



HEALTHY LIVING | HEALTHY PLANET

FREE

natural awakenings

Lentil
**Power
Salad**

Tai Chi
A Longevity
Practice

Survivors
In the Pink

Why Some
**Desires
Land**

Vitality Her Way

MAY 2026 | MONMOUTH • OCEAN | NAJERSEYSHORE.COM

Have you ever asked, “Will I ever get better?”

Dear Friend,

That’s exactly what Daryle asked me the first day we met.

Three years earlier, a heavy piece of equipment had fallen on him. He broke his back, herniated discs, and was left with severe pain and numbness in his hands and feet. His legs would spasm so violently that he’d fall or be thrown from bed at night. Dozens of doctors tried to help, but nothing worked.

Then something changed. After a short while of Upper Cervical Chiropractic care in our office, Daryle was working, fishing, and playing catch with his daughter again.

And stories like his happen here every week.

My Own Turning Point

In 2000, I was a first-year chiropractic student and in constant discomfort. A neck injury from my Manalapan High football days had flared up so badly that even after months of traditional chiropractic care, nothing changed.

I began to question everything; my health, my future, even my calling to become a chiropractor. I thought, “What if I have to live like this forever?”

Then a classmate introduced me to a doctor in Atlanta who specialized in Upper Cervical Chiropractic; a precise, gentle technique that focuses on helping pinched nerves heal through the spine by adjusting the upper neck.

He took detailed 3-D x-rays, made an incredibly light correction (**no twisting, cracking, or popping**) and for the first time in years... I felt right again.

That one adjustment changed my life and my purpose. I vowed to dedicate my career to helping others the same way.

Healing Starts at the Source

Since opening Upper Cervical Chiropractic of Monmouth in 2003, we’ve delivered over 300,000 gentle spinal corrections to patients across the tri-state area — people suffering from:

- Headaches & migraines
- Vertigo & post-concussion syndrome
- Neck & shoulder pain
- Back pain, numbness & tingling
- TMJ, chronic fatigue & fibromyalgia
- Whiplash & other accident-related injuries



And every day, we witness the same truth: The body is designed to heal itself when nothing is interfering with it.

Real People. Real Results

“I absolutely love going to Upper Cervical Chiropractic of Monmouth! ...this office is truly different. My back has never felt better! The doctors are incredibly kind and genuinely caring, and the entire staff is just amazing. The office is always spotless, and the front desk receptionists go above and beyond to make you feel welcome. I can’t recommend this place enough! “

– Lindsay G

“Before care, I thought my only options were surgery or drugs. Two months later, I was gardening, working, and living again.”

– Dee C

“Life is so much better now that my headaches are gone. No more pinched nerves!”

– Marina

A Special Invitation

If you’ve been searching for answers, I want to make it easy to find out whether Upper Cervical care in our office could help you.

When you mention this article, you’ll receive your complete new-patient exam for just **\$59** — including digital nerve scan and x-rays (if needed). That’s everything — normally up to \$340 — for only **\$59**.

But please don’t wait. This special offer expires **May 30, 2026**. (By law, excludes Medicare/Medicaid/PIP patients.)

Great Care at a Great Fee

I’m Dr. Larry Arbeitman and for over 22 years, I’ve served our community with compassionate care; always with the same mission: To restore health from the inside out.

Over 275+ 5-Star reviews, proof of the heart-centered care and results our patients experience every day.

My incredible team — Kara, Aniyah and Sandra— help make our office a place where patients feel genuinely cared for and at home.

Come discover what your body can do when it’s finally given the chance to heal.

Upper Cervical Chiropractic of Monmouth, LLC
280 Route 9 North, Marlboro, NJ
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Call (732) 617-9355
or go online at www.GetWellNJ.com

P.S. You don’t have to live in pain. You just have to remove what’s standing in your body’s way of healing.

Call (732) 617-9355 today for a natural and fresh approach



\$50 Discount for any **Laser-Based Dental Procedure** with this ad. Offer expires 5/30/26



Multispecialty and Technology Expansion at Dental Healing Arts of New Jersey

For more than 40 years, Mark Berkowitz D.D.S., NMD, C.HOM, AIAOMT has been a leader in his field serving the holistic community. Gary Braun D.M.D., NMD, IBDM, AIAOMT has recently completed a 2-year advanced training program at the American College of Integrative Medicine and Dentistry achieving a degree in Integrative Biologic Dental Medicine and earning recognition as a Board-Certified Naturopathic Physician. Dr. Berkowitz and Dr. Braun forged a partnership in 2021 with the overall goal of combining their extensive knowledge and experience in the field of integrative dentistry. The office is continuously evolving with the addition of state-of-the-art equipment and new technologies.

Dr. Berkowitz and Dr. Braun are proud to announce a truly unique partnership with board-certified orthodontist Keith Dobrin D.M.D., MBA, as well the addition of a Fotona® laser to the practice, allowing for a vast expansion in available dental services with the goal of enriching an ever-expanding holistic-minded clientele.

Dr. Keith is a local product by way of Tinton Falls New Jersey. He is a Diplomat of the American Board of Orthodontics, the most prestigious achievement in the field of orthodontics. Additionally, he is a published author with internationally acclaimed research on bonding braces to teeth, the culmination of four years of dedication to the orthodontic specialty. As part of our team, Dr. Keith will bring a new perspective to the practice as he is well-versed in all specialties of dentistry in conjunction with orthodontics. He brings tremendous experience from his own private practices that will undoubtedly serve the needs



"My passion has always been to create beautiful and healthy smiles for patients of all ages, and there are so many ways to accomplish those goals that are both comfortable and efficient. We are constantly upgrading our technology to remain at the forefront of our profession, and we strive to not only effectively resolve issues of teeth alignment but also to create positive changes that make our patients proud and confident. I am fortunate that my career path has led me back to Monmouth County where I grew up and I cannot think of a better place to be while doing what I love." – Dr. Keith Dobrin

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Natural Awakenings is printed on recycled newsprint with soy-based ink.



Hello Friends,



Happy Mother's Day!

We wish you all a beautiful celebration with all the mothers in your life.

I have exciting news to share... my friend and farm mate Molly and I have teamed up to offer a new service called Nature's Table. If you have always wanted your own garden so you can walk out the door and pick whatever you need for your recipe, we want to put our green thumbs to work, and make that happen for you.

Our starter package includes a 4ft x 6ft Premium Galvanized Aluminum Raised Garden Bed — completely done for you. We handle the assembly, fill it with premium organic nutrient-rich soil, and plant your choice of vegetables, herbs, fruits, and flowers. Whether you want an Italian-style garden, Mediterranean, Chef's garden, or your own custom mix — you choose, and we do all the work.

Discover the easiest way to grow fresh, healthy food at home. Invest in your garden today and enjoy the satisfaction of homegrown goodness year after year. Fresh from the garden, straight to your table. Text GARDEN to 646.384.1576 to schedule your free consultation with Nature's Table.

As always, we are so grateful for you — our readers, advertisers, and team. May your gardens (and your celebrations) be full of joy!

Warm wishes,



Sharon

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Natural Awakenings is a network of natural lifestyle magazine publishers empowering local communities with knowledge, resources and connections to lead healthier lives on a healthy planet.



Empower Your Journey with Life Coaching & Gifts

Infinite Healing and Wellness offers Life coaching from a spiritual perspective to help you gently release stress, anxiety, and overwhelm while building lasting resilience through supportive workshops and classes.



Discover our beautiful retail selection of healing crystals, tumbled stones, Young Living essential oils, jewelry, art, books, gongs, wind chimes, and more — all perfect for creating meaningful daily rituals. Take a peaceful walk on our on-site labyrinth for grounding and reflection: <https://labyrinthlocator.org/labyrinth/infinite-healing-and-wellness/430/>

Why Choose Infinite Healing & Wellness? Our services support true healing from the inside out by blending ancient wisdom with modern tools, including Kangen Water for optimal hydration and vitality. Whether you're a first-time seeker or a dedicated wellness enthusiast, every visit nurtures harmony of mind, body, and spirit.

Ready to begin? Call 908.936.4139 or visit www.infinitehealingandhealth.com Download our app today. Your path to relaxation, release, and renewal awaits in Middletown. Step in and transform!

Infinite Healing & Wellness Community Celebration Event

Infinite Healing & Wellness is excited to invite you to a FREE community celebration on Saturday, June 6th from 10am-2pm.

This special gathering is a heartfelt expression of our commitment to making mental health support, healing, and wellness education accessible to everyone in the community. Nestled at 150 Cherry Tree Farm Rd. in Middletown, New Jersey, our serene holistic boutique is a welcoming space for self-healing. Open Tuesday through Saturday from 10am-5pm, we offer transformative services, unique gifts, and spiritual guidance to help you relax, release stress, and quiet the mind's endless chatter.

Experience our Quantum Healing Services:

- SCIO Quantum Biofeedback – personalized support for your body's natural repair
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- Far Infrared Himalayan Salt Cave Sauna with chromotherapy – detoxify, reduce inflammation, and improve sleep
- Infrared Sauna for stress relief and revitalization
- Ionic Foot Detox to energize and clear toxins
- Quartz Crystal Bowls for soothing sound vibrations and profound meditation
- Access Consciousness Bars – 32 gentle points on the head that dissolve limiting thoughts and boost energy, creativity, and peace

*Come celebrate wellness, connection, and inner peace with us!
Location: 150 Cherry Tree Farm Rd, Middletown, NJ.*



Positive Reset Freehold, Your Partner in Mental Wellness

Welcome to our professional mental health practice, a secure and encouraging environment committed to assisting you with your emotional well-being and personal development. We recognize that life consistently presents complex challenges and want you to know that actively seeking professional support is a sign of strength, not weakness.

Our practice is dedicated to delivering comprehensive and compassionate care to individuals who need it most. We are fully equipped to address the diverse mental health requirements of all genders, including children, adolescents, and adults.

Our highly experienced clinical team implements their specialties to assist clients in navigating complex conditions such as anxiety disorders, depression, trauma recovery, significant life transitions, etc. We emphasize thoroughly personalized treatment, ensuring every care plan is tailored to align with the client's specific objectives and unique life experience. While starting therapy can feel overwhelming, our commitment is to ensure a professional and personalized therapeutic experience.

Begin your journey toward better mental health today! Call 732.538.8424 to schedule a confidential consultation or to request further information regarding our clinical services.

Beltane, Brunch & Beauty Within

Join Dee and Kate for another in-person gathering of Our Sacred Seasons as we welcome the beauty-filled energy of Beltane — the sacred mid-point between the Spring Equinox and the Summer Solstice, at The Yoga Loft, 58 Main St Farmingdale May 3rd 11am-12:30pm

Beltane invites us to honor the spark of life within, to tend the inner flame that inspires creativity, vitality, and joyful expression. It is a time to celebrate the blossoming of the earth and the blossoming within ourselves.

Throughout our time together, we will awaken the senses and honor the beauty of being alive, allowing ourselves to unfold gently and authentically, each in our own perfect timing. We will share nourishing offerings, sip herbal infusions, explore gentle movement, and engage in nurturing self-care rituals designed to cultivate vitality, radiance, and renewal. As nature flourishes all around us, we are invited to reconnect with the beauty that lives



both within and surrounding us. Come gather in community as we celebrate the turning of the wheel, the warmth of connection, and the sacred spark that lights the path ahead.

