

A Beautiful Life

Magazine

**Waking Up
the Spicy
Sexy in You**

**What Do
I Believe?**

**The Perfect
Gift is You!**

**Embracing
Diversity -
Holidays
Celebrated
in November
& December
2021**

Nov | Dec 2021

A Beautiful Life Magazine Special Edition Book Tea Time



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Welcome

Wow I can't believe we are coming to the end of another year - but I have to be honest, I can't wait for 2022. I feel like there is real positive change in the air, it's almost electric and I for one am all for it. We have a lot of exciting things in store for 2022 including the expansion of our online store. We also want to expand the topics we discuss in each issue and bring you more video content - everything aimed at helping you on your journey to a beautiful life! I wish for you all a wonderful Holiday season and a very happy new year and I hope you enjoy this Issue of A Beautiful Life Magazine!



Ronnie Swais
Publisher

Some say that Martin Luther was the first person to add lights to an evergreen tree, and was so enchanted with how the tree looked outside, that he brought the lighted tree inside to delight his family. What started in Germany in the 16th century is now a beautiful tradition shared all over the world, by many people of many faiths. Wouldn't it be wonderful if this year, we picture each light on our Christmas trees as a seed of hope - and when they are all lit, they represent all of us coming together in shared faith and love. Agnes M. Pahro states: "What is Christmas? It is tenderness for the past, courage for the present, hope for the future." I think this quote really resonates this year. May you have peace this Holiday season that continues into the new year and beyond.



Krista Hannesen
Editor - in - Chief

Ronnie & Krista are the Mother / Daughter team behind A Beautiful Life Magazine, now proudly in its 4th year. Based in majestic Niagara Falls, Canada, they are inspired to create exciting issues that bring you all the beauty life has to offer.

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The Cup of Coffee That Gave Me Hope

By: Krista Hanesen
Editor in Chief



The world has been turned on its head, and I think it's safe to say that things are pretty crazy right now. I think it's also safe to say that any given day can feature a wave of emotions – high and lows. Some days, it still feels like two years ago when the world was right side up. Some days, the weight of all that's going on in the world sits on your shoulders. And that's exactly how I was feeling one day not too long ago. Negative thoughts were building up in my mind. The internet is bad, the news is worse, and it seems as though all hope in the world is lost.

Well, one day during the Holiday season last year (when we weren't in lockdown), my mom and I (in our bubble) went for a drive to get our minds off things (namely, rumours of another lockdown). The mood was melancholy, as we had just gotten out of another lockdown, and it seemed as though everyone was moving in slow motion. We decided to grab some coffees for the ride and pulled up to a nearby drive-through. They took our order, and we pulled up to the window, pretty quiet and morose.

Trying to keep my spirits up and not bring others down, I smiled at the person at the window. They smiled back, handed me our coffees and turned to walk away. I said, "Oh, excuse me, how much is it?"

She smiled. "It's free!"

"What?" I was in disbelief.

She said, "The person in front of you paid for your order! Have a nice day!"

"You too," I mumbled and pulled out of the drive-through. Honestly, I was in shock! I was having such a bad day, and a stranger did something so wonderful for us. My mom and I looked at each other and just smiled. It was such a simple gesture, but it was so heartwarming! Just the thought that someone wanted to do something nice made me beam.

That cup of coffee, that ordinary, two cream, no sugar coffee... gave me hope. It made me believe again. Believe in the human spirit, believe that we really are all in this together and that we will get through this... together. That moment, that cup of coffee, has encouraged me to continue being as kind to others as I can, to pay it forward.

It's interesting to think of how one little thing can change someone's whole day, their whole month. When it's at its best, kindness is a ripple effect. It gets passed on from person to person and grows until tons of people are being kind to one another. And I think that's exactly what has been happening this past year. I think people are extra aware of being considerate, whether that's checking on a neighbour, calling loved ones, or buying someone a cup of coffee. Community is the glue that has kept us together through these times. And that cup of coffee has given me hope that no matter what happens in the future; love will always prevail.



HEALING OUR ENERGY

Cynthia Cole

I Am a Multi-dimensional Quantum Energy Healing Channel working in the higher existing realms or frequencies as a conduit or "bridge" to facilitate connections for those choosing to live a higher vibrational way of life.

Using my intuitive and empathic abilities, as well as holding multi-dimensional clairsentience, clairaudience and clairvoyance, I am available to work with those who request energy/frequency healing techniques, especially at the etheric level in the energy field surrounding the body, as well as energy readings across time for essential informative Guidance.

Working together on an ongoing basis aligns our frequency to more stable, productive ways of Being.

For over 15 years, I have honed my energy healing skills and have created my own way of working with the energy flows in multi-dimensional realms. Along with personal sessions, I facilitate meditation groups as well as conduct workshops and online classes.

I have also trained in various modalities.

For example, I am a Chartered Herbalist, and have used herbs for over 30 years and know the wonderful healing energy of herbal remedies. As a Registered Elder Care Practitioner, certified in holistic gerontology, my training includes diet and nutrition. Also I am trained and certified as a PSW (Personal Support Worker). Axialtonal Alignment is a powerful healing energy which I practice as well as teach, that clears the meridians, balances both sides of the body, and reconnects the body to the Universal Grid. It consists of a series of light tapping at the points of energy flow located on the body. I facilitate the alignment not only at the physical level but also in the etheric as well as omniversal, along the timeline grids, which helps people to align to the energy shifts that we are undergoing. When used before any other energy treatment, it amplifies the beneficial results. In addition, I am a Crystal Healing Practitioner. Being a Reiki Master and Quantum-Touch Practitioner/Instructor has been part of my experience as well.

When our energy flows are not being governed properly, we tend to feel less enthusiastic about life and have a lower limit for infections. Clearing our negativity from our aura re-establishes and re-vitalizes our Being at Essence Core. My work focuses on removing the old energies from within and re-establishing a new route or flow for our Energetic Being to flow or pulse through.

Our energetic systems are currently being changed into a more fluid dynamic system at the cellular-molecular level. This is the level that, together, we will work at during a treatment session as well as at levels beyond. Our old configurations in our energy streams are no longer functioning or coordinating as they used to, and to "bridge" or divide the ways completely, evenly and strongly we must administer thought processes to continually shift our timeline perspective. As we clear our energy in our depleted auras, our time shifts can be more highly generated and we can clear the old toxic emotions and thought platelets from the body. Our old toxic emotions can be purged from the emotional body; old thought patterns can be released through the mental body; and physical healing can then take place, as a result, at the physical level.

