

MIND & BODY

PANITANPHOTO/SHUTTERSTOCK

PERSONAL MASTERY

Learning to Manage Our Fear

Fear can be a powerful motivator, but it needs to be understood and handled appropriately

CONAN MILNER

Pandemic fear has gripped the globe for an entire year and it continues to hold tight. Warnings of even more contagious and deadly disease variants are suspected to come in the near future, as the constant coverage of case numbers and death counts urge us to stay diligent or risk certain doom.

The goal of this incessant message is to save lives, but the cost has been high. Living this past year on high alert has resulted in a sharp uptick in suicides, mental health problems, drug overdoses, and domestic abuse.

Research shows that while fear messaging can effectively influence public behavior, it harms people in the process.

Continued on Page 6

Modern media fills our mind with fear-inciting messages.

If we do not pause to acknowledge our fear, it can run our lives without us even realizing it.



Health Benefits of Hugs

Social touch stirs more than warm feelings, it can help us stay well

FRANCIS MCGLONE & SUSANNAH WALKER

For many people, the thing they've missed most during the pandemic is being able to hug loved ones. Indeed, it wasn't until we lost our ability to hug friends and family that many realize just how important touch is for many aspects of our health—including our mental health.

The reason hugs feel so good has to do with our sense of touch. It's an extremely

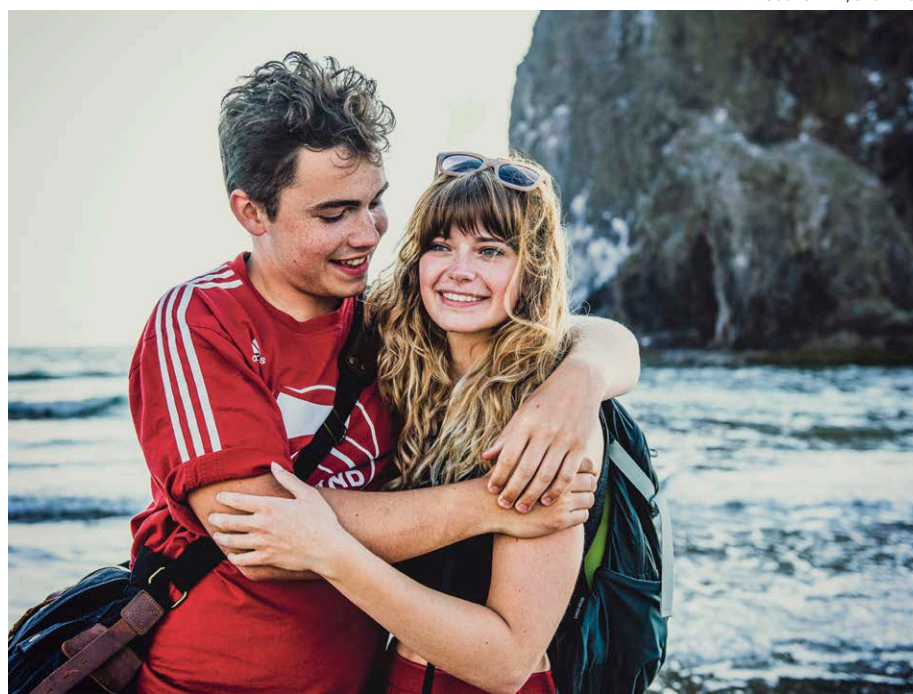
important sense, which allows us not only to physically explore the world around us, but also to communicate with others by creating and maintaining social bonds.

Touch consists of two distinct systems. The first is "fast-touch," a system of nerves which allows us to rapidly detect contact—if a fly landed on your nose, or you touched something hot, for example. The second system is "slow-touch." This is a population of recently discovered nerves, called c-tactile afferents, which process the emotional meaning of touch.

These c-tactile afferents have essentially evolved to be "cuddle nerves" and are

Continued on Page 5

TIM MOSSHOLDER/UNSPLASH



Take the family to get away, relax, and enjoy this big, beautiful country we love.

AFRICA STUDIO/SHUTTERSTOCK

The Perfect Way of Saying No

It can be awkward to refuse an offer or request but it’s essential to our well-being



ALTA PHOTOGRAPHY/SHUTTERSTOCK

HILARY BARNETT

My 3-year old is better than me at some things. Yes, it’s tough to admit. I so often focus on what I need to be teaching my daughter, it’s easy to overlook what she teaches me.

As we were having lunch one day, I asked her if she wanted her favorite lunchmeat, salami. Out of her mouth came three words I had never before heard her utter, “No, thank you.” As I picked my jaw up off the floor, I asked her where she had heard that. “From myself, Mama.”

That sounds about right, since she certainly hadn’t heard it from me.

