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A Beautiful Life

Magazine

*The
Mythology
of Winter*

*Saunas -
Ancient Heat
Therapy*

*The Benefits
of Pine
Needle Tea*

Nov / Dec 2023

Spirituality is a deeply personal journey; having a mentor to guide you can be one of the greatest gifts you can give yourself!

- Linda Sylvester



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Linda Sylvester is the Founder of Sonic Reiki, Co-Founder of Wholistic International Network, and a Best Selling 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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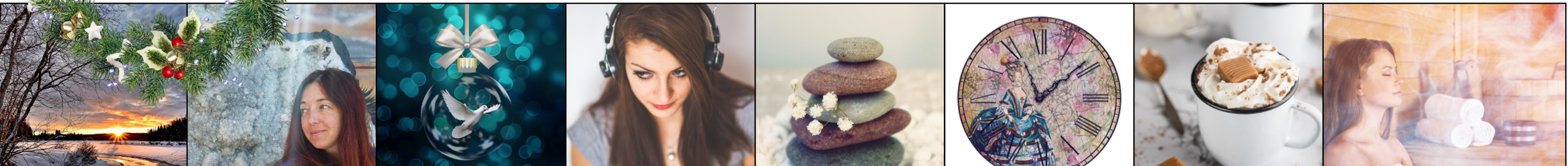
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The Mythology of Winter

Exploring the Enchanting Tales Behind the Season's Mystique

As the days grow shorter and the air turns crisp, the arrival of winter heralds a season steeped in myth and folklore across cultures worldwide. Beyond its icy landscapes and chilly winds, winter possesses a rich tapestry of myths and legends that capture the imagination and offer insights into the human experience. This time of year, marked by snowflakes and longer nights, carries with it a unique mythology that has endured through the ages.

The onset of winter is often intertwined with myths that explain the changing of the seasons. In Greek mythology, the story of Demeter, the goddess of the harvest, and her daughter Persephone is one such tale. Persephone's descent into the underworld, compelled by Hades, triggers her mother's grief, leading to the barrenness of winter. Demeter's mourning results in the earth's dormancy, symbolizing the cycle of life, death, and rebirth—a narrative that aligns with the seasonal changes from the warmth of summer to the cold of winter.

Norse mythology, too, offers a compelling winter saga through the legend of the Wild Hunt, led by the god Odin. This spectral procession through the night sky during the coldest months was believed to presage doom or disaster. The Wild Hunt, composed of ghostly hunters and their hounds, was thought to chase lost souls or portend great events. Its presence in the wintry heavens was both feared and respected, shaping the perceptions of the season's eerie and mysterious nature.

In Japanese folklore, the winter season is associated with the Yuki-Onna, the Snow Woman. She is a beautiful yet otherworldly entity who appears on snowy nights, luring travelers with her ethereal charm before vanishing, leaving them to succumb to the cold. The Yuki-Onna symbolizes the captivating yet treacherous aspects of winter, underscoring the danger that

accompanies its alluring beauty.

Among Native American traditions, various tales exist that celebrate the winter season. The Inuit people, for instance, honor Sedna, the goddess of the sea and marine animals, during the colder months. Sedna's story illustrates the importance of respecting nature and the balance required to survive the harshness of winter. Her influence reminds us of the need for harmony and stewardship of the natural world during these colder times.

The symbolism of winter extends beyond these myths, permeating literature, art, and cultural practices. It is often associated with themes of introspection, renewal, and transformation. The quiet stillness of a snowy landscape reflects a time for inner reflection and personal growth. It's a period to huddle close with loved ones, fostering warmth and community amidst the cold.

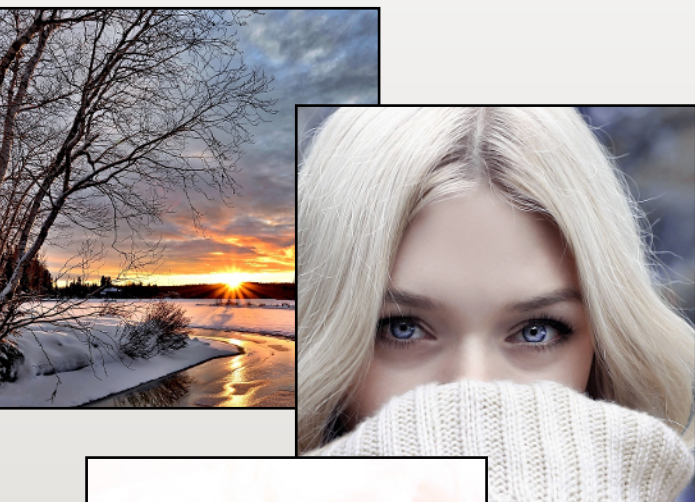
Throughout history, these mythologies have served to explain the natural world and our place within it. They offer a lens through which we can understand the seasonal shifts and find meaning in the cycles of life.

In contemporary society, the significance of winter myths persists. They continue to inspire stories, movies, and seasonal traditions, reminding us of the timeless allure and the enchanting mysteries held within the coldest season of the year.

In conclusion, the mythology of winter weaves together a tapestry of tales from diverse cultures, offering a profound understanding of the human connection to the changing seasons. These stories provide not only an explanation for the natural world's phenomena but also a deeper insight into the human experience of life, death, and rebirth. As we cozy up by the fire and watch the snowflakes dance outside, the myths of winter continue to enchant, teaching us the enduring wisdom found within the season's chill.

Tuning into Winter:

Embracing the Wisdom of the Season to Rest, Hibernate, and Restore



As the days grow shorter and the temperature drops, the winter season blankets the world in a serene stillness, inviting us to tune into its unique rhythm. While the modern world often encourages a relentless pace of life, there is a deep and ancient wisdom in embracing the slower, more restful aspects of winter. This season offers us an opportunity to pause, hibernate, and restore ourselves, both physically and mentally, while reaping numerous health benefits from slowing down, practicing mindfulness, and strengthening our body-mind connection.

The Call to Rest and Hibernate

Winter's shorter days and longer nights beckon us to slow down and take refuge in the warmth and comfort of our homes. Nature itself retreats into a state of dormancy, allowing many plants and animals to rest, conserve energy, and prepare for the vibrant rebirth of spring. We can take a cue from nature and use this time to rest and recharge.

The act of hibernation, often associated with certain animals, isn't exclusive to the animal kingdom. We, too, can adopt a form of hibernation during the winter months. By taking the opportunity to rest and conserve our own energy, we can emerge from the season with a newfound vitality. Winter encourages us to turn inward, both physically and mentally, and embrace the art of stillness and solitude.

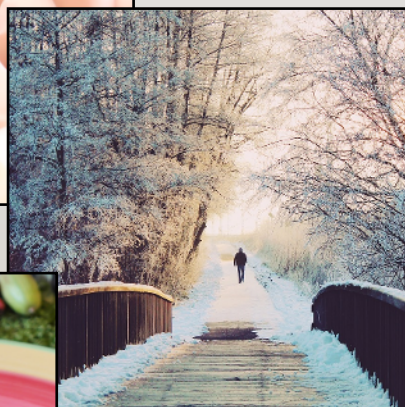
The Health Benefits of Slowing Down

Slowing down during the winter season can have a profound impact on our physical and mental well-being. Here are some of the health benefits of embracing the slower pace of winter:

Reduced Stress: The demands of daily life can often lead to chronic stress. Slowing down in winter allows us to relax, reducing stress levels and promoting a sense of calm.