We can create a renewed system of health on all levels! This energy work can facilitate our spiritual awakening or augment our developing spirituality.

We have all gone through some very important shifts in our understanding of our world lately. It has been quite the journey!

Our systems on the planet are changing and we can create a new way of Being if we look within ourselves to see exactly what we want to Be. Are you willing to look at yourself and decide what it is that you want for your future? Your thoughts; your world; your Creation; it is up to you to fulfill your dreams and complete your goals and missions here!

We are all changing individually, as well as collectively, to explore and gain better understanding of our world and everything in it. To go within establishes our desire to begin that deeper understanding and connective ability we all have to each other and ourselves in our search for our Higher Light.

We are just beginning our new Soul Purpose and enhancement in the Higher Light. A whole New Age awaits us as we go within and connect to our Divine energy which heralds a new beginning of thought on the planet. All is not lost; it is just in transition and our world can be whatever we want it to Be. Raise your frequency! Love your Light! Love your world! Peace.

Cynthia

November 2021 is my 16th Anniversary, so check out my website for special Pricing for personal appointments!!

To book your personal appointment, you can visit www.healingourenergy.ca

Email: cynthia@healingourenergy.ca

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Patterns of the Mind – Part 2

Expectation is a pattern we have been taught since we were children. Expect someone to love you, and/or are expected to love someone else forever. Sometimes we are even expected to hate someone or we are taught to expect the worst.

These are all patterns of belief that have been projected upon us and ingested to so speak into our belief system. We believe them to be truth. Many patterns are engrained subconsciously and have been handed down from the church, family, our environment, our countries of origin etc. None of this is good or bad, this is not meant to judge, but often some of these patterns or thoughts are no longer serving us, or helping us move forward and leave us caught in fear, anxiety and pain and stress.

We are so engrained with expectations and patterns that we have forgotten who we are.

This is what patterns and expectations can do to us. Whether they are patterns of fear, lack, or anxiety or others, we run these expectations of ourselves and project them on others without even knowing it. It is like running around wearing different coloured post it notes with different beliefs stuck to them and sometimes we want to take our patterns of beliefs and stick them on others, thinking they should believe they same or ours aren't true.

This is what happened to me. I got on the merry go round of life and almost forgot to get off because I was wearing so many different colour post it notes that I didn't even know any more which were mine. In fact, I almost died trying. If this time is dragging you or others down maybe you are wearing to many different coloured post it notes and most of the mare not about love, most are about fear and those colours are heavy dense and weighing you down.

It can happen to all of us as this saga continues and so here is the reminder as you read this. Take a step back and ask yourself what do you want and take action in creating it rather than continuing to ride the coaster of another person (s) life or reality until this is all over. But my advice, do this in love or the roller coaster is going to get nuttier ☺

This is one the greatest times of change and creation in human history and so the question becomes what change can you make, based in love, before the ride is done.

It might be a new place to live, a creation you have wanted to birth, it might be a change in legislation or

policy maker as a lawyer, doctor or dentist. Don't die without doing what change you wanted to bring before it is all over. Follow your soul in love.

So here is some quick simple suggestions to start and lets see where this goes..

First breathe and then ask your soul or higher self or that inner voice what can I do to get back to love? What step do I need to take to be me, the real me rather than the one others want or expect me to be? And then see what answer comes. It might be in the moment, it might be later but allow the answer to come to you.

Secondly, ask yourself what expectations or projections am I willing to let go of so that I can give permission for myself and others to be free. List the beliefs that you are that are stopping you from love and then ask to let them go.

Each soul has a choice right now. What do you choose?

If you are reading this and you are willing to receive a gift to help and support you with your challenge of stepping more strongly into love, simply message us at the contact details below and let's see what we can do.

Change in love is possible for us all if we are willing to say yes and continue to create change through love. This is what the world needs right now. Be part of the change. Be love.

Ann and Bill are the co-founders of My Conscious Wellness, Love Evolution and Clearly Conscious, three organizations that focus on the expansion of conscious awareness through love.

As part of their organizations they share the use of advanced consciousness-based tools designed to balance, harmonize and strengthen our energy, embodying Sacred Economics to support those that choose to step into love.

Explore our app at -<https://clearlyconscious.cardtapp.com>

Explore more at-Meet Ann and Bill.ca

**OR Join the discussion
at-www.theloveexperiment.ca/**



Those Are My Feelings?

Now that Halloween is out of the way, the eyes go toward Christmas. We start counting the days until the holidays. Usually, for me, it's the beginning of the prewinter season; bundling up, it is the perfect time to recenter and recharge our inner self. Everyone is looking for tools to work on ourselves to open up and release what is blocking our balance.

It would be beautiful to use the holiday season to expand our spiritual Groth and show that this time of year will get you ready for the holidays and the whole year.

The advent session inspired me with this exercise: The traditional advent is to light a candle each Sunday leading up to Christmas Eve, lighting the first candle on Dec. 1 and every Sunday until Dec. 22. Each candle has a particular focus and Payer: Hope, love, joy, and peace.

This exercise aims to make you more aware of your feelings and acknowledge what reactions led to that outcome.

Will light a candle each week, night, or day when you have time to contribute from a few minutes to as long you wish. Lighting a candle will help you center yourself, allows you to be in the present time. I will go with the same focus Hope, love, joy, and peace as they are essential to achieve balance and a higher level of awareness. But you can choose a different focus or add it later. After lighting the candle, then focus your thinking on each of the questions. Take your time; you do not have to do it all in one, like a week or more if you need, till you feel more in understanding.

Remember, there are no judging or guilt feelings allowed.

Hope: "To cherish something with anticipation":

after you light the candle of Hope, you start the focus:

- What does "hope" mean to you?
- What are you hoping to achieve?
- Do you have plans to achieve those hopes?
- Does Hope make you feel happy?
- Does Hope make your plan?
- What stopping you from hoping?
- What stops you from achieving your hopes?

It will be nice to expand it and talk about our hopes and dreams, no matter how big or small, with your kids, family, or friends to see what they think about their hopes and dreams.

Love: "Strong affection for another arising out of kinship or personal ties."

- Light the candle of love and start your focus:

- What does love mean to you?
- Do you have self-love?
- What feeling does love gives you?
- Do you feel loved?
- Do you surround the people you love?
- What do you need to do to open your stream of love?

Take your time in each question even better if every day or so do one in a time.

Joy: "A state of happiness or felicity."

Light the candle of Joy and start your focus:

- Did you laughed today or smiled?
- Do you have happy moments?
- What brings you joy?
- What blocks you from having joyful moments.?
- How do you fill your stream of happiness?
- Do you find joy in the little things?
-

Peace: "Freedom from disquieting or oppressive thoughts or emotions."