Join us by registering at <https://www.sunshinekates.com/events/beltane-brunch-and-beauty-within>. \$45

The Beauty Way – Spring Day Retreat

May 16th, 10am–3pm at our favorite location in New Hope, PA

Ingredients of the Day

- Nourishing tea & light snack
- Opening ceremony
- Movement & Breath Journey for Radiance
- Guided New Moon Meditation among the Sycamore trees
- Create your own Hanging Wall Garden Tapestry

This retreat is part of Our Sacred Seasons Community. Rooted in ancient wisdom and gently blended with modern practices, these gatherings honor the turning of the seasons and the sacred cycles of womanhood — blooming and resting, expansion and release, tending and transformation. Just as the Earth moves through cycles of birth, growth, harvest, and renewal, so do we. Together, we explore seasonal rituals and earth-honoring practices inspired by nature, the divine feminine, and ancestral traditions.

Each gathering offers space for ceremony, and may include: meditation, plant wisdom, journaling, oracle guidance, and soulful sharing. This is an invitation to slow down, listen deeply, and



reconnect with your intuition and embodied wisdom.

Come remember that every phase of life carries its own beauty and purpose. You will be held in a warm circle of women as we mark the moment, tend what is growing, and lovingly release what is ready to rest.

Register here: <https://www.sunshinekates.com/events//the-beauty-way-spring-day-retreat>

Paint In Person or From Home

Join our growing community of painters for a much-needed respite where you can reduce stress and connect to the creative community you've been looking for.

Wild and Free Painting is an indulgent and nourishing Process Painting Art Studio for self-care and personal growth. We focus on the act of painting itself and your experience while painting rather than the final art product. We celebrate your creativity in all of its authentic form and return to the idea that creative expression can serve as a tool to heal, connect, de-stress, reclaim and discover.

This process involves hands, heart, and mind and cultivates a sense of curiosity, openness, wonder, satisfaction and resilience. Absolutely no prior art experience is necessary to enjoy the benefits of this process. Individual Art Therapy sessions available for teens, young adults and women.

For more info. and to register: <https://www.wildandfreepainting.com/register-now>. Elissa earned a BFA in Graphic Design from The University of Michigan, a Masters degree in Art Therapy from New York University, is a Licensed, Registered Board-Certified Art Therapist and Process Painting Facilitator. www.wildandfreepainting.com.



Learn the Magical Movements of Tai Chi

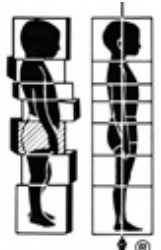
Two Rivers Academy of Taiji & Qigong is pleased to announce a new Beginner Taiji Class taught weekly by Shoshanna Katzman on Thursday morning from 9:00-10:00 am. Taiji is a gentle, yet powerful Chinese way of movement practiced with full body relaxation and focused mental concentration. Through daily practice, it reconnects the mind to the body, the conscious to the subconscious, and the individual to their environment.

Developed in China over 4,000 years ago, Taiji is practiced widely today to promote physical fitness, vibrant health, and longevity. Its circular movements, rhythmic breathing, and flowing postures that allows one's full potential to blossom. As a "meditation through movement", this ancient healing exercise opens flow of blood and qi (life energy), reduces stress, and guides one to live in harmony with nature.

Shoshanna Katzman, M.S., L.Ac. has practiced Guang Ping Yang Style Taiji over fifty years and teaches the form in its original style. She specializes in helping students integrate their physical and energetic aspects of being through the practice of this ancient dance. Classes are held at Red Bank Acupuncture Center in Shrewsbury. For more information call or text 732.758.1800. You may also like to visit www.yourcenterofpower.com to learn about Shoshanna's comprehensive online Taiji curriculum.

Improve Your Posture & Alignment with Rolwing®

Spring is the perfect time to tackle health challenges and explore your potential. Rolwing improves posture and alignment, and restores health and well-being after illness and injury. The Rolwing Technique of Structural Integration helps people to recover from neck pain, back pain and other musculoskeletal problems.



This gentle, hands-on technique balances the tensions in the myofascial network to improve posture and restore normal mobility. Chronic patterns of tension and bracing are released. As body alignment improves, clients feel taller and move gracefully.

People of all ages receive Rolwing from Rebekah Frome, PTA, LMT, Advanced Practitioner of Structural Integration, and David Frome, PT, LAC., Advanced Rolfer. Patients include those with developmental challenges, scoliosis, arthritis, disc herniations, sports injuries, and neurologic problems. Clients report feeling stronger and more flexible after Rolwing.

Rebekah and David Frome practice acupuncture, Rolwing, Cranio-sacral Therapy and Environmental Health at Frome Physical Therapies in Loch Arbour, NJ. To learn more and schedule an appointment, visit or contact us at www.fromept.com or 973.509.8464.

> Continued Next Page <

Free Psychic & Mediumship Group Reading Going Live May 12th



Psychic medium and intuitive guide Dawn Ricci is hosting a free live group reading on May 12, 2026, at 4:00 PM Eastern via Zoom. The gallery-style event offers attendees collective psychic and mediumship messages focused on clarity, alignment, and intuitive guidance for the year ahead. Unlike private sessions, gallery readings draw on the energy of the group, delivering

insights and validation that resonate across participants. Attendees can expect guidance around life direction, strengthened intuition, and energetic alignment — all in a supportive, no-pressure environment. Ricci, who brings over two decades of professional experience as a psychic medium, is known for her grounded, practical approach to intuitive work. Her readings have helped thousands find clarity and connection.

The event is FREE. Save your spot! Register at <https://dawnricci.com/event> today.

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This Month's Monmouth County Co-op Corner

VEGETABLE BOUQUETS



1. Gather your supplies:

- ❖ 'Flower pots' - Small mason jars or any short, wide jars and then
- ❖ 'Soil' - Your favorite dip (place 2-3 inches at the bottom of each jar).
- ❖ Main ingredients - celery stick 'stems', thinly sliced peeled carrot 'flowers', cucumber 'flowers', and cherry or grape tomato garnish 'leaves' - green leafy lettuce and fresh herbs such as rosemary, mint, or thyme.

2. Prepare your ingredients:

- ❖ Cut celery sticks into various lengths, extending 2- 3 inches above the top of the jar, slice various thickness length-wise as well, to create different thickness and different height for all the 'stems.'
- ❖ Cut small V-shape notches around the edges of carrot and celery to give a 'petal' look.

3. Assemble your arrangement:

- ❖ Skewer carrot and cucumber flowers onto celery stick stems, skewer tomatoes separately.
- ❖ Arrange throughout the jar, ensuring stems stand upright in the dip.
- ❖ Fill in spaces with lettuce leaves and sprigs of fresh herbs to complete your look

4. Viola! Your edible vegetable bouquet is ready to impress.

Looking for more creative ideas to have fun with food? Text 732.500.4949 to join us at the Monmouth County Organic Co Op over in Lincroft NJ where you'll find a bounty of fresh ORGANIC ingredients blooming with flavor every season! Or for more information find us on Facebook Group: 'Organic Fruit and Veggie Co-Op Monmouth County NJ.'

**Lincroft pod of Purple Dragon Co Op*



Rediscovering Fun

by Marlaina Donato



the seriousness of life and just play. Feeling self-conscious and fearing judgment from others can be our greatest obstacle to feeling free, but fun might be the medicine we need. Chronic stress or trauma reduces our capacity to feel joy. The less we play, the more our nervous-system response remains compromised, keeping us stuck in fight-or-flight mode.

Rolling around the grass with a beloved pet, camping with the grandkids in the living room on a rainy day, bouncing a ball and playing a fun board game are all wonderful ways to call back the joyful spirit we might have lost. Being goofy and maintaining fun in a romantic partnership can strengthen bonds and help anchor a couple during hard times.

Lightening up in a world that feels angry 24/7 doesn't mean we aren't passionate about what matters. Cranking up music while making dinner, racing a lover back to the house, making up a silly scenario or daydreaming for a few minutes on a lunch break can't change the world, but it can jumpstart our joy.

Marlaina Donato is an author, painter and composer. Connect at WildflowersAndWoodSmoke.com.

From crocodiles to kangaroos, animals in the wild and in captivity exhibit playful sides. Ravens have been known to slide down snowy rooftops, and elephants at a waterhole enjoy splashing their siblings just for the heck of it. Scientists deduce that all intelligent, social species invent games that take the edge off the struggles of survival.

Humans are no different, but we tend to quell this predisposition after adolescence. Playing tag, riding bikes or running outdoors are childhood pastimes that boosted our developing brains through the release of feel-good endorphins. As adults, we too often chase the dopamine response with shopping, social media, high-risk activities, or food and alcohol consumption.

In the daily blur of work, obligations and challenges, we tend to forget to set aside

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Cognitive Benefits of Caffeine



Image by dazo_sound from Pixabay

A study published in *JAMA* reports that caffeine protects against dementia and other forms of cognitive decline. The research followed nearly 132,000 American adults for up to 43 years, analyzing the effect of coffee and tea consumption

on dementia risk and cognitive performance. Participants were free of cancer, Parkinson’s disease and dementia at the start of the study. After adjusting for demographic, lifestyle and health-related factors, a higher intake of caffeinated coffee significantly reduced dementia risk.

Those consuming the most caffeinated coffee had an 18 percent lower dementia risk than those consuming the least. Higher caffeinated coffee intake also correlated with a lower likelihood of self-reported cognitive decline and modestly better performance on objective cognitive tests. Tea consumption showed similar patterns, while decaffeinated coffee did not reduce dementia risk or improve cognitive outcomes. The strongest effects were seen with moderate intake, about two to three cups of caffeinated coffee or one to two cups of tea daily.

Participants were drawn from the Nurses’ Health Study (started in 1976) and the Health Professionals Follow-up Study (started in 1986), two of the largest, long-running U.S. studies investigating risk factors for chronic disease.



Kamonwan_Wankaew/shutterstock

Promise and Pitfalls of Biological-Age Tests

A December 2025 study in *eBioMedicine* reports that better cardiovascular health—characterized by a low body mass index, no smoking and healthy blood pressure—slows biological aging in mid-to-late life. This suggests that biological aging is not solely determined by genetics and can be altered by addressing cardiovascular risk factors like smoking, diet, exercise and blood pressure in middle-aged and older adults.

Although promising, this research has been met with caution due to disagreement about the reliability and usefulness of commercial biological-age tests. These tests analyze patterns of DNA methylation, a natural process that regulates gene activity. Scientists use algorithms to compare a person’s methylation profile with large datasets, estimating if their body appears biologically older or younger than expected.

A February 2026 editorial in *eBioMedicine* (“Epigenetic clocks: advancing biological age measures towards meaningful clinical use”) highlights the limitations of biological-age testing. Most tests use blood or saliva samples, which may not accurately reflect aging in other organs and tissues. Different tests often produce varying results because they use different populations and algorithms. Biological-aging patterns can also differ by sex, lifestyle, environment and disease stage. The *eBioMedicine* editorial emphasizes that despite their potential to improve disease prevention and deepen our understanding of aging, biological-age tests need further development to address scientific and methodological gaps.



Lightspring/shutterstock

Dark Chocolate Linked to Slower Aging

Research conducted in 2025 by King's College London and published in *Aging* reveals a connection between dark chocolate and slower aging. Theobromine, a natural cocoa compound and alkaloid, regulates gene activity and was found in higher levels in the blood of individuals that appeared biologically younger than their chronological age.

Analyzing data from more than 1,600 European adults, researchers estimated the participants' biological age using two methods: assessing DNA changes that indicate the pace of aging; and measuring telomeres, the protective structures at the end of chromosomes that shorten as we age. The researchers caution that increased consumption of dark chocolate is not a shortcut to a longer life. Further research is needed to understand theobromine's interaction with the body and its impact on aging.



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— Mandy Hale

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Race to Save the Northern White Rhino

The northern white rhino faces imminent extinction due to poaching, with only two females remaining—a mother and daughter, living under tight security at the Ol Pejeta Conservancy, a wildlife sanctuary in Kenya.