Improved Immune Function: The body requires rest to maintain a healthy immune system. Adequate sleep and relaxation during the winter can help protect us from illnesses and boost our immune defenses.

Enhanced Mental Clarity: When we take a step back from our busy routines, our minds can become more clear and focused. This mental clarity can lead to improved problem-solving and creativity.



Increased Sleep Quality: Longer nights and a slower pace provide the perfect conditions for improving our sleep quality. Adequate rest during the winter helps us feel more rested and alert during the day.

Balanced Hormones: Slowing down in winter can also help balance our hormonal systems, reducing the risk of hormonal imbalances that can lead to various health issues.

Mindfulness: The Key to Winter's Wisdom

To truly embrace the wisdom of the winter season, mindfulness is key. Mindfulness is the practice of being fully present in the moment, without judgment. It involves paying attention to your thoughts, feelings, and sensations in a non-reactive manner. Winter is an excellent time to cultivate this practice, as it encourages us to be in the here and now, fully attuned to our surroundings and internal experiences.

Here are some ways to incorporate mindfulness into your winter routine:

Mindful Winter Walks: Take quiet, contemplative walks in the snow. Pay attention to the crunch of your footsteps, the cool air on your skin, and the beauty of the winter landscape.

Winter Meditation: Spend time in meditation to connect with your inner self. The stillness of winter provides an ideal backdrop for inner exploration and reflection.

Yin Yoga and Restorative Practices: Engage in gentle, slow-paced yoga or other restorative practices to help you stay present in your body and mind.

Warmth and Hygge: Create a cozy, warm environment in your home. The concept of "hygge" from Danish culture is about cultivating a sense of coziness, comfort, and contentment. It perfectly aligns with the spirit of winter mindfulness.

The Body-Mind Connection

Winter is a season that naturally brings us closer to the awareness of our body-mind connection. The cold weather encourages us to pay attention to our physical sensations and to take care of our bodies, while the stillness of the season

invites us to delve deeper into our inner thoughts and emotions.

The body-mind connection is a dynamic interplay between physical health and mental well-being. When we nurture this connection, we create a harmonious balance that contributes to overall wellness. Here's how you can strengthen this connection during the winter:

Winter Nourishment: Consume warming, nourishing foods such as soups, stews, and herbal teas. These not only provide physical warmth but also comfort for the mind and soul.

Regular Exercise: Engage in gentle exercises like yoga, tai chi, or even mindful stretching to keep your body active while maintaining a sense of inner peace.

Meditation and Breathwork: Incorporate meditation and breathwork practices to bridge the gap between the physical and the mental. Focus on the breath to ground yourself in the present moment and enhance the body-mind connection.

Emotional Release: Winter's quietude can be an excellent time to explore and release pent-up emotions. Through mindfulness practices, allow your emotions to surface and flow, promoting emotional well-being.

Embracing the Wisdom of Winter

In a world that often glorifies constant activity and productivity, winter serves as a poignant reminder of the importance of rest and introspection. By tuning into the wisdom of this season, we can nourish our bodies and minds, fostering physical and mental health.

Embrace the stillness of winter, as you would the embrace of a dear friend, and allow its profound lessons to seep into your life. By slowing down, practicing mindfulness, and cultivating a strong body-mind connection, you can harness the restorative power of winter and emerge from this season with a greater sense of vitality, clarity, and overall well-being. Winter is not a time to resist; it is a season to embrace, honor, and integrate into the natural rhythm of your life.

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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Decadent Delight:

Crafting an Unforgettable Hot Chocolate Experience

Crafting an Unforgettable Hot Chocolate Experience

There's something undeniably magical about the first sip of hot chocolate on a crisp, wintry day. While a classic cup of cocoa warms the soul, exploring unique hot chocolate recipes can elevate this beloved winter drink into a luxurious, unforgettable experience. Get ready to tantalize your taste buds with these innovative and indulgent hot chocolate recipes that will take your winter beverage game to the next level.

Spiced Orange Infusion

Ingredients:

2 cups milk (dairy or non-dairy)

1/4 cup unsweetened cocoa powder

2-3 tablespoons granulated sugar (adjust to taste)

Zest of 1 orange

1/4 teaspoon ground cinnamon

1/8 teaspoon ground nutmeg

Pinch of cayenne pepper (optional for a kick)

Whipped cream or marshmallows (for topping)

Directions:

In a saucepan over medium heat, combine milk, cocoa powder, sugar, orange zest, cinnamon, nutmeg, and cayenne (if using). Whisk gently until well combined.

Let the mixture come to a gentle simmer while stirring occasionally. Allow the flavors to meld for about 5 minutes.

Once heated through, pour the spiced chocolate into mugs.

Top with a dollop of whipped cream or marshmallows, and sprinkle with a dash of extra orange zest for an aromatic, zesty twist.

Decadent Salted Caramel Bliss

Ingredients:

2 cups whole milk

1/2 cup heavy cream

1/4 cup granulated sugar

2 tablespoons unsweetened cocoa powder

1/4 cup caramel sauce (plus extra for garnish)

Pinch of sea salt

Whipped cream or chocolate shavings (for topping)

Directions:

In a saucepan over medium heat, combine milk, heavy cream, sugar, and cocoa powder. Stir until the sugar and cocoa dissolve.

Add the caramel sauce and a pinch of sea salt. Continue to heat, stirring occasionally, until the mixture is steaming but not boiling.

Remove from heat and pour into mugs.

Top with whipped cream, a drizzle of caramel sauce, and a sprinkle of sea salt or chocolate shavings for an irresistible, sweet-and-salty treat.

Minty Marvel

Ingredients:

2 cups milk (dairy or non-dairy)

1/3 cup dark chocolate chips or chopped dark chocolate

1/2 teaspoon peppermint extract

Whipped cream or crushed peppermint candies (for topping)

Directions:

In a saucepan over medium heat, warm the milk until it's just about to boil.

Remove from heat and stir in the dark chocolate until melted.

Add the peppermint extract and whisk until fully incorporated.

Pour the minty chocolate into mugs.

Top with whipped cream or crushed peppermint candies for a refreshing and comforting delight.

Experimenting with different flavor combinations and toppings allows you to create a hot chocolate experience tailored to your preferences. Whether it's the subtle warmth of spiced orange, the rich sweetness of salted caramel, or the refreshing zing of mint, these unique hot chocolate recipes promise to make the winter months a little cozier and a lot more delightful. So, gather your favorite mug, pick a recipe, and let the magic of hot chocolate warm you from the inside out. Cheers to a season filled with decadent sips and heartwarming moments!

Peace on Earth

"All the things that truly matter, beauty, love, creativity, joy, and inner Peace, arise beyond the mind." - Eckart Tolle

Sacred Heart Intelligence links your physical heart to your High Heart. Another name for your High Heart is the Thymus gland. Your Thymus gland energetically connects your High Heart to God Source.

The word Thymus means "soul" in Greek. On a physical level, its primary role is to support your immune system. The Thymus gland is part of your lymphatic system and sits between the Heart and sternum.

What does Sacred Heart Intelligence mean? It is a living field of consciousness deep inside you where you can communicate directly with your God Source. Some cultures call this place within you the "Holies of Holies." When the communication pathway is open between your physical and spiritual hearts, your God Source gives you the gift of experiencing unconditional love and Peace.