Light the candle of peace and start your focus:

I know that definition says it all

- Do you make a quiet time during the day or the week to recenter, let go of things, or absorb what is happening to you?
- Do you have a peaceful place to go to, even if it's in your house.?
- Are you accepting everything about you — your life, your career, your body...?
- Do you have peace with the people around you?

It is essential to make peace with your experiences, with your choices, with the things you are letting go of or accepting: That will help you lift the weight you carry on your shoulders every day and will make you have fewer overwhelming thoughts; you'll have more clarity and peace of mind.

Remember, there are always people who love to help you achieve that peace of mind {I am one of them} to be able to spread love, joy, and peace.

Merry Christmas and happy holidays.

Lina Gantous
Intuitive Advanced Energy Healer
www.energycanheal.com





Christmas Giving

By Iris W. Bray

**Christmas is for giving
And for showing that we care,
For honouring the Christ Child
With the loving gifts we share**

**The wise men gave of riches;
The shepherds, faith and love.
Each gift, in its own measure,
Was smiled on from above.**

**Let every gift be treasured;
Not always size or price
Determines the extent of love
And willing sacrifice.**

**Handsome gifts with festive trim
Brings smiles of sweet content,
But modest gifts of humble means
Are oftentimes heaven sent.**

**Whether it be large or small
Each gift will share in part
The message of true Christmas joy
If given from the heart!**



YOUR MIND IS A TOOL

Channeled Message

Your mind is a tool that you may use. Your mind is only a tool. When you know that your mind is a tool, you can use your tool any which way you wish. The tool of your mind that you have been using, has been in a way that is not in your truth. Know that you can change this as you wish.

You may program your mind to do what you instruct it to do. You can adjust the frequency that it is adhering to at any time that you wish by simply knowing that what you are putting into this energy of your frequency is something that you can manage, and you can manage to do this oh so well.

The thoughts that you have generally, are ones that you are not even aware of. As you enter your day your thoughts are surpassing the existence of your truth. They are there and you are not even aware of this thought process that is happening at every second of your life. Time to become more aware.

It is your thoughts that are making you who you are, and they are creating your realities that you are experiencing at this time. It is your thoughts, and thoughts form into reality and become your beliefs and your experiences. It is your thoughts that you need to be more aware of and to know that your thoughts are only thoughts and that they are energy. You can switch the energy of patterning of your thoughts at any time that you wish as long as you are aware of the power that you have to do this.

Your mind is a tool, and you can use this tool to your benefit or not. Use it more wisely dear ones as you are great, great creators. You are powerful beings, and you must remember this truth that you are powerful beings. You can change your thoughts at any time that you wish simply by acknowledging and knowing that you have this power. You can create whatever you wish to create with your thoughts. It all starts with your thoughts. We encourage you to feed your mind with thought forms of the highest truth of who you essentially are.

Your negative thoughts have lowered your vibration and your vibration is what you are emitting and when you are emanating at a low vibration then you are not bringing to you experiences that you really want. Your thoughts are energy and energy is frequency which can be great or not so great.

Have this awareness that you are not your mind thoughts. You are beyond that. You are the greatness of all that is. One step at a time dear ones, one moment at a time, you can take your thoughts and whatever they are you switch them if they are not to your liking. And when you practice this frequently you will change the frequency of the vibration that you are living in.

Be well my dear ones, be well and know that you are love and you are greatness, and we are here to support you. We love you so dearly.

We are the Ascended Masters and have enjoyed connecting with you today.

God bless you.

Joanna Alexopoulos is an empathic intuitive, spiritual teacher, transformation coach, reiki energy therapist, author and public speaker. Her writings and teachings focus on helping people embrace and honour their authentic self to create a happy and purposeful life. Her love and compassion for humanity merge with that of the Ascended Masters' and is deeply felt in her channeled book, Awaken To Your Truth: The Time Is Now.



Joanna's channelings continue to bring comfort and hope to our world at this time of great need. They restore faith and trust in the unfoldment of what's to come.

Toronto is Joanna's home, where she lives with her family. She enjoys the beauty of her perennial garden, the tranquility of her Japanese garden, and the love she has for nature and sky photography.

Find out more about Joanna and her new book:

Website: <https://awaken-to-your-truth.com/> Subscribe to receive a 30 minute complimentary reading.

YouTube: https://www.youtube.com/channel/UC4Lgn9NiY-wa_vlz7i4WCJg?view_as=subscriber

FB Group: <https://www.facebook.com/joanna.alexopoulos.75/>

Instagram: <https://www.instagram.com/awaken2yourtruth/>

Please choose a photo for me this time and if this is an issue, kindly let me know. Thank you!

Joanna Alexopoulos

Spiritual Mentor | Channeler | Author

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Sadie's Presence Was Her Present to Me

Dogs are our healers and protectors. They educate us with many acts of divine love. These gifts come with no strings attached and teach us patience, tolerance and kindness. After all I've been through, if someone were to tell me there were no dogs in heaven, I would not want to go there! My dog Sadie was an eighteen-pound black "snoodle": a schnauzer-poodle cross. She was loving, intelligent, loyal, sensitive, and protective. Sadie was a blessing sent to me when I needed her most.

I had asked my sister Diana to come along on the hour drive to the breeders, to help me pick Sadie out of the litter and bring my puppy home. While I had never had a small dog as a pet before, my sister had. Diana and Sadie bonded immediately.

Even though my youngest son Dan, is mainly a cat lover, he fell in love with Sadie instantly. Every Christmas he would wrap up a gift for Sadie and put it under the tree. She would sit patiently, waiting to open up her present. When it was her turn, Sadie would get so excited. Dan would help unwrap it, while she watched carefully...and then the game was on! It was usually some squeaky, soft doggy toy which she would either play with or demolish. Sadie loved every minute of it.

This went on for many years until Dan forgot: We all forgot. Sadie waited patiently until all the gifts were opened but there was nothing for her under the Christmas tree. Our family were enjoying their time together when suddenly we noticed Sadie wasn't joining in. She had disappeared into the bedroom, not wanting to have anything to do with the festivities. When Dan realized, he went in and apologized, giving her a treat, loving her with kisses and rubbing her belly. As is the case with most dogs, Sadie couldn't hold a grudge and came out to join us. A few days later Dan brought out her wrapped Christmas gift and all was forgiven. He never forgot again.