To save the species, German scientists are conducting rhino in vitro fertilization (IVF). The scientists successfully transferred a lab-produced southern white rhino embryo to a surrogate mother after years of developing techniques to collect eggs and implant embryos more than six feet inside the two-ton animal. Achieving the first viable pregnancy required 13 attempts.

The next step is to repeat the IVF process in a northern white rhino, a close relative to the southern counterpart. Scientists will use sperm cells collected from the last male northern white rhino before his death.



Agam Photo Agency/shutterstock

Fossil May Be Extinct Life Form

Before trees existed 360 to 430 million years ago, 26-foot-tall, tower-like organisms called prototaxites dominated Earth's landscape. Canadian geologist William Edmond Logan first discovered these log-like tower fossils in Quebec, Canada, in 1843. Initially thought to be a complex fungus, scientists struggled to classify them within the existing framework of life on Earth.

New research in *Science Advances* asserts that prototaxites are a previously undiscovered branch of life that is now extinct. The study of a well-preserved tower fossil found in Scotland revealed an unusual physical structure and a distinct chemical fingerprint, ruling out it being a fungus and excluding it from other known genera. Further analysis is needed to conclusively determine that prototaxites are a unique life form.



GJRetallack CC BY-SA 4

Schunnemunk tree (Prototaxites loganii)

Organic Sales on the Rise

The Organic Trade Association reported that U.S. sales of certified organic products rose by 6.8 percent in 2025, reaching \$76.6 billion. By contrast, non-organic sales increased by only 3.4 percent. This growth of organic sales indicates that consumers are increasingly prioritizing their health and the environment, often paying premium prices for organic products.

In 2025, organic food sales totaled \$70.1 billion, accounting for 6.1 percent of the total food market. Large increases were observed in organic produce, grocery items, beverages, dairy and eggs, with organic beef experiencing the largest growth, at 44.3 percent. Organic textiles, dietary supplements, personal-care products and pet foods reached \$6.5 billion in 2025, making up about 1 percent of the sales in these categories. Concern about pesticides and toxins drove the rise in these sectors.



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Night-Vision Contact Lenses

Humans have poor vision in the dark because we lack the reflective, mirror-like layer behind the retina that enhances low-light vision in animals like cats, dogs and owls. To address this, night-vision goggles were invented. A new study in the journal *Cell* reports that Chinese scientists have developed contact lenses that enable people to see beyond the visible light range and perceive near-infrared light even in the dark.

The lenses were tested on mice and humans. Human participants were able to distinguish spatial details (shapes/locations), temporal information (flickering/movement) and multiple near-infrared colors (red, blue, green) simultaneously without the need for bulky powered equipment. This technology could be used in rescue missions, medical procedures, law enforcement and military operations.

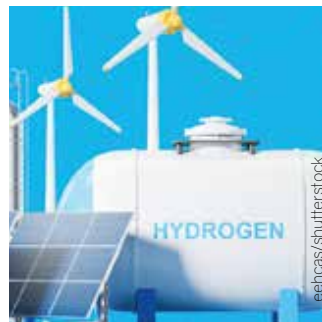


lenses - New - Africa/shutterstock

Solar-Powered Hydrogen Reactor

Hydrogen fuel production usually requires large amounts of energy, making it cost-prohibitive. A paper published in *Frontiers in Science* outlines key discoveries in photosynthesis and photocatalyst sheets for splitting water into hydrogen and oxygen using solar power. It reports near-perfect conversion of photocatalytic water splitting using ultraviolet light and the potential for scaling to a large outdoor prototype panel reactor system.

The processes remain experimental and will need further research and development to become practical, efficient and scalable, and to ensure safe recovery of the oxyhydrogen gas. If successful, this technology could produce a sustainable, low-cost green fuel to replace fossil fuels for energy.



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Yin Healing Ways

by Shoshanna Katzman

Chinese medicine offers a way for women of all ages to maintain energetic balance, gynecological health, and a life filled with vitality and inner happiness.



At various times this may require incorporating a series of acupuncture and Chinese herbal medicine treatments. Many women have found the regular practice of the gentle qi-enhancing exercises of Tai Chi and Qigong have spurred their bodies into a healthier place.

Healthy dietary and lifestyle habits are essential for procuring a strong body and mind. Maintaining a balanced emotional and energetic state helps a woman withstand high levels of daily stress and navigate their life with greater ease. Ability to release mental tension, curb overwork and overexercise, make time to rest and relax, and get adequate sleep are good ways to establish a more harmonious existence.

Chinese medicine advocates a “free and easy” way of being to support the liver’s ability to spread qi and maintain its smooth and unobstructed flow. Otherwise, a woman runs the risk of developing “constrained liver qi” – a common constitutional imbalance at the

root of many unwanted symptoms. When liver qi becomes constrained it can lead to secondary effects on other vital organs.

A Chinese medicine practitioner may recommend a traditional herbal formula known as “Free and Easy Wanderer” or in Chinese “Xiao Yao San” to establish free and unobstructed flow of qi and blood by dredging the liver, benefitting the spleen, and strengthening the blood. This keeps qi and blood flowing freely and abundantly throughout the body – precisely how this ancient paradigm embodies a preventative holistic approach to women’s health.

Information gained from evaluating the menstrual cycle provides an indicator of the systemic balance of a woman’s body.



This makes sense in light of Chinese medicine's classification of the female body as predominantly "yin" which represents blood and fluid. Yin's cooling and calming effects are key for nourishing tissues and maintaining a healthy reproductive system.

Having adequate levels of yin serves to balance the warming and stimulating "yang" energy of the body. If a woman were to complain of scanty periods, dry skin, insomnia, and night sweats one might suspect a constitutional imbalance known as "yin and blood deficiency". In this case, her body has insufficient yin and blood to quell the yang which becomes like a fire, explaining heat and dryness symptoms.

A Chinese medicine practitioner typically recommends a Chinese herbal combination for nourishing blood and yin along with foods such as dark leafy greens, black sesame seeds, beets, and cherries. While cooling foods such as cucumber, watermelon, pears, and steamed leafy greens such as spinach or bok choy would be recommended to reduce heat symptoms caused by deficiency.

Many acupuncture points nourish yin and blood such as the combined treatment of Stomach 36 near the knees and Spleen 6 on the inner legs near the ankles. Other point combinations quell fire such as Large Intestine 11 at the elbows and Large Intestine 4 on the hands. The experience of acupuncture is deeply relaxing and healing. It provides a way for a woman to take time out from her busy life, reconnect with herself, and access her innate healing capability.

Viewing the physical and energetic aspects of your body from the lens of Chinese medicine provides insight into a whole new way to manifest health and healing. This ancient holistic paradigm has so much to offer a woman to help her yin energy blossom in all its glory -- producing profound healing results that last a lifetime. There is no better time than now to avow yourself of its multitude of positive effects.

Shoshanna Katzman, L.Ac., M.S. has been director of Red Bank Acupuncture & Wellness Center (www.healing4u.com) for 35 years in Shrewsbury, NJ providing acupuncture, Chinese herbal consultation along with Taiji and Qigong private and group classes. She is author of "Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy", co-author of "Feeling Light: The Holistic Solution to Permanent Weight Loss and Wellness" and "Center of Power: Life Mastery through Taiji" a comprehensive online curriculum (www.yourcenterofpower.com). For more information call or text 732.758.1800.



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More Than Soup

Lentils as a Modern Wellness Staple

by Maya Whitman

Humans have consumed lentils since the Bronze Age, and cultures worldwide, from the Middle East to the Mediterranean, have long valued them. These nutritious legumes gained popularity as a meat substitute in the United States during World War II and remain a cost-effective ingredient in modern kitchens, with the added benefit of being an eco-friendly, sustainable crop.

“Lentils require less water than many other protein sources, and they enrich the soil in which they’re grown,” says Cynthia Sass, a registered dietitian nutritionist and plant-based recipe developer in Los Angeles.

These small seeds from a legume plant are mild, easy to cook and offer endless possibilities for hearty soups, salads, plant-based “meatloaf”, veggie burgers, dips, stuffings and even sweet desserts. Lentils absorb any flavors added to them, effortlessly highlighting exotic spices and fresh herbs, and can serve as a surprising flour replacement in delicious baked goods.

“When people discover lentils beyond soup, they often realize just how versatile and satisfying this tiny powerhouse can be. They are one of the most versatile foods in the plant-based kitchen,” says Tracy Gunter, a health strategist and owner of Original Origins Health &

Wellness, in Columbia, South Carolina.

Vital Properties

According to the Cleveland Clinic, regular lentil consumption leads to healthier blood pressure levels than eating garbanzos (chickpeas), beans or peas. Their fiber content enhances good gut bacteria and sustains energy throughout the day. Lentils do not cause extreme glucose spikes, making them an excellent addition to a diabetes-management diet and helpful for reducing excessive systemic inflammation. Rich in selenium and zinc, they boost immune response and contain cardiovascular-supportive minerals like potassium. Lentils also provide iron and offer 25 grams of protein per three-and-a-half ounces. Their high polyphenols content also lowers the risk of cancer, cognitive decline and obesity.

Sass notes, “Lentils make a terrific post-exercise recovery food and can help athletes and active people replenish nutrients they’ve depleted during exercise and heal from the stress a workout puts on muscles and joints.”

Gunter loves lentils for their high nutrition and plant-forward flexibility. “They can easily replace meat in many dishes because of their hearty texture and protein content,” she explains. “They can be seasoned and used as a filling for stuffed peppers, layered into vegetable shepherd’s pie or incorporated into tacos and wraps.”



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Liudmila Zavalova/shutterstock

shine.” She also praises the combination of lentils with spices like cumin, turmeric, coriander, smoked paprika and curry, as well as herbs like parsley, cilantro, thyme and rosemary, which aid digestion.

Helpful Tips

Soak lentils for a few hours to enhance digestibility. For perfectly tender lentils, add salt only after cooking. Cook a pot of lentils and store it in the fridge for use throughout the workweek. Freeze any unused, cooled portions for three to six months in air-tight containers.

Maya Whitman is a frequent writer for Natural Awakenings.

Varieties and Inspirations

Lentils vary in color and texture, each type cooking differently. Brown lentils are perfect for plant-based “meatloaf”, “meatballs”, vegetarian chili and sloppy joes. Red lentils cook quickly for creamy Italian, Moroccan or Indian-inspired soups, hearty hummus-like dips and curries. Tiny black lentils (Beluga) and French lentils (Puy) add a firm, nutty texture to food bowls and salads and pair well with roasted Yukon gold or sweet potatoes.

Lentils work well in combination with soft-to-medium-grade tofu for comfort food classics like stuffed shells or manicotti. Additionally, lentil-based desserts such as brownies are decadently moist, and lentil puddings are delightful when made with the addition of dried fruits like Medjool dates.

“Lentils can be incorporated into nearly every type of cuisine and can be included whole or pureed,” says Sass. “Cooked lentils can be tossed with pre-made balsamic vinaigrette, olive tapenade, herbed tahini or vegan pesto and served over a bed of greens along with other raw or cooked veggies.” Although they cook within 10 to 40 minutes, depending on the variety, she suggests buying pre-cooked, steamed lentils in the produce section of many markets as a practical option. Canned organic lentils are another solid alternative.

“One of my favorite ways to prepare lentils is simply simmered with garlic, onion, fresh herbs and a splash of lemon,” says Gunter. “Sometimes the simplest preparations allow their natural flavor and earthy richness to

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Survivors In the Pink

by Lauren Salani, LCSW, BCB



According to the National Breast Cancer Foundation, 1 in 8 women will develop breast cancer in their lifetime. Thanks to advances in early detection and treatment, many more women today proudly identify as breast cancer survivors.