As the Sacred Heart Intelligence flows within you, it acts as a receiver and transmitter for Divine direction from your God Source. Your inner wisdom of cellular knowingness unleashes, allowing you to always be in your sweet spot. This Sacred Heart Intelligence will always lead you to a safe space and always make the best choice for you at any given time, aligned with your highest potential, aligned with your highest possibility within the divine infinite field of all possibilities. In other words, when your Sacred Heart Intelligence is activated, you will live within the dream of love and Peace.

Become the pebble in the pond! Every time you experience inner Peace, it ripples out little by little across the pond of consciousness and touches the hearts of many, allowing the "many" to experience Peace on Earth!

My gift to you this holiday season: six deep healing music tracks for helping you activate the Sacred Heart Intelligence within you!

First track: Brain Balancing

When both halves of the brain are balanced and work together, you experience an increase in overall mental health; this music helps with cognitive performance when solving problems and memory issues and increases intellectual functioning.

Second track: Balancing Hormones

When your hormones become balanced, almost every aspect of your life improves. Balanced hormones mean more energy, less stress, and anxiety, you are happier, your mind has a quicker response time, and you get a better night's sleep, which means your body is rejuvenating while sleeping. In the long run, you live longer when your hormones are balanced!

Third track: Thymus gland Activation

Your Thymus is a gateway to your higher consciousness. Some call it the seat of your Soul. The Thymus, when activated, infuses your life with forgiveness, love and compassion for yourself and others. It also helps neutralize negative energy, strengthens your immune system, and brings you Peace within!

Fourth track: Balancing the Heart Chakra

When your Heart Chakra is balanced, it helps you find inner Peace and allows you to feel unconditional love and respect for others.

Fifth track: Restoring and aligning the Heart Meridian

When the Heart Meridian works optimally, you can experience a peaceful night's sleep. The primary emotion it rules is joy! When you feel joy, it relaxes the Qi and blood vessels so the pulse slows and you align with inner Peace.

Sixth Track: Sacred Heart Intelligence Awakening

When your Sacred Heart Intelligence awakens, you discover a new part of yourself you never knew you had, and life becomes more manageable. As you go forward, the power of who you are and your abilities creates a sense of Peace.

Tip! Place your palms facing up in the Buddha position, left palm on the bottom, right palm on top, while you listen to the music. Also, it is best to wear headphones or earbuds at 18 to 20 decibals.



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

Linda is the Founder of Sonic Reiki, Co-Founder of Wholistic International Network, and a Bestseller 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





The Benefits of Pine Needle Tea

Pine trees grow in almost all of the Northern Hemisphere. Worldwide there are over 126 species and pine trees have been featured in art, literature, and the Bible as a highly regarded metaphor and symbol of longevity. For centuries, pine trees have been harvested for their seeds (pine nuts), their bark, and interestingly, their needles as a source of sustenance and medicine. Specifically, pine needle tea has been used by many cultures throughout history, including in traditional Korean medicine and North American Indigenous peoples to heal various ailments, including kindly teaching settlers how to use the tea to treat scurvy.

Pine needles are rich in vitamins A and C, as well as shikimic acid, which work together to help stave off viral infections. Pine needles are also known to lessen the severity of coughs and chest congestion, and help lessen fatigue and soreness. They are also known to be anti-fungal, antioxidant, and help clean out the lymphatic system. The benefits of pine needle tea can come from simply boiling fresh needles in hot water, and it has been said that they can also be brewed easily in an espresso machine for maximum benefits.

Most pine needles have a citrusy note in them, but each kind of needle has a unique taste. You can order pine needles through an online health store or at a physical health shop. Do not pick or eat/drink needles from

Norfolk, Cypress, Fern Pine or Yew trees, as they may be toxic. Needles that are known to have the highest concentration can be found on Masson's pine - otherwise known as Chinese red pine. This tree is native to Asia; look for needles at an herbalist or traditional natural medicine shop.

Tips for Making a Delicious and Healthy Cup of Pine Needle Tea

Ingredients:

2.5 Tbsp chopped pine needles (fresh or dried) (*Please see note about which pine needles not to eat)

1 Cup Water

Honey (to taste)

Instructions:

Boil water. In the meantime, remove needles if still attached to branch. Wash needles thoroughly. Roughly chop pine needles to release their oils. Place needles in boiled water and steep for 15 minutes. Strain, add honey if you wish, and enjoy!

*Always consult a doctor before buying, making or drinking pine needle tea. Do not drink if pregnant or suspected to be pregnant. NEVER eat/drink Norfolk, Cypress, Fern Pine or Yew pine needles. This article is for entertainment and informational purposes only.

Excerpt from Unravelling Intergenerational Spirit Injury Ailments of Body, Mind and Spirit

The Sun Will Rise Again - Holding On When All Seems Lost



Have you ever heard of Intergenerational Spirit Injury?

I define it as the emotional and psychic pain that breaks the spirit of individuals because of familial interactions and child-rearing practices; rendering individuals psychologically weak, and emotionally and physically devastated.

Defining Intergenerational Spirit Injury

Arguably, spirit injury and intergenerational spirit injury do not exist in isolation; instead, they are woven through countless stories of *disease* tucked in the folds of our lived experiences. In this chapter, my intent is to emphasize instances of spirit injury and intergenerational spirit injury.

Adversity, one of the silent companions of intergenerational spirit injury, is generally synonymous with stress. As defined by Hans Selye, stress is a variety of forces that bring about psychological changes when we are under attack., warding off the “attacker” with an assortment of tactics.

For example, when infection attacks the body, the immune system generally responds in the form of a high fever, rapid heart rate and an abundance of white blood cells. When the battle is won, the fever subsides, the heartbeat lowers, and rapid development of white blood cells is dissolved, and the body returns to normal.

Pain, another attacker is not only manifested physically, but also spiritually. Intergenerational spirit injury is the pain embodied by one generation and passed on to the next through blood memory or collective memory and child rearing practices. It is the spoken and unspoken suffering offspring inherit or embody as a coping strategy.

Recurring threads of spirit injury in the

narratives that follow provide evidence of spirit devastation, intense emotional and psychological pain as verbalized the form of domestic abuse, assault, rejection, and identity.

Do you experience one or more of the following psychical/ emotional imbalances?

Associated physical/emotional challenges

- Migraines
- Brain tumours
- Cognitive delusions
- Amnesia
- Coma
- Withdrawn
- Depressed
- Fragmented as if things are falling apart
- Emptiness - longing for something more in life

Healing strategies

Although there is an extensive array the following short list is a good starting point.

- Re-establish spirit connection (deficient energy)
- Learning and study
- Spiritual discipline
- Meditation
- Re-establish emotional connection (excessive energy)
- Examine belief systems
- Focus on goalsetting

Affirmation

I am guided by inner wisdom.

In your healing journey, please hold no animosity toward your parents and grandparents, or older family members. Instead, review the strategies and affirmation above as you chart your enlightened wellness path.

Helen Pearman Ziral, PhD is a purpose driven coach and facilitator whose work is centered around personal transformation and wellness. She assists women in uncovering their true essence and to shine as the person they are meant to be. Dr Helen Z has conducted individual and group coaching sessions and workshops about achieving the balance essential to multiple dimensions of wellness.

<https://drhelenz.com>



Saunas

Ancient Heat Therapy

Title: Saunas: Ancient Heat Therapy

Throughout history, cultures around the world have embraced the therapeutic practice of saunas, recognizing their profound benefits for the body, mind, and spirit. From ancient rituals to modern wellness trends, saunas have endured as a time-honored form of heat therapy. The evolution of saunas reflects a tradition deeply rooted in cultural practices, offering a holistic approach to health and well-being.

