

REVIVE

HEALTH • BEAUTY • FITNESS • FASHION

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THE REVIVE MAKEOVER

Phase 3
What's New
in the World of
Beauty Therapy

Kevin & Dina

The Bonnie and Clyde of
Morning TV, Stealing the
Hearts of Hundreds of
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A Walking Empire

Move Over Niagara,
Here Comes the Grange

Who is God?

By Dr. Ihab Matta



While it may seem overwhelming, it doesn't stop many of our readers and much of humankind from asking that same question. One might wonder what this article is doing in a magazine that is focused on beauty, health and fitness.

One of the essential components of human health is spirituality, either the presence or absence of it. So hopefully this article will be useful to many of our readers.

This article is not meant to offend anybody's existing beliefs or lack thereof. Instead the goal is to inspire discussion, and help the individual reader to find their own spiritual path that serves them best.

Throughout much of human history, there has been a longing to understand our role in the world. Whether it was driven from a fear of death or higher mental ability, it is difficult to say. Some argue that man's fear of death led to the development of early religions, while others would argue that man is spiritual to begin with.

It is at this early point that we should discuss the difference between spirituality and religion. Most dictionaries relate the two very closely, but people tend to have their own personal definition. Many would say that spirituality relates to the existence and communication with "God". The compact Oxford dictionary defines it as "relating to or affecting the human spirit as opposed to material or physical things". Religion includes spirituality with a set of fixed beliefs and rituals.

There are those that question the whole purpose of this discussion and prefer to go about their day to day lives either adhering to the belief system passed on to them by their parents or just not believing in a "higher power" altogether. There is a popular movement of atheism now, with no belief in a God at all. Many others are

agnostic, which most people define as "I don't know". The age of science and critical thinking has allowed mankind to move forward from primitive explanations of the gods to explain natural phenomena, such as the sun rising and setting each day. There are many different ideas of what God is; without getting into a serious theological discussion about it, I will mention the most common schools of thought. Deists believe that God created the universe and all the physical laws that govern it, but is not involved in the day to day management. Theists believe that there is a personal God, who did all of the above but also listens to prayers and is involved in day to day details and hears one's prayers and may or may not intercede. Pantheists generally consider God and the Universe the same thing and don't attach a "supernatural" aspect to God. It isn't a lot different than atheism. Others have a concept that God is a Universal Energy, from which all things have come forward.

It is interesting that atheists usually use science to debunk the idea of the existence of God. While science has been able to disprove many fixed false beliefs over the history of mankind, to prove either the absence or existence of God is rather a futile attempt. Since the discovery of quantum physics, the concept of interconnectedness of objects has created great angst for scientists. A concept called quantum entanglement says that two particles separated by a great distance can affect each other in real time, faster than the speed of light. Einstein stated that nothing can travel faster than the speed of light. In fact, Einstein called it "spooky action at a distance" and tried for more than 30 years to fight the ideas of quantum mechanics which he himself discovered, all because it didn't make sense to him and he thought that it contradicted the heart and soul of physics.

While humankind has discussed and debated the existence of God for thousands of years, we still don't have a clear understanding like we do the physical laws of our world. With hundreds

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Q & A with Korby Banner

Korby Banner is an internationally published photographer, who appears daily on the hit TV show, Style by Jury on W Network, as key make-up artist. His resume includes A-List Hollywood talent, Cd covers, billboards, advertisements and magazine editorials from fashion, cosmetics and lifestyle. For more information visit korbybanner.com • info@korbybanner.com or email your questions to: askanexpert@revivemagazine.ca



Q: How important are make-up brushes for daily application? Anna M.

A: An investment in a set of brushes is a wise step in acquiring a professional look.

For smooth smokey eye-shadow blending it's essential to use brushes.

Contouring is nearly impossible without a great angle brush. Blush and bronzer apply easily with a large rounded brush. Now that mineral powder base is fast replacing liquid base, a good foundation brush is a must for most women.

If cared for properly brushes will last a lifetime:

Every 6 weeks, clean your brushes by swirling them in a mug with shampoo



Model: Christine MacGibbon from Sherrida Models

and warm water, rinse, apply hair conditioner, rinse them well in luke warm water, flick off excess water, and lay flat on clean face-cloth to dry overnight.

Q: What basic eyeshadow colors suit blue eyes if blue eyeshadow is such a "no no". Pamela L.

A: Dove or steel-grey eyeshadow is great, as it's blue-ish but does not compete with the natural eye color like blue eye-shadow would. Any neutral like taupe, brown or charcoal will contour the eyes and add dimension. Plum violet is also great as it echoes the blue and adds zing.

Try a warm buttery color highlighter like eggshell on brow-bone to add luminescence.

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of different religions, each believing that they are right, it seems likely that the details will never be agreed upon, but the main belief in a higher power seems to be a consistent feature.

The "power of prayer" and the general health benefits and improvement to ones general well being if they are spiritual is well known. The analysts and skeptics would say that it is simply the power of positive thought triggering biochemical reactions in the body that strengthen the immune system and acting like a placebo-

effect. The faithful would say that if you don't believe, then you can't understand it. Is it a placebo effect? Is it spooky action at a distance, in which one manifests a change in subtle energy? Is it God intervening? The answer will ultimately depend on your belief system.

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