element, which is calculated by the year of birth. (You can find out your

own element from specific tables in many feng shui books or by visiting our website). Once you know your own element, look around your place and see which element is predominant in it. Yes, any specific environment also has its own predominant element. For example, if your living room has purple curtains, art with predominant red-orange colors, lots of candles, a fireplace, objects in triangular, pointed shapes etc; the energy in the room is predominantly Fire.

If your birth element is Wood, and you live in a Fire environment you will tend to experience headaches, inability to relax, have constant arguments with your family, often feel “burnt out.” As Fire burns the Wood, you need to focus on reducing the element of Fire in your environment, thus improve your well being. To remedy this situation, you may want to bring some of your own element (Wood) and/or the element of Water (which puts down the Fire).

Wood element can be brought into your environment by colors brown and green, plants (green bamboo is especially powerful!) objects in rectangular shapes, actual wooden objects and other. Water can be represented by actual water (a fountain) or images of water – oceans, lakes, rivers; as well as mirrors, wavy and curved shapes, colors black or deep blue, etc. The scenario described above will also be true for a person whose birth element is Metal, as Fire melts the Metal. However, an Earth or Water person will feel very good in that environment, and you can easily guess why. Both of these elements are not overpowered by the Fire energy.

An old Chinese proverb states that feng shui consultants double as doctors. And for a good reason. The art and science of Feng Shui has a wealth of recommendations, cures, solutions for every person and virtually every space, be it home, business, garden, etc. Just like your body has a specific anatomy, the space you inhabit also has its own anatomy, with its own “do’s” and “don’ts.” Specific areas of your life, as well as specific body organs relate to specific areas of your home. For example, East is the area “responsible” for Family and Health. The element of East is Wood; therefore it is wise to avoid the placement of objects representing either Fire or Metal in this area of your home/business. If you suffer from certain body ailments, you can choose to place in the East area a picture, or any other representation of a medicine plant particularly healing for you (for example dandelion for liver problems).

Here are some feng shui remedies to improve your Health and increase Vitality:

- \* Keep the center of your House clean, clutter free and open. This is considered the Heart of the House and is a sacred area in many old cultures. No heavy objects should be placed here. The center of your space is a very good place for a fountain, some crystals, bells/chimes with a harmonious sound, happy pictures of your loved ones, or any other items that speak to your heart.

- \* Reduce or eliminate metal objects from your Bedroom, as metal conducts electricity. Work on reducing the electromagnetic fields in your bedroom. Provide an ideal space for your body to regenerate, replenish and heal itself during sleep. Do not sleep under beams or sloped ceiling. Do not sleep with your feet in line with the door. Have a good, supportive headboard. Choose a natural mattress.

- \* Become aware of the quality of air in your space. Aerate your home often and use essential oils like lavender, chamomile, sage, frankincense, bergamot, etc., to purify the space, uplift the spirits and improve your sense of well being. Consider using an air ionizer should this be necessary. Have specific plants that purify the air, such as peace lily, boston fern, spider plant, etc. Color green is very healing.

- \* Have a pleasing welcoming entrance. It should be well lit, spacious and have uplifting energy. If you face a wall or stairs, apply specific feng shui cures or your life could be stuck in unnecessary struggles.

- \* Surround yourself with objects you love and people that uplift your spirits. Try to spend some time in nature at least once a day. Make your home a healing refuge from the stress you encounter during the day by applying various feng shui cures and reducing the internal pollutants present in most homes.

By following these simple, basic feng shui recommendations you can greatly improve your sense of well being. You can bring healing beauty and harmony into your life and create an environment that is fully supportive of you and your loved ones.

RODIKA Tchi, BA, MSc, CFSC  
Principal, Tchi Consulting

She is the Publisher of the Feng Shui eConsultant: *HEALTH & HOME* and *BUSINESS WELLNESS*, two bi-monthly e-zines with a fast growing database of international subscribers from 23 countries. Rodika has taught Feng Shui at the University of British Columbia, Hollyhock Educational Retreat Center, Women Business Owners Association, Taste of Health Festival, YWCA and other organizations. [www.tchiconsulting.com](http://www.tchiconsulting.com) and [www.knowfengshui.com](http://www.knowfengshui.com)



## Love Is The Best Drug

Over the past Dr. Dean scientifically people can blocked arteries or surgery through diet, exercise and meditation.



two decades, Ornish has proven that open their without drugs

However, the most interesting find was that loneliness is more toxic than a cheeseburger.