The Origins of Saunas:

The concept of saunas can be traced back thousands of years, originating in regions like Finland, where the sauna was more than just a place to bathe; it was a central part of community life. Early saunas consisted of simple huts or dugouts heated by stones and fire. The practice involved creating a high-heat, low-humidity environment, allowing individuals to sweat and then cool off by plunging into cold water or rolling in the snow.

Cultural Significance:

Saunas were not just about physical cleansing; they held spiritual and social significance. For many cultures, the sauna was a sacred space where people found a sense of purification and renewal. It was a place for relaxation, socializing, and often a setting for important discussions and rituals.

Health Benefits:

The health benefits associated with saunas have been well documented. The high heat helps increase circulation and promotes sweating, which aids in the body's detoxification process. Regular sauna use is believed to help flush out toxins, cleanse the skin, and improve overall cardiovascular health.

Moreover, heat-induced sweating is thought to ease muscle tension, reduce stress, and contribute to a sense of mental relaxation. The experience of alternating between extreme heat and cold exposure is believed to invigorate the body and strengthen the immune system.

Modern Evolution:

In recent times, saunas have seen a modern

resurgence, with various types available to suit different preferences. Traditional dry saunas use high heat and low humidity, while steam saunas or steam rooms incorporate higher humidity levels. Infrared saunas have gained popularity for their ability to produce radiant heat that penetrates the body more deeply, providing similar benefits at lower temperatures.

Furthermore, the integration of saunas into spa and wellness centers underscores their role in holistic health practices. From standalone units to custom-built rooms, saunas have become an integral part of the wellness industry, offering relaxation and health benefits to a wider audience.

Saunas Around the World:

Beyond Finland, numerous cultures have their own variations of heat therapy. The Russian banya, the Turkish hammam, and the Native American sweat lodge are just a few examples, each carrying their unique traditions and practices.

Cultural Impact:

Saunas have influenced various aspects of culture, from literature and art to architecture and lifestyle. Their enduring presence in societies worldwide underscores the enduring appeal of these heat therapy practices and their significant role in promoting overall well-being.

Conclusion:

Saunas represent more than a simple bath; they embody a cultural and therapeutic tradition that spans civilizations and centuries. The practice has transcended time and borders, offering an enduring method for relaxation, rejuvenation, and fostering a sense of community.

As the world continues to embrace holistic approaches to health and wellness, saunas, with their ancient roots and modern adaptations, stand as a testament to the enduring wisdom of harnessing the power of heat therapy for a healthier, more balanced life. Whether in a traditional wooden hut or a sleek modern spa, saunas continue to offer a space for serenity, rejuvenation, and a deep connection to the ancient art of heat therapy.

Emma
&
Elizabeth



www.emmaandelizabeth.com

**Meet our newest
Columnist
whose articles you can
enjoy starting in our
January / February Issue**

Zara Starchild is an international energy healer, channel and leading guide to awakening the multi-sensory human. She has worked with thousands of individuals teaching and coaching them to Awaken their Lightbody and discover their divine gifts. She is the founder and CEO of True Light Academy and Healing Center in Kingston, NY and a mentor within The Divine University, a collective of 80+ lightworkers around the world anchoring new teachings onto our beloved planet Earth.

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.

In upcoming articles she will be sharing about; how past life karma creates limitations on our present life experiences, how to clear karma, how to raise your vibrational frequency and why this is important, The Lightworker/Starseed Life Journey of Awakening, The Lightworkers tool kit, easy ways to stay connected to spirit, Why Forgiveness is the KEY to our ascension process, The Divine Assistance that is always available to you, The Divine Plan for your Life is written in your heart and how to read it, and more.



When Pain & Suffering Accompany Your Journey

Content advisory: This article contains sensitive content that may be upsetting to some. The information in this article is not a replacement for accessing professional assessment and care, counseling or crisis resources or attending a hospital emergency department. This information is intended solely as educational and philosophical in nature.

Amid our existential existence, at times, pain and suffering of adversity accompany us. Pain and suffering are a human inevitability, a time whereby the vulnerability of our humanness may throw us in immense angst and even in deep trenches of meaninglessness for a time. Nevertheless, pain and suffering, alike any other experience, offer opportunity for self-reflection and self-knowledge or self-discovery, for acting to nurture and reconcile the wounded needs of our inner truths, and thus for growth, empowerment and a kind of spiritual transformation. A chance that we may choose to accept and face rather than turn away from for the purposes of attaining compassionate self-understanding throughout all experiences of our humanness, making informed, congruent and intentional choices for ourselves accordingly and living in alignment with our inner truths - all supporting meaning in our existence.

Pain and suffering may be experienced as enormously overwhelming at times. Regular application of wellbeing oriented coping activities and resources not only support our daily existence but additionally support through times of hardship. Regular practice of self-compassion and a wide array of applied activities may continually nurture one's wellbeing - and additionally serve to circumvent or minimize the possible accumulative and progressive negative influence of stress - and may additionally be applied during one's most difficult times: Practicing mindfulness and/or journaling to cultivate and maintain one's self-awareness and thus to guide one to action to intentionally fulfill recognized needs accordingly; obtaining healthy sleep quality and sufficient nutrition and hydration/water; engaging in grounding activities (that incorporate present and concentrated attention to what we see, hear, smell,

touch, taste at any given time); supporting emotional regulation via mind-body and other activities (i.e., trauma informed yoga or meditation, listening to calming music); applying a constructive philosophy (i.e., viewing hardship as a transient and potentially learning and growth promoting opportunity); shifting pessimistic thoughts to more constructive thoughts; engaging in creative endeavors (i.e., drawing, coloring, painting, playing an instrument); exercising or movement (i.e., walking in nature, dancing); engaging in spiritual practice (non-faith or faith based); and/or reaching out to and connecting with supportive, non-judgmental others. The more such activities are integrated into our daily lives, the sturdier balance and resilience we construct that may assist us through those difficult times of pain and suffering of any intensity.

Effort to manage distressing or overwhelming pain and suffering at times has resorted to one externalizing the hurt and pain onto the body such as via non-suicidal intended self-injury - although physical safety may be unintentionally jeopardized during particular acts - or even through thoughts of self-annihilation or suicide ideation. Non-suicidal intended self-injury may be perceived as a deliberate externalized form of coping in context of pain and suffering. Thoughts of self-annihilation or suicide ideation involve consideration of final means to end pain and suffering.

Non-suicidal self-injury and suicide ideation may influence confusion, discomfort, anxiety, aversion, fright, shame and anger for both persons living and struggling with these experiences and for their supporters and may leave anyone to furthermore experience a sense of helplessness and/or powerlessness. However, viewing non-suicidal self-injury or suicide ideation as something separate and apart from hurt, struggle and as intended means to manage pain and suffering or via a value laden lens without contextual understanding (i.e., the meanings embedded in such engagement), leads to disconnection for and with the one hurting and the reinforcement of silence and secrecy of pain and suffering. When we approach such sensitive matters as attuned and present with compassionate, strength-based inquiry/curiosity to understand (not to judge) and when we listen to hear the narrative of the hurt, struggle, resiliency and management of pain and suffering, the pain and suffering may be conversed/shared and validated, support may be accepted and self-compassionate coping may be incorporated to replace the motivations, functions and reinforcers of alternate coping.