The nonchalance with which she said those three words struck me. She just stated it, plain and simple, no strings attached, no emotional baggage behind it. She didn’t say, “Oh I’m so sorry, but I’m just not in the mood for salami today, I hope that’s OK?”

She didn’t say, “I’m not sure, let me think about that salami option and get back to you in a few hours.”

She didn’t say, “Well not really, but if you want me to have the salami then I guess I will.”

She has heard me say each of those phrases too many times to count.

Something tells me if you are someone who takes risks, enjoys adventure, and invests in people, then you might find yourself saying them quite often also.

We need to reconsider the power of saying “No, thank you.”

I wouldn’t recommend just saying no—that’s just rude. If you live in the South as I do, you aren’t going to get away with that type of behavior if you want any friends.

But “no, thank you” has a nice ring to it, doesn’t it?

It adds a touch of civility to the whole interaction and lets the other party know you at least appreciate the offer.

Sadly, even this perfectly affable statement has become taboo in our culture.

We have forgotten how to say it and just leave it out there. Let it hang thick in the air, and bask in the awkwardness it inevitably produces.

We have to justify it, to give our reasons, to run down our laundry list of obligations. This constant desire to keep everyone happy around us is killing us and keeping us running in a thousand different directions.

In life, in business, in creativity, in relationships—saying “no, thank you” is vital. Without it, we can’t say yes to what truly matters. We can’t simplify anything.

How do we say “no, thank you” more often?

1. Know your values.

Values aren’t just things the Moral Majority liked to sling around in the ‘80s. Even if you don’t think you have them, you do. Your calendar and your bank statement will give you a pretty good idea of what they are.

Once you know them, you can decide if they are taking you where you want to go. If you don’t know what matters most to you, if there is no true north, then saying yes and no is going to be a daunting task.

2. Be aware of the season you are in right now.

Did you just start a new business? Have a new baby? Are you charging full speed ahead with a project, or currently sailing with the breeze?

Take a moment to assess where you are and allow your values to reflect that. Sometimes “no, thank you” can simply mean, “not right now.”

3. Identify what is draining you and what is feeding you.

It’s important to ask yourself this often. It applies across the board. What people in your life are encouraging, helpful, and reliable?

What clients do you simply love working with? What projects do you love working on and cannot believe how fast time has flown by when you are in the flow of it? Focus on those things, and begin to say “no, thank you” to the rest.

4. Focus on where you want to go.

Visualize your life five years from now. Where are you? Who are you with? What are you working on? How are you spending your free time?

Once you know where you are headed, you can much more easily identify what is helping you, and what is hindering you. Then you can give the heave-ho to the things that are holding you back from stepping into that future.

Let’s all practice together. Say it with me now, out loud. “No, thank you.”

Say it in the mirror while you are brushing your teeth. Say it while you are walking the dog. Before you have to say it to anyone in real life, let the words roll around in your mouth. Get comfortable with it.

Then try it out. Say it to someone, and just wait. See what happens. Something tells me they will be less disappointed or hurt than you imagined, and you may just feel a newfound sense of exhilaration and purpose.

And most importantly, you will now be able to say YES to what truly matters.

Hilary Barnett lives and works in Nashville, Tenn., with her husband, two daughters, and feisty Boston terrier. She has been writing professionally since 2008 and is currently publishing her first book called “The Good Enough Mother: Reimagining Motherhood and Work.”



Being able to say “no, thank you,” is a prerequisite to managing your time and saying “yes” to what really matters.

COPING WITH THE Oxygen Paradox

Understanding disease formation—and the role of vegetables—can help you avoid oxygen’s bad side



Many cold symptoms are really our body firing up its oxidation response to fight off a pathogen.

CONAN MILNER

Oxygen is essential to our survival, and yet this toxic, mutagenic, and highly reactive gas also has the capacity to destroy us.

The destructive side of oxygen is called oxidation. Slow oxidation turns cut apples brown and hard metal brittle with rust. Rapid oxidation destroys things more quickly, in an exothermic chemical process of combustion, otherwise known as fire.

Oxygen is a highly reactive element because it’s missing two electrons. That means it’s constantly looking to gobble up electrons from other elements, changing molecules and chemicals in the process.

When our immune system malfunctions, our body becomes the target of its own oxidative onslaught.

It’s inherently unstable, and that nature makes it both dangerous and essential.

Our cells rely on oxygen’s reactive nature to drive organic chemical reactions that create the special energy they need for everything from muscle contraction to chemical synthesis.

Just like the fire that heats our home, oxidation can go wrong in our bodies as well, and rather than providing us the heat we need to survive the winter, it can burn the things we need in order to survive.

Oxygen’s Dual Nature

When our cells get overwhelmed with oxidation, it’s called oxidative stress. The process is linked to inflammation and chronic disease.

Kelvin J. A. Davies, professor of molecular

biology and biochemistry at the University of Southern California, coined the term “oxygen paradox” to describe this strange dual nature.