Over the last few decades, I have dealt with the physical challenges of an autoimmune disorder. Dogs have the ability to sense many things we can't. Sadie always knew when I was going to have a flare-up. She would sniff me all over, especially my

breath, and then snuggle as close as she could get to me. If my stomach hurt, she would curl up tightly into my belly. Sadie became a soothing heating pad, and we would both fall asleep, cuddling.

We lived in a rural country location. When I wasn't able to go out and walk, Sadie would walk the one-acre perimeter of our property and then come back to me. She was always alert and on guard when Jim, my husband, was away. She gave me extreme peace of mind when I was alone.

Sadie was always patient and tolerant with me. Because of my own pain and discomfort, it was hard sometimes to be patient and tolerant of others. However, her boundless and unconditional love humbled me. I became a much better person for it.

My precious Sadie was with us for fifteen wonderful, joy-filled, years. I remember it was summertime when it was time to say goodbye. Diana graciously agreed to be there with me and Sadie. In an unusual way, that day became a very special and cherished memory. My sister and I had drifted apart. We have always been so very different, with not much in common. The day Diana went to the vets with me, could have been a very sad memory, but it became a happy one.

After Sadie was gone, we picked up coffee and drove to the park. It was beautiful out. Sadie always loved exploring that particular park. As we sat at a picnic table, facing each other, drinking our coffee we began to have a celebration-of-life for our precious Sadie. We reminisced, laughed, cried, remembering all the funny things she had done, her stubbornness, and her unconditional love. That dog loved life! She loved all of us. Despite our individual faults and idiosyncrasies, she always found it in her heart to forgive and move on.

I believe our lives are a journey and we are here to learn and grow spiritually. Sadie was a gift from the Divine sent here to help me through some very difficult years. Her love brought me much comfort and joy. Happiness is deserved by all of us and sometimes we have to search deep to find it or make the changes to make it happen.

All of us could learn so much from our canine friends. Merry Christmas my beautiful Sadie. Your present remains under our tree!

Loving life,

Ella Balkwill

www.artworkarchive.com/profile/ella-balkwill

Having designed clothing, successfully ran an interior design business, and shared her artistic talents, Ella eventually flourished under what many may consider insurmountable odds. After redesigning not only herself but her entire life, Ella now shares these vulnerable moments with the intent to help others thrive!

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Light the Festive Candles

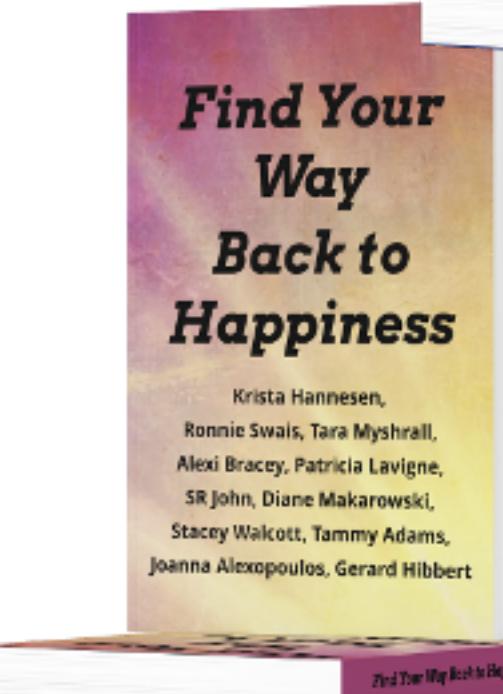
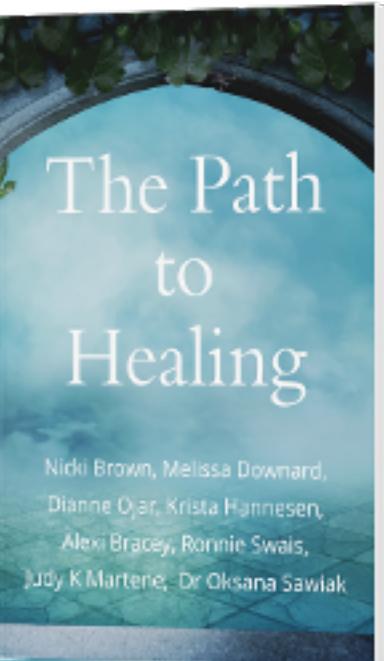
By Aileen Lucia Fisher

Light the first of eight tonight
the farthest candle to the right.

Light the first and second, too,
when tomorrow's day is through.
Then light three, and then light four
every dusk one candle more
Till all eight burn bright and high,

honoring a day gone by
When the Temple was restored,
rescued from the Syrian lord,
And an eight-day feast proclaimed
The Festival of Lights—well named
To celebrate the joyous day
when we regained the right to pray
to our one God in our own way.

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ESSENIAN HEALINGS LEVEL 1, 2 & 3

Ancient High 5th dimensional healings using stones laid in Holy geometric patterns. They have an effect in the energetic field in and around our body where physical and mental functions have been programmed. They heal deep issues related to our Karma: physical pains and emotional wounds, illnesses, unbalances, mental instabilities, all kinds of fears, etc

ESSENIAN HEALING LEVEL 1 WORKSHOPS

If you feel attracted to stones or feel or know their energy and you would like to learn how to heal others in the Essenian way and put this into practice upon completion of this workshop, this could be for you

ESSENIAN HEALING JOURNEY

Metaphysical healing to wash out unhealthy physical and psychological patterns stuck in the body cells (DNA) that make us ill. This healing method is effective for big fears, depression, anger, experience of abuse and problems that don't have an apparent reason to exist in this life but that could be related to past lives.

PLEIAIDIAN HEALINGS

The highest 5th-dimensional healings on Earth to heal even deeper issues related to Karma. Pleiadians and Dolphins are part of this Healing Circle. Also a group of people participate in this Circle supporting the Pillar of Light on Earth while Pleiadian healers perform the energetic healings - Would you like to become a member of our Pleiadian Healing Circle? - we could channel if this is energetically possible for you

REIKI TREATMENTS

Bringing balance to mind, body and emotions, gently restoring your body's natural harmony, stimulating self-healing after surgery/injury, eliminating blockages, and detoxifying

REIKI INITIATIONS

These initiations in the original Usui Shiki Ryoho tradition with Esoteric Knowledge raises your energy and consciousness supporting your spiritual growth. You will be re-connected to the Reiki-flow, deepening your connection with Mother/Father God (the Source, the Universe) to become a channel of the Universal Life Healing Energy to treat yourself and others including people, animals, plants, and Mother Earth.