This resilient group includes numerous celebrities who have openly shared their journeys to raise awareness. Among them are Olivia Munn, Joan London, Sheryl Crow, Christina Applegate, Robin Roberts, Hoda Kotb, and Angelina Jolie. These women have faced the same fears, emotions, and challenges that countless others experience: receiving a life-altering diagnosis, enduring surgeries and treatments, and managing lasting side effects such as pain,


fatigue, body image changes, cognitive difficulties, and menopausal symptoms.

Angelina Jolie used her platform to show that “it is possible to confront serious health issues directly and courageously.” For many survivors, life after cancer brings new hurdles. Adjusting to this “new normal” can lead to psychological distress, including anxiety, depression, and post-traumatic stress disorder (PTSD). Even years later, many women live with the fear that cancer might return. Pop star Kylie Minogue revealed that “even after 20 years, it’s trauma, and any trauma resides within you.” In contrast, Robin Roberts shared a powerful perspective: “Like many others, I chose to thrive, not just survive.”

Thriving after breast cancer often requires addressing both physical and psychologi-

cal symptoms that linger after treatment. Cancer and its treatments can dysregulate the autonomic nervous system, which controls the body’s fight-or-flight response, rest-and-recovery processes, and immune function. Recognizing this deep connection between mind and body, the field of psycho-oncology has emerged to help reduce emotional distress and improve quality of life for cancer survivors.

A recent review of 50 published studies, featured in the *Journal Medicina*, found that psycho-oncological interventions — including cognitive behavioral therapy (CBT), mindfulness techniques, narrative therapy, and guided imagery — significantly reduced anxiety, depression, and fear of cancer recurrence. These approaches are patient-centered and holistic, promoting post-traumatic growth and helping many



*“Like many others,
I chose to thrive,
not just survive.”*

– Robin Roberts

Image by Miguel Á. Padriñán from Pixabay



supports both physical and emotional well-being. As Hoda Kotb wisely noted, “Cancer survivors are blessed with two lives. There is your life before cancer, and your life after. I am here to tell you your second life is going to be so much better than the first.”

Lauren A. Salani, LCSW, BCB, Licensed Psychotherapist, Board Certified in Biofeedback Therapy, Trained in EMDR, Stress Relief Services, Atlantic Executive Center,

107 Monmouth Road, Suite 104, West Long Branch, NJ, Phone: 732.542.2638 or visit the Website: StressReliefServices.com, or go to Email: LaurenASalani@gmail.com

If you are a breast cancer survivor seeking greater resilience and relief from lingering symptoms, addressing these challenges can lead to meaningful improvements in your quality of life. Please call my office to discuss personalized treatment options to find a positive way forward.

women view their cancer experience as an opportunity for positive transformation.

Another promising non-pharmacological tool is Heart Rate Variability (HRV) Biofeedback. A PhD thesis from the Department of Psychological Sciences at the University of London examined its effectiveness for managing chronic symptoms in breast cancer survivors. Three groups of participants attempted to synchronize different breathing rates with their heart rates. The study concluded that HRV biofeedback helps regulate a dysregulated nervous system and shows strong potential for holistic symptom management.

Cancer diagnosis and treatment can also trigger posttraumatic symptoms such as intrusive thoughts, avoidance, and hyperarousal. To address trauma-related distress, a systematic review published in *Frontiers in Psychology* highlighted the effectiveness of Eye Movement Desensitization and Reprocessing (EMDR). This therapy has been shown to reduce symptoms of distress, anxiety, depression, pain, and PTSD in cancer survivors. Actress Julia Louis-Dreyfus captured a common feeling when she said, “I’m still working it out. I’m glad I got through it, but there is a part of me that is still a little frightened.”

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Why Some Desires Land, and Others Don't

Before You Find the Right Person, Become the Right Partner

by Dawn Ricci



She has never read a manifestation book. She's never said an affirmation or done a meditation. Never made a vision board. And if you asked her what "an energy frequency" was, she would probably laugh out loud and hand you a glass of wine.

Her name is Madeline. And this is the truth. She may be the most powerful Manifestor in the room — in any room — without even having the faintest clue of what she is able to do.

When a group of women gathered recently, something quietly remarkable happened. Within minutes, the room reorganized itself around Madeline. Not because she demand-



ed it. That's not her thing. But because she simply never considered that they wouldn't. She was warm, present, and unhurried — a dark-haired, effortlessly put-together woman with a loud laugh and a clumsy streak, who somehow made it all look effortless.

She sells beauty products she genuinely loves — which makes her not a salesperson at all, just a woman sharing what she believes in. She designs seashell jewelry on the side. And she named her company, The World Is My Oyster.

She named her company after her own energetic blueprint. Completely unconsciously. That detail is the mic drop. You just can't make it up.

Because what Madeline demonstrates – without trying, without knowing – are the five patterns that determine whether a desire becomes reality or stays as just another wish sent off into the Universe hoping it will come back fulfilled.

Here is what she was doing all along.

- Clarity: Madeline has never been vague about who she is or what she wants. Her work, her style, her relationships — all of it reflects a woman who sends a clear, unambiguous

signal to the world about what she's available for.

- Intuition: She doesn't overthink. She gravitates toward what feels right — a product she loves, a design that calls to her — and trusts that pull without needing to justify it.
- Evidence: Madeline notices when life is working in her favor and moves toward it. She doesn't dismiss good things as luck or coincidence. She expects them, which means she recognizes them when they arrive.
- Belief: This is her foundation. She walks through the world as though it is hers — not arrogantly, but settled. There is no internal argument about whether she deserves what she wants. That door is simply closed.
- Action: She shows up fully. Consistently. Every time.

When someone pointed this out to her that evening — and called her The Grand Master Manifestor — Madeline just laughed it off completely. But one of her friends didn't laugh. She went quiet. And that silence was its own kind of evidential pattern — the recognition of something she wanted but hadn't yet allowed herself to believe was possible for her too.

That gap, between wanting and believing, is exactly where most manifestations stall. Madeline didn't build her life through rituals or affirmations. She built it by never doubting she could have it.

The five patterns were always there for her. She just never needed anyone to name them. Most people do. And that's where the real practice begins.

Dawn Ricci is a spiritual coach, psychic medium, and creator of the 5MQ Manifestation Quotient — a five-dimension framework spanning Clarity, Intuition, Evidence, Belief, and Action, designed to help individuals build the inner foundation for lasting love and success. Download your free Manifestation Mastery guide at dawnricci.com/guide today.

Hello and thank you for being here!
My name is Felicia. I am a certified functional nutrition counselor & integrative health coach offering 1on1 health & wellness support, group programs and corporate wellness workshops.



Functional Nutrition & Lifestyle Counseling

As someone who's been faced with health and major life challenges over the last 10+ years I know how hard it can be to take back control of your own health, be your own advocate and come to terms with the cards life has dealt. True health-care begins BEFORE you get sick! I want to help you lose the feeling of helplessness when being diagnosed with a chronic condition and/or avoid debilitating issues before they begin.

As a personal chef, functional nutritionist and integrative health practitioner I can help you, meeting you where you're at and get you where you want to be physically, mentally and emotionally. What I offer is NOT a diet, but a lifestyle plan that helps you thrive from the inside - out.

When you've had enough of one-size-fits-all protocols and really want to be seen as an individual, not a number or quick fix, I can truly help you. My coaching programs are designed especially to address the 8 pillars of health and wellness: Daily nutrients, Essential movement, Stress reduction, Toxin overload, Rest and relaxation, Emotional wellbeing, Supplementation, and Successful mindset.

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Beyond the Adjustment

Redefining Chiropractic Care in a Modern World

by Dr. Chris Pepitone, D.C.

Traditional chiropractic care has long been valued for its ability to relieve pain through spinal adjustments. Manual manipulation helps restore joint mobility, reduce nerve pressure, and improve function, particularly for common issues like neck and lower back discomfort. While these methods remain effective for many musculoskeletal complaints, they often focus primarily on structural alignment and symptom relief.

A more comprehensive approach is emerging that looks beyond isolated adjustments. This systems-driven model integrates the spine, pelvis, cranium, and nervous system as one interconnected whole. One key tech-

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nique in this evolution is Sacro Occipital Technic (SOT®), which addresses neurological, structural, and functional imbalances simultaneously. Rather than relying solely on forceful adjustments, SOT® often employs gentler methods such as pelvic blocking, cranial work, and reflex-based interventions to allow the body to self-correct and restore its natural healing capacity.

What further distinguishes this advanced model is the integration of precise diagnostic and therapeutic tools. Reflex Pain Treatment, a system developed and taught internationally by Dr. Chris Pepitone, enables practitioners to identify underlying causes and observe immediate, measurable changes in real time. The focus shifts from the audible “pop” of an adjustment to confirming a true correction of the root issue.

Another important element is organ (visceral) manipulation. This technique examines how internal organs, soft tissues, and the nervous system communicate through reflex pathways. By stimulating specific points, practitioners can influence both musculoskeletal pain and deeper visceral or neurological function — expanding care well beyond traditional joint-focused methods.

The result is a gentler, more neurologically informed form of chiropractic that prioritizes restoring communication between the brain and body, structure and function, and organs and musculoskeletal systems. Many patients turn to this integrated approach after other treatments have provided only temporary relief.

AdaptiveRx, located on Highway 35 in Middletown and led by Dr. Chris Pepitone — a groundbreaker in neurologically focused and integrative chiropractic care — exemplifies this forward-thinking model. Dr. Pepitone combines SOT® chiropractic, reflex-based therapies, cranial techniques, visceral manipulation, and supportive modalities such as hyperbaric oxygen therapy and Shockwave Therapy. The emphasis is on accelerating healing while educating patients to prevent future issues and support long-term wellness. For more information, visit www.MyAdaptiveRx.com or call 732.747.0083.



MEDITERRANEAN LENTIL POWER SALAD

YIELD: 4 SERVINGS

1 cup green or black lentils	¼ cup fresh parsley, chopped
3 cups water	2 Tbsp fresh lemon juice
1 cup cucumber, diced	2 Tbsp extra virgin olive oil
1 cup cherry tomatoes, halved	½ tsp sea salt
¼ cup red onion, finely diced	¼ tsp black pepper

Rinse lentils and place in a pot with water. Bring to a boil, then reduce heat and simmer about 20 to 25 minutes until tender but still holding their shape.

Drain and allow lentils to cool slightly.

In a bowl, combine the cooled lentils with the cucumber, tomatoes, onion and parsley. Drizzle with lemon juice and olive oil and season with salt and pepper, then toss gently.

This salad is best served at room temperature or chilled. It keeps well for several days and becomes even more flavorful as it marinates.

Recipe and photo courtesy of Tracy Gunter

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Holistic Weight Management for Cats

by Ruth Roberts, DVM, CVA, CVH, CVFT, NAN

Feline obesity has become one of the most common health threats facing domestic cats. Nearly 60 percent of U.S. cats are overweight, according to research from the University of Illinois. Yet many guardians do not recognize the problem until illness develops. Because cats hide discomfort, early warning signs are often missed. What seems like a harmless extra pound may signal a serious health issue. Addressing this silent epidemic is critical to protecting feline longevity and quality of life.