The oxygen paradox compels us “to look for the mechanisms by which life on earth has managed to find ways to profit from an oxygen environment without immediately falling prey to the dangers of oxidation,” Davies wrote in a journal article published in The Archives of Biochemistry and Biophysics.

Oxygen plays many roles in the body, and sometimes a role that looks like a problem is actually a solution, and other times it’s just contributing to disease formation. Oxidative stress is one example.

Continued on Page 10

If You Want to Be Happy, Try to Make Someone Else Happy

A new study shows that doing kind things for others is an important path to happiness

JILL SUTTIE

Many Americans chase after new gadgets and hedonistic pleasures in a seeming attempt at happiness. But what if that approach is wrong? What if happiness comes from aiming to make others happy instead of doing nice things for yourself?

That is exactly what a recent study found.

In the study, college students reported on their happiness and on their sense of autonomy, competence, and connection to others—all what researchers consider

to be “basic psychological needs” for well-being. The students, 360 in total, were then randomly tasked to do something to either make themselves happier, make another person happier, or socialize. Assigning one group to socialize helped determine if seeking happiness for another had an effect above and beyond simply being in someone’s presence.

Later that day, after doing their tasks, participants reported what they did, and then filled out their happiness and needs questionnaires again.

Continued on Page 15

Doing kind things for others is the best way to make yourself happier.



DANISH PASTOR/SHUTTERSTOCK

Legal Notice

NOTICE IS HEREBY GIVEN THAT A LICENSE SERIAL # 1235882, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 306 308 E. 6th St., New York NY 10003. New York County, for on premises consumption. Fun Hat LLC d/b/a Beetle House.

NOTICE IS HEREBY GIVEN THAT A LICENSE SERIAL # 1235725, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 1317 W. 4th St., New York, NY 10014. New York County, for on premises consumption. Mulberry Hospitality LLC d/b/a October.

NOTICE IS HEREBY GIVEN THAT A LICENSE, NUMBER 1335862, for Restaurant Wine has been applied for by the undersigned to sell Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 1307 2nd Ave., New York, NY 10013. New York County, for on premises consumption. V.I. Gourmet 96 Corp. d/b/a Enzo Bruni La Pizzeria.

NOTICE IS HEREBY GIVEN THAT A LICENSE SERIAL # 1235781, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 271-02 04 Union Tpke., New Hyde Park, NY

11040. Queens County, for on premises consumption. Jay Ned Inc. d/b/a ABCD.

NOTICE IS HEREBY GIVEN THAT A LICENSE, NUMBER 1334474, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail under the Alcoholic Beverage Control Law at 234 Starr St., Brooklyn, NY 11237. Kings County, for on premises consumption. Santa Salva LLC d/b/a Santa Salva.

NOTICE IS HEREBY GIVEN THAT A LICENSE, SERIAL # 1334990, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail under the Alcoholic Beverage Control Law at 6418 Fresh Pond Rd., Ridgewood, NY 11395. Queens County, for on premises consumption. Fresh Pond Cocktail Club LLC.

NOTICE IS HEREBY GIVEN THAT A LICENSE, NUMBER PENDING, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 17 Orchard St., New York, NY 10002. New York County, for on premises consumption. Orchard 17 Restaurant Corp. d/b/a Mictan Mexico.

NOTICE IS HEREBY GIVEN THAT A LICENSE, NUMBER 1335729, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Restau-

rant under the Alcoholic Beverage Control Law at 4267 21th St., Long Island City, NY 11101. Queens County, for on premises consumption. Anvi Restaurant Group Inc. d/b/a Badshah Modern Indian Restaurant

NOTICE IS HEREBY GIVEN THAT A LICENSE, NUMBER PENDING, for On Premise Liquor has been applied for by the undersigned to sell Wine, Beer & Cider at retail in a Tavern, with one additional bar, under the Alcoholic Beverage Control Law at 1 Vanderbilt Ave., Floors 57-59, New York, NY 10017. New York County, for on premises consumption. Summit OVA Tenant LLC One Vanderbilt Owner LLC and USE 1V F&B Management, LLC as mgr.

NOTICE IS HEREBY GIVEN THAT A LICENSE, NUMBER 1335276, for Restaurant Wine has been applied for by the undersigned to sell Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 793 9th Ave., New York, NY 10011. New York County, for on premises consumption. Nangman LLC d/b/a Nangman BBQ.

