

# *A Beautiful Life*

Magazine

*How  
Sisterhood  
Can Improve  
Your Mental  
Health*

*Possibilities &  
Priorities:  
International  
Women's Day*

*Make  
Self Care a  
Priority*

March / April 2024



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# HEATHER KEYS

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## Possibilities & Priorities: International Women's Day

Every year on March 8th, International Women's Day (IWD) is observed worldwide. This day is not only a reminder of the contributions made by women in various fields but also an opportunity to reflect on the progress made towards gender equality and the challenges that lie ahead. The theme for this year's International Women's Day is "Break the Bias", a call to action for a more inclusive and gender-equal world.

International Women's Day is an occasion to celebrate the achievements of women and acknowledge their vital role in society. It is also a time to address the systemic barriers that women continue to face, such as gender-based violence, unequal access to education and healthcare, and limited economic opportunities. The pandemic has further exacerbated these issues, highlighting the need for urgent action to advance women's rights and empowerment.

As we celebrate International Women's Day, it is essential to recognize the diverse experiences and perspectives of women from different backgrounds. Intersectionality is crucial in understanding the unique challenges faced by marginalized groups. By acknowledging these intersections, we can work towards a more inclusive and equitable future for all women.

In addition to celebrating achievements and addressing challenges, International Women's Day is also a time to set priorities for the future. This includes advocating for policies that promote gender equality, supporting women's leadership and representation in decision-making processes, and investing in initiatives that empower women economically and socially.

Gender equality is not only a fundamental human right but also a prerequisite for sustainable development and lasting peace. It is essential to involve men and boys in the conversation on gender equality and encourage them to be allies in the fight for women's rights. By working together, we can create a world where every woman and girl can thrive and realize her full potential.

On International Women's Day, let us reaffirm our commitment to gender equality and pledge to take action to build a more inclusive and equitable world for all. Together, we can break the bias and create a future where every woman and girl is empowered to achieve her dreams.



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**Make  
Self-Care  
a  
Priority**

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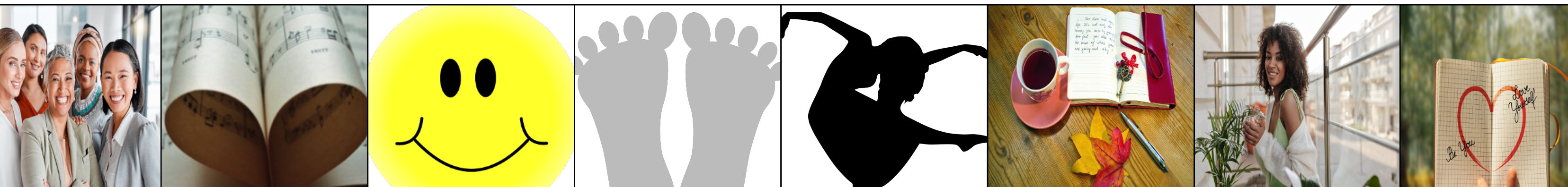
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# Make Self-Care a Priority

Self-care is essential for mental, emotional, and physical well-being. However, it is often neglected or placed at the bottom of the to-do list. In the midst of busy schedules, responsibilities, and obligations, taking care of oneself can feel like a luxury. But self-care is not selfish; it is a necessary component of a healthy and balanced life.

Self-care encompasses a wide range of activities and practices that prioritize one's health and happiness. It can be as simple as taking a few minutes each day to relax and unwind or as involved as pursuing a new hobby or passion. Self-care can also involve seeking professional help when needed, such as therapy or counseling.

There are many benefits to making self-care a priority. It can improve mood, reduce stress, and increase energy levels. Self-care can also enhance productivity, creativity, and overall quality of life. By taking care of oneself, individuals are better equipped to handle the challenges and demands of daily life.

There are many ways to incorporate self-care into one's routine. Some simple practices include:

- Taking breaks throughout the day to stretch, meditate, or go for a walk
- Setting boundaries and saying no to things that drain energy or cause stress
- Spending time with loved ones and engaging in activities that bring joy
- Prioritizing sleep and making sure to get enough rest each night
- Engaging in hobbies or activities that bring a sense of fulfillment and purpose

Making self-care a priority requires intention and commitment. It is important to recognize that taking care of oneself is not selfish, but rather a necessary aspect of living a balanced and healthy life. By making self-care a priority, individuals can improve their overall well-being and increase their ability to handle life's challenges.

# How Sisterhood Can Improve Your Mental Health



The power of sisterhood, a bond between women that transcends familial ties, has been celebrated and cherished throughout history. But beyond the obvious benefits of companionship and support, recent research indicates that sisterhood can play a crucial role in improving mental health. In this article, we explore how sisterhood can positively impact mental health and offer suggestions for nurturing these relationships.

## Strengthened Emotional Support

One of the most significant ways sisterhood can enhance mental health is through the emotional support it provides. Sisters often share similar experiences and understand each other on a level that others might not. This shared understanding can create a safe space for sharing feelings, fears, and experiences without judgment.

Studies have shown that having a strong social support system, like a sisterhood, can act as a buffer against stress and anxiety. Women who feel supported by their female friends and sisters often have better mental health outcomes, even during challenging times.

## Reduced Feelings of Isolation

It's common for individuals to feel isolated or disconnected from others at times, which can negatively impact mental health. Sisterhood offers a built-in support network, reducing the likelihood of feeling alone.

Research has found that social connection can improve mental health and overall well-being. Having sisters or close female friends can provide a sense of belonging and community, decreasing feelings of loneliness and isolation.

## Increased Self-Esteem and Confidence

Sisterhood can also positively impact self-esteem and confidence. Supportive female relationships can boost self-esteem by providing encouragement, validation, and a

sense of belonging.

When women feel confident and secure, they are more likely to take positive risks, set and achieve goals, and have a more optimistic outlook on life. This increased self-esteem can lead to better mental health outcomes, including reduced anxiety and depression.

## Suggestions for Nurturing Sisterhood

If you want to nurture your sisterhood relationships to improve your mental health, consider these suggestions:

- **Regular Communication:** Make time to communicate regularly with your sisters or close female friends, whether through phone calls, video chats, or in-person meetings.
- **Active Listening:** Practice active listening when your sisters share their thoughts and feelings and offer support and empathy.
- **Respect Boundaries:** Respect each other's boundaries and privacy. Not everyone may feel comfortable sharing personal information or discussing certain topics.
- **Celebrate Each Other:** Celebrate your sisters' successes and achievements. A strong sisterhood is built on supporting and celebrating each other's accomplishments.
- **Openness to Differences:** Embrace and celebrate the differences within your sisterhood. Everyone is unique, and those differences can enrich the relationship.

In conclusion, sisterhood offers many benefits beyond mere companionship. It can improve mental health by providing emotional support, reducing feelings of isolation, and boosting self-esteem and confidence. By nurturing these relationships and fostering a supportive environment, you can enhance your mental health and well-being.



# Overcome Your Limiting Beliefs & Live the Life of Your Dreams!

## A 6-Week Transformational Experience

*Excavate Your Limiting Beliefs, Pour a Healthy Foundation & Build the Life of Your Dreams*



JOIN NOW

Does this sound familiar?

- You have this feeling of discomfort that you can't quite put your finger on?
- You feel disconnected from yourself, dull or like you've abandoned your dreams?
- You know more is possible, but you feel stuck, unsure of what steps to take?
- Your dreams seem scary, impossible, or out of reach.



Change is possible. So many people are hiding behind their safe realities instead of going after their dreams and living a life of massive expansion. You have the power. You are the only person who is standing in the way of your dreams. Anything is possible with the right mindset and skills. Your desires are sacred. Your dreams matter. You matter and you can have what you want.

*Permission to Expand is Tara Myshrall's signature 6 weeks e-course that teaches women how to create a life of purpose, go after their wildest dreams and get out of their own way. Permission to Expand teaches you how to uncover the limiting beliefs that are running your life, reprogram them to your advantage and how to manifest the life you desire.*

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- Learn practical tools to help you process, heal and shift those beliefs
- Equip yourself with strategies and tools to integrate and build a life of purpose
- Become a part of an engaged community of women dedicated to rising together and supporting each other
- Weekly reflective activities to support your transition to Massive Expansion



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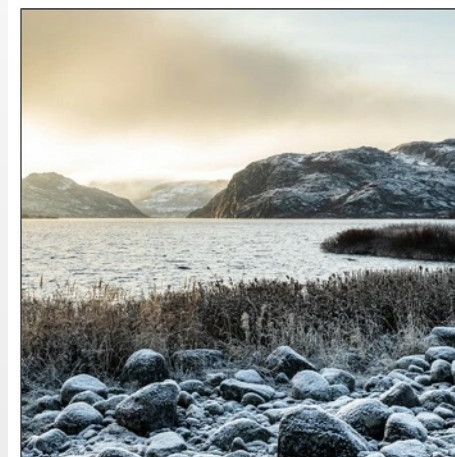
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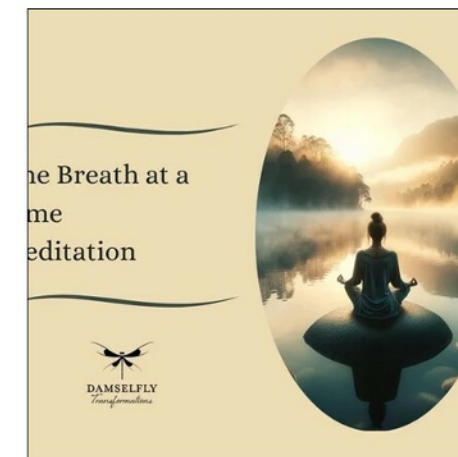
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### The Benefits of Spending Time in Nature for Mental and Physical Health

In today's fast-paced world, it can be challenging to find time to connect with nature. However, research has shown that spending time in...