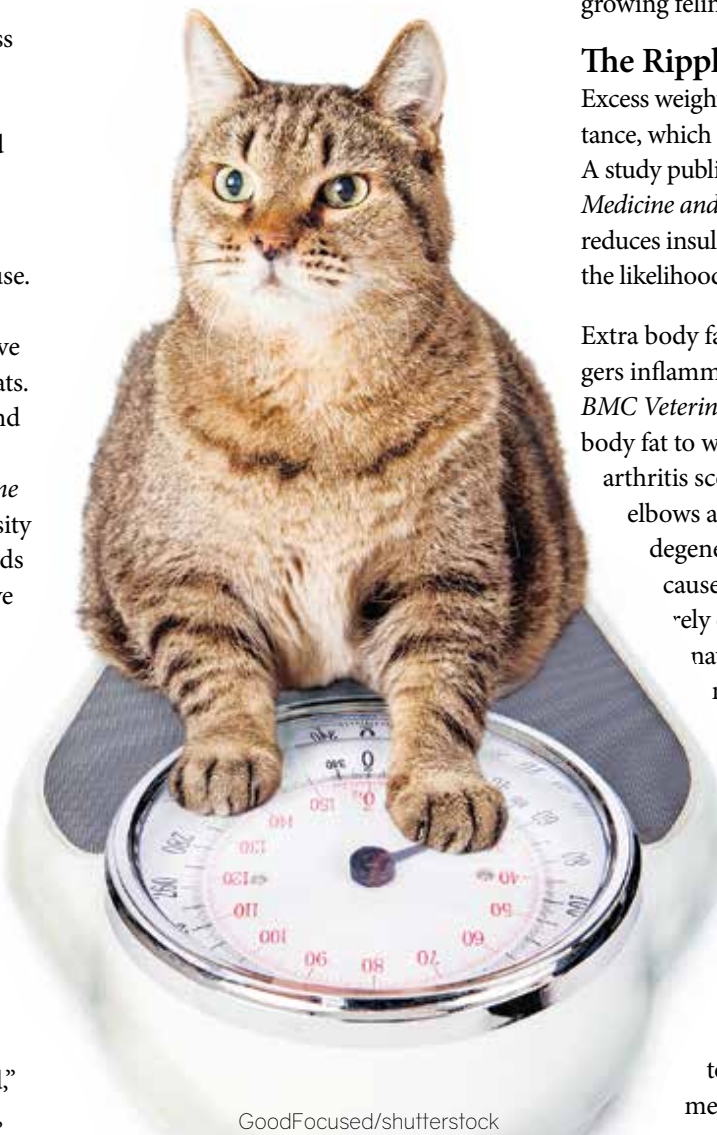
Why Cats Gain Weight

Feline weight gain rarely has a single cause. It develops from a combination of diet, lifestyle and environment. Indoor cats live longer, but move far less than outdoor cats. In the wild, they spend hours hunting and exploring. Indoor living eliminates such activities. Research in the *Journal of Feline Medicine and Surgery* confirms that obesity rises when calorie intake regularly exceeds energy use, a common pattern in inactive indoor cats.

Feeding habits drive the problem. Free-choice feeding and energy-dense commercial diets lead to excess weight. Cat wellness advocates Jae Kennedy and Adrienne Lefebvre, CEOs of The Two Crazy Cat Ladies, link modern feeding patterns to rising obesity. “Based on industry sales reports and consumer surveys over the past decade, the vast majority of cat food sold globally is ultra-processed commercial food,” Kennedy says. Dry kibble, in particular,

is produced with a high-heat, multi-step manufacturing process.

According to Lefebvre, “Many kibble formulas contain high levels of carbohydrates and starches, which act like sugar in the body and contribute to weight gain.”



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Research backs this up. A study published in *Preventive Veterinary Medicine* found that cats fed primarily dry food were twice as likely to become obese by age 2 compared with cats on wet or mixed diets. High-carbohydrate, calorie-dense food and low activity create the perfect storm for a growing feline obesity epidemic.

The Ripple Effect

Excess weight raises the risk of insulin resistance, which disrupts blood sugar regulation. A study published in the *Journal of Feline Medicine and Surgery* reports that obesity reduces insulin sensitivity in cats, increasing the likelihood of developing diabetes.

Extra body fat also strains joints and triggers inflammation. A study published in *BMC Veterinary Research* linked higher body fat to worsening whole-body osteoarthritis scores, particularly in the hips, elbows and leg joints. Over time, joint degeneration can limit mobility and causes chronic pain. Because cats rely on jumping and climbing to navigate their environment, even mild discomfort may significantly alter daily behavior.

Obesity can also trigger deeper physiological changes. A review published in the *Journal of the American Veterinary Medical Association* notes that excess body fat can create a constant low-level inflammatory state, increasing the risk of metabolic and hormone-related

disorders, joint disease, heart and respiratory problems, urinary issues and even certain cancers.

Recognizing these conditions is challenging because cats instinctively hide pain. Subtle behavioral changes are often the earliest signs. Cats with joint discomfort may hesitate before jumping, stop climbing onto high surfaces or show less interest in play. Because these changes develop gradually, they are frequently mistaken for normal aging, when they may actually reflect underlying health issues linked to excess weight.

Building Healthy Habits

Successful weight management often requires more than cutting portions. A holistic plan integrates nutrition, lifestyle and environment. Species-appropriate diets rich in animal protein and moisture mimic natural prey, while scheduled meals and portion control prevent unhealthy grazing.

“Because we confine our cats to four walls when we bring them inside, it becomes our responsibility to help them move and



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exercise their bodies,” Kennedy advises. Cats are instinctive hunters, yet indoor environments often provide little opportunity for stalking, climbing or chasing. Environmental enrichment such as puzzle feeders, vertical climbing spaces and interactive play can help restore these natural patterns of activity. To help a 26-pound, kibble-loving cat

they adopted, Kennedy and Lefebvre hid small portions of food around the house to encourage hunting. The added movement alone jump-started weight loss. Gradually, they introduced fresh food and daily play sessions, and the cat reached a healthy weight in months. The lesson is clear: sustainable weight management relies on consistent habits, balanced nutrition, measured portions and regular activity.

Cats are natural carnivores and fat burners, not carbohydrate processors. Diets rich in animal protein and fat with minimal carbohydrates support healthy metabolism and natural satiety. Transitioning from dry kibble to moisture-rich, high-protein foods, such as quality canned diets or balanced home-prepared meals, improves hydration and kidney health, while helping cats feel satisfied rather than constantly hungry.

Ruth Roberts, an integrative veterinarian and holistic health coach for pets, is the creator of The Original CrockPet Diet. Learn more at DrRuthRoberts.com.

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A photograph of four dental professionals (two men and two women) smiling. They are dressed in professional attire, including lab coats and a tie. The background is a soft, light color.

Tai Chi - A Longevity Practice

by Rebekah & David Frome



Tai chi, an ancient Chinese tradition, was originally practiced as a martial art. Today, most practitioners are not looking to defend themselves; rather they use tai chi, as a way to cultivate health and longevity.

What is Wu Tang Orthodox Style Tai Chi?

The Wu Tang orthodox style has 81 movements that are performed in a slow, focused manner. These movements develop strength, flexibility and balance. The form consists of three chapters taking approximately 20 minutes to complete. Most students require a year to learn the basics of the form.

Why is Wu Tang Tai Chi considered a neigong or internal practice?

Tai chi is great exercise, and improves strength, mobility and balance. Much attention is paid to the posture and alignment of each movement. While moving through the form, one has the potential to unlock stiff joints and become aware of areas which hold tension. Tai Chi teaches one to use breath and intention to release chronic patterns of ten-

sion and bracing throughout the body.

What is the Qi in Tai Chi & Chigong?

Qi is the life force that animates every cell of every living thing. In sickness, the flow or Qi or energy can become blocked or unbalanced. Acupuncture, Tai Qi and Qigong are practices focused on restoring a balanced flow of Qi within each cell and throughout the meridians.

How does Tai Chi affect mind & emotions?

The practice of Tai Chi is rooted in doaist philosophy. Doaist believe that the mind and body are one. In tai chi, the body becomes better grounded, upright and balanced within gravity. The body becomes stronger and more flexible. As the body becomes more supple, the mind becomes centered and the heart opens.

How is Tai Chi related to Qigong?

The movements of our tai chi form were derived from the yi jin jing Qigong practice. Each posture is performed with precision to move both chi and blood through the body and improve balance, strength, flexibility and grace.

Both Wu Tang Tai Chi and Yi Jin Jing Qigong are Neigong or internal practices. They are both focused on cultivating "effortless action" by aligning our Qi (energy) with the natural world, focusing on longevity, harmony, and balance. Qigong, the parent of Tai Chi, is thought to be about 5,000 years old. Tai Chi is about 500 years old. The movements of Tai Chi are derived from Qigong.

What is stillness practice?

The stillness practice is a standing meditation often used to open Tai Chi and Qigong practice. In this practice, attention is paid to grounding, breath, releasing tension in the body and a quieting of the mind and heart.

Meditation cultivates stillness and tranquility. When the heart and mind are focused, our intention becomes clear. As the heart opens, we develop compassion. Intention animates every aspect of our lives.

Stillness, along with Tai Chi and Qigong form a three legged stool. The Daoists place great importance on cultivating tranquility within.

Frome Physical Therapies: Over the past 20 years, Rebekah and David Frome have been studying tai chi in New York www.nanlaoshu.org. They are excited to share this gentle yet powerful form with others. Classes are in Loch Arbour, at the Longbranch Senior Center (facebook) Kula Farm www.interfaithneighbors.org and online. All are welcome. They also offer complementary medicine including acupuncture, Rolfing, and Craniosacral Therapy at Frome Physical Therapies in Loch Arbour, NJ. To learn more and schedule an appointment, visit or contact us at www.fromept.com, or 973.509.8464.

Calendar of Events



Email info@NAjerseyShore.com for guidelines and to submit entries.

FRIDAY, MAY 1

Group Meditation and Reiki – 8-9:30pm – Guided, deep chakra meditation will clear, align and balance your chakras and connect you to Mother Earth and the Universe. Quartz chakra singing bowls will be played. You will also receive Reiki to help you in whatever the Creator knows you need. For your comfort, you may bring along a yoga mat, etc., or use one of the chairs we provide. \$30pp Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond St, Asbury Park, NJ 07712 Call: 848-217-2371 Web: Ayearandadaymysticalshoppe.com

Beach Cleanup- 10am-12pm. Sea Bright, NJ. Help Waterspirit protect our sacred waters. Our Sea Bright Beach Cleanup is a fun and popular way to enjoy our local beaches and leave them cleaner than when we arrived. We always put safety first, so wear appropriate clothes. Registration is required at: www.waterspirit.org/events-calendar

SATURDAY, MAY 2

Reiki Level I Workshop and Certification – 11:00am-3:30pm – Start your Energy Healing journey with Reiki Master Maria Martin. Learn how to nurture and heal the light within yourself and others. Learn the basics of the art of healing with Reiki. Receive your Reiki Level I attunement and certificate. \$195.00 per person; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond St, Asbury Park 848-217-2371 Web: Ayearandadaymysticalshoppe.com

Inner Goddess Workshop with April- 12:30 to 2:00pm at The Yoga Loft, 58 Main St Farmingdale Saturday. Join April of Simply April for a transformative workshop designed to help you awaken and embody your Inner Goddess through grounded, accessible spiritual practices. We will explore ways to release what's been holding you back, reconnect with your body, tap into strength, intuition and presence that already lives within you. Step into your power. Reconnect with yourself. Embrace the goddess within. Join to discovering your Inner Goddess, text/call 732-239-2333 or email at info@theyogalofnj.com (please include your phone number) \$55

SUNDAY, MAY 3

Psychic/Mediumship Workshop with Cherise- 2:30-4pm. Part of a mentorship series to introduce the concept of mediumship as an encounter with and interpretation of spirit energy. Learn to develop your awareness and gifts, work with energy (embodied or not), explore levels of spirit energy, other dimensions, including the astral plane and focus on ways we can encounter spirit responsibly. First Class \$75.00 per person; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond St, Asbury Park 848-217-2371 Web: Ayearandadaymysticalshoppe.com

TUESDAY, MAY 5

Psychic & Card Readings with Dawn Ricci Get clear, trusted guidance on love, relationships, family, money, and health. Dawn taps into the cosmic database of your life through intuitive card readings

— you ask the questions, she delivers the answers. Sessions are live via Zoom. When you schedule and pay, you'll receive your personal Zoom link. Special Limited Offer: 3 cards · 20 minutes · only \$60 - Book your session at <https://dawnricci.com/cards>

WEDNESDAY, MAY 6

Dancing with Dragons – 8-10pm. Dragons, ancient celestial beings, are here to help guide, protect and work with us. Lauren creates a sacred space for you to be able to connect with dragons and have them be more present on your spiritual journey. Enjoy guided meditation, as well as an opportunity to power dance to celebrate our new connection to these magickal companions Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond St, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com \$30pp

Purple Dragon Organic Produce and Natural Foods, Ocean Twp. Pod – Pick up great organic produce, much of it locally grown, every other Wednesday, year-round in Ocean Twp/Wayside area. Whole and half shares available. Can also order other organic foods and products! Accepting Venmo, Zelle, check or cash, must order one week in advance. For more info, call/text 732.616.3379 or register at purpledragon.com.