Within the safety of a compassionate discussion, one may choose to commence engagement in compassionate self-understanding, self-connection, self-love and self-caring activities - i.e., as mentioned previously, although clearly not an exhaustive list of well-being activities - that alternatively positively replace the motives, functions and reinforcers of non-suicidal self-injury and suicide ideation.

Understanding and connecting with one's self and experiences within an affirming compassionate lens and shifting management of to compassionately coping with pain and suffering, may permit the tears to flow, may gently relieve the layers of pain and suffering and may only strengthen and empower one's resilience and assist one to peacefully overcome and grow from adversity.

There are numerous activities that may support compassionate self-understanding, self-care of needs, centeredness and safety during times of adversity: 1. Acknowledge and honor your unconditional self-worth. 2. Symbolically make an appointment and sit down with pain and suffering as it arises for a compassionate meaningful dialogue or inquiry. Carefully listen - not judge - to your thoughts, feelings, body sensations and behavior as it grants information to you during your experience with pain and suffering.

Thereafter, with loving inquisitiveness, ask yourself: When and where did pain and suffering join me? What invited pain and suffering to accompany me? What is the message that pain and suffering is sharing with me about myself? What helps me to co-exist with pain and suffering most comfortably? What is different about the times when pain and suffering do not accompany me? What assists to ease or eliminate pain and suffering's company, even for a short duration? You may start a journal including your inner or even outer dialogue with pain and suffering - with reflective questions as mentioned above - to assist with self-exploration and learning about yourself from pain and suffering, coping activities and growth. 3. Identify vulnerabilities or possible source(s) or trigger(s) of pain and suffering: Cognitive (i.e., self-critical, pessimistic thoughts, adverse memories); emotional (i.e., numbness, irritability, humiliation, shame, anxiety, hurt, sadness, fear, anger); behavioral (i.e., restlessness, isolating, interactional changes); social (i.e., interpersonal hurt, loss); situational (i.e., interpersonal conflict, academic issues, employment issues, finances); and environmental (i.e., setting) sources. Consider ways you may reduce the intensity of or problem-solve with any of the upsetting sources. 4. Consider what someone else may notice when you are becoming more upset. Consider changes in the quality of your sleep, appetite, energy, motivation, attention, memory or mood, sociability, performance at school or work that may be indicative of you heading downward. Consider what activities would assist you to improve any such circumstances. 5. Be aware of and

reduce or eliminate where possible stressors as they arise. 6. Consider activities that you naturally gravitate to and that assist you to communicate/express and relieve your upset, feel calm and grounded, positively distract or evoke pleasure. You may consider the source of your upset at the time - i.e., negative self-talk - and find an activity - i.e., writing/reading a list consisting of your positive attributes, accomplishments - that settles the source of upset. 7. Identify and participate in activities that provide you with sense of purpose, meaning and hope. This may include passionate activity, meaningful relations, volunteering, academic success, employment success and/or goals and aspirations for the future for example. As Friedrich Nietzsche noted, one "who has a why to live for can bear almost any how." 8. Identify a positive (non-judgmental), supportive social network (include their names and telephone numbers on a list readily available for you to contact as needed), people who accept you unconditionally, listen without judgment and validate and believe in and support you. Consider who you feel safe to talk to or even hang out with, what support from another person looks like for you during difficult times and communicating this to close others. At any time, if you are wanting to access professional support, you may seek options for counseling in your locality that may be offered via in-person or online. If uncertain how to find counselling options, you may contact your Employee Assistance Program (if available) via your employer, a community health centre in your area, Psychologists Association in your province or inquire with your family physician. 9. Secure your environment. Secure items that may be used in unsafe manner when struggling with pain and suffering. 10. Crisis Resources: Make a list incorporating the name and telephone numbers of local, provincial and national (Talk Suicide 1-833-456-4566) crisis resources in Canada that may be contacted at any time. Include 9-1-1 or other national emergency number for contact for emergency circumstances (i.e., if shall be needing ambulance, police) and awareness of hospital emergency department to attend in context of thoughts/risk to harm self or experiencing a medical emergency.

May unconditional and responsive love accompany you with warmth and light in the coldest and darkest moments in life's journey!



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Unlocking Transformation:

The Six Keys to Holding Space for Coaches, Healers, and Practitioners

With over 7,000 hypnotherapy sessions under my belt, I've encountered invaluable insights about holding transformational space for clients. As an author, I'm excited to share the principles I've learned to help coaches, healers, and practitioners guide individuals on their journeys of self-discovery and lasting change. My journey into the world of the Three Principles of thought, mind, and consciousness has further enriched my understanding of these keys.

The Six Keys to Holding Transformational Space:

To create an environment that fosters meaningful change beyond conversations, energy work, coping mechanisms & mindset techniques, it's essential to understand and apply these six key elements:

1. Embracing Innate Wholeness:

Recognize that individuals are not inherently flawed or broken. They are simply caught up in limiting beliefs and negative thought patterns. Coaches and practitioners should guide their clients toward understanding that they are whole and complete. This perspective helps clients build self-confidence and inner authority, shifting their focus from external fixes to finding solutions and resources through their own innate wisdom.

2. Emotions as Natural Guides:

Understand that emotions are a natural aspect of the human experience. Coaches and practitioners should encourage clients to accept and embrace their emotions, rather than attempting to suppress or solve them. Emotions serve as valuable guides in one's life, offering insights and facilitating self-awareness. This perspective empowers clients to navigate their emotions with resilience and self-acceptance.

3. Insights as Invitations:

View insights as invitations to explore, not rigid prescriptions to follow. Coaches and practitioners should help clients understand that insights are personal and unique as well as ever-evolving and therefore do not need to become 'action items'. This approach nurtures a growth mindset and encourages clients to explore their own experiences and understandings, leading to greater self-discovery instead of feeling inadequate about not being able to implement something that doesn't need to be implemented, to begin with.

4. Beyond Coping Mechanisms:

Move away from reliance on coping mechanisms and thought-changing techniques. Coaches and practitioners should understand that attempting to fix or change emotions and thoughts often reinforces the belief that something is wrong and creates more frustration and struggle. Accepting emotions and the nature of thought facilitates curiosity & exploration, which supports true transformation and extends beyond quick fixes and artificial solutions.

5. Trust in Innate Wisdom:

Trust in your own innate wisdom and the wisdom that emerges from within your clients. Rather than focusing on providing answers, coaches and practitioners should emphasize being present and actively listening. This builds a deeper connection and allows for the co-creation of an environment for growth and self-discovery. Trusting in the client's innate wisdom helps them become more self-reliant and confident in their journey along with taking the pressure off of you and thereby ending imposter syndrome.

6. Freedom from the Need to Fix:

Understand that individuals do not need to be fixed or changed. Instead, they need support to discover their innate wisdom and well-being. Coaches and practitioners should guide clients to accept and experience their emotions and thoughts with compassion and curiosity, facilitating self-awareness and personal contentment. This perspective helps clients shift from relying on external solutions to trusting their inner guidance.

In summary, unlocking transformation as a coach, healer, or practitioner requires embracing innate wholeness, recognizing emotions as natural guides, viewing insights as invitations, moving beyond coping mechanisms, trusting in innate wisdom, and freeing clients from the need to be fixed. By integrating these six keys into your practice, you can create a powerful environment for clients to embark on their journey of self-discovery and lasting change.