REIKI LEVEL 1 INITIATIONS FOR CHILDREN

Would you like your children's energy to be raised through Reiki Initiations, so they can keep their bodies healthier, become aware of their own energy, learn how to take care of it, get along better with others and cope with overwhelming emotions? - This two-day program is for children 7 years-old and up

Danesa Lozano

Reiki Master (teaching), Essenian Master (teaching Essenian Healings Level 1), Essenian Healing Journey Healer and Energetic Leader of the Pleiadian Healing Circle in Canada

Transformational School of Essenian Arts of Healing

For more information, please contact us at (289)541-7803 or by email at transformationschool@gmail.com

www.transformational-school-of-essenian-arts-of-healing.com





Diwali
by unknown

Beautiful sweet sight
Fills us with delight
Do you know it?
It's Diwali

A festival to celebrate the victory
Victory of good over evil
God over Devil

Let's celebrate Diwali
A festival so holy
With this pledge
We will fight evil
Throughout our age
And support good

So long as we are in the world
And we are man
We will do best what we can
Let's share love and delight
On this festival of light





A Heart-felt Tribute to John W. James Founder of The Grief Recovery Institute

John W. James, creator of The Grief Recovery Method and founder of The Grief Recovery Institute, passed away on August 10, 2021, at the age of 77. The Grief Recovery Method has been instrumental in helping me find myself; to remember who I was and am; and to heal the self who had been lost, buried under a burden of grief, unknowingly for years.

So many things I wished had been better or different. Time, I wished to have had more of. I was buried under the disappointments of unrealized hopes, dreams, and expectations along with the regret of things which had been left unsaid. Tortured by thoughts I felt were never heard and the need to be able to say things one more time....only this time with someone listening. It was through The Grief Recovery Method I realized there was a way to identify these feelings, then recognize and embrace the way to process them; to "let them go".

Until I completed my unresolved emotions of grief, I had no idea I would be able to step fully into my present moments. I was unaware my fear of the future would be forever driven by my regrets of the past. I did not understand my inability to set healthy boundaries, my need to please, and my perfectionism would continue to control every action and decision I made until I completed the incomplete emotions of my past.

I have spent decades invested in my own inner healing. I attended workshops, listened intently to speakers, read books, and continuously moved forward in a desperate need to reconnect with my authentic self. Each and every step, as I shifted my mind set and discovered healthier ways to live, brought me closer to my objective.

Perhaps this is why The Grief Recovery Method was so effective for me. It was the missing piece. It was what propelled me onto the path I had been striving to reach. I followed the proven action steps laid out by the program and, relationship by relationship, I found peace.

I spent the first 50+ years of my life feeling insecure, afraid, and exhausted; driven by a need to be perfect and accepted. However, as I healed the pain of my past, I noticed my body began to feel lighter. I noticed my confidence increase. I was able to set healthy boundaries and set goals which would allow me to live the life of my choosing.

It is difficult to put into words my gratitude for what John created. Like any "self-help" program you must be ready. You must be willing to do the work, to follow the instructions and to trust the process. The tricky part about self-help is no-one can do the work for you. Others can provide the tools and create an environment, but a garden will remain full of weeds if no one puts the hoe in the ground. The ground must be physically

worked, and the weeds removed before the garden can begin to flourish. And much like the garden, your heart needs regular attention in order to keep it free of negativity.

It has been several years since I completed the program myself. Since then, I have supported many to move to the other side of their pain. In order to remain in a state of inner peace, I continue to process my emotions using this method.

As Grief Recovery Specialists we were aware of John's failing health. Just as I would with you, John went first and led by example. He wrote us a letter letting us know how he felt. He did not wish to leave things left unsaid. We received his words, thoughts, and feelings before his passing.

In turn we had the opportunity to send John personal messages of what he meant to us. How he had impacted our lives. And most importantly to share our gratitude. And while I feel very sad with his passing, I feel complete. Nothing has been left unsaid. And because of him, I knew how to complete these emotions.

As a Grief Recovery Method Specialist, I have the honor of carrying his work forward. To support The Grief Recovery Institute's mandate of helping as many grievers as possible to move to the other side of their pain.

To quote his wife, Jess,

"John has spent his entire life helping others, and in the end, his greatest gift to us and all grievers, is the Grief Recovery Method, the company he founded, and which his son Cole runs to this day. That gift will guide all of us through the daily heartbreak of living without him."

John, I love you

I miss you

Goodbye John

Tammy Adams,

Certified Coach Practitioner offering support, in-person or online, Canada-wide.

She is certified in The Grief Recovery Method®, Personality Dimensions™, Reiki, Access Bars®, and Mindfulness. To learn more about the services she offers, book a 20-minute free phone consult, or visit her service tab on her website at <http://tadams.ca/>



Waking Up The Spicy Sexy in YOU

Spicy sexy in me, you say? Yes, I say that we need to wake up the spicy parts in you and make it spicy and trust me, this is for you. So, let us explore what this really means for both you and me. Do you not feel sometimes and that we have retired and buried parts of our body? Well, I am here to say that it is time to wake up your mojo and add some spices and flavour to it and let the juices flow!

Brace yourself for what I am going to say next here for we are all adults and I guarantee that you will enjoy this moment; however you have to promise me that you have to act on it, ok? Deal? I want results, and yes, we have proven that the results were hot and spicy, alright!

So what do we do? You know how sometimes we tend to plan, plan and plan some more, well I am here to say boring! How about if you do not plan and just be spontaneous and jump some bones for you and trust me when I say that this is not for the other person! I promise you that you will not go back to boring. Now do not get me wrong when I say to you that doing the little cute things like making breakfast, complimenting each other, love notes, for example, are not nice however, that is not the spicy I am speaking about. This is now for the women, is it because women you lose yourself after marriage, the childbirths, the back to school and we tend to forget yourself. Remember when you were dating and having hot sex? Yes, we know that you did, and you cannot deny it, for it was off the charts, and that was cute; well, what happened to those days? Men, now this is for you: this is not about the act, the intercourse part of the act, but what if you were to now perform the art of lovemaking. It is similar; however, there is different energy now present. The space is different, and the connection is different; the moans and groans are different, and yes the bad boys will act different. Oh, my, what a vision I am having right now.

So how do you do it step by step and you follow this recipe, and I promise you that you will execute it perfectly for remembering that this is for you and it never fails. So here you go, first shower, yes I said shower, and hopefully, the other person did as well. Then you stop them from whatever they are doing, tell them not to worry and wherever you want to do the wild thing that is totally up to you. You take control, and you now do not even give them time to talk. I cannot say more here (however, call me, and I will share even more). Anyway, you let the moment flow is all I am going to say to then this will become XXX rated and who knows.