THURSDAY, MAY 7

Reiki Level II Workshop and Certification - 11am-4:30pm. This workshop is the second step on your Energy Healing journey. Learn the Art of healing with Reiki, including hand positions for the healing of others, Level 2 Reiki Symbols meanings and uses and more! You'll receive a free pendulum when you attend! Pre-requisite Reiki I; \$225.00 per person; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond St, Asbury Park 848-217-2371 Web: Ayearandadaymysticalshoppe.com

Working with Stones and Crystals- 8-9:30pm. Whether you're new to collecting or have been drawn to them for a long time, Maria will help you have a working knowledge and relationship with your stones and crystals. You'll learn how to choose stones by vibration and feel, work with them in your everyday life, how to care for your collection and more! Includes 2 stones/crystals. \$45.00 per person. Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond St, Asbury Park 848-217-2371 Web: Ayearandadaymysticalshoppe.com

FRIDAY, MAY 8

Group Meditation and Reiki – 8-9:30pm – Guided, deep chakra meditation will clear, align and balance your chakras and connect you to Mother Earth and the Universe. Quartz chakra singing bowls will be played. You will also receive Reiki to help you in whatever the Creator knows you need. For your comfort, you may bring along a yoga mat, etc., or use one of the chairs we provide. \$30pp Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond St, Asbury Park, NJ 07712 Call: 848-217-2371 Web: Ayearandadaymysticalshoppe.com

Monmouth County Organic Co-op – Pick up your share of a variety of ORGANIC FOODS. Join our community of foodies. Preregistration one week in advance of shipment date. Pick up in Lincroft, though we have been known to drop off as well. Come one, come all! No further commitment or obligation, though regular members do receive incentives and promotions such as online store credit for goods. Text 732.500.4949 for more info.

SATURDAY, MAY 9

Reiki Share with Maria Anne Sudasi DiSanti - 12:30-2:00 pm at The Yoga Loft, 58 Main St Farmingdale. Participants take turns receiving reiki from multiple practitioners at once, allowing everyone a chance to give and receive healing in a supportive environment that can strengthen practice, promote relaxation, and foster connection. All levels of experience are welcome. Email info@theyogalofnj.com (please include your phone number if registering by email) or call/text 732-239-2333 Donations Appreciated.

Free Drumming Circle- 1:30-3pm. Circle to be led by Shaman Lauren. Experience the uplifting energy vibrations of this Native American drumming. You may bring an instrument (drum, rattle, etc.), or just enjoy the experience. A Year and a Day Mystical Shoppe 413 Bond St, Asbury Park 848-217-2371. Web: Ayearandadaymysticalshoppe.com

Dancing with Dragons – 8-10pm. Dragons, ancient celestial beings, are here to help guide, protect and work with us. Lauren creates a sacred space for you to be able to connect with dragons and have them be more present on your spiritual journey. Enjoy guided meditation, as well as an opportunity to power dance to celebrate our new connection to these magickal companions. \$30 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond St, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

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SUNDAY, MAY 10

Sound Healing/Meditation- 6:30-7:30pm. Join our group sound healing meditation. Enjoy unique sound healing meditations for mind, body and spirit. Using crystal bowls, gong, chimes, guided sounds, singing, chanting, etc. we'll facilitate your healing journey. Use one of our chairs, or bring along a meditation mat, pillow, etc. for your comfort. \$25 per person; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond St, Asbury Park 848-217-2371 Web: Ayearandadaymysticalshoppe.com

TUESDAY, MAY 12

Free Psychic & Mediumship Group Reading with Dawn Ricci 4:00 PM Eastern via online Zoom. The gallery-style event offers attendees collective psychic and mediumship messages focused on clarity, alignment, and intuitive guidance. Unlike private sessions, gallery readings draw on the energy of the group, delivering insights and validation that resonate across participants. Attendees can expect guidance around life direction, strengthened intu-

ition, and energetic alignment — all in a supportive, no-pressure environment. Save your spot! Register at <https://dawnricci.com/event> today.

Gentle New Moon Flow Yoga- 6:30-8 pm. 4 E. River Rd. Rumson, NJ. Join Waterspirit and Yoga Instructor, Angel Tener, for Gentle New Moon Flow Yoga. Both beginner and experienced participants will enjoy this class as we develop energy and balance. Flow through poses to promote strength, flexibility, and body awareness. Connect with nature and with your inner self as Angel guides us through breathing and mindful movements. Registration is required at: <https://www.waterspirit.org/events-calendar> \$5 pp.

Psychic & Card Readings with Dawn Ricci Get clear, trusted guidance on love, relationships, family, money, and health. Dawn taps into the cosmic database of your life through intuitive card readings — you ask the questions, she delivers the answers. Sessions are live via Zoom. When you schedule and pay, you'll receive your personal Zoom link. Special Limited Offer: 3 cards · 20 minutes · only \$60 - Book your session at <https://dawnricci.com/cards>

WEDNESDAY, MAY 13

Healing Ancestral Wounds/Receiving Ancestral Blessings: 7:30-9:30pm – Our ancestors have passed down to each of us wounds that have not yet been healed and are carried within us and our future generations. They also have blessings ready for us to receive from them once we have ameliorated the wounds. Store Shaman, Lauren will lead you through this powerful ceremony. \$30 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond St, Asbury Park 848-217-2371. Web: Ayearandadaymysticalshoppe.com

THURSDAY, MAY 14

Psychic & Card Readings with Dawn Ricci Get clear, trusted guidance on love, relationships, family, money, and health. Dawn taps into the cosmic database of your life through intuitive card readings — you ask the questions, she delivers the answers. Sessions are live via Zoom. When you schedule and pay, you'll receive your personal Zoom link. Special Limited Offer: 3 cards · 20 minutes · only \$60 - Book your session at <https://dawnricci.com/cards>

FRIDAY, MAY 15

Healing Circle-8-10pm. Reiki Practitioners and energy healers share your experiences and techniques and practice your skills working on one another. It's also an amazing way for people who are new to Reiki and energy therapy to get a taste and feel of what these therapies are all about. No special training is required. You may come and receive healing and participate in the meditation. \$10 per person; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond St, Asbury Park 848-217-2371. Web: Ayearandadaymysticalshoppe.com

SATURDAY, MAY 16

Stone Path Readings 1-6pm – The art of Ancient stone readings can show you how your life has been through each phase and where you are heading. We can use the stones to give insight into questions and situations you would like guidance for. Readings are available for individuals and couples. Life Path Readings are \$45 per person; In-Depth Readings are \$85 (up to 30 min). Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond St, Asbury Park 848-217-2371 Web: Ayearandadaymysticalshoppe.com

New Moon Ceremony 8-9:30pm – The new moon is the time for looking inward, reflection and healing. The New Moon in Taurus signifies a powerful, earthy reset. As an exalted lunar placement, it encourages setting intentions for financial security, sensual pleasure, and slow, deliberate growth, allowing solutions to emerge organically. It is a time to reconnect with the physical, cultivate self-worth, and ground your life, often amidst necessary, transformative changes. We will be conducting a ceremony with a guided meditation along with a mini-tarot reading for each person. \$25 per person; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond St, Asbury Park 848-217-2371. Web: Ayearandadaymysticalshoppe.com

Young Adult Retreat: Mental Health Impacts of Climate Change- 9:00am-3:00 pm. Englewood Cliffs, NJ. Join Waterspirit and the Sisters of St. Joseph of Peace for a free retreat day designed for young adults. The day will integrate faith, mental health, and environmental awareness. Lunch is included. More information and registration at: <https://www.waterspirit.org/events-calendar>

MONDAY, MAY 18

Book Club-6:00-7:30pm. Online. Each quarter, Waterspirit's book club selects important readings that address spirituality, nature, and action. Our next book is *The Place of Tides* by James Rebanks. Please register at: <https://www.waterspirit.org/events-calendar>

TUESDAY, MAY 19

Welcome to Joy (Journey of Yoga) -6-7pm at The Yoga Loft, 58 Main St Farmingdale. 6 Week Beginners Series with Michele Join us for a 6-week Beginner Yoga Series, perfect for those new to yoga or looking to reconnect with the basics. This series offers a supportive environment to explore foundational poses, gentle breath work, and introductory meditation techniques. Each week, we'll build confidence and ease in movement, helping you release tension and find greater flexibility—both in body, mind and spirit. Register early—this series fills up quickly, please Email info@theyogalofnj.com (please include phone number if registering by email) or call/text 732-239-2333 \$85

Psychic & Card Readings with Dawn Ricci Get clear, trusted guidance on love, relationships, family, money, and health. Dawn taps into the cosmic database of your life through intuitive card readings — you ask the questions, she delivers the answers. Sessions are live via Zoom. When you schedule and pay, you'll receive your personal Zoom link. Special Limited Offer: 3 cards · 20 minutes · only \$60 - Book your session at <https://dawnricci.com/cards>

Gentle New Moon Flow Yoga- 6:30-8 pm. 4 E. River Rd., Rumson, NJ. \$5 per person. Join Waterspirit and Yoga Instructor, Angel Tener, for Gentle New Moon Flow Yoga. Both beginner and experienced participants will enjoy this class as we develop energy and balance. Flow through poses to promote strength, flexibility, and body awareness. Connect with nature and with your inner self as Angel guides us through breathing and mindful movements. Registration is required at: <https://www.waterspirit.org/events-calendar>

WEDNESDAY, MAY 20

Beyond the Basics with Melissa — 7:15 pm. The Yoga Loft, 58 Main St Farmingdale. This 6-week series is designed for students who have completed

our Beginner Yoga series, as well as those who would like a gentle refresher before joining a regular yoga class. Throughout the series, students will explore a variety of foundational yoga postures with clear, supportive instruction. Each class will conclude with a guided meditation and deep relaxation, allowing time to integrate the physical and mindful aspects of yoga. To register, please email info@theyogalofnj.com (include your phone number if registering by email) or call/text 732-239-2333. \$85

Psychic & Card Readings with Dawn Ricci Get clear, trusted guidance on love, relationships, family, money, and health. Dawn taps into the cosmic database of your life through intuitive card readings — you ask the questions, she delivers the answers. Sessions are live via Zoom. When you schedule and pay, you'll receive your personal Zoom link. Special Limited Offer: 3 cards · 20 minutes · only \$60 - Book your session at <https://dawnricci.com/cards>

Purple Dragon Organic Produce and Natural Foods, Ocean Twp. Pod – Pick up great organic produce, much of it locally grown, every other Wednesday, year-round in Ocean Twp/Wayside area. Whole and half shares available. Can also order other organic foods and products! Accepting Venmo, Zelle, check or cash, must order one week in advance. For more info, call/text 732.616.3379 or register at purpledragon.com.