### One Breath at a Time Meditation

Welcome to "One Breath at a Time," a guided meditation designed to help you cultivate mindfulness, reduce stress, and embrace the...



### Mindful Motivation for Mindset Mastery ~ Feb 19th, 2024

This week we are blessed by the reflective influence of the Full Moon in the sign of Virgo (aka the Snow Moon) which arrives of the 24th.

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# Embracing the Evolution: Navigating Technology & Transformation As Healing Professionals

In the ever-evolving landscape of the healing professions, a fascinating convergence is occurring, one that intertwines the advancements in technology with the expanding understanding of consciousness, reshaping the very essence of how we practice and serve.

As a seasoned hypnotherapist and hypnosis trainer with over a decade of experience, I've witnessed firsthand the transformative power of embracing change and adapting to the shifting tides of our industry. In this article, I'll delve into the profound significance of this evolution and how it's shaping the future of the integrative healing and transformational coaching industry.

Over the years, I've navigated the transition from traditional in-person sessions and courses to a fully online practice—a pivotal moment that revealed both the challenges and opportunities inherent in embracing technology. Yet, amidst the digital transformation, what remains constant is the core essence of our work—the profound impact we have on our clients' lives. In today's interconnected world, where consciousness is on the rise, there's a growing awareness of the power of the higher mind and its innate ability to heal and transform.

This evolution represents a significant change in our approach to client work. Rather than simply providing knowledge or solutions, we now take on the role of guides, facilitating clients' journeys toward their own wisdom and transformation. This shift from being authorities to guides opens up new avenues for profound and enduring transformation. It's about fostering a space where clients can leverage the solutions available to them while we support them in uncovering their own insights and embarking on their personal journeys of self-discovery and healing.

For example, I've been receiving numerous calls from individuals lately seeking information about past treatments, especially around hypnosis and energy

work. Many of these inquiries relate to past life regression therapy. For instance, they may have undergone past life regression sessions where the practitioner disclosed details about their supposed past lives and experiences.

During these conversations, I always inquire if the person saw those past experiences for themselves. I know firsthand the profound impact that the vivid imagery of this type of work can offer, especially on a somatic level of healing. It provides individuals with clarity and a deeper understanding of why they're experiencing the challenges they face in this life. However, the responses I receive indicate that they haven't truly experienced the insights for themselves. They hoped that past life regression would bring them relief, but in reality, they're only receiving information not transformation.

This happens because the practitioner is speaking from their own perspective and consciousness, rather than creating a space for the individual to explore, see, and interpret the experiences themselves. This missed opportunity hinders the individual from fully embodying their understanding, thus limiting the depth of their insight and hindering their potential for profound personal growth.

Now, let's delve deeper into the world of technology and its impact on our professional landscape. As some of you know, my consulting work revolves around helping healing professionals navigate the ever-changing realm of technology. My love for technology has grown from a foundation of patience and perseverance. While it may not solely account for my success, it significantly contributes to it.

Embracing technology demands a continual willingness to exercise patience, perseverance, and draw inspiration from cautionary tales, such as that of Blockbuster.

Do you remember Blockbuster? It was once a dominant force in the video rental industry. However, Blockbuster failed to evolve and adapt to online streaming platforms like Netflix, ultimately becoming obsolete. Their story serves as a reminder of the importance of being flexible and open to evolving as the world does.

I won't shy away from addressing the elephant in the room: fear! When it comes to technology, emotions like apprehension and uncertainty are common, and sometimes, they can be quite overwhelming. It's important to recognize that there's value in learning from this resistance while knowing that it is possible to find a balance.

Embracing technology may seem daunting, but it's also an opportunity for growth and innovation. It's a tool that can not only streamline our business operations but also connect us with a broader audience. By approaching technology with compassion for our fears, we can navigate its challenges with confidence.

Navigating technology can be intimidating, with a multitude of tools and advice bombarding us daily. It's important to trust your instincts, keep it simple, and focus on its positive aspects like connectivity, efficiency and access to information that can improve our lives.

It's not merely about the tools; mindset is crucial. While skills and practices are important, true success hinges on mindset and your ability to be open to learning. It's about trusting that you don't have to be an expert or understand everything to reap the benefits that technology offers.

The journey of evolving transformation and technology is ongoing, and as healing professionals, it's essential that we remain open to change, receptive to new ideas, and committed to growth. Together, let's embrace the evolution of consciousness and usher in a new era of healing based on trusting the inner authority over all else.

About the author:

Hi there, I'm Heather Keys, also known as Hypno Heather! As a consultant and trainer for healing professionals and coaches, I've seen how embracing technology and transformation can enhance and expand healing practices. I've identified six key elements and created a guide to use in your sessions, helping you elevate your work.

Download the guide: [bit.ly/6keysguide](https://bit.ly/6keysguide)



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# Happy Soles, Happy Soul!

## Taking the Pain Out of Plantar Fasciitis



Are you one of those people who experience Plantar fasciitis? Plantar fasciitis is a common problem that one in 10 people will experience in their lifetime.

People who experience Plantar fasciitis complain of having inflammation of a thick band of tissue that runs across the bottom of each foot. Inflammation in the heels is more prevalent in people who are between 40 to 60. Recent research shows that the pathology underlying plantar fasciitis is collagen degeneration. Tendons and Ligaments consist mainly of collagen.

Loss of collagen is part of the aging process in which the tissue loses its elasticity. Acute cases seem to occur more in the Spring and Summer seasons. I feel it is because, over the colder months with darker days, we may tend to be lower in vitamin D3 and vitamin C. Vitamin D3

and vitamin C are essential for collagen production and protect it from damage.

Other research suggests Plantar Fasciitis pain and inflammation are symptoms of a full-body pattern of muscle tension that starts in the lower back.

My husband, the shoemaker who is a sole man during the day and a soul man during the night, recommends buying an insole for your shoe. The softer, the better! He said, look for something that cups the heel and cushions the ball of the foot. However, the insole may change the way the shoe fits.

For people ready to step out of the box and try something new, deep healing music works wonders for Plantar fasciitis. One day, my friend and I were walking along a path near Lake Ontario when I saw her limp a little. She told me how her heel hurt when she walked. I created a deep healing music eBook for the muscles of the foot. After listening to the music, her foot felt much better within about a week and a half.

**Disclaimer:** People should not use this information provided to diagnose or treat a health problem without first seeking the advice of your doctor or other qualified health provider regarding a medical issue. I am not a licensed health care provider.

Scan the QR Code below and access your bonus gift:

Deep Healing Music Tracks:

- Gastrocnemius muscle lateral division
- Gastrocnemius muscle medial division
- Longus Cuneiform division
- Peroneus Longus muscle metatarsal division
- Plantares Muscle

*Happy feet, Happy life!"*



Linda Sylvester, R.M.T., S.R.M.T.

Linda is the Founder of Sonic Reiki, Co-Founder of Wholistic International Network, and a Bestselling Author. Linda also has 40 years of experience as a Reiki Master Teacher, Music Artist, Master Sound Healer, Medical Intuitive, and Inner Child Counselor. Linda's primary goal is to help people open their hearts to love, allow people to heal themselves, and help people trust that the Universe will always take care of them

[www.sonicreiki.com](http://www.sonicreiki.com)





# Being Single is Not a Waiting Space

## —

## Embody Self Love Instead

### Part 2

#### How to Practice Self-Love

Sometimes it's hard to assertively think about your own needs. While it might be considerate to sporadically practice self-love, it's important to make it a daily practice.

Here's how to incorporate self-love into your lifestyle.

#### 1. Prioritize Your Well-Being and Mental Health

Your physical and mental health are correlated and the way you feel physically can influence how you feel mentally and emotionally. When you begin loving and caring for your body, you are also positively influencing your mental health.

a) Eating and sleeping well is important in maintaining well-being and warding off illness.

That means choosing healthy foods and getting adequate sleep (6 to 8 hours) every night.

b) Exercising regularly has a positive impact on overall health because exercise decreases cortisol (stress hormone) in your body.

#### 2. Embrace Self-Compassion

When you acknowledge your mistakes and accept your imperfections with kindness and without judgment, you exhibit self-compassion.

3. Self-kindness: feeling kindness toward ourselves rather than judgment, criticism, or shame. This involves recognizing we are part of a common humanity and that everyone makes mistakes rather than viewing ourselves as isolated beings unworthy of love. Instead view mistakes mindfully by having perspective and not over-identifying with our failings.

4. Don't Compare Yourself to Other People when we are jealous of our friend's good fortune or feel we are lacking, it's hard not to feel down. Social comparison and competition can cause stress. Comparison and competition, more often than not, may diminish us by causing stress, anxiety, guilt, and shame.

Frequently checking social media can affect our mental health. We judge ourselves more harshly and don't feel good enough.

#### 5. Forgive Yourself

Cultivate ways to stop self-loathing. Forgive yourself for your past mistakes and find ways to heal. To incorporate self-love in your daily life, don't ponder over mistakes and regrets.

Rather than blame yourself turn to self-forgiveness.

#### 6. Surround Yourself With Supportive, Loving People

Having social support is critical. You could reach out to receive your family's love and invest in relationships with your friends and community and allow yourself to receive care and support from them.

Let go of toxic, draining one-way friendships. Bolster yourself with healthy interactions and people who believe in you, champion you, and support you in becoming more of who you

are and want to be. Invest your time, energy, and care in platonic and romantic

relationships that support, energize, and restore you.

#### Change a Negative Mindset

Positive thinking means choosing to have a positive outlook as an approach to life that includes gratitude and possibilities. Holding onto and fixating on anger and hatred can be damaging to our mental and emotional well-being and positive thinking is an act of self-love and care as we address the root cause.

Say kind words to yourself. Positive affirmations boost self-esteem and reduce social fears.

Remind yourself that you're a kind person. By changing your perspective and focusing on things that you are grateful for and appreciative of can be uplifting and is another way to practice self-love.