Now, I want to see that smile on your face. I have told many people this, and the smile in their voices and faces are

priceless. Now the art or act of spicy and sexy does not have to be routine, but what I do know is that it would never be the same ever again. Now for those who are into karma sutra, then look out for that is another whole world. You talk about hot, spicy and sexy - yes, that is correct - you cannot get more hot, spicy, and sexy than that. Truth be told, yes, you can, and I am going to leave that right here.

So what am I saying? I am saying that you are still breathing, and if you are still breathing, then there is no reason not to keep your physical relationship going. You tell me if there is no better way to release all the tension in your body than by this? Who would not like to wake up all your acupuncture points in your body even with a foot or shoulder massage, OH YES, BABY! Who would not like to feel pretty and special again? Who would not like to feel alive and SEXY again? This is for you, and you are the only one who knows what you want and need, and if you do not take control and be in the driver's seat, then who will. For 90 days just jump in with no expectations, and I guarantee that you will never be disappointed.

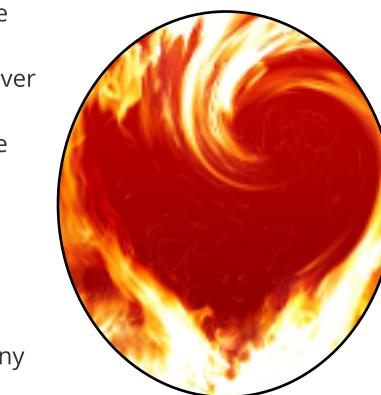
Here is to you and congratulations for Waking up the SEXY in you and oh yes, your partner as well, who, by the way, will reap the benefits of all of this, and all they have to do is keep smiling!

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Remembering the Seven Principles of Kwanzaa

By Vickie M. Oliver-Lawson

First fruits is what the name Kwanzaa means
It's celebrated everywhere by kings and queens
Based on seven principles that still exist
If you check out this rhyme, you'll get the gist

Umoja, a Swahili name for unity
Is the goal we strive for across this country
Kujichagulia means self-determination
We define ourselves, a strong creation.
Ujima or collective work and responsibility
Is how we build and maintain our own community
For if my people have a problem, then so do I
So let's work through it together with our heads held high.

Ujamaa meaning cooperative economics is nothing new
We support and run our own stores and other businesses, too
Nia is purpose, us developing our potential
As we build our community strong to the Nth exponential
Kuumba is the creative force which lies within our cal

As we leave our community much better for all
As a people, let's move forward by extending our hand
For Imani is the faith to believe that we can.

These seven principles help to make our nation strong
If you live to these ideals, you can't go wrong
But you must first determine your own mentality
And believe in yourself as you want you to be
And no matter how far, work hard to reach your goal
As we stand, as a people, heads up, fearless and bold.





New Year, Christmas, Life Presents a PRESENT

It is no accident that the end of the year and the birth of a child on December 25th years ago are within a few days of each other. It is also no accident that we see it all under the same moon wherever you happen to be in the world. It is the ties that bind, it is what makes us who we are and who we want to be. It is the time to be the best and the worst of who we are.

You have the chance every year to be what you want to be. Actually, it is every day. Life is a gift and some of us do not see it that way. If we only see what we are now, we cannot see what we can be soon. It is not our fault, we have been conditioned to see what we see and believe only that. Tragedy to be sure, but there are people who have the strength and desire to see what is possible, even if it is not in front of them.

How we live and what we believe are the colors of the pallet of life. It is born to us to do great things and be great people. Another time and place and who knows what we may have believed or know and what we would have become. It is our destiny to live out the lives we have within the world we know. We are able to change that world if we want to and some of us do. People rise above great tragedy some have to conquer illness and disease. Others struggle with poverty and the fear of not having a safety net. The safety net is good in some cases, but for most of us, it is the reason that we accept life as it is without challenging the status quo.

Holidays can bring out the best in people and the worst in people. Celebrating alone is a challenge for those of us who are alone. It is hard to feel jolly and bright when you remember the times that you were not alone and also that you are alone. It sucks. Fast forward to the New Year and once again, most of us make resolutions to start off the year in better shape. By the second week, we have broken them, forgotten them, or just given up hope.



This is the time to get it and do it right. We are all part of a bigger circle. We are not alone when we understand that you see what I see when we look up at the sky at night. We have commonality due to being a part of a life that is made of a force that created life as we know it. This is not about religion it is about the realization that there are ties that bind everyone on earth together as one family. If we were all smart enough, we would use this tie to make the world a stronger place and a greater home for everyone. Instead we have wars, killing people taking lives like it is a video game. What a sad state of affairs for people who are supposed to be smart. We can put a man on the moon and make a baby in a dish but we cannot figure out how to collaboratively live and be together on the same planet.

Take the present this year and make it the year you get it. You are only able to change you but if you do, and others do also, then the change is upon us and the present is a greater hope for our presence on this Earth. One step for mankind this time around is the hope for a brighter future with people who want to be a part of a Community. Love your life, be your life and see the life you want happen.

Happy Holidays and Stay safe.

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Diane Makarowski

Life Coach, Columnist, Author,
Motivational Speaker

What Do I Believe?

What do I believe? It is a question that comes with the times that we are in right now, and requires a depth of contemplation that we may not practice in our everyday lives.

I have had to ask myself not only what I believe, but why I believe it. This has opened up a door of exploration more vast and complicated than I expected.

Along with what do I believe? and why do I believe it? comes another question, what is the cost for not believing it? It seemed as I tried to drill down to my answers, I was finding more and more questions.

What we believe is central to how we live, the choices we make, our perspectives, our perceptions, our reactions, and our outcomes.

Now add to this our subconscious beliefs, formed by our life experiences and our responses to those experiences. This requires that I question the beliefs beneath my awareness, the beliefs about myself and about life that are directly impacting my choices.

If my conscious beliefs and my subconscious beliefs do not align, then I am not in harmony with myself. I will find it hard to manifest what I desire in my life, if I have a limiting belief about my ability to achieve it.

This is the internal work of knowing ourselves, knowing our truth, knowing what we believe to be true for us, and living it.

But what if I am asked to believe something that does not resonate with me? What if I have a different perspective from the main narrative? What then?

We talk of authenticity, of being true to ourselves, but at what cost? It takes bravery and courage to go against the flow, to stand in our truth, and speak out when we believe differently. We may lose friends, be ostracized, not belong.

Is something deemed to be right if the majority believe it to be so? Is there no room for another point of view?

Each person must gauge their ability and willingness to live their truth, even when it goes against the norm.