“Love and intimacy are at the root of what makes us sick and what makes us well,” Ornish declares. “I am not aware of any other factor in medicine—not diet, not smoking, not exercise—that has a greater impact.”

Ornish’s research corroborates what is know as the ‘Roseta Effect’. Until 1965, the people who lived in the small town of Roseta, Pennsylvania, seemed immune to heart disease. Compared to the residents in the nearby town of Bangor, they smoked as much and ate similar food. The striking distinction was Roseta’s tightly bonded social life. The community comprised mostly third-generation Italian immigrants, all of whom had strong commitments to family and friends.

Isolation is definitely a health hazard. Here are a few startling facts from clinical studies:

- Women who felt isolated were 3 ½ times as likely to die of breast, ovarian or uterine cancer over a 17-year period.
- Heart patients who felt the least loved had 50% more arterial damage than those who felt the most loved.
- Unmarried heart patients were 3 times more likely to die within 5 years.

The authenticity and intensity of our relationships appears to be the deciding factor in health. Your cheeseburger might not be as harmful if you eat it with someone you love.

Peak Potentials Training Inc.

To Sign up for our newsletter visit:

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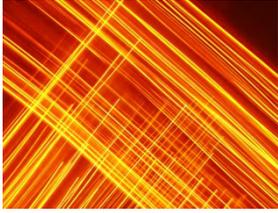
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## Integrating The Latest Energies

St. Francis through Anina Davenport



Starting the middle of October and continuing from there, there has been a new light infusion which has brought new clearing. Many old

patterns and energies are being cleared and the best you can do is breathe and hold still as you are being scrubbed clean by divine messengers such as your guides, angels and other beings who transmit the new energies to you. As always nature is very helpful in the integration of the new light and if you cannot get to nature the memory of the ocean or a mountain lake can help to soothe your nervous system. Many of you are tired right now and if you can let yourself rest. Rest, relax and release.

It also helps to work with other light workers either in an informal way or as a client or teacher. Support each other in this journey. Body work is very helpful right now and so is looking at patterns as long as in the looking you don't hold on to them.

Breathe! This is often the best you can do since things move so fast. It seems harder and harder to control things. Some politicians have noticed that lately as well. You have to go with the changes, with the new energies.

Some of you have become very good at the daily clearing of negative energies. You have learnt how to strengthen your aura and how to not be so affected by mass consciousness and mass forms. For you this transition is easier.

So the Earth and all of humanity is raising frequency. Most of you know that and we just want to remind you that that is what is happening. You are raising frequency and releasing old energies and patterns. So not feeling so good now and then is part of the process. Also for some it is quite a stress on the body and also the nervous system. Some of you feel "fried". It is good to work with a naturopath. Some herbs can help you in this process. Fresh air, walking in nature, dance and gardening all can help. Try to spend as much time as possible outside. You have all asked for this raising of frequency and now it is there and it gives you and the planet and the rest of humanity the ability to evolve at a faster pace and to burn the past. As you might

know the past is still around in thought forms and as energy. The light that is coming in is burning the past. It is releasing you from the compulsion to repeat what did not work in the past. It is creating freedom and newness.

More and more people these days are declaring that they have reached enlightenment and this is a good thing for everybody and the planet (at least regarding those that really did reach enlightenment). The higher your frequency the more you can help others, not so much by doing but by being. The light can work through you beautifully and even more negative patterns and past energies that are still around can be burnt off.

Are there questions?

Questioner: I have recently started to listen to a tape with positive affirmations. Is this helpful?

St. Francis: Yes it is. Positive affirmations have a higher frequency than thoughts such as, "I am no good. I am a failure. I don't deserve happiness" or whatever your inner dialogue is. So when you insert positive affirmations either by saying them to yourself or reading a book or listening to a tape you mix things up. Suddenly your old belief "I don't deserve happiness" has got some competition. Every night you listen to a tape that says, "I am happy. I enjoy my life." So then what happens? Well first of all there will be some confusion. You will be going along about your business and suddenly the thought "I enjoy my life" appears and you feel startled. You are used to "I am unhappy" or whatever your predominant belief. Now the best thing to do is just breathe. Then an hour later you find yourself smiling and thinking "Life is good". Now here is another unusual thought. It must be from that new tape (laughter). So again you just breathe. You are running an experiment. See what happens.