- Reasons Being Single Can Be an Excellent Option
- One-third of adults are single, some by choice and some involuntarily so.
- Being single affords people the time and energy they might not otherwise have.

Singlehood allows people to control how they live their lives.

Singlehood can protect people from the problems and

pains of being in a relationship.

Cultural norms generally favour partnering. As single people know, the world is full of structures (will it be a table for two?) and stereotypes (something must be wrong with them) that suggest singlehood is less desirable than being in a relationship. But is singlehood really that bad? Could singlehood have benefits that make it not only desirable but preferable to being in a committed relationship?

#### Singlehood Is Common and Diverse

According to Pew Research Center (2023), about 30 percent of American adults are single. The statistic varies by age, with nearly half of young adults (18-29) identifying as single, a group comprised of more men (63 percent) than women (34 percent). Only about 20 percent of people ages 30-49 are single, but this percentage climbs with age. Twenty-nine percent of adults 50-64 are single, and 33 percent of adults older than 65 identify as single. Altogether, these numbers support the idea that singlehood is common.

Single people may share the status of being unpartnered, but they are diverse. Some people are single voluntarily, while others would rather be in a relationship. In addition, some are single only temporarily, while others have singlehood as a permanent status. In the same way some people are happy in their relationships and others are not, people vary in the extent to which they flourish as single, unpartnered individuals.

#### Singlehood Offers Important Life Benefits

Whether by choice or circumstance, singlehood comes with opportunities that can make it appealing. The benefits include the following:

1. You have more time, and you can use it the way you want. Maintaining a romantic relationship is a major time investment. Singlehood allows people the chance to use their time as they wish and to pursue their own interests with flexibility.

2. You can focus. We often want to improve ourselves, making the chance to focus a benefit of being single. Personal growth, career or otherwise, can be enhanced by the opportunity to streamline your focus. For some people, singlehood is desirable because it supports the

focus they need to pursue important goals.

3. You are in charge of you. Remember, relationships require compromise and adjusting to a partner's needs. When you're single, there is no need to check in or report on what you're doing. If you suddenly decide to work until midnight, order take-out, or binge-watch a new series, you can, with no accommodations and no apologies. For some, singlehood is desirable because you're the one in charge; no one else is making demands or telling you what to do.

4. You are not getting hurt. Breakups are painful. One advantage of stable singlehood that you can avoid the emotional upheaval generated by ending a relationship.

5. You are balanced. The finding and forming of relationships can be an emotional rollercoaster, and once formed, there can be challenges that cause stress and any number of problems that can pop up any moment. Singlehood allows for a steady, peaceful existence.

6. You are calm. For some, a primary appeal of singlehood is the chance to avoid the fighting and arguing that might come with romantic relationships. No one is giving you the silent treatment or offering unwelcomed criticism. Better to be single and happy than to be in a relationship that's fraught with tension and stress.

7. You can see whomever you want. Being single allows people to flirt and date to the extent when they want to. This social and sexual freedom is not exclusive to singlehood, making the freedom to have casual relationships a standout feature for some people who prefer being single.

8. You can use your resources as you want to. Time and energy are limited resources. People who are single can choose how they want to spend their energy with more freedom than people in relationships. They have fewer responsibilities, do not need to take care of someone else, and do not need to spend energy managing a relationship or dealing with a romantic partner's problems.

9. You are excused from undesirable activities. A significant advantage of singlehood is the ability not to do things that you don't want to do... things you might need to do to keep peace in a relationship. For example: forget a partner's high school/college reunion, another evening with your partner's friends, or your partner's annual family

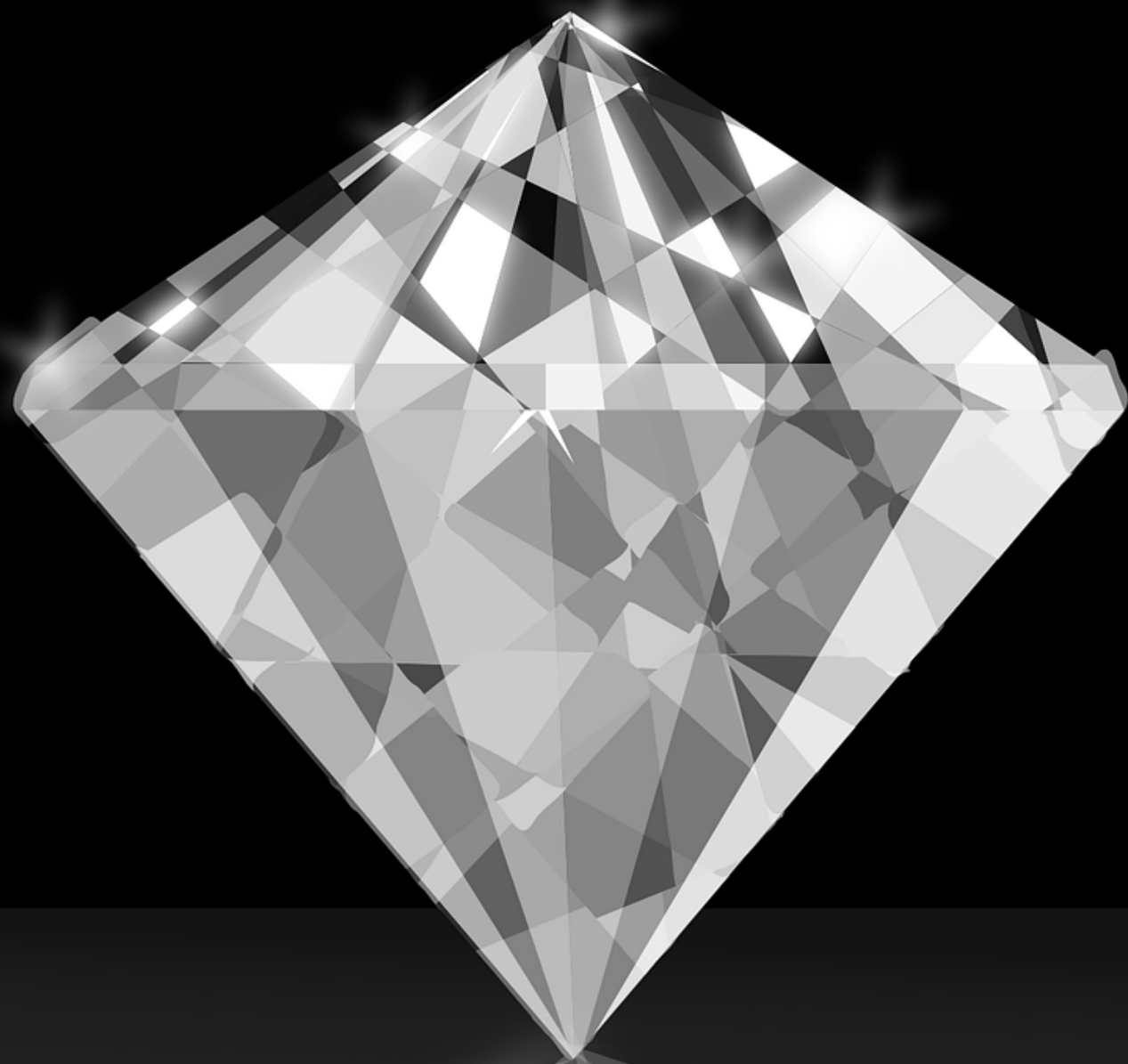
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# Desiring

## Desiring

What if my desire for change is the problem?

What if bracing against what is, is what is causing more pain, hardship, and dissatisfaction?

What if the thing that I want to happen is me trying to control?

It seems that the more that I lust after an outcome, the more distant it becomes like a hamster on a treadmill- running, trying forcing, efforting, perhaps even expecting what I want to happen, to happen when I want and how I want it.

It seems the more that I am caught up in this tangled mess, my hardships become amplified and my only focus. I am lost in the non-stop drudgery of my mind. Thoughts spill over like a boiling pot, whether positive or negative their narrative and message are ultimately the same - I am not good enough as I am and I need to do something to fix this whole mess - namely me.

I remind myself Monika "You cannot be what you perceive!" These old wounds sting and burn for my attention.

What might happen if I let go?

What might happen if I surrender?

What might happen if I relax into my humanness?

What if I met myself compassionately?

My life might change. I might actually get what I want, and this very thing scares me.

It seems like there is an addiction to dreaming or chasing my dream. The state propagates obsessive, compulsive and neurotic thinking. This dream becomes... No! Is more important than me, more important than my life and what is.

I know! I will just think positively. I will change and control what I think, when I think and how I think it to magically manifest what I desire.

What if thinking lazily is the problem?

What if following thoughts only leads to more thoughts?

The incessant hum of my mind lets me know exactly what is right and wrong.

Flexibility and curiosity, have left the show. All that remains is what I know, what I know about myself, my life, and others.

I am stuck in the hell of my mind trying to use thinking as a means to an end.

Yet, life supports me.

Yet miracles happen.

Yet... yet.... yet.

I've been wanting to force change even saying that if I just "change my vibration" assumes that there is something wrong with me, with what is happening and only leads to the creation of more recipes, rules, and mindset.

I do not want a set mind!

I want flexibility of thinking, curiosity, and playfulness.

From this space, all is possible.

From this space, I relax.

From this space, compassion rises.

From this space, I soften.

Maximum contraction in the winter is needed for the seed to grow in the spring.

Maximum contraction is what makes a diamond.

---

Monika Marczuk  
It was in my early 20s when I understood that I was the one common denominator in my life. I understood that looking outward for things, people, situations to fulfill the void was not the solution. I understand what it feels like when life seems to be falling apart, I jumped head first into self exploration, healing and study knowing deep down that going inward was the only way. I have been practicing Natural Healing Therapies for 18 years.

I am committed to helping those on their personal exploration and healing journey. With eighteen years of experience, I have the knowledge and tools to guide my clients through their inner journey of learning and understanding. Also, I understand that the only way to true recovery is to go inward, and am passionate about supporting my clients every step of the way. It is my pleasure to be in service, I look forward to our work together; whether it be from the comfort of your home (World Wide) via Zoom conferencing sessions or in person at my clinic.