We are called to open our eyes, to be conscious of not only what we believe, but why we believe it? To follow the belief to its root, to the core of who or what gains or loses in my accepting it.

We are molded and shaped by our internal beliefs and also the external collective beliefs, all contributing to our choices and outcomes.

The key to exploring our answers lies in the questioning. Is this belief fear based or empowerment based? Is it a belief passed on from generation to generation without questioning? Am I believing this because I am told to, or because I feel the deep resonance of truth found within it?

Each person can be in the same circumstance, and each person will have a different perspective, a different experience, a different belief about that situation based on who they are and the lens through which they are viewing it.

None of them are wrong. All are valid.

As we open ourselves up to listen to another's perspective, to see the lens through which they are looking, to see the belief that is at the core, we can still choose to stand in our own belief. It is not a case of *either/or*, but rather *both/and*.

We respect ourselves and our belief *and* we respect another's that may differ from ours. In achieving this, we move away the divisiveness of *us versus them*, and live within the inclusivity and diversity of the natural world in which we all belong.

Self-inquiry is not easy. It requires asking ourselves the hard questions, that may lead to answers that may require change. An external change, or perhaps a change in perspective.

Question, with the willingness and openness to find your answers. Seek to know and understand why you believe what you believe, and allow your awareness to guide you to realize that beliefs are not set in stone, they can evolve along with you.

Belief has the power to help you or hurt you, depending on you.

By always questioning, both the internal and external narratives, you *can* let go of beliefs that are not in alignment with who you are and the life you desire to live.

We feel most connected when we are living from a place of authenticity, when both the inner and outer are in alignment. Ask the questions that empower your most truest answers. Sit and be with those answers, and then have courage to live them.

I believe this is achievable. I hope you believe it too.

Linda Cooper

www.inwardboundcoaching.com

Linda Cooper is a counselor, life coach, yoga instructor, writer and educator with over 25 years experience, and author of the upcoming book,

The Somatic Success Factor: How to Release Stress, Anxiety and Trauma Trapped Within the Body, and Position Yourself for Success. She is passionate about helping people navigate change.



You Choose - Holiday Stress or Peace

With the approach of the Holiday Season and celebrating many types of different holidays, there are many people who not able to find the "Holiday Spirit" and I don't mean the commercialized one with all the old, programmed ideas of what should and what needs to happen for any of the holiday seasons.

I know many of us dread holiday festivities because of the way society, media, families' expectations have set us up for stress.

We have come to believe that to celebrate a holiday or an occasion there must be in place certain structures and rules for it to be successful.

What arises from this are many stresses from the emotional, mental, and physical aspects.

For instance, the emotional toll when money is borrowed and spent is a huge one for many. The expectation for presents, decorations, travel, food and so on are financially draining. People would apply for a new credit card so they could afford all the fixings for the holidays.

And, then of course the depression and fear after the holidays to pay back this borrowed money takes a hug emotional toll.

The way we are taught to show up for these festivities can be physically and emotionally draining as families struggle to carry on traditions and expectations.

I am not saying that all traditions and ways of celebrating lead to financial and emotional hardship and disappointment, but a lot do.

On top of the approaching holiday season, many are suffering from complacency, depression, relationship issues, illness/disease, lack of motivation and inspiration and some just plain fed up with their life.

Not just that but the overwhelm from a pandemic that has changed and impacted our lives forever.

Times and energies have changed, and most are not flowing with the newness. I know many believe that all hope is lost, but truly it's always the dark before the dawn concept that's happening right now.

I'm talking about the palpable energy of Peace, Love, Kindness and Giving.

And I just don't mean just to others, but to yourself in ways that you have never gave before. I call it extreme self care, changing how you do things in even area of your life!

Following your higher guidance, not seeking approval is key.

Most of us are still in dread of what is to come which is keeping us in a place of fight or flight. We really don't know what to expect next. And that's why we just follow along with how things have been done in the past. It seems much easier that way, but in truth it causes you distress.

There is such a thing as learning how to live in this new world that's unfolding in a very positive, uplifting, and blessed way.

The holiday season can be the reason you decide not to stay stuck from fear of lack of approval because you are not following expectations.

Let Happiness and Well-Being becomes a priority in your life which then radiates out to others.

What if this year with any of the festivities and holidays' you let go of all the old expectations and start new traditions and install new values in your belief system?

What if you could instill more peace and contentment into the holidays and then continue on throughout the whole year?

What if you could be much less stressed during the holidays?

Well, you can.

Here are 5 easy ways to get going.

Bless yourself first before others. Take more time to do the things you love to do. Even 5 minutes is worth it.

Say NO more often to those things that are expected from you.

Cancel, send regrets to events and places that you don't want to attend. Let the guilty feelings of people pleasing go.

Make life fun, find lots of fun things to do with yourself and others. You have one life to live so make it the way you want.

Change the way you do things, start new traditions...start small and enjoy what you create. Let your creativity have free will.

When you begin to empower yourself your world changes.

Bless Yourself this Season with putting yourself first and letting go of those expectations.

You are worth it.

With much Love and Compassion...

Judy K Martene

Author, Speaker, Founder, Producer, TV Talk Show Host and Director/Editor for documentaries of The Kindness AEfect

Stared in the documentary The Resonance with former Minister of Defence for Canada The Honourable Paul T Hellyer

Stared in the documentary The Cure with Sharon Stone, The Dalai Lama, Deepak Chopra, Bif Naked, Mark Wahlberg and Barbara Marx Hubbard

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Founder and CEO of Women Living Well, Founder and CEO of Living Well, Podcast Host of Living Well, Master Holistic Practitioner, Theta Healing Practitioner, Law of Attraction Teacher, Holistic Healer

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Judy K Martene

The Perfect Gift Is You

With winter in full swing, it's time to snuggle up in your jammies with some hot chocolate and maybe bake some goodies. Pull out a good book or put on a good movie.

For those celebrating Christmas, it will soon be time to put up your tree and start planning for the holidays. Christmas wishes are all ready for Santa. But, like last year, this Christmas will still be a struggle for some families given what we have all gone through. Lost revenues, lost jobs and so many other losses.

In past years, people scoured the stores, trying to find the perfect gift, not realizing that in some cases, that perfect gift was them. Their time, their attention, and their love for people around them and maybe even touching the lives of those they didn't even know through a kind gesture. A smile, or a helping hand. Maybe even paying a coffee or meal forward for the next person in line.

We have so many little gifts we can share of ourselves, that we don't even notice some of them. Yet, if we just open ourselves up and share some love with others, we can make this a better world for many. As a writer of different genres, and a life coach, working primarily, with caregivers, I am passionate about many things, and I love that I can express my passions through writing as well as give some helpful advice when needed.