Questioner: What will happen? (Laughter.)

St. Francis: Well we want you to find that out but your more positive thoughts will bring to you more positive experiences which will reinforce your new more positive attitude. Of course it can work the other way as well. Let's say you started watching a new show which emphasizes the problems of life. "Life is unfair. Good people never get ahead. There is no cure for depression. Our country is going down the drain etc." Soon you start to see signs of this new attitude all

around you. Your landlord who you used to get along with now charges a lot more rent. Your girl friend is becoming unreasonable. You are having trouble registering your car. You have to wait much longer in line than you used to. People are very unfriendly at the restaurant that you used to go to regularly.

Questioner: But bad things do happen?

St. Francis: Yes but your attitude is part of it. And we are not saying ignore the hungry and sick. Just stay positive while you write that check for the orphanage or while you volunteer at the soup kitchen. You will be much more effective.

So Maggie (name changed) your life will become more positive. What you give out comes back. So when you give out positive thoughts positive energy will come back to you. Also do the affirmation, "I accept God's blessings." This is a good one because the universe cannot give you what you don't accept. If you say, "I don't deserve money or good friends or abundance in general" then you literally repel it. Having said all that, there can of course be problems in your life; there can be health problems, financial problems, relationship problems, emotional problems, mental problems, environmental problems and so on. Approach these problems with a positive attitude and it will help in solving them.

Questioner: I am trying to live in the now and I want to enjoy my life despite problems that I have.

St. Francis: Good that is the idea. Laugh, cry and live your life to the fullest.

Questioner: Will more people become enlightened.

St. Francis: Yes this is the idea behind this project: Enlightenment for as many as possible and the raising of frequency for this planet. As you know unless humanity becomes more enlightened and makes more enlightened choices this planet cannot survive. There is too much abuse, too many wars and too much energetic pollution right now.

Questioner: How are things going?

St. Francis: They are going well right now although things might not look so good. Let us use an analogy. Let's say you decided to clean your house or apartment. You have not cleaned for a while so there is

a lot of dust and dirt especially in the corners. So you start to take it all apart. You move the couch, the chairs and tables and you even decide to clean behind the buffet in the dining room. Soon the whole house looks like a big mess.

"How could anybody ever live in such filth?" you think although just days ago it did not look so bad because all the dirt was hidden. So you have two choices now. You can focus on the end result and keep cleaning and trust that at some point it will look good again or you can sit in the corner and lament your dirty house. "Things are so much worse than I thought", you say.

So things are looking good. You have all come a long way towards releasing old energies and dysfunctional patterns and even though the world does not look so good things are improving at a very fast pace.

Questioner: I have heard that 2012 the world will look much better.

St. Francis: If you do the work yes.

Questioner: You mean if we keep clearing and doing our spiritual practice and if we continue to be honest with ourselves.

St. Francis: Yes the process is different for different people. What is spiritual practice for one is a boring ritual for another. One likes to do good works, another serves more by staying private and contemplative. Each one is different. The important thing is that you love yourself and love your neighbor so to speak and this includes your neighbors across the globe. Try to be tolerant and loving. That does not mean that at times you might not have to be feisty and speak up but be aware that the love that you send out will come back to you.

Questioner: I don't feel very loving. I feel judgmental at times.

St. Francis: Number 1: Do the best you can. Number 2: Judgment is necessary at times. You can disagree with another's position and still feel good will towards the person. Judgment is misunderstood. Discernment is probably a better word. But judgments are necessary. "Should I bring my car into the shop or can I wait a week? Can I trust this new business partner of mine?" these are all necessary judgments. Now to disagree with another and hate the person

because they have a different opinion to yours that is obviously not the right way. Agree to disagree and make judgments but don't be attached to them which means when new information becomes available you can have a change of heart. You can say, "I thought this was right but now I see your way is the better way." Or maybe there is a third or fourth way.