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# Are You Being Guided by Your Intuition or Your Ego?



It is not always easy to tell if our choices are coming from the right place. However, if you follow your intuition, your life is much more likely to be enjoyable and meaningful. Follow your ego and you might be successful in many ways, but you are likely to find yourself wondering why you are not as happy as you think you could be.

Learning to determine whether you are being guided by intuition or ego can make a massive difference in your life. While there are no hard and fast rules to make the distinction, there are several tendencies that can serve as a guide.

## Differences to consider:

1. Ego-based decisions are grounded in fear and self-preservation. If you decide to go to medical school primarily for reasons of financial security, that is ego-based. If you decide to not ask out the beautiful person that lives on the corner, that is ego.
2. Ego-based decisions usually have emotion connected to them. A choice made from a place of intuition just feels "right" and often comes out of left field. You might be mowing the grass and be hit with the idea of becoming a dog breeder. The resulting argument in your head is your ego fighting back.
3. Ego-based decisions consider external results. Are you writing a book to have a bestseller, or are you writing a book because you are fascinated with the idea of writing a book? Are you creating an action to gain specific results, or does the action itself provide ample satisfaction?
4. Ego-based decisions involve rationalization. Your ego is wonderful at convincing you that its choice is the right one. "I'll never get that job. Imagine how disappointed I'll feel when it doesn't work out. People like me are destined to only be supervisors, but there's nothing wrong with that. I can still have a decent life."
  - It is just a rationalization based on fear – fear of success or fear of failure.
  - The ego tries to justify itself with facts, figures, and logic. Intuition doesn't require these tricks to compel you. If you are using logic to convince yourself of a course of action, you can bet that is your ego squawking.

5. Intuition does not judge. A thought or decision arising from intuition does not involve judgmental statements about right or wrong; good or bad. Intuitive thoughts feel calm, loving, relaxed, and peaceful. There is a universal truth to an idea that arises from intuition.

6. Is the expected gratification coming from within or is it external. Would you make the same choice if no one would ever know? Would you purchase that BMW if no one ever knew you owned it? Or do you simply love German automobiles and love the idea of owning a precision car? Are you driven by money and admiration or by personal satisfaction?

While the ego can be very limiting, that doesn't necessarily mean that it's wrong. Remember that the ego's motivation is largely based on self-preservation. Your ego believes that it has your best interests at heart. Ignoring the ego can be a wee bit of a challenge. It uses fear to influence you. It is only natural to avoid fear and seek comfort.

The key piece here is to realize when fear is holding you back from something bigger and better. Sometimes fear keeps you from doing something foolish. Contemplate before choosing which voice to follow: use the preceding tips to help you make a decision that will bring you true happiness.



**Moira Hutchison, an Intuitive Coach guides clients to surrender to the power within when their personal trinity of trust, inner awareness, and self-confidence ignites. She helps them flow in harmony with life and serve the world using their unique talents - providing insights into what blocks them from this natural state.**

<https://wellnesswithmoira.com/>





# Let The Seasons Change You

As winter turns to spring, it's time to rethink our approach to life. The dull cold days are replaced with bright and sunny skies. We take the time to put away our winter clothes and bring out the lighter and brighter items we cannot wait to wear. Let's all do the same thing with our attitudes and see the difference that this makes for us. Along with our wardrobe, our hearts will also be lighter.

There is no doubt that we have baggage and that it can take an emotional toll on all of us. Now is the perfect time to embrace the spirit of a new start and to give ourselves the gift of spring and the promise of a new awakening. Flowers are not the only things that can bloom now. We can bloom in thought, love, peace, and joy. Let's do it together and become a community of peace-loving individuals who are happy and light in spirit.

## ***Opportunities come at many times in many forms.***

The truth of the matter is that we need to change to be ready to accept the chance to be something new in thought and to do different things in action.

Spring is the perfect time to do a true assessment of your life and to determine what is working and what needs a little tweak. If we do not do this from time to time we stay in the same place and never get to the next destination.

Spring awakening is the promise of new smells, new looks, and the chance to be the person who is bright light, and happy. You can take the time to smell the coffee and to do something you have always wanted to but never got around

to. Try to adopt a puppy or a kitten or dog and a cat from a shelter. If this works for your lifestyle. Share the joy of your new commitment to yourself by enjoying things you may have put off and now are ready to do. Time is the key. Take advantage of the time you have to make the changes you need. Set aside a block of time and make your list of how you are going to spring into your life. Letting the rays of sunshine into your home will allow the sun to shine in your heart.

The sky is the limit for you now. You can choose your path and walk it knowing that you have made choices that work for you and you are going to address those that do not work for you any longer. This is the true way to get back the spring in your step and the confidence in yourself. How will we embrace our new beginnings and what does that look like in action? These are questions that will answer themselves once we are on the path to our new destination. The path will cross at times and you will have to decide the direction to go, but that is a part of your new journey.

List what you like in your life and see why it satisfies you. Your job makes you feel happy going to it and it also pays your living expenses. You are not unhappy there and at this time in your life, you do not want to advance any further. Okay. But if it is different and it feels like work every day, see what you want to do about it and start on the path of change.

Your health is the priority that you are working on as you live daily. I put this in here so people do not think that it is not important to me. I know that this is the start but truly assume that we take care of it. If we do not then we need to. Number one priority.

Relationships are the key area where many people struggle to survive. We either have what we want or we don't. It is an area that is extremely important and yet under-assessed for long periods. The reason is that many people stay because of the fear of being alone and know how hard dating is in this day and age.

Finances are a major focus for us now in the days we face. It is something that takes up a lot of space in people's heads and causes mind traffic when we do not deal with it head-on. Face it and get any help you may need to resolve issues that you are struggling with. You will feel lighter and brighter right away and know your path is the correct one.

Life is all about balancing all the parts of it that make it great, challenging, and wonderful. Have the time to be the one to change for you. You are the only person you can change. When you change you will see that others look and appear to be different also.

Seasons will come and they will go. The changes that you make for yourself will be the lasting changes that make your life and your destination the same. Once you align your intent and your impact you will see the results of time well spent on your status and your progress. Do it for you and give the gift to others.

You may have noticed that the font at the start of this article changed. The changes were more obvious there as it was the start and the beginning of this journey. As the article went on, the changes became more subtle as we worked on the content and got it done. Now this is the same for your life. It is harder and more obvious at first and then it becomes much easier to manage as you gain confidence in the steps you are taking. Confidence is the quality and desired outcome of all of your work. It is what will make you feel better about you. It is what will give you the strength to ask for what you want and not accept anything less. If you think about it, we return items that do not fit well and that we do not like or want. In our lives, we can return things that do not work for us without a receipt. We are the receipt. Accept what is good for you and do not accept what is not working for you. It is a very simple plan that can have major benefits for you and those you love.

Change is hard and some of us struggle with it more than others. It is time to embrace the changes we seek and to know that we are the struggle and we will win the war. Move on to a different level of consciousness and try to be at ease with you and the life you are in the process of creating. See the sun and run outside in it. Let your brain be sunny all the time and keep the faith in your actions. You will see the world and people differently and they will see you differently. Reach out for the help you need to get to where you want to go. It is worth it and people want to help.

***Change like the seasons for the very best reasons..... You.***

**Diane E. Makarowski  
Life Enhancer**

**Let me help you to navigate the areas you struggle with and share some life experiences and knowledge to make the sun come out again. Let me be there for you and we will learn together on your journey to a healthier and happier life.**

**dianemakarowski@bell.net**





# Synchro-Destiny!

Throughout the Universe, there are no isolated events or isolated objects. There are only intersecting relationships, or cosmic connections. In order to master this phenomenon, we must first grasp this reality. We must master the art of dealing with relationships in its many forms.

We must come to appreciate that those individuals who cause us the most challenges, are indeed, our best teachers—for it is through them that SynchroDestiny works its wonders!

To put it very simply, our ability to influence the cosmic energy field and to bring synchronicity into our lives does not depend upon knowing magic formulas or the principals of quantum physics. It depends on our relationships with other people. To understand how human relationships work, we have to honor other people for the miraculous beings they really are. But most and foremost, we must recognize our own inner Light before we can see the Light in others! As we come to recognize and accept the vibrating energy, (I AM Presence) that is inherent in every human being that we meet, we will come to accept that, not only that we are equals, but that every person is a profound expression of the Universe itself—a spark of Divinity of God's Consciousness!

As we embrace this metaphysical phenomenon, judgment and violence will cease to be, and the Shift from the ego to the Intelligence of our Spiritual Heart will begin to permeate our planet—thus the second coming! Realizing this profound phenomenon is not a matter of the intellect, and we don't have to thoroughly understand the discoveries of modern physics or the spiritual tradition that anticipated these discoveries thousands of years ago, but to take it on faith that every encounter and every relationship has a cosmic significance. This

profound awakening which transpires between two people has its roots far into the past, as well as the future!

Therefore, living consciously is the first step to recognizing synchronicity! But more importantly, understanding that there is a connection in every encounter, which is the principle of Karma.

Unfortunately/fortunately, all of us are sowing and reaping in every moment of our lives. Nothing is without cause and effect, especially in relationships. Therefore, embracing this ancient teaching, which was taught by the R.C. Church until the 6th century AD can liberate us from countless cycles of suffering. And accepting that we are, indeed, the creator of our circumstances, will begin the shift from the victim to a New Way of perceiving our life's challenges. I can hear what you are thinking! (This is ludicrous~~why would I choose such a challenging relationship)?

Unfortunately, the awakening can only occur through challenging relationships. For example, if I had not experienced a challenging relationship, perhaps it might have taken me another embodiment to embrace and accept what so many Meta-physicians have been writing about for eons. And on a more personal note, I would have never been awakened and discovered my life's purpose.