For years I didn't realize I had something to offer until I shared my work and a part of me with others and felt such gratification, knowing that what I did made a difference for somebody. Be it entertainment through my kids' book, or words of healing.

My wish for Christmas this year is what many of us are probably feeling and that is for mankind to quickly get over this difficult time the world is experiencing so that we can find our new normal. For all of us to come together and accept our differences. Whatever they are let's work at making this world a better place for all. Whether it is through sharing our knowledge or skills as I do with my writing or as so many have done these past couple of years, helping us stay sane as we juggled so much.

We are all very special, so unique in our own little ways. I feel the gifts we were given were meant to be shared with the world in some way. Either on a grand scale or a smaller one. It doesn't have to be the next great song, or invention. It can be something as simple as helping to move a heavy item into the car. I still see people who kindly hold the door open for me when I walk through. I have also seen the opposite, as people have rushed in front of seniors, almost knocking them over. What gift can you offer to the world?

Let's all do a little something for not only those we love this year but for humanity, for this earth. Let's give a little bit of ourselves to make this world as peaceful and harmonious as we can so that those that come after us have as beautiful a world to live in as we have been able to enjoy in our lifetime here on earth. Let's just give a little bit of

love to each person we can in whatever way we know how to. Even if it still is through masks and at a distance. Our smiles can be seen through our eyes. And a kind gesture can make someone's day.

Never forget that you are the perfect gift to mankind. You with all your knowledge, all your smiles and infectious giggles or funny jokes. You who are loving and caring and sharing a piece of you with someone else that just needs some love, some human interaction, some knowledge you can unlock and share.

The warmth of our love can go beyond those hugs many of us have been all longing to have. Just by you sharing a piece of yourself in so many different ways. That's all the world needs. Just a small piece of YOU.

Shine your light.

You can check out some of my work through the magazine's website, or by visiting my Facebook pages or by sending me an email.

Happy Holidays everyone, and may you find happiness and love in every corner you turn.

S. R. John, Author / Life Coach

Books:

Ghost Detective The Magic Ruby
<https://www.amazon.ca/Ghost-Detective-Magic-Ruby-John/dp/1999424514>

Bipolar Love Caring For The Caregiver 8 Simple Steps to Self-Care
[Coaching The Caregiver – Supporting caregivers who deal with mental health issues or other
\[caring+for+the+caregiver+8+simple+steps%2Cstripbooks-intl-ship%2C82&sr=1-1\]\(https://www.caregiverforthe.com/\)](https://www.amazon.com/dp/1777243327/ref=sr_1_1?crid=2ZP6B7JAN0QVF&keywords=bipolar+love+caring+for+the+caregiver+8+simple+steps&qid=1635078622&s=books&sprefix=bipolar+love+caring+for+the+caregiver+8+simple+steps&qid=1635078622&s=books&sprefix=bipolar+love+</p>
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The Fears & Pain of a Divorce

What does divorce look like to you?

A storm, fire, tornado, whirlwind, or a black hole. Are you feeling lonely, sick to your stomach, your knees are shaky, you don't know what to do or think?

Your life feels like it's over, you don't have a home, or your family is being distant. You've lost most of your friends. You are crying all the time. One moment you're angry, then you're scared. I understand, I can relate.

Emotional Roller Coaster:

- What do I do now?
- How do I fix this?
- How am I going to do this alone?
- Will I ever trust anyone again?
- How am I going to take care of the kids by myself?
- Is my life over?

Your emotions are like a yoyo all over the place. You're angry, heartbroken, you feel guilty, ashamed, or maybe you're feeling all the above. You worry about your finances, the kids, your future, one day you're ok the next you're crying. Oh, the pain of a divorce! Your relationship with the co-parent is broken, untrusting or you're not communicating effectively, and the kids are put in the middle of everything. It's feels like your life is over and there is nowhere to turn.

Marriage breakdown:

There are a lot of things to consider and that is why people sometimes hold on to a broken marriage for the sake of the kids, or the loss of assets and losing close family and friends.

They invested so much time, money, etc. to build the foundation of their marriage and then one day, it's all gone. It's very difficult to deal with the loss. It's like a grieving process.

Most people attach themselves to material things and memories and have a very hard time letting go. They get stuck and can't move forward.

Meanwhile, everyone tries to tell you to get over it and move on with your life. Your family may want to help but are unable to give you sound, unbiased advice.

My Story - Marriage Breakdown:

Strike 1 - Financial Debt: One day I received a letter. My ex-husband's past demons started to surface. I discovered he had a huge financial debt that he neglected, and the collections agency finally caught up to him. Fifteen thousand dollars of debt. I helped pay off the debt.

Strike 2 - Family Responsibilities: One night we were invited to go to a house party. Shortly, after we got there, I had to

leave. My son had a high fever and I needed to take him to the hospital, but my ex-husband decided to stay at the party. I didn't get home until 7:30 a.m. the next day. My husband arrived after I got home smelling of alcohol. From that moment on, my feelings for him were never the same.

Strike 3 - Addiction - Disease - Lies: My ex-husband decided to take up a hobby of gambling. He started to spend more money than we could afford. He was making up lies about spending the money. I'll never forget the time when it was my son's birthday, he was given 100 dollars as a gift. The next day my husband decided he wanted to double his profits and took the money.

Final Straw: I started to lose respect and fall out of love for him. I knew it was only a matter of time before things were going to be over. He started going out more often and leaving for longer periods of time. Eventually, over time we grew apart.

It was an 11-year marriage and too many broken wounds to repair. I finally announced that I wanted to end the marriage and get a divorce. *I had nothing left in me to give and no desire to remain married.*

This was the end of a chapter in my life and time to start over.

Take one step at a time.

It's not always easy to move forward and learn to live your life as a single person. You need to work on figuring out who you are and what your life is going to look like. You need to focus on achieving financial stability, ensuring the kids are grounded and adjusting to your new life.

It's important to figure out what the next steps are to get your life back and to feel confident, strong, and independent. Anything is possible. I am product of personal growth and success.

It's up to you to create a life of contentment and happiness. With the right tools and professional guidance, I can help you get there. Reach out and contact me for a FREE consultation.

www.patricia-lavigne.com

Patricia Lavigne - Separation & Divorce Coach, Life Coach, Parent Educator CPC, CRC, CSC

I have been providing coaching services for several years and provide value for my clients.

What ignited my passion in helping others was going through my own struggles in life and how I had to work through those experiences. I want to help others avoid those struggles.



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