THURSDAY, MAY 21

Reiki Level I Workshop and Certification – 11am-3:30pm. A Year and a Day Mystical Shoppe, 413 Bond St, Asbury Park. Learn how to nurture and heal the light within yourself and others. Reiki Master Maria Martin will teach you the basics of the art of healing with Reiki. You'll receive your Reiki Level I attunement. Preregistration required. Phone: 848.217.2371, web: Ayearandadaymysticalshoppe.com. \$195

FRIDAY, MAY 22

Candle Magick and Mojo Bags – 8-9:30:pm - Learn how to inscribe, dress and infuse your intentions in a candle for the optimal results of your working or ritual. Not called to work with candles? Learn how to create a mojo bag to infuse your intention that may be carried on you, or someone else for healing, abundance or protection. Interested in both? No problem (Ask about discount)! \$45pp Candle Only (includes materials). \$25 Mojo Bag Only (includes materials) Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond St, Asbury Park, NJ 07712 Call: 848-217-2371 Web: Ayearandadaymysticalshoppe.com

Monmouth County Organic Co-op – Pick up your share of a variety of ORGANIC FOODS. Join our community of foodies. Preregistration one week in advance of shipment date. Pick up in Lincroft, though we have been known to drop off as well. Come one, come all! No further commitment or obligation, though regular members do receive incentives and promotions such as online store credit for goods. Text 732.500.4949 for more info.

SATURDAY, MAY 23

Reiki Level II Workshop and Certification - 11am-4:30pm. This workshop is the second step on your Energy Healing journey. Join Maria Martin in this level two workshop, in addition to getting your second attunement, you will learn the Art of healing with Reiki including hand positions for the healing of others, Level 2 Reiki Symbols meanings and uses

and more! You'll receive a free pendulum when you attend! Pre-requisite Reiki I; \$225.00 per person; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond St, Asbury Park 848-217-2371 Web: Ayearandadaymysticalshoppe.com

Group Meditation and Reiki – 8-9:30pm. Comend enjoy a guided, deep chakra meditation that will clear, align and balance your chakras and connect you to Mother Earth and the Universe. Quartz chakra singing bowls will be played for you to enhance your experience. You will also receive Reiki to help you in whatever the Creator knows you need. For your comfort, you may bring along a yoga mat, etc., or use one of the chairs we provide. \$30pp Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond St, Asbury Park Call: 848.217.2371 Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com \$30pp

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SUNDAY, MAY 24

Sacred Shift Energy Circles with Nicole -11:30 am to 12:30 pm at The Yoga Loft, 58 Main St Farmingdale. Designed to help you reconnect with your inner energy and release what no longer serves you. Each circle blends gentle education about the subtle body with guided meditation, intention setting, and Reiki-infused healing. Explore how life patterns reflect energetic imbalances, creating space for clarity, grounding, and empowered shifts. A safe and supportive space to ground, restore balance, and cultivate deeper self-awareness. Call/text 732-239-2333 or email info@theyogaloftnj.com to let us know you'll be joining. \$25

Reiki Level III Master Class and Certification 11am- 6:30pm – Join Reiki Master, Maria Martin on obtaining Master Level attunement opening the door to be a Master Healer, for healing yourself and/or others or teach and attune others on their Reiki path. Learn the Level 3 symbols, how to pass attunements, meet your Reiki spirit guides. Receive your Master Level attunement and certificate. Pre-requisites Reiki Level I and Level II; \$500pp; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond St, Asbury Park 848-217-2371 Web:Ayearandadaymysticalshoppe.com

THURSDAY, MAY 28

Beyond Crystal Basics - 8-10pm. Join Shamanic Practitioner and Reiki Master, Maria Martin to explore what the purposes of your stone and crystal friends may be. Review the basics of cleansing and care, and how to connect with their energies. Then dive deep to meet their spirits and see how you are meant to work together. Bring a small selection of your beloved crystals and stones with you for this workshop. \$45pp; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond St, Asbury Park Call: 848.217.2371 Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

FRIDAY, MAY 29

Sound Healing/Meditation- 8:30-9:30pm. Join our group sound healing meditation. Enjoy unique sound healing meditations for mind, body and spirit. Using crystal bowls, gong, chimes, guided sounds, singing, chanting, etc. we'll facilitate your healing journey. Use one of our chairs, or bring along a meditation mat, pillow, etc. for your comfort. \$25 per person; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond St, Asbury Park 848-217-2371 Web: Ayearandadaymysticalshoppe.com

SATURDAY, MAY 30

Saturday Tai Chi at Kula Farms – 10-11:15AM. Kula Farms in Asbury Park is offering a monthly tai chi class on Saturdays. Our next class is on Saturday, May 30 - To learn more and sign up, please visit <https://interfaithneighbors.org/>

Akashic Records, Stone Path or Medium Reading -1-5pm. The Akashic Records hold information about your soul's past, present and future. Readings tap into your records, offering messages from your guides, masters, teachers and loved ones. These messages are intended to help you raise your awareness of your spiritual path. Ancient stone readings can show you how your life has been through each phase and where you are heading. Loved one who has passed? Cherise can mediate your connection and help you convey what you would like to say and pass on to you any messages from the other side. Session is 45-60 minutes. \$145.00 per person; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond St, Asbury Park 848-217-2371 Web: Ayearandadaymysticalshoppe.com

SUNDAY, MAY 31

Full Moon Circle-7-9pm. Enjoy the Blue Moon in Sagittarius, symbolizing amplified energy for intense spiritual awakening and emotional reflection; A celestial marker for clearing old cycles or habits, tapping into our inner wisdom, manifesting long-term goals and seeking truth. A sound bath will help release old energies and solidify your purpose. Along with a ceremony, we'll also pull Tarot cards for you for a personal message. \$35per person; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond St, Asbury Park 848-217-2371 Web: Ayearandadaymysticalshoppe.com

Ongoing Events

Email info@NAjerseyShore.com for guidelines and to submit entries.

MONDAYS

Monday Morning Qigong on Zoom-11- 12:00 PM.

Qigong improves physical and mental health by reducing stress, chronic pain and anxiety. Qigong cultivates both strength, flexibility. Class meets online on Monday mornings. All levels are welcome.

Learn more online at www.fromept.com. To reserve a spot, call (973) 509-8464

Intermediate Taiji Class taught by Shoshanna Katzman- 1pm. Red Bank Acupuncture & Wellness Center in Shrewsbury. Taiji is an ancient Chinese exercise that integrates the physical and energetic aspects of yourself. It promotes physical health, balance, strength and enhances longevity. Taiji is a "meditation through movement" that opens flow of qi and harmonizes yin-yang energy throughout your entire being. Students in this intermediate group are learning the second section of the Guang Ping Yang Style Form. Call or text 732.758.1800 or check out www.yourcenterofpower.com

Beginner Taiji taught by Shoshanna Katzman- 5:30pm. Red Bank Acupuncture & Wellness Center in Shrewsbury. The Taiji path is filled with many life-enhancing movements, enlightening discoveries, and countless ways of working on self. Playing Taiji guides you toward mastering flow of your qi and reaching your fullest potential. It produces an unlimited source of intrinsic power that sustains you through life. Taiji heals any splits existing between the physical and energetic aspects of your being – culminating in harmonization, integration and overall wholeness. Students in this beginner group are learning the first section of the Guang Ping Yang Style Form. Call or text 732-758-1800 or check out www.yourcenterofpower.com.

Vibrational Reiki Healing Meditation – 7pm. Join Lisa's Circle and raise your vibration with rocks, bells, meditation music, sage, and Lisa's hands putting loving healing energy into you. Located in Monroe Township, New Jersey. Reserve your spot by texting or calling 732.258.5678. Due to Covid restrictions, you must Venmo to reserve your spot.

Revisiting MY Life's Journey With Wisdom- Uncovering & Nurturing the Essence of ME (Women's 12 Wk Circle Program) with Michelle Marie Meiners- 7:30pm. Zoom 90-120 min./wk. Reclaim YOUR voice & true self by gently/safely revisiting stages of your life, tending your beautiful inner garden, pulling out weeds (rewriting limiting beliefs), planting new seeds (truth and joy), & harvesting the abundant sweet fruit (peace, freedom & belonging) that was always yours to claim, fun with friends. Pre-registration required 347-968-1579 / info: www.MyHappyPlace.space

TUESDAYS

Tuesday Tai Chi at Long Branch Senior Center – 9-10AM at the Long Branch Senior Center. A tai chi class for senior residents, our practice centers the body, mind and heart. All levels are welcome. To register for this class call (732) 571-6542

Tea and Tarot Tuesday Meditations- 6:30-8pm. A Year and a Day Mystical Shoppe, 413 Bond St, Asbury Park. Guided group meditations and enjoy connecting with a different plant (tea) each week. Receive a message from Tarot just for you. Call ahead for what plant will be provided and advise us of any allergies. For all levels. Bring meditation mat, pillow, etc. 848.217.2371 Web: Ayearandadaymysticalshoppe.com**Private sessions and Veteran Discounts available. Preregistration required. \$15.

Advanced Taiji Class taught by Shoshanna Katzman – 6:30pm on Zoom. Taiji is a sophisticated method of whole-body movement that reconnects body, mind and spirit. This ancient Chinese exercise forges a deep relationship between you and your qi which is the life force responsible for the harmonious

working of your body. Its rhythmic breathing and flowing postures activate flow of qi and refines it into usable internal force and power – thereby producing a more robust body, sharper mind and enlivened yet tranquil spirit. Students in this advanced group are learning the third part of the Guang Ping Yang Style Form. Call or text 732.758.1800 or check out www.yourcenterofpower.com.

Vibrational Reiki Healing Meditation – 7pm. Join Lisa's Circle and raise your vibration with rocks, bells, meditation music, sage, and Lisa's hands putting loving healing energy into you. Located in Monroe Township, New Jersey. Reserve your spot by texting or calling 732.258.5678. Due to Covid restrictions, you must Venmo to reserve your spot.

Affirmation Poems: A Spiritual & Poetic Practice- 12-2pm. 347 Soul Collective, 39 W Front St., Keyport, NJ. Poet, Intuitive, and Alchemist, Chelsea Palermo, MFA, will guide you through an intuitive process, that includes guided meditation to attune your channel, poetry craft techniques to apply to your Affirmation Poems, and intuitive insights. Come into a held space where the wisdom you are ready to hear, write and behold, has permission to flow forth onto the page. Register@www.chelseapalermo.com or 347 Soul Collective. Email: chelsea@chelseapalermo.com Call: 732-646-6226. \$45.

Meditation for Earth - 12:15pm. Join Waterspirit's hybrid Meditation In-person in the Sanctuary at Rumson Presbyterian Church 4 East River Rd. Rumson, NJ Join our virtual meditation on our YouTube channel. Learn more at <http://www.waterspirit.org/meditationforearth>

WEDNESDAYS

Advanced Taiji taught by Shoshanna Katzman - 9:30am at Red Bank Acupuncture & Wellness Center in Shrewsbury. The Taiji path is filled with many life-enhancing movements, enlightening discoveries and countless ways of working on self. Playing Taiji guides you toward mastering flow of your qi and reaching your fullest potential. It produces an unlimited source of intrinsic power that sustains you through life. Taiji heals any splits existing between the physical and energetic aspects of your being – culminating in harmonization, integration and overall wholeness. Students in this advanced group have finished the third section of the Guang Ping Yang Style Form and will soon be learning it on the opposite side along with playing push hands. Call or text 732-758-1800 or check out www.yourcenterofpower.com.