Therefore, as we Shift from fear to love, and embrace this phenomenon, we will no longer struggle against the current, but we will come to appreciate the personal growth that can ensue as a result of the storms in our life! But more importantly, as we come to embrace this ancient teaching, the myths surrounding mental illness will be better understood. A broken heart can only be healed through love, compassion, and self-forgiveness, which will enable us to extend forgiveness to others!

---

*Rita Be-Still,*

*Light Bearer , Author, Motivational Speaker*

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# The Art of Embracing Uncertainty



Please note that the content of this article is not to be considered as a replacement for seeking out a professional for counseling.

In an age of seeming disheartening uncertainty, it is easy to become highly cerebral, overwhelmed, and exhausted. The apparent ambiguity that may quietly linger in numerous spheres of our lives may perpetuate pessimism, intensify stress and anxiety as it overshadows our self-assurance and sense of security, fragment our self-trust and trust in the predictability of our daily lives, and restrain and confine our sense of purpose and meaning in our existence. Managing the anxiety that may escort our sense of decreasing control over our own lives in the context of the unrelenting accompanying uncertainty may become a difficult and seemingly defeating endeavor. Nevertheless, there are elements that may assist us in effectively navigating our relations with random or predictable unpredictability that accompanies our lives.

Charles Darwin - a naturalist, recognized as the father of evolutionary theory - once postulated that "It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is most adaptable to change." Below, I list some activities that may support our adapting to, effectively managing, and finding more comfort and reassurance in our relationship with uncertainty and in the continuance of our well-being.

1. Compassionate Self-Acceptance: Accepting and responding to our imperfect humanity and imperfect selves via a compassionate lens is vital. This concept refers to us accepting and embracing our unconditional self-worth and value and placing intentional effort to practice self-talk that is reflective of mindful empathy, kindness, love, validation, and forgiveness - and not judgmental, condescending, blaming or shaming - regardless of our circumstances. Compassionate self-acceptance serves to build our self-understanding, self-forgiveness, self-care, coping, self-esteem, self-efficacy, confidence, and resilience. Another means of supporting compassionate self-acceptance is by acknowledging that our existence essentially involves constant learning (and that essentially the concept of not

good enough or failure is only a notion, not a fact). It's about nourishing and cultivating a gentle, authentic, and nurturing relationship with ourselves, a connection that supports our dignity in our totality, especially in the context of uncertainty surrounding us.

2. Self-Care via Healthy Lifestyle Choices: In accordance with self-acceptance and self-compassion, it is essential that we commit ourselves to regular engagement in activities that support our physical and mental health and our overall well-being. This may include assuring we obtain restful and restorative sleep, essential nutrition (that supports our physical and mental health), movement or exercise, rest and relaxation, supportive, connecting, and meaningful socializing and spiritual revitalizing. All these, independently and collectively, may assist in alleviating or reducing the accumulation of stress and to support our centeredness, grounding, inner peace, self-assurance, and resilience in uncertain times.

3. Acceptance of Uncertainty: Accepting that uncertainty is inevitable and a constant in our existential existence - and considering it may yield unanticipated fruitful opportunities or new beginnings - would expectantly support the easing of some of our human suffering. Each of us takes comfort in particular tolerance levels as associated with uncertainty, unpredictability, and risk in different circumstances and spheres of our lives. Regardless of the number of forthcoming uncertain circumstances that may befall us at any given time, taking the time to identify and to evaluate each of them, prioritize them in order of our perceived significance, and work through one uncertainty at a time may reduce the potential of our experiencing overwhelm.

If finding it difficult to accept a particular uncertainty, we may compassionately reflect on our beliefs surrounding it to assist in understanding the particulars of our uneasiness and seek solutions to cope effectively. Our beliefs, perceptions - i.e., interpreting uncertainty as daunting/catastrophic or as challenging but as a learning, confidence building, and growth promoting opportunity - and self-talk (i.e., I am incapable of coping and helpless vs. I am capable and have personal control of myself) will expectantly influence the nature and degree of our acceptance, adaptive coping and living resiliently with the incessant uncertainty in our lives. Shifting to adaptive beliefs, perceptions, and self-talk in the context of uncertainty may assist us in reducing our apprehension/fear and accepting and adapting well in our relationship with uncertainty.

4. Acceptance of Anxiety: As humans, we are never completely free of stress and anxiety. Anxiety has its evolutionary adaptive roots - to inform, prepare, and activate us to adaptively respond to impending threats or

danger. When stress/anxiety heightens and interferes with our healthy functioning in our daily lives and our overall well-being, however, it necessitates caring action to reduce stress/anxiety to adaptive levels. It is not uncommon for uncertainty to heighten our stress/anxiety to some degree, and, as such, it is important to be self-aware of how we experience stress/anxiety in our thoughts, feelings, physical sensations, and behaviors to ensure we take steps to compassionately process, understand and reduce stress/anxiety during those times. Stress/anxiety, if left heightened for long, may not only negatively impact our physical and mental health, but, also our executive functioning that is responsible for our ability to focus, organize, plan, and make decisions to problem solve which is vital in times of uncertainty. As such, accepting anxiety as part of our evolved humanity - as part of our self-informative guide - and taking steps to maintain anxiety/stress at adaptive levels is central to our optimal functioning and well-being during uncertainty.

5. Frustration Tolerance: Frustration tolerance generally refers to our ability to cope in the face of challenges or when our expectations or goals are not timely met as expected. Building our frustration tolerance in the context of challenges, changes, and overall uncertainty serves to support our self-efficacy, physical and mental health, interactions and relations with ourselves and others, and the achievement of our goals and aspirations. If our frustration tolerance is low, we may easily succumb to heightened stress, anxiety, fear, and anger in the face of uncertainty, which, if experienced long term, inevitably would be detrimental to our overall health and wellbeing.

6. Mindfulness: Mindfulness involves nonjudgmentally accepting, attentively listening to, acknowledging, and processing our deeper moment-to-moment emerging and flowing thoughts, feelings, and physical sensations. Allowing ourselves to be intentionally present with and attentive to the materialization and flow of our inner workings - i.e., our thoughts (i.e., cynical, pessimistic, catastrophizing, 'what if' worries), feelings (i.e., apprehension, uneasiness, anxiety, fear, anger), physical sensations (i.e., fatigue, breathing changes, muscle tension, insomnia) - as associated with uncertainty, allows us to acknowledge, process and release the energy and temporary intensity of each of them over time and feel more in control and secure of ourselves accordingly. Deeper self-awareness may keep us informed and grounded further supporting a sense of stability during times of external change and uncertainty. Avoiding or suppressing our highly charged thoughts, emotions, and intense physical sensations may only increase our vulnerability to stress, and anxiety. Depression and a sense of helplessness, hopelessness, powerlessness, and perhaps avoidance. Remaining present in the here and



now additionally provides a rest, temporarily disrupting our possible preoccupation or worry about some nature of future uncertainty.

7. Self-Awareness: Our self-awareness helps us to build trust in our inner truths and wisdom, permitting this wisdom to serve as our compass in connecting with ourselves and living as aligned with our authentic selves and values through mind, body, and spirit, supporting our self-assurance, particularly in the face of uncertainty. Self-awareness helps us to acknowledge and understand the impact uncertainty may have on us at any given time, to acknowledge our needs at the time, and to apply compassionate self-care and coping accordingly to regulate our inner experiences and behaviors and thus to invite mind-body-spirit congruence and harmony.

8. Mindset: Our attitudes, thoughts, and outlook have considerable influence on the nature and degree of our perceived self-worth, self-efficacy, self-esteem, confidence, resilience, and adaptation to uncertainty. You may be familiar with the concepts and attributes of fixed and growth mindsets as coined by the psychologist Dr. Dweck. A fixed mindset pertains to perceiving the self as limited and unchangeable in potential, limiting our openness to learning, giving up easily in despair, viewing personal effort as fruitless, and evading challenges. A growth mindset, on the other hand, pertains to perceiving our personal qualities as elements that may be cultivated and further developed through determination and effort, having a passion for learning, embracing challenges as learning opportunities, being motivated to persevere in the face of setbacks and perceiving effort as essential to improvement and growth. Accordingly, it is important to recognize when our thoughts about our personal qualities and our attitudes about learning, determination, and growth are becoming more pessimistic/cynical when our motivation shifts to helplessness and hopelessness, and when we may be avoiding our responsibility to act in the face of challenges and to shift to a more affirmative mindset.

Similarly, psychiatrists Aaron Beck and David Burns and psychologist Robert Leahy have written about certain negatively biased beliefs or thinking patterns tending to negatively and inaccurately influence our perception of reality, increase our mood vulnerability (i.e., anxiety, sadness), and influence further negative thoughts. I include here some of these thinking patterns they noted. As you read through, consider if any of these patterns may be reflective of some of the thinking you may have experienced during setbacks at times and how they may have impacted your feelings, physical sensations, and behaviors at the time accordingly. A) Perceiving experiences through a dichotomous lens or via opposite extremes - i.e., bad or good - and not acknowledging the

greys (i.e., areas open to interpretation). B) Perceiving disproportionate likelihood or possibility - and not considering the probability - of the worst possible outcome occurring. C) Drawing an inaccurate or negative generalized conclusion about a future event as based on a previously negative instance/experience.D) Focusing on and overemphasizing perceived negative information (i.e., disappointments) and minimizing or excluding positive information (i.e., strengths, accomplishments, successes, opportunities). E) Acknowledging positive information (i.e., strengths, accomplishments) but devaluing it, rejecting it, and not embracing it. F) Forming negative interpretations, conclusions/predictions found on minimum/insufficient or no evidence. G)Believing one's emotions are reflective of fact or reality.H) Using absolutes - always, never - and expecting and demanding that certain undertakings and/or behaviors should or must be fulfilled despite the circumstances of a given situation. I) Accepting disproportionate responsibility for something, without considering all factors involved. J) Assessing behavior/situation as based on personal ideas of fairness.