NOTICE IS HEREBY GIVEN THAT A LICENSE, SERIAL # 1334448, for Liquor, Wine & Beer has been applied for by the undersigned to sell Wine, Beer & Cider at retail under the Alcoholic Beverage Control Law at 335 3rd Ave., New York, NY 10010. New York County, for on premises consumption. 5686 BROADWAY CORP/ d/b/a CARIBE BITES BAR & RESTAURANT

NOTICE IS HEREBY GIVEN THAT A LICENSE, SERIAL # 1335687, for Restaurant Wine has been applied for by the undersigned to sell Beer, Wine & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 515-517 Stanley Ave., Brooklyn NY 11207 Kings County, for on premises consumption. Downes River Restaurant Inc

NOTICE IS HEREBY GIVEN THAT A LICENSE, SERIAL # 1297346 for On Premise Liquor has been applied for by the undersigned to sell Liquor, Beer, Wine & Cider at retail under the Alcoholic Beverage Control Law at 90-17 63rd St., Rego Park, NY 11374. Queens County, for on premises consumption. Gmore Food Corp.

THE EPOCH TIMES

LIES KILL, TRUTH SAVES

We ask you to share RejectCCP.org with at least 5 friends.

HELP US TO SPREAD THE TRUTH TODAY

When Posting Online Becomes Our Lives

Has trying to show your value on social media made you forget what you're worth?

NANCY COLIER

On a visit to the Museum of Modern Art with a friend and her daughter, meandering through the museum's exhibits, I was struck by how often my friend's 13-year-old daughter asked us to take photos of her in front of the artwork.

Her head tilted, she gazed contemplatively at the pieces, the photos of which she would then feverishly post on Instagram, Snapchat, and all the rest. She wasn't the only young (or older) person doing this; it seemed everyone was busy taking photos of themselves "experiencing" the museum.

This is by no means a criticism of my friend's daughter (or anyone else). What was concerning, at least to me, was that in between being photographed and posting, my friend's daughter had no interest in the artwork. This fact didn't seem to matter or have any relationship with posting herself as someone enjoying the experience.

Social media has turned life and its experiences into an exercise in narcissism.

The only time that she looked at the artwork, in fact, was when we were photographing her looking at it. Even then, she was mostly gazing in the direction of the art, with a soft focus that didn't seem to take in the art itself. When I asked her why she wanted to put up photos of herself in the museum when she clearly didn't like being

there, she smiled, shrugged her shoulders, and asked me to take another photo.

When I was her age, I had no interest in going to museums either, and when I did get dragged there, I couldn't wait to get out of the building. Having no interest in art is completely normal and not disturbing in the least. But what is disturbing is how much of a young person's energy now goes into creating an image of the life they're living and the character they play in that life.

Mistaken Identity

While creating a self-image has always been a big part of growing up and figuring out our identities, social media seems to have changed the rules of the game. Social media hasn't just intensified the pressure and possibility to create a self-generated self-image, but also distorted the process by which we become who we are.

Young people now seem to be creating an image of who they are instead of becoming who they are—posting their life rather than living it. The effort that goes into creating an identity and getting it noticed or "followed" has replaced the effort of actually getting interested in the life they are posting.

Social media has turned life and its experiences into an exercise in narcissism. No matter what the experience is actually about, it becomes about you, the person who is living it. A concert isn't about the music, a restaurant not about the food, a sporting event not about the sport; it's all about you, the doer, and what the event says about you.

For those who tie their identity closely to their social media feeds, life experiences aren't lived directly so much as they are used as opportunities for announcing what kind of person they are. Life is now a product through which to promote your image, with little connection to whether that im-

age accurately reflects the inside you.

This relationship with social media is one of the most disturbing ways that we are changing in the face of new technology. For too many of us, it seems that our experiences now only have meaning when they say something about us. And it's a double-edged sword: As we feel more separate and disconnected from our lives, meaning feels harder to find.

The more we use life to create an identity, the more cut off from life we feel. Instead of being part of it, in the flow of life, we feel as if we have to keep generating new "life material," which will announce us, establish us, and ultimately, prove our existence. In the meantime, the chasm between us and life grows wider and wider.

Here's an invitation: The next time you are inclined to post your story, pause for a moment and instead experience where you are. Feel what it feels like to live without doing anything with it. Just be, without the narrative. While it may feel like this could make you miss an opportunity to establish your value, in fact, the benefits it can offer to your true self will far outweigh any loss incurred.

Nancy Colier is a psychotherapist, interfaith minister, author, public speaker, workshop leader, and author of several books on mindfulness and personal growth. She is available for individual psychotherapy, mindfulness training, spiritual counseling, public speaking, and workshops, and also works with clients via Skype around the world. For more information, visit NancyColier.com

Many of us put significant energy into creating an image of the life we're living in hopes of getting approval from others.



MYGOS/SHUTTERSTOCK

Virtue of the Brush in a Time of Chaos

"When things are chaotic to the extreme, order must be restored."
- "The four books" by Zhu Xi

亂極當治

The original calligraphy is now available for purchase at
InspiredOriginal.Org

INSPIRED
ORIGINAL