*Download Your FREE Printable Guide

The 6 Key Elements

This PDF serves as a convenient quick reference of the six key elements, ensuring they're readily available for your use during client sessions. Additionally, explore the Comprehensive List of Books & Resources curated by Heather to provide you with an array of materials to support your ongoing journey of exploration and growth within the realm of the Three Principles.

Access your resources here:

<https://hypnosishealers.com/keyelements>

Heather Keys is an internationally recognized hypnotherapist, hypnosis trainer, and coach with over a decade of experience. As the founder of Hypno Heather & Co., Heather has conducted over 7000 sessions since 2011 and has trained over 200 hypnosis practitioners. Certified by both the National Guild of Hypnotists and the International Certification Board of Clinical Hypnotherapists, Heather brings knowledge and professionalism to her hypnotherapy and coaching services. Heather's practice is founded on the belief that each individual has the innate ability to heal, change, and transform. Her compassionate and effective approach involves working collaboratively with her clients, empowering them to access their inner resources and utilize their unique strengths to achieve their desired outcomes. Through her work, Heather has coached many practitioners to grow their businesses and helped countless individuals thrive through a range of challenges, from anxiety, depression, weight loss, and addictions, to relationship issues and dark nights of the soul.

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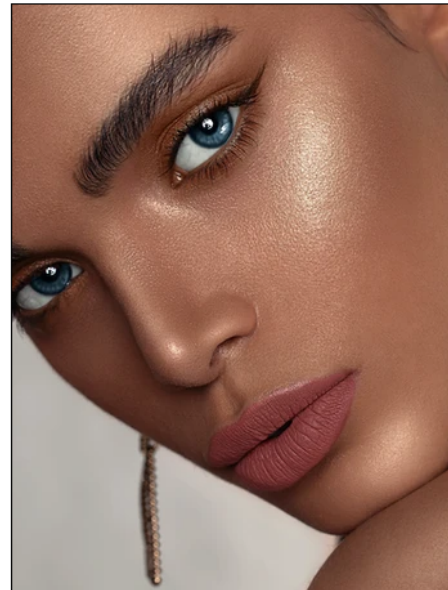


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Top Tips to Enhance Your Intuitive Skills



Why do some people seem to have better intuition than others? Perhaps you believe that you lack intuition all together. *Your mind is constantly giving you feedback.* You are either not receiving the message or you are misinterpreting the signs. When you are uncertain about how to proceed, your intuition can provide valuable feedback.

It is a misconception to only rely upon logic when we have access to other powerful decision-making and choice-making tools at our disposal. Time to give your intuition a chance!

Learn to cultivate and use your intuition:

1. Practice accessing and listening to your intuition.

You probably already do this, just not at an appropriate level. When faced with multiple possibilities, give your intuition a chance to chime in. Start with little things. *"Should I go to the movie with Sally or stay at home?"*

- Ask yourself these types of questions as they come up in your life and notice the responses you receive.

2. Notice how your intuition communicates with you.

It might be in the form of a verbal response. In many cases, you will get a feeling in your body that may take the form of a feeling in your stomach, your chest, or your head. It could reveal itself as a sense of calmness, warmth, knowing, or anxiety.

- You already experience these types of feelings. When faced with something you fear, your intuition is speaking to you. You already know how that feels. You also know when something feels "right."

3. Follow your intuition blindly in trivial matters.

Show your intuition that you are willing to listen. When faced with non-pressing matters, such as whether to have a cup of coffee or tea, just do what your intuition tells you. You might go for a joy ride and allow your intuition to choose all the turns. Pay attention to where you end up!!

4. Meditation helps.

Your intuition might be talking to you, but you are not receiving the message or the guidance. With everything else going on in your head, you might not even notice that your intuition is trying to communicate with you. *Meditation can quieten the mind enough to notice what your intuition is saying.*

5. Spend time in a new environment.

Your thoughts and feelings become habits that are partially dependent upon your surroundings. You tend to think and feel a certain way at home. The same goes for work or in social gatherings.

- Give your intuition room to maneuver by spending time someplace out of the ordinary for you. Time at the library, park, or coffee shop might open the channels of communication.

6. Do something that engages your mind at a low level.

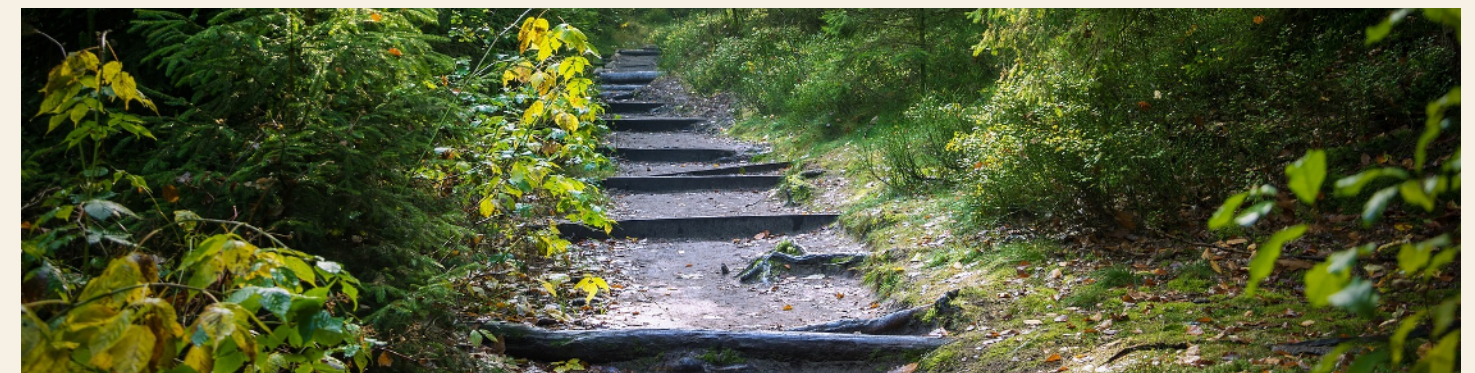
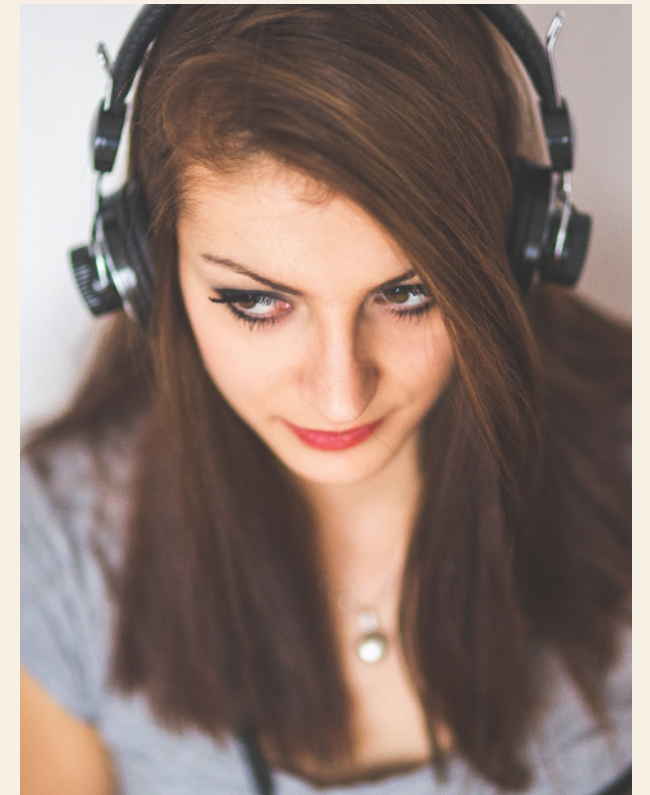
Have you ever noticed that many of your best ideas come while taking a shower, driving down the highway, or mowing the grass? It is because your mind is partially occupied. You must pay attention to what you are doing, but your mind is not so engaged that it can't wander a bit.