Expectantly, the above-noted nature of thoughts may negatively impact mood, physical sensations, motivation, and behaviors (i.e., coping, reactions, or responses). As these professionals suggest, the goal is to identify, evaluate the validity, challenge, and shift these patterns of beliefs /perceptions or negative thinking to adaptive thinking. If engaging in such thought patterns in the context of uncertainty, take a moment, calm and compassionately evaluate your inner dialogue using reflective questions. What are my beliefs about uncertainty? Is there evidence to support or not support my belief/thought(s) about this uncertainty? What are all the facts? Am I thinking in black-and-white terms? Am I considering only the possibility and not the probability of a particular possible setback? What are some possible positive outcomes of this uncertainty - i.e., to learn, increase self-efficacy, build confidence and resilience from and defeat the fear of this challenge? How may someone else perceive this uncertainty? The idea is that if we alter our thoughts, we will alter our inner experiences, our motivation, and our response/behavior accordingly. It is essentially about adopting a more intentional, attentive, and compassionately oriented reflective lens to our thinking patterns, compassionately and creatively challenging our pessimistic thinking patterns and replacing them with more optimistic and adaptive thoughts with new adaptive meanings and inciting an adaptive coping and solution-oriented response. As well, you may consider

opening your heart and mind to uncertainty possibly unfolding positive unexpected possibilities.

9. Gratitude: Gratitude consists of acknowledging, being appreciative of, and embracing the positive elements in our lives. Gratitude assists our grounding, self and interpersonal connection, and mental and physical health. In times of uncertainty, it is particularly helpful to reflect on the positive stable elements in our lives, from their most basic form to their most privileged.

\10. Self-Efficacy: Believing or trusting ourselves that we have the capacity - qualities, abilities, strengths, resiliencies, and competence - to cope with and to learn and grow from anything that may be thrown our way goes a long way. This may assist us in facing and overcoming challenges with wisdom, skills, confidence, courage, and competence and steer away from procrastinating or feeling inadequate, defeat, helplessness, powerlessness, and paralysis in the face of uncertainty.

11. Locus of Control: Focusing and acting on what is within our control in a given circumstance, trusting in our self-efficacy for outcomes not within our control, and finding ways to perceive what is out of our control in an adaptive way permits us to feel reassurance and motivates/activates us for constructive action toward solutions. Our balanced locus of control and self-efficacy may become layers of stability and security in the face of uncertainty. When we come to expect or demand that we be in control of all aspects of uncontrollable circumstances and uncertainty, we are expectantly influencing self-defeat, vulnerability, helplessness, and even paralysis.

12. Rumination & Problem-Solving:Repetitive thoughts/worries of what negativity may possibly befall us in the uncertain future may have us spiraling down a rabbit hole. It's important to identify these kinds of thoughts/worries when they arise and to release them - i.e. by mindfulness, challenging and constructively shifting these thoughts as noted previously, and/or engaging in activities noted in the next paragraph.

\13: Coping: The quality of our coping is vital in our releasing mind-body stress and tension and in reducing our vulnerability to physical and mental health challenges. There

are plentiful of activities that we may engage in on a regular basis - and by no means is this an exhaustive list - that may assist our nervous system to calm, and, thus, support our executive functioning (i.e., thinking, planning, organizing) to be optimal, that may serve to empower us and to feel sense of control over our lives and that may aid us to exist to our potential regardless of challenging times: Restorative sleep; adequate nutrition and hydration; consulting with a certified professional as regarding vitamins and other natural health promoting remedies; living aligned with our authentic selves, values and goals to feel content and peace; positive affirmations or prayer; taking rest breaks (in quiet space or nature); listening to calming music; reading; movement or exercise; grounding and relaxation (i.e., breathing, body scan, progressive muscle relaxation, visualization, meditation, tai chi, Qi Gong, yoga, massage); aroma therapy; creative endeavors; focusing on and engaging in activities that fulfill sense of purpose and meaning; and socializing, connecting and feeling a sense of belonging with positive, supportive others. Needless to say, all points mentioned throughout this article may be perceived as means of coping with and adapting to uncertainty.

Canadian Crisis Numbers: Canada's Suicide Crisis Helpline 9-8-8; Talk Suicide Canada 1-833-456-4566; Wellness Together Canada 1-866-585-0445.

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Trust your profound potential and remain open to life's uncertainties with hope and optimism,

Revekka Kakoullis

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# Unveiling the Grace Within: A Lightworker's Guide

Many of us carry a vague understanding of "grace," perhaps associating it with a hymn or a fleeting moment of reprieve. But for lightworkers, grace holds a deeper significance, acting as a powerful tool for our personal transformation and radiating outwards to uplift others around us.

Many years ago, Spirit had shared with me through a gifted channeler that my soul holds the keepership of The Tablets of Grace for the Soul. When I heard this, I thought, like you perhaps just did, well that's nice... but what exactly is that?

This inquiry sparked a profound exploration. Guided by Spirit, I embarked on creating a series of "Tablets of Grace" for each chakra, channeling sacred art and performing grounding ceremonies to receive a deeper understanding of each.

While the process was enjoyable and enriching, my conscious mind couldn't discern what the point of the artwork was. Not long after the completion of all the tablets in the series a true revelation awaited.

During a spiritual retreat to Mt. Shasta with some of my tribe, the feeling tone of Grace washed over me as an embodied wave. It wasn't just a concept, it was a sudden unmistakable awareness of being held, lifted, guided and loved by the unseen hand of the divine. It was the first of it's kind that I actually became aware of and recognized.

Aware that this heightened state wouldn't last, I commanded the cells of my body to record the memory of this Grace, inscribing it into my DNA. I wanted to hold onto the essence of this feeling for future recall when times may not be so blissful as being on a spiritual retreat with soul-family.

Grace has always been present in my life, though it took this experience for me to truly understand its subtle presence. Looking back, I saw the hands of Grace in the moments of resilience, lifting me through challenges. I had felt Grace before, I just didn't recognize it for what it was.

Invoking Grace: A Practice for Lightworkers

So how can we, as lightworkers, consciously cultivate and invoke grace in our lives? It begins with a fundamental shift – relaxing into the present moment and trusting that the Universe has our backs. Even amidst difficulties, the divine presence resides within and around us, working through and for us.

Often, life's seeming hardships stem from a perceived separation from Source or inherited feelings of unworthiness. When we reach our breaking point with the struggles of the world, it's a spiritual call to surrender, to shed the illusion of self-sufficiency and open ourselves to divine assistance. This is where the invocation of grace comes in. Asking for help, reaching out to the divine, angels, or our spiritual teams of light invites grace into our life circumstances to envelop us and lift us above the obstacles.

But grace isn't reserved for emergencies. It's a divine tool, ready

to be called upon for anything, from fostering harmony in relationships, calming a tense conversation, to landing that dream job. I've witnessed grace's magic in my own life in a myriad of ways. It's not just for dire situations; it's the secret ingredient for everyday ease and extraordinary growth.

Trust me. Try it. Invoke grace now for that difficulty you might be facing, and discover the limitless possibilities to attracting resources or taking that next bold step. There is no limitation to what grace will support.

Remember, grace is non-judgmental. It freely offers itself to anyone open to receiving it. If a soul continues to choose to learn the lessons the "hard way," Grace respects our choice, patiently waiting for our invitation. When a soul is ready to learn through joy and love, Grace takes our hand and elevates the soul with growth plans that are more harmonious, easy, dare I say, Graceful.

Embodying Grace: A Frequency for Transformation

For lightworkers, grace transcends mere assistance; it becomes a frequency we can embody and radiate outward. By attuning ourselves to this frequency, we hold it within our energy fields, making it available to uplift and inspire those around us simply through our presence.

As we cultivate and share grace, we contribute to a collective shift, weaving a tapestry of compassion, support, and understanding that uplifts not just ourselves, but the world around us. Calling upon Grace in moments that are challenging can allow us to lift our consciousness higher, receive our soul's wisdom and make choices that will lead us down a smoother path.

My own journey with Grace:

The past two years have brought me massive upheavals and transformations. While some days were undeniably tough, I never wavered in my connection to Grace. This unwavering trust led to a series of miraculous occurrences. Just the right people, resources, and opportunities appeared at the exact moment I needed them, guiding me through transitions with ease. These jaw-dropping experiences taught me to relax, lean back and trust the divine flow, divine time, divine plan, and divine grace.

Sharing the gift of Grace:

My initiation with the Tablets of Grace began over nine years ago with a commission from Spirit. Since then, we have buried these Grace Tablets in several portals around the globe and offered multiple 8 week activations series of The Tablets of Grace through the chakras for groups. The purpose of these activation series is to build the frequency of Grace into the lightbody for the greater embodiment and understanding of Grace in one's life.

Embody the Radiance of Grace:

Today the Tablets of Grace beckon with a renewed purpose. They

no longer whisper mere activation; they yearn for deep embodiment. This next chapter urges me to open the invitations to a wider community. We invite YOU to partake in becoming a keeper of the Grace Tablets.

Join the Circle of Grace

Over the coming months, we'll be offering monthly integration and practice sessions with the Tablets of Grace. These sessions are open to those who have already experienced the activation process and those who are newly drawn to its power.

If the call to embody Grace resonates within you, explore our "Seeds of Grace Series" or join us for a practice session (details on our website).

Dive into the essence of each Tablet, unlocking their transformative frequencies within you. Learn to activate them at will and transform into a portal of Divine Grace on Earth. Discover yourself radiating the transformative power of Grace for yourself and the world around you.

Exclusive Offer for Magazine Readers:

As a special token of appreciation for our readers, we're offering a 50% discount on the "Seeds of Grace" course. Activate the Tablets of Grace within your own chakras and diamond light body, and embark on your path to becoming a portal of Divine Grace. Visit our website to claim this exclusive offer and discover how grace can support all areas of your life today!