Beginner Taiji taught by Shoshanna Katzman - 10:30am at Red Bank Acupuncture & Wellness Center in Shrewsbury. The Taiji path is filled with many life-enhancing movements, enlightening discoveries, and countless ways of working on self. Playing Taiji guides you toward mastering flow of your qi and reaching your fullest potential. It produces an unlimited source of intrinsic power that sustains you through life. Taiji heals any splits existing between the physical and energetic aspects of your being – culminating in harmonization, integration and overall wholeness. Students in this beginner group are learning the first section of the Guang Ping Yang Style Form. Call or text 732-758-1800 or check out www.yourcenterofpower.com.

THURSDAYS

1:1 Stress, Trigger & Trauma Somatic Release Sessions on Zoom w/ Michelle Meiners, FFM Certified Practitioner -1, 3, 4:30. Pre-registration required

347-968-1579 / INFO. & MORE DAYS: www.MyHappyPlace.space 20 or 45 min. (FREE 20 min. 1st session) Grounding, Guided safe/regulated/gentle discovery & release: • present triggers & past traumas (getting to the root in the nervous system - not just talk) • limiting beliefs & patterns (+ choosing healthy replacements & integration practices to nurture new habits / embodiment, reflect/journal)

All-Levels Qigong Class taught by Shoshanna Katzman – 5:30pm on Zoom. Qigong is an ancient Chinese exercise that cultivates flow of qi (life energy) and integrates your body, mind and spirit. Its gentle, flowing movements strengthen your physical body, enhance energetic awareness and promote overall calm and relaxation. This class contains students of all levels and is centered around the Qigong workout of Shoshanna's book "Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy". Call or text 732.758.1800 or email or info@healing4u.com.

Vibrational Reiki Healing Meditation – 7pm. Join Lisa's Circle and raise your vibration with rocks, bells, meditation music, sage, and Lisa's hands putting loving healing energy into you. Located in Monroe Township, New Jersey. Reserve your spot by texting or calling 732.258.5678, Due to Covid restrictions, you must Venmo to reserve your spot.

FRIDAYS

Friday Morning Tai Chi in Loch Arbour - 7:30-8:40 AM. Tai chi improves balance, strength, and posture. Our practice centers the body, mind and heart. Our class currently meets outdoors. When the weather is inclement, we meet on Zoom. All levels are welcome. Learn more online at www.fromept.com. To reserve a spot, call (973) 509-8464

Advanced Taiji taught by Shoshanna Katzman – 9am, Red Bank Acupuncture & Wellness Center in Shrewsbury or on Zoom during inclement weather. Taiji is a low impact Chinese exercise for facilitating physical fitness and vibrant health. This ancient dance enhances coordination along with balance and upright stature. Its gentle, flowing movements are highly effective due to balancing yin-yang energies and strengthening qi flow within your body. It also maximizes immune function through building defensive qi and promotes cardiovascular health by nourishing qi of the heart and lungs. This advanced group is learning how to perform the third part of the Guang Ping Yang Style Form. Call or text 732.758.1800 or check out www.yourcenterofpower.com.

Beginner Taiji taught by Shoshanna Katzman - 2:00pm at Red Bank Acupuncture & Wellness Center in Shrewsbury. Practicing Taiji helps you to discover internal peace, enliven energy, and achieve overall wellness – along with building strength, flexibility, stability, and endurance. It provides palliative support for many types of injuries and health conditions, stemming from its amelioration of pain and reduction of inflammation by opening qi and blood flow throughout the body. This beginner group is working on the first part of the Guang Ping Yang Style Form. Call or text 732-758-1800 or check out www.yourcenterofpower.com.

Psychic Readings and Energy Healings – 2-7pm, A Year and a Day Mystical Shoppe, 413 Bond St, Asbury Park. Get a 10-minute Reading or Energy Healing. Have a question about a direction you are looking to embark on? Get a reading and we will advise you! Feeling off, or out of balance? Get rebalanced with an energy healing. Walk-ins, or

appointments are welcome. Phone: 848.217.2371. web: Ayearandadaymysticalshoppe.com. \$30

Discover the Serenity of T'ai Chi Chih (Joy thru Movement Class) & so much more! – 3:30pm, The Center for Health & Healing, 245 Atlantic City Boulevard, Beachwood. Need better balance, concerned about High Blood Pressure, Quality sleep a challenge? For more information & registration call 732.505.8282 or text only 732.604.4946. Register to reserve your spot and ask about private lessons or Reiki sessions.

SATURDAYS

Akashic Records Readings & Energy Healing Sessions- 12-8 pm, 347 Soul Collective, 39 W Front St. Keyport, NJ. Come in for an Akashic Records Reading or a Reiki + Energy Healing Session with Chelsea Palermo, MFA. Reiki + Energy Healing Sessions include more advanced energy healing techniques, and be combined with Transformational Writing, and/ or PEMF BIO Mat Sessions. Walk-ins welcomed. Though online booking is preferred to reserve your spot. www.chelseapalermo.com Email: chelsea@chelseapalermo.com VIRTUAL SESSIONS AVAILABLE

Qigong for Good Health with Maxine Forster Guenther – 10:30-11:30am Outdoor "Parking Lot Qigong," For information about Parking Lot Qigong in Lincroft, weather permitting, check the website www.Qigongforgoodhealth.org for current information.

SAVE-THE-DATES:

JUNE 5,6,19,20

Monmouth County Organic Fruit and Veggie Co-op – Lincroft Pod of the Purple Dragon Co-op. Must order a week in advance. Text 732.500.4949 for more information.

JUNE 3,17

Purple Dragon Organic Produce & Natural Foods, Ocean Twp. Pod – Pick up great organic produce, much of it locally grown, every other Wednesday, year-round in Ocean Twp/Wayside area. Whole and half shares available. Can also order other organic foods and products! Accepting Venmo, Zelle, check or cash, must order one week in advance. For more info, call/text 732.616.3379 or register at purpledragon.com.

MONDAYS, WEDNESDAYS, THURSDAYS, FRIDAYS

Bayshore Lunch Program - 42 Elizabeth Street in Keyport NJ, and part of the all-inclusive Community Church of Keyport, the Bayshore Lunch Program offers a free meal to ALL 4 days per week at their community cafe on Mondays, Wednesdays and Fridays at 11:30 and Thursdays at 12:30, closed Tuesdays and the weekend. No sign-ups or questions asked and all are welcomed to join us! There is also a food pantry which does require signing up.



Connecting you to the leaders in natural healthcare and green living in our community. To find out how you can be in the Community Resource Guide email advertise@njerseyshore.com to request our media kit.

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Shoshanna Katzman and Heather Quinlivan - acupuncturists
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LAUREN A. SALANI, LCSW, BCB
Senior Fellow, Advanced Board Certified in Biofeedback by the BCIA, Biofeedback Certification International Alliance, Member of Association for Applied Psychophysiology and Biofeedback. Trained in EMDR. Stress Relief Services - 107 Monmouth Rd, Suite 104, West Long LaurenASalani@gmail.com Branch, NJ 07764. 732.542.2638



Effective psychotherapy seeks to integrate the biological, psychological and sociological to achieve optimal health. Sometimes, events that have happened in the past can effect behavior the present and people can feel stuck. Eye Movement Desensitization and Reprocessing (EMDR) is an effective treatment for healing trauma and helping with behavior change. These treatments and others, such as; guided imagery, deep relaxation, solution-focused therapy, cognitive behavioral therapy all can take the whole person into account. Please call my office for help with the distress that is affecting your ability to be calm and happy. My office is warm, caring and comfortable where high standards for infection control are always maintained. Virtual sessions are available as well.



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Jeffrey.ball@rbc.com or jeffballrbc.com



Jeff Ball is on a mission is to help clients navigate the financial services industry effectively. He is committed to educating clients about money and investments, helping to reduce money-anxiety and empowering clients to take control of their finances. His goal is to help clients to reach their financial goals and to achieve a sense of financial well-being. Jeff wants clients to get the best deal possible from RBC and all of their financial service providers.

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RETAIL

A YEAR AND A DAY MYSTICAL SHOPPE

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Michele Lipari- Certified Reflexologist
298 Broad St., Red Bank, NJ 07701
Mliparireflexology.com 732.887.3352



I've practiced reflexology over 25 years and I'm passionate about my work! Reflexology is a science, there are reflex areas in the feet & hands that correspond to glands, organs, and other parts of the body. The practice also offers an Infrared Sauna, which allows a higher percentage of toxin removal due to infrared waves being absorbed more deeply in the body's cells. Benefits include improved circulation, energy, and skin tone. It eliminates joint & muscle pain, & relieves tension.

REIKI/ENERGY HEALING

CHELSEA PALERMO, MFA

347 Soul Collective
39 W Front Street, Keyport, NJ
www.chelseapalermo.com
732.646.6226 @IG [chelseapalermo_poet](https://www.instagram.com/chelseapalermo_poet)
chelsea@chelseapalermo.com



Chelsea Palermo, MFA, is a poet, intuitive, & alchemist. She is Usui Reiki Master, Energy Healer, Akashic Records Reader, Somatic Practitioner & beyond. Chelsea offers Akashic Records Readings, Energy Healing & Reiki Sessions, Transformational Writing Sessions & Group Healing Classes in her private healing practice at 347 Soul Collective and online. Visit her website for all offerings, upcoming Masterclasses and to book your session.



REIKI/ENERGY HEALING

DAWN RICCI

Intuitive Energy Healer & Medium
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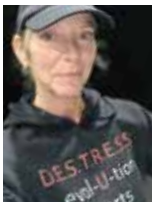


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FELICIA MCINTOSH-WILL, CFNC, IHP2

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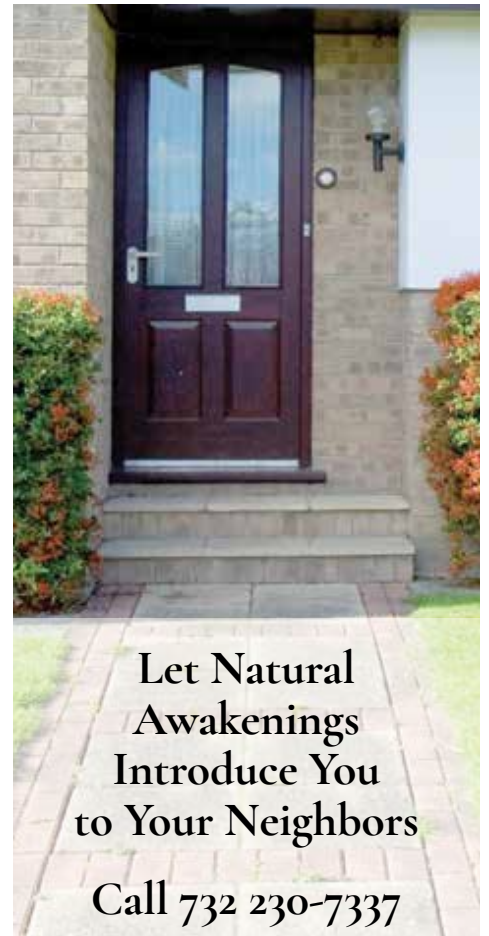
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Free Community Event

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Saturday, June 6th 10am - 2pm

- Music
- Food
- Raffles
- Sound Bath
- Jewelry Making
- Kids Crafts
- Free Zyto Scan
- Holistic Wellness Information
- Unique crystals
- Essential oils
- Himalayan salt cave
- Anti-aging crystal bed
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