So in general things are going well and you are all raising frequency and Earth too is vibrating at higher and higher levels. We want you to feel positive about this project of ascension, that humanity is involved in, but also aware that the couch is still in the middle of the living room and there is still dust behind the books on the counter. Meaning there is still more work to do. If you can make it as pleasurable as you can. Put on some nice music while you scrub the kitchen. Take a little break in your back yard after you finished cleaning out the fridge. Rest if your knees hurt from bending down a lot. Sing while you are vacuuming the hall way. But don't stop until it is finished. Our love is with you.

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Anina Davenport is the author of *Reflections on Ascension* and her new book *Energetic Empowerment*. To read an excerpt of *Energetic Empowerment* or to order go to [www.IUniverse.com](http://www.IUniverse.com) or call 1-800-AUTHORS. Anina can be reached at [Aninadavenport@earthlink.net](mailto:Aninadavenport@earthlink.net).



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## TIS' THE SEASON TO QUIT SMOKING

Dr. Frank A. Nasso



Hi, I'm Dr. Nasso and I want to help you quit smoking. In all my humble years as a Chiropractor and a former smoker, I have

helped so many people quit smoking. I've learned a lot about human behavior, especially that of a smoker.

The most important aspect of quitting is preparation. It is important to prepare yourself mentally and in doing so you will need to make decisions; DECISIONS, DECISIONS, Aahhhhhhhh Yes! DECISIONS! With each decision you make your brain becomes stronger. The more decisions you make the stronger your brain becomes and ultimately, the easier it becomes to quit smoking.

The first decision is, "I want to quit", not, I have to, I got to, I need to. Do not make this an obligation. Rather by making this a decision, the process will be easier, longer lasting, and life lasting. Give yourself strong, compelling reasons for quitting. Write them down! I know this may sound old fashioned, but IT WORKS. When you put something in writing your brain becomes stronger because you are tapping into different parts of your brain. Remember, we want this to be an EASY process!

The second decision is you might want to pick a partner, buddy, teammate, or group. Why? There is strength in numbers. When you partner with someone, you depend on one another and that leads to more commitment. As you and your partner experience the process together, you are supportive of one another.

The third decision is time. When? You don't have to quit this second, although that would be nice. This article is about preparation. Give yourself a date, or an approximate date with a span of one week. Again, WRITE IT DOWN!, and don't let anybody or anything get in your way, YOU ARE ON A MISSION!

The final decision is to select a method or mode: the patch, gum, cold turkey, Acupuncture, or Auriculotherapy. In my opinion, the patch and the gum are slow torture. Cold turkey is better as it takes three days to fight the fight and then it's over. Acupuncture

is even more effective. Locate an acupuncturist by asking someone you know who has used one and has gotten good results.

I found Auriculotherapy to be the best, fastest and easiest method. I quit smoking almost 12 years ago and before I quit forever, I tried everything and each one was tough. I found Auriculotherapy to be quick and easy. It was miraculous. I quit in one day; no cravings, no withdrawals, no fight. Since then I've been able to assist many, many people from all over the world to quit smoking using this method; no fight, no struggle.

To learn more about Auriculotherapy, visit my website at: [www.drnesso.com](http://www.drnesso.com) or contact my office at 718-966-7100.

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Dr. Frank A. Nasso



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Carol Patti

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Chelsea is Dr. Auerbach's 10 year old Brittany Spaniel that looks and acts like a 2 year old. She is full of energy and always ready to explore the outdoors. Dr. Auerbach is often asked if Chelsea is a puppy. This especially happens when she is taken to Prospect Park in Brooklyn, NY where she and her sister Zara, age 8, can run around off the leash from 7-9 am chasing their ball.

Zara is a lab mix that Dr. Auerbach rescued. She came to Dr. Auerbach with numerous musculoskeletal and digestive problems connected to abuse. With chiropractic adjustments, nutritional supplements and lots of love, Zara has grown from a frightened, debilitated dog to a loving, happy dog with a lot of flexibility to run around with her sister even if she is unable to always keep up with her.

Two years ago, it was brought to Dr. Auerbach's attention that the digestive system of both dogs might not be well. There was constant gurgling coming from Chelsea's stomach and Zara was prone to loose stool, occasional vomiting, and urinary tract infections. Dr. Auerbach began exploring the possibility of changing their diets. She consulted with Dr. Pitcairn and other

animal experts and eventually eased them into a raw food diet.