7. Keep track of your results.

In general, is your intuition providing helpful and accurate feedback? Notice the situations where the results are positive and those that are negative. You will be able to trust your intuition in more areas of your life over time.

It is important to understand that your intuition is inconsistent. It is inconsistent because of your fears and misconceptions. For instance, you will never get a good vibe about spending time with someone new if you have social anxiety issues.

However, you already know a lot of things. And you already have a lot of life experience. The vast wisdom resulting from those two things is locked inside of you. Your intuition uses all that information to guide you – if you will listen.



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.

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You Don't Need a Reason to Celebrate the Season

Once you see your first pumpkin you know the party has started. We roasted turkey and ham and made sweet and mashed potatoes. We added stuffing, cranberry sauce, and green bean casseroles. We then brought out the good stuff, gravy, wine and beer. Party on people - we are in full fall celebration mode.

Thanksgiving turns to Halloween. We decorate and dress up, we give out candy, and then eat the rest. We are on the roller coaster ride to the US Thanksgiving which gives us the excuse to watch endless amounts of football and have pizza. It is just a short ride to see Santa and we love it. Christmas will be here in the blink of an eye. There will be presents and trees and food and family and friends.

The reason times like this are so important is easy. It is tradition. It is a time for being together and enjoying warm feelings, hot tea, and cozy pajamas. Nothing soothes the soul like connection. The reason we celebrate is to bring together people in one place to be on the same page. If we could just do this for the rest of our lives, we would have true success.

If we all just realized that the energy being spent on collaborative events is the best use of our time, we would do it more often. Some people are great at celebrating the small stuff. Some people find it to be a chore. From a mental health and feel-good point, nothing can beat a real and true happy place with people who share the same interests for that moment in time. We certainly have the ability to do that if we choose to. It is all about the choices we make and the results we get. The fall is the perfect time to celebrate as there is so much changing with the colors of the leaves, the crisp air, and the certainty that we are heading to the end of another year.

Take your time and smell the roses, have a coffee; go for a walk in the leaves with your dog. Make each day a celebration of your life and include those in it so they are aware of their place in your heart. Have the season of change help you to change. Don't wait for a reason to celebrate your life. You are the reason to celebrate every season.

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.

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Home for the Holidays:

Navigating the Joy and Challenges of Bringing Your New Relationship to Meet the Family

The holiday season is a time of warmth, traditions, and togetherness. It's also a time when many couples contemplate the significant step of bringing a new partner home to meet the family. While it can be a wonderful and heartwarming experience, it may also come with its own set of challenges. In this article, we will explore the joy and potential difficulties of bringing a new relationship home for the holidays, along with some valuable tips to make the experience as smooth and memorable as possible.

The Excitement of Introducing Your Partner

Meeting the family is a significant milestone in any relationship. It symbolizes a deeper level of commitment and trust, and it's a chance for your partner to get to know an essential part of your life.

Tips for a Successful Introduction

- **Communication is Key:** Before making any plans, have an open and honest conversation with your partner. Discuss your family's traditions, values, and any unique dynamics they should be aware of.
- **Prepare Your Family:** Let your family know about your new relationship in advance. Share some background information about your partner to create a welcoming atmosphere.
- **Set Realistic Expectations:** Both you and your partner should have realistic expectations about the visit. While the goal is to have a great time, remember that holidays can sometimes be stressful.
- **Respect Boundaries:** Discuss boundaries with your partner and your family. Make sure everyone is on the same page regarding personal space and privacy.
- **Involve Your Partner:** Encourage your partner to participate in holiday traditions. Whether it's baking cookies, decorating the tree, or playing board games, involvement fosters a sense of belonging.

Challenges and How to Overcome Them

- **Nervousness and Expectations:** It's natural for your partner to be nervous about meeting your family. Encourage them to be themselves and remind them that your family is excited to meet them, imperfections and all.
- **Family Dynamics:** Every family has its quirks and dynamics. Prepare your partner for any potential surprises and reassure them that these nuances are a part of what makes your family unique.
- **Potential Differences:** Different families have different traditions and values. If there are notable differences, discuss them with your partner in advance so they can better understand and respect your family's way of celebrating.

Bringing your new relationship home for the holidays can be a heartwarming experience that strengthens your bond with your partner. It's a time for creating shared memories and deepening the connection. By communicating openly, setting realistic expectations, and being mindful of potential challenges, you can navigate this significant step successfully. In the end, it's all about love, acceptance, and the joy of sharing the holiday season with someone special.



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Nurturing Your Priorities



What does your work-life balance look like these days? Are your priorities jumping all over the place? Is your to-do list turning into a storybook that's ending in happily ever tired? It feels fitting to unwrap some insight into nurturing our priorities as the holiday season approaches. If you are looking to manifest more joy and kindness at holiday gatherings, nurturing your priorities might be a gift you can give yourself this coming season!

What's in a list? Making a list can bring attention to your desires, decisions, self-worth, gratitude, memories - the list is endless. Perhaps you've found yourself making a list because too much has landed on your plate or you've decided to load more on it. What's your list style? Do you snowball five extra things attempting to get the list done and then create a new list that runs over into the season? Do you check off each task one by one in systematic accuracy leaving no allowance for some last minute invites and plans into your life? Registered Dietitian, Emily Campbell, suggests a brief action plan of looking at one thing we can do in a short time frame to put us on the path towards progress. She explains, "they should be things that are achievable so that we can develop the skills and see the feedback to change behavior. We have a lot of things to do in our day and often when we want to make health changes, like meal planning or cooking at home, or doing more physical activity we have to block that time and make ourselves the priority. That's a big shift."

Try connecting your list style to your relationship style. Are you asking for assistance when your list is growing, or going about it all on your own? It can take practice to feel comfortable asking or receiving time and effort from others. The benefits in holiday collaboration can make knocking a few things off your holiday list more fun and creative! Do you celebrate completing a big project, a goal or catching up to life? Experts agree, making a list can be beneficial, and they can also be pieces of stressors. Knowing when to take your energy elsewhere is foundational to work-life balance and this includes your responsibilities. Taking a break from your list is setting healthy boundaries for yourself. It will faithfully be there when you get back to it. Not adding to your list can set a healthy boundary with others. Emily suggests tracking your progress, making lists and bringing the fun into it. "It's important for us to celebrate our successes. It depends what we think the reward is. We want a reward to also reflect what our goal is. Self care, a bubble bath, a nice expensive coffee. We don't

Personal happiness lies in knowing that life is not a checklist of acquisition. Your qualifications are not your life. - J.K. Rowling,

want to choose something that is going to derail us." Her favorite advice for clients is 'progress, not perfection' and this advice blends into your relationships as well!