To access the Seeds of Grace DIY course go here:  
<https://bit.ly/seedsgraceseries>

Use promo code : BLMag50

For additional FREE lightworker support subscribe to our YouTube channel where we house a library of meditations to support your journey. <https://www.youtube.com/@zarastarchild>

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**Zara Works with groups and individuals on clearing blocks of limitation from your energy field and aspects of your conscious & unconscious bodies. She trains lightworkers to become more confident and grounded in using their unique divine gifts in ways that are fulfilling and lead to the most magical life experiences. She blends a variety of modalities including Violet Alchemy Healing, Akashic Record Reading, Sacred Soul Reading & Channeling to support each soul in their individual highest unfoldment.**





# Nurturing Your Movement

***‘Dance with whatever happens.’ - Effie Abraham***



*‘We’re each a soul with love, that’s all we are. We just have to connect with it on the inside first to be able to show it towards others as well.’*



Marching into the season of spring in the western hemisphere, this month of earthly renewal, we recognize the history of Women and celebrate International Women’s Day around the world. I take pause here to acknowledge the events of October 7, 2023 and the aftermath of the suffering that continues to the present day. I dedicate this article to the souls of women whom we are now healing with in spirit. To the women who are still in need of our nurturing in whatever circumstances they are living on our planet, may they once again celebrate life and dance with their loved ones.

Nurturing Your Movement by Ginny Connon with Effie Abraham

There’s a moment in a celebration that is not planned and comes together without any effort. Music is playing and there is an unspoken, magical cue that brings people together in movement. A circle is formed by joining hands or shoulders together. Someone expresses their elation and leaps into the middle for a beat or two or three. A line is formed holding the back of people’s hips creating a bobbing, swaying river passing others eager to join in. The beat of the music seems to take over. The moment elevates the next level of unison. There is no written manuscript. There is just letting go and allowing the celebration to take on improvisation of its own.

When I think of dance, my mind immediately goes to hearing music. It’s programmed to know music and dance as a duet. Keeping in time and harmony on the same track and pausing from any dissonance that shows up along the way. Traditionally symphonies have four movements. What movement of life are you currently living? How are the previous movements of your life playing in your background? Well-being trends suggest putting lighter emphasis on notes of our limited beliefs, written in the manuscript of childhood. There are many somatic therapies available today to aid in moving past these flat melodies and riffs, repetitive thought patterns. The goal is to promote restringing in our minds and sing in a more positive tune.

I have worked on keeping my well-being harmonized in my life over many years. I set an intention to wake up to a new morning reprise in the form of dance and movement. I allowed time for my mind and body to warm up to changing my morning routine. I used my practice of turning my resistance into compassion, knowing fear, in the form of resistance, was an old song playing only in my mind. I was getting used to my new strings once again and dancing outside my comfort zone. It’s keeping my body and mind younger than ever before! I’m unconsciously breaking down emotions and allowing them to move and eventually dance right out of my body.

I feel personal celebration in adopting this new somatic stress buster and gratitude for Effie Abraham, the practitioner who

introduced it to me.

When Somatic Therapy Coach, Effie Abraham discovered the transformative dance of intuitive movement it became her gift to teach others. She describes her journey, ‘Picture nightly dances, a sacred ritual in front of the mirror, initially cloaked in darkness, gradually bathed in soft light. In these moments, I encountered unfamiliar aspects of myself. Through the rhythmic embrace of intuitive movement, strength, belief, and courage emerged, guiding me through a dance of self-discovery. Instead of merely dancing, it became a profound catalyst, a transformative force that aided me in alchemizing grief, pain and fear into a powerful reservoir of love. Allowing the rhythm and music to be our guides, we navigate the dance of life. This intuitive movement is a celebration of our feminine energy, an acknowledgment of the wisdom carried in our hips, a dance that intertwines with our ancestral heritage, and a conscious connection to our body through feeling’.

She aids her clients with reactive responses such as fear explaining somatic healing is called ‘body mapping’. ‘Certain people have fear around the word ‘dance’. A beautiful way to change up the fear is to understand what you are feeling and connect into your body. You are allowing your body to have a choice of movement. You are connecting with different sections of your body and giving them a decision to make. This is where intuition comes in, the intuitive movement. This is what (my) body feels that it needs. There is no right or wrong.’

What happens when we turn down the volume on the music? Starting my new morning practice, I found hearing music in my mind made my sleepy body easier to move at first. Then I started listening to the proactive rhythm of my breath. My breath became my music. I eventually held my healing crystals as I danced and pulled a spirit or angel card for a message to finish off my new routine. I created a morning ritual and let go of some limited beliefs that were lingering. I intuitively manifested a space in my home that was waiting for me to show up. My strings were starting to play a crescendo in my current movement. Effie describes rhythm as life being one big dance. ‘Sometimes you slow dance, sometimes you dance faster, sometimes you just shake it off. It’s kind of a movement and you just allow your body to flow with that, allowing feelings, without that, you’re just running away from everything. I feel my body is so connected to what is happening. By allowing yourself to feel, you’re allowing things to process and that’s what I call dancing with the rhythm of life. I just sit or stand and allow that rhythm, the way my body moves, whether it’s the flow of music, sometimes there is no music.’

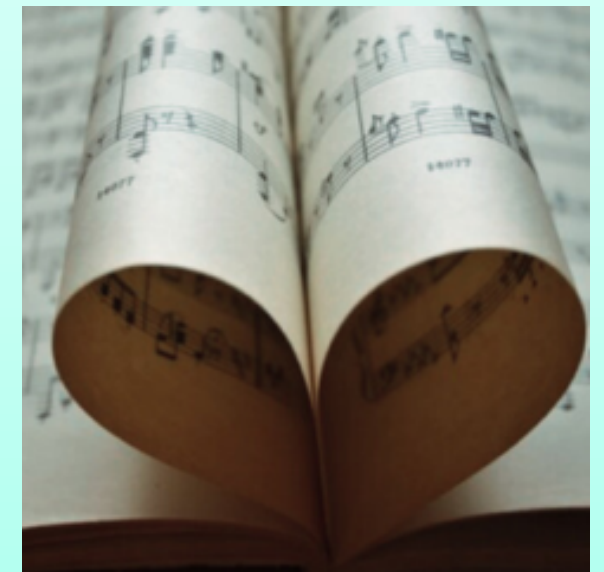
Intuitive movement enlightens our well-being with soundtracks we play on a daily basis. It can benefit from a more steadier groove of emotional balance and a healthier routine. It can fill your day with mindful, lighter tones. Effie encourages dance as a daily practice to make triggering moments easier to cope with. She explains it helps in those moments before, not only when confusion happens. ‘Dancing on my own is a form of meditation for me. It’s focusing on me, on the inside, on my heart. Just being in the moment.

Listening to my heart as I dance into my breath, as I dance. Really connecting to that. You are just here in the now. Your body is moving here and in the now. There really is nothing from before and there is nothing in the after. You are taking the time to connect and to just find inner peace on the inside by releasing by just getting expansive.’

Nurturing enters our melody sometimes conducting outside a solid, confident tempo and moving out what does not serve us any longer. When we are thrown off our timing, we lean on others for support. When confused by others we can put on a headset and listen to their symphony. We can search up previous movements to find compassion in any form to face our current fears and understand theirs. We can play a song and hear their light. Changing up tempos we meet new people who enrich our lives. Their gift is inspiration to breathe, move and manifest an uncharted celebration into our beautiful soul.

Effie Abraham, Breathwork Facilitator & Somatic Therapy Coach, guides women on their healing journey through intuitive movement and deep connection to the body, heart, and soul. Single Mom of 3 amazing teenagers, passionately embracing life. Her purpose is to help others find love within alchemizing trauma, pain, anger, and uncertainty into the transformative power of love on their own dance journey.

Visit [www.breathenflow.com](http://www.breathenflow.com) and follow Effie on Instagram @breathe\_flow\_connect to find upcoming events.



Ginny Connon is a Certified Relationship Coach, clairaudient, and light worker. She specializes in higher-level listening and energy alignment. Visit Ginny's Coaching and Energy website for links to her 'Nurturing' articles, podcast interviews, and upcoming events.

[www.ginnyconnon.com](http://www.ginnyconnon.com)





# Everlasting Continuum in The Frequency Of Light

In the now and the knowing we are here, in the planning and development we are here, we go beyond the wave forms and pattern of light that have been tricking in sideways through the laser beam structure and cavities in your being and sulcus's in your brain. In the heat of the moment, we are here in your heart, in the kind knowing that we are here to help you decide and decipher the codes of belongingness and cascading out to the masses that we are here. You are in the means and the matrix of picking up our signals and embellishment of the fine tuning that is coming around your doorstep at this time.

We are steadfast and we are securing this connection with you now. Do you feel the noise and the ringing in your ears, it is a vibration. A sound effect that you are picking up on, my dear one. The vibrations are off the charts, and you have begun to sit in and settle now to the new roles placed before you now.

To lead or to be led Is the question. You are following your heart and are being guided to stand up and shine here in your hearts delight of the matters at hand that are the beginning stages of taking off and taking the plunge into the new desires in your heart onto the new platforms before you now.

The allies are all around you now. Bypassing the deep ended question of what is right at this time and what is the best route to go. You know my dear one that just taking that next step or leap forward is the way to go. It's the only way to make a sure change and impact for yourself and for others in your world in this lifetime now.

You can go in and try to decipher this and that but just go in and be yourself and shine right through to the other side of the camera lens and allow the light to shine through. Allow our true north strong connection to shine through. We are here and we are with you, and this is a joint effort.

Please do Not think you are in this alone. We are all in this together and the guiding and gilding forces before you now are allowing the love connection to ricochet off all the light beams and catapult across the Cosmos. They join in with the hind forth strength of a billion light bodies all joining in as one and combining and connecting our heart strings together.