Chelsea and Zara improved; but after a few months, Chelsea began having loose stools. Dr. Auerbach could not understand Chelsea's sudden difficulty. She therefore switched Chelsea to an organic dry food thinking that the raw food was not agreeing with her. However, the dry food caused Chelsea to gain weight and did not alleviate the problem. Chelsea then began to experience vomiting and bloody stools and was admitted to the hospital twice. The second incident was an overnight stay that required Chelsea to receive intravenous fluid. She was released with a prescription of antibiotics and Prevacid as well as a diet of chicken and rice. She was diagnosed with hemorrhagic gastroenteritis –meaning her gastrointestinal tract was inflamed and bleeding. But WHY was the question? All tests presented negative results for parasites, etc.

Aware of my knowledge as a nutritionist, Dr. Auerbach contacted me to assist in providing Chelsea with another type of support. After two days of antibiotics, Chelsea was not showing any sign of improvement. She was still vomiting blood and had bloody stools. I suggested that Dr. Auerbach eliminate all food and medications as they were not providing any form of relief.

We then consulted with **Kay Aubrey-Chimene**, an animal healer whom we met the previous year at an **Amazon Herb Conference**. Kay has a ranch in Arizona, the **Grand Adventures Ranch**, where she utilizes **Amazon Herbs** extensively (among other treatments) with her animals. Kay assisted us in tuning into Chelsea's problem by using muscle testing, asking the right questions, and proceeding with the appropriate treatment. This made perfect sense since I currently use muscle testing in my practice. We determined that Chelsea had a significant yeast problem and was unable to tolerate grains in her diet. Considering that inflammation was the first issue to address, we prepared a batch of **Shipibo Treasure Tea** that contains herbs from the Amazon Rain Forest. The tea supports a balanced gastrointestinal flora and reduces yeast overgrowth. We then added half a teaspoon of **Fiberzon** powder, a mix of Amazon herbs that assist in detoxifying the kidneys, liver, and bowel. We prepared the solution thin enough to be dispensed through an eyedropper since she was not consuming any food or water.

After three doses, Chelsea began to open her eyes and look around which was a change from her sleepiness and lethargy. Throughout the day we gave Chelsea small doses every 1-2 hours through an eyedropper. We then added in **Sangre de Drago**, an herb from the Amazon Rain Forest that heals various types of internal and external bleeding. The **Fiberzon** contains **Sangre de Drago** but we wanted to add an additional dose, therefore, we used the liquid tincture. We also added **Recovazon** in liquid tincture, which contains Amazon herbs that fight inflammation and aid the repair process. By the end of the first day, the bleeding and vomiting ceased. Phytochemicals in the plants were serving as food and healing agents until Chelsea could begin eating again.

Two days passed before we began feeding her. Initially, we offered her a small amount of mashed white potato while continuing the herbs. We added mashed cooked beets to assist in the healing of the liver. We continued this diet for two days in small doses along with the herbs. Slowly Chelsea began looking for food. I continued with muscle testing to determine what she would be able to tolerate. Meats and grains were out of the question. We then mashed beans to add protein to her diet and added a small amount of smooth ground organic peanut butter. Chelsea was later able to tolerate a small amount of organic yogurt. As she began to eat we added **Digestazon**, a mix of Amazon herbs with added digestive enzymes, and probiotics to help restore healthy flora.

During the first week we noticed a lump on her belly that we had not noticed previously. We contacted Kay who assured us that this was just the body's way of eliminating the toxins (the lump was directly over the intestinal area). Kay recommended that we apply **Gravizon** and **Recovazon** liquids topically on the lump. **Gravizon** is another anti-inflammatory Amazon Herb formula that contains **Graviola** and is known to prevent mitotic cell division. The lump slowly began to diminish and was gone after ten days.

Chelsea also had a history of difficulty with her ears, which were always itching and prone to hematomas from the scratching and the shaking. She previously underwent surgery for this condition. Prior to the onset of this incident she had developed another hematoma that concerned Dr. Auerbach. We mixed a formula using the **Shipibo Treasure Tea**, **Sangre de Drago**, and **grapefruit seed extract** that we sprayed

into her ears to reduce the yeast. For the external hematoma we soaked her ears with **Sangre de Drago**, **Gravison** and **Recovazon** alternating the herbs. The hematoma completely healed, and most importantly, there was no need for a second surgery.

By the end of week one, Chelsea was eating well. We slowly added vegetables and fruits, ground sprouts and flax seeds while continuing with the herbs. Through muscle testing, we determined that the best meat for Chelsea was lamb. After ten days we introduced raw lamb purchased and ground directly from the butcher. We began with one ounce mixed with the rest of her food and herbs. We also introduced more herbs into her food mix such as **Aquazon (blue green algae)**, **Illumination**, a mix of 30 Amazon herbs that address all of the body's systems, and **Arcozon**, which supports the immune system and fights bacteria and yeast. Gradually, we increased the amount of lamb until she was able to tolerate six ounces a day.

Today Chelsea is romping around in the park as before. She eats only lamb as her meat and occasionally duck and **NO GRAINS**, an allergen for many animals. She takes fresh vegetables, fruits, sprouts, flax seeds, beans, nutbutters, an organic yogurt mixed with probiotics, and an array of Amazon herbs. Zara also takes a raw food mix and herbs but she does fine with poultry and beef.

Animals, like humans, are prone to a variety of diseases based on the processed foods that are being promoted for them. They are also prone to allergies and have individual needs as we do and they experience emotional issues that affect their health as well.

Dr. Auerbach and I now share our knowledge and educate other pet owners concerning the benefits of nutrition, chiropractic, and flower remedies as part of a holistic approach to healing our animals as well as ourselves!

Carol Patti  
nutripat@aol.com



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*The Inipi, Lakota Sweat Lodge Ceremony*, precedes and follows all Lakota sacred ceremonies. Prayer, cleaning, and healing, are the main focuses. The lodge is considered the womb of the Mother Earth where we are cleansed, nurtured, healed, and blessed. The Lakota language is used exclusively in the traditional prayers and songs. Experience a spiritual connection with the Mother Earth and all our relations including the Deer People who grace this land. Join us on ten acre of private woodlands that overlook a glacial lake for a traditional Inipi, Lakota Sweat Lodge Ceremony.

*Marion Leone Wanagi Wi is a certified massage therapist and instructor, Reiki Master teacher, Shamanic Practitioner, Wise Woman Ways Herbalist, Natural Health Consultant, Sundancer in the Lakota tradition, and founder of White Tail Center in Milford, PA. White Tail Center is 75 miles from NYC. Please call or email for more information and reservations:.*

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After an eleven year teaching career and a ten year advertising directorship in NYC, Marion Wanagi Wi has come to realize her true passions – a nature based spiritual life and teaching.

She has poured water in the traditional Lakota Inipi - Sweat Lodge Ceremony since the center was founded and continues to do so today.

Marion Wanagi Wi is a certified Massage Therapist and instructor, a counselor, Reiki Master Teacher, Wise Woman Herbalist, Shamanic Healer – Practitioner, Natural Nutrition consultant, and Sundancer in the Lakota tradition. She has also teamed with Amazon Herb Company to save the Rainforest and to promote natural health through education and the use of these extraordinary nutrients.

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## Marion Leone Wanagi Wi, CMT



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### Rita Cannata

Reiki Master/Teacher

EMF Balancing Technique, Practitioner (I-IV)  
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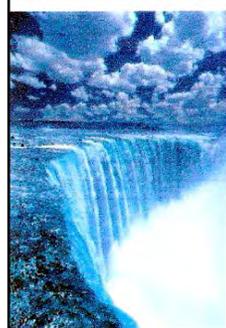
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Join us for global good news from the Amazon Rainforest.  
*Come early and enjoy our "Happy Hour" Herb Bar!*

**Indigenous Music - Door prizes - Free Rainforest Herbs**

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## Discover the real treasure of the Amazon Rainforest.

Learn the amazing story of our partnership with the indigenous people: preserving the Amazon Rainforest and discovering the latest breakthroughs in natural herbal nutrition.

## Come meet the man who made this all possible.

*John Easterling*, Founder and CEO of the Amazon Herb Company, will tell the story of his experiences in the Amazon Rainforest, how it changed his life forever and inspired the formation of an ecologically conscious company.



*John Easterling*  
Amazon Herb Co. CEO & Founder

## You are invited to discover:

- Proven nutritional formulas that solve today's three major health problems.
- How the indigenous people benefit by our new model of free enterprise.
- How the Amazon Rainforest is valuable as a living resource of life-giving botanicals.
- The five ways you can immediately improve your life.

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