This is the space and the place of our true connections to the light. To the collective and back to your heart once again. It goes in deep, and it will carry you through this endeavour from here and far and wide we are here. Taking the next leap of faith

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Melissa is a Spiritual Channeller, Intuitive Healer, Coach, Mentor, Writer, Teacher, Psychic Medium/Channeller , Hypnotherapist and Essanian Assistant Healer. Melissa has trained as a Reiki Master, Registered Practical Nurse, and a Medical Office Assistant. She is a contributing writer for a Beautiful Life magazine and speaks on many topics on sharing the wisdom that we are all one and we are all connected within our heart-opening awareness.

Melissa also uses her intuition to help guide you to connect to your soul through guided meditation, channelling, and reiki energy healing, to help you gain clarity, peace and purpose so you can bring forth your best self, your true self, out into the world. She will also help you open up to discover your deep intuition and guidance system and you will learn what this inner compass is all about. She will help you to learn to trust what you are sensing and feeling as you learn to see, sense and feel what your soul is saying to you.

This work has helped many feel their true inner connection and rise up to their true calling! No one is alone on their journey and its Melissa's passion to remind you that whether here or beyond, you have someone looking over you! For many years, Melissa sensed her angels and guides around her and know that inside this space is where the magic happens!.

together. Surrender to the light and to the words that are coming forth now my dear one and you will discover what it is like to truly shine as your true self.

In the beginning of this calamity, you will make a few bounces and hiccups but that is what life is all about my dear one. The ups and the downs, like a Ferris wheel spinning around. It is a continuous pathway forward before you now. You must continue spinning around in this cyclical manor. This is where you will realize that it is all up to you to keep that forward momentum going.

Stretch out towards the horizon my dear one and you will feel the exceptional feeling and see the most incredible visions of light entangle before and between you all my dear ones. You will be catapulted out into the next new frontier of your evolutionary path and continue on your journey unwinding and untwining yourself and unleashing yourself from the constraints of all your emotional ties . You will begin to feel the leveling out of your emotions and thought patterns and will be connecting more as a whole being to the higher multi-dimensional being and pathways before you now.

For you are here in the cosmos living within the matrix of life and you have now met and come across the many open beings of light and you have now foraged friendships and relationships and bonds of light together within the heart strings and the matters at hand now my dear one.

So please go forth and shine and deliver up the next evolutionary expansion of light across the nations and Cosmos now. It is here and it is on time now and in delight and joy and light we go now amen. Please remember to speak kindly of yourself every day and join in with the brotherhood and man women and children now and as we forge together in this shift.

We will all bear witness to the great revolutionary shift in mankind and the everlasting continuum in the frequency of light in the quantum field of connectivity. And it is here we are here we will find the answer to our many questions in life and sink deeply into the notion of our heart connection of our great consciousness and it will deliver up the new beautiful light path before you now. And in heaven and in earth we go, and we all belong here on this passageway now. amen





# DEALING WITH EMOTIONS

The year 2024 began with a bang as we embarked on an unforgettable journey. On December 26th, 2023, we packed our bags in Toronto and set off on a road trip across the USA, starting with Florida. Our plan was to drive all the way from Florida to Vancouver, BC, where we would spend six weeks with our daughter, who was eagerly awaiting the arrival of her first baby.

The excitement was palpable. We had dreamt of going on a "cross USA" road trip for years, and finally, the time had come. Filled with joy, we loaded up our car with snacks and goodies. Our first stop was Tampa, where we spent three delightful days with friends. From there, we made our way to Miami, where we welcomed the new year of 2024.

On January 2nd, our road trip officially began. Atlanta was our next destination, followed by Nashville, which quickly became our favorite place. We immersed ourselves in the rich history of rock and roll and country music, discovering talented singers and musicians at every turn, from restaurants to pubs and bars. The streets of Nashville beckoned us to explore, and though we longed to stay longer, our journey urged us to keep moving.

Next, we ventured to Kansas City, where we were once again captivated by the unique experiences and sights the city had to offer. As we left Kansas City, news reached us of snowstorms sweeping through the Eastern and Southern parts of the USA. The Eastern storm, brewing around New York and Washington, was moving westward, while the Southern storms were heading north. Aware of the challenging conditions driving through snowstorms in the Colorado mountains, we felt a sense of urgency to continue our journey. Nervous and apprehensive, we drove from Kansas City to Denver and across to Salt Lake City, covering 7 to 9 hours each day, only pausing briefly to rest at night. Though we yearned to explore the attractions along the way, we knew it was crucial to

keep moving. Surprisingly, we always managed to stay one step ahead of the storm, as if guided by an unseen force.

Somewhere between Denver and Salt Lake City, amidst the vast expanse of the road, I received a call from my dad's caregiver in Sri Lanka. My 85-year-old father had been living with me in Canada for many years but had recently gone back to his beloved homeland in October 2023 to spend six months reconnecting with his roots. He was having the time of his life, reuniting with old friends, exploring new places, and basking in the warmth of the sun. The call came in the middle of the night, Sri Lankan daytime, informing me that my dad had fallen seriously ill and had been rushed to the hospital. The symptoms pointed towards a stomach hemorrhage, a condition he had experienced multiple times in the past. Being thousands of miles away, my heart sank with worry. Here I was, in the midst of a cross-country journey, reveling in every moment, despite the underlying anxiety of impending snowstorms. I longed to be by my dad's side, to comfort him, and yet, I also yearned to hold my daughter's hand as she brought new life into the world. Torn between two worlds, I struggled to make a decision, knowing that either choice would be filled with regret. It was in this moment of inner turmoil that I believed a higher power had a plan for me.

My daughter, sensing my inner conflict, urged me to go be with my dad. With heavy hearts, my husband and I made the decision to book flights back home. The closest international airport was in Seattle, still a considerable distance away. The approaching storm added an extra layer of difficulty to our journey. The last leg of our trip was treacherous, and though we stopped for the night, the weather forecast warned of a severe storm that would make it impossible to pass through the mountain and reach the Seattle area by morning. Meanwhile, my dad's condition deteriorated rapidly. His blood count plummeted dangerously low, and our video calls became increasingly difficult as he slipped into unconsciousness. Exhausted



from sleepless nights and consumed by worry, we pressed on, monitoring both the road conditions and my daughter's progress towards labor.

Miraculously, morning arrived, and a fellow traveler pointed us in the direction of a route he had taken the previous night, assuring us that it was passable. Taking a leap of faith, we embarked on the journey. Ten hours later, we arrived in Seattle, just moments before the storm unleashed its full fury. That night, I watched my dad's valiant struggle for survival. Tragically, he suffered a stroke and passed away a few hours before our flight.

We arrived in Sri Lanka after a long 30-hour flight. The funeral took place two days later, exactly as my dad had wished. My son flew in from Toronto with my mom's ashes, which he had held onto for five years, as they wanted to be buried together in Sri Lanka. It had always been my dad's desire to pass away in Sri Lanka and have his funeral in the church where he grew up, surrounded by his family and friends. His wish was granted, and we laid him to rest in our family burial grounds together with my mom's ashes. They were reunited once again.

Meanwhile, my daughter was still holding on. Three days after the funeral, we boarded another 30-hour flight, landed in Seattle, picked up the car we had left at the

airport, and drove to Vancouver. One week after our arrival in Vancouver, my daughter gave birth to a beautiful baby girl, 10 days later than her expected due date. We were right there beside her, sharing in the joyous moment.

As I held my granddaughter in my hands, I felt a whirlwind of emotions. Happiness, sadness, and anger all mingled together, making it difficult to comprehend the rapid succession of events that had taken place in such a short span of time. In the following weeks, I experienced moments of both tears and laughter. It was a strange sensation to be so happy and yet so sad simultaneously. I couldn't believe that my dad had suddenly passed away, and at the same time, my granddaughter had entered the world so unexpectedly. I was angry with myself for not being by my dad's side in his final moments and for agreeing to let him go to Sri Lanka for such a long period of time. But I also found solace in the knowledge that his final months had been filled with happiness, and his wish to pass away in Sri Lanka had been fulfilled. I rode a rollercoaster of emotions, shifting between sadness, happiness, anger, and back again. It felt like an endless cycle of emotional waves, dragging me along.

However, with time, I learned that it's okay to let emotions come and go. I don't always need to have control over my feelings. I decided to focus on the wonderful things that fell into place, creating a beautiful outcome. My dad passed away peacefully, without much suffering. I was guided through snowstorms so that I could reach my destination and fly out in time. I returned just in time to witness the birth of my granddaughter. Sometimes, I don't have all the answers as to how everything aligned so perfectly, but I am grateful and content that it did. Life is a journey filled with a range of emotions, both good and bad. We must ride the waves, knowing that storms will come, but they will also pass. There will be times when sadness overwhelms us, but if we can push through, there will always be sunshine waiting on the other side.

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**Sharmila Perera is a Certified Immigration Specialist. Her professional mission is to provide as many people as possible the chance to immigrate to Canada. She works with companies struggling with labor shortages to locate great talent from across the globe and successfully immigrate them to Canada. Her personal mission is to live life to the fullest in every possible way.**

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*I was skeptical at first, wondering how sound could relieve my pain. Boy, was I surprised! It is truly amazing music, and I tend to listen to it at night. It is so peaceful and calming. I had two back surgeries and have awful spasms and pain. I am usually up several times a night tossing and turning, but since I tried this, I have found that when I play it right before bed, I can fall asleep without tossing. I now sleep through the night! Thank you! - Keith Sowa, Lakeview, N.Y.*

Linda Sylvester is the Founder of Sonic Reiki, Co-Founder of Wholistic International Network, Mentor, and a Bestselling Author. Linda also has 35 years of experience as a Reiki Master Teacher, Music Artist, Master Sound Healer, Medical Intuit, and Inner Child Counselor. Linda's main goal is to help people open their hearts to love, help people to heal themselves, and help people trust that the Universe will always take care of them.





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