Nurturing your priorities is a natural confidence booster. The most common priorities I experience with clients are relationships, goals, emotional balance, self-worth, career and finances, and spirituality. Priorities are always changing and range from big life decisions and to juggling daily life. Priority lists can give insight into how you organize your life and generate a mental map of what is important to you in the now. These visual insights come in all shapes and sizes and have been used by top business coaches for decades. In my training and courses I have created lists using triangles, rectangles, circles and squares. I have folded, stacked, pulled cards, coloured and even created my own greeting card to seal up and send to myself. Depending on my life circumstances and chapters, my priorities have shifted. Adapting to change can be no easy task. Emily explains helping her clients with priorities "looks like showing them small behavior changes that they can do that make a big difference. I use the SMART acronym (specific, measurable, attainable, realistic and time bound) when making changes and making priorities because the more specific we get with what our health priority is, we need to be specific about what those behavior changes are going to be".

**Action expresses priorities.
Mahatma Gandhi, Social Activist & Leader**

A priority exercise can help you stay on track when you are juggling too many tasks. Noticing how many shifts you are creating daily can help you notice how well you can stay on task. I use a priority 'shelf' with clients for more present focus and positivity into the energy of completion. The goal of the shelf is to maintain well-being, put yourself first and notice any topple happening. Topple starts when something, or someone interrupts your priority. Emily explains, "When we are setting new priorities for health changes, the first shift I notice is that we begin to put ourselves first. When we make more time for what we would like

to do then that becomes our priority."

Procrastination is a gift of curiosity when it comes to nurturing priorities. It can be a big clue the task is too difficult or signal we need to ask more questions to move forward. Holding off on a task could also be a message that what you are doing might not be part of your current alignment. Emily explains procrastinating "when our goals are not aligned with what behaviour we want to change or that the goal is not realistic."

*If we can make any small improvement each day, at the end of the year we will be 365 times better.
- Emily Campbell, Registered Dietitian*

When we want to work on eating more at home and we decide we are going to meal prep for 7 days, that's not always realistic. We might have to work late or there's an outing we have to go to. When those unrealistic expectations derail us, that doesn't support our changes.' She suggests doing easier tasks first when working towards a goal or nurturing a priority. "We always try to go from 0 to 100. We don't set up small incremental changes that show us we can be successful. It helps us build up some confidence and see our progress."

Next time you have that feeling of lingering procrastinating energy, a gutsy coaching step is to get curious here. Changing up your expectations or actions might be the answer you are looking for. Those holiday gifts you are looking to purchase and wrap might be turning into new experiences and getaways. Perhaps they might spark new traditions, new people into your gatherings or a new item on the holiday menu. Emily adds, "It is breaking down a lot of the priorities into bite size pieces so that we can digest each thing and to make sure that we are setting expectations that allow us to prioritize what's important. Rome was not built in a day and health changes can't happen that quickly either. When we are feeling overwhelmed it is often working with health care providers that can help support your journey."

The energy of compassion plays a big part in nurturing your priorities. Making sure they are balanced between yourself and your loved ones can be an overwhelming juggling act at times. Checking in with two handy coaching questions: Am I doing my best? What do I need right now? The answer just might be the one thing that gets you motivated to tackle that lingering item on your list. Nurturing your priorities can help you show up in the present, share kindness, joy and create lasting memories this holiday season.

Ginny Connon is a certified Relationship & Life Coach. Her



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sessions are tailored to your relational needs and include her training in emotional energy healing work. Fifteen years with Skate Canada as a certified CanSkate Coach, she specializes in coaching balance on and off the ice.

Tracing back to her broadcasting roots, look for Ginny's Podcast '222' coming out in early 2024. She has put it high on her priority list.

visit www.theguttsycoach.com to discuss your priorities and goals

Emily Campbell is a Registered Dietitian who supports those living with chronic kidney disease to overcome the confusing world of nutrition so they can preserve their kidney function.

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Heart opening awareness that we are all connected, we are all love, we are of a consciousness far greater than we could ever imagine. This is something we can incorporate into a feeling of gratitude for everyday living, meditation practices, expanding our awareness of our connection to the divine, our true source, our true selves.

When reaching out to divine universal guidance, to provide a message of hope to you all, this is what I received.

To be or to begin, this is the pattern of many lightworkers of how they too began their work in the etheric field, the quantum field of connectivity. With great confidence, we can share in our heart's connections and the wonders that we all have.

In divine guidance we come in the many forms of the ways of the mystical and magical tales. Through your dreams, in your waking hours, in your times of contemplation and decision making. We come to you in sadness when you are shedding tears for the loss of your loved ones. We come and provide comfort, direction, guidance when you have reached that fork in the road and you're not quite sure which way to go. On the days when you just feel you have nothing left to give. We are with you when you feel you are alone.

We come to you when you are gazing up at the stars and the moon and otherworldly planets, when you could be feeling that connection to a far-off place that may be your home. We are with you in your joyous occasions and celebrations, we raise a glass with you, we share in the birthdays and the blowing out the candles.

Do you know we are always with you? When you see that flicker of light or feel that gentle breeze across your face. When you are paying attention, do you find dimes and feathers? These are signs we leave you that are meant to offer encouragement to let you know we are close, you are not alone, and you are on the right path. To others we show up in your dreams and show you your true self, your divineness and your connection to us all, the creator, the source, universal life force energy, the white Christ light, or to some it can be God.

While propelling your life forward and inward, we make the connections that you call synchronicities. This is the strings of hope and peace, the bonds of light, we are all connected to within ourselves and one another. We are all here together, we are one, we are love and we are all striving to find our way back home, within the divineness, our true purpose on this planet earth we call home.

The existence of this form of energy that we are all made of -the light- Go beyond the wave forms in the light passages of time and space. They reach the quantum level that we all come from in our universe and back into our hearts once again. This energy and matter keep moving and flowing within the vibrations and frequencies of our experiences, our beliefs, and our hearts. When you feel good, this is when your vibrations are high. When you are feeling ill or weak, your frequencies are lower. Keeping your own belief systems of yourselves in check is important in attracting what you want in your lives.

When you can feel this, you remember to love yourself every day, and you are able to embrace the feeling of gratitude, and release judgement upon others. The abundance that you all can extend and expand in your lives will bring forth the true riches into your life of health, wealth, true purpose and belonging in this vast world we live in.

True peace and hope are what we wish to bestow upon you now, and our wish is for you to pass this message along. Share this love and light in the world. We must keep this flame of light going around to everyone we meet in our lives. For this is our true purpose here within our lives on this planet earth we call home!

Melissa is a true healer, physically, energetically and spiritually.

She is a Spiritual Channeller, Intuitive Healer, Spiritual Coach, Writer, Teacher, Psychic Medium/Channeller, Hypnotherapist. She has trained as a Reiki Master, Registered Practical Nurse,

For many years, Melissa sensed her angels and guides around her. Intuitively, she has received messages through channeling, and regularly shares, records, and publishes the messages and guidance that she receives. This work has helped many receive comfort and light while on their Light Path Transition. No one is alone and it is Melissa's passion to ensure that all who are in pain, know that there is always someone looking over them, whether here or beyond, and are helping them heal at a soul level.

www.truebeingsoflight.com





A Beautiful Life Books

Hope, Healing & Guidance

A Moral Compass for Our Life's Journey

Be a light unto the world, and hurt it not

Be a shining example, act only with Love

Forgive every offense, heal every heart

For there's no greater gift!

Honour every person's God

For God is everywhere, and He/She lives in everyone!

Honour every person's truth so that,

Your truth will also be honoured!

Embrace every circumstance

Share every joy~~for love is our gift to the world

A reflection of our Creator's Light

In the human race!

Protect every person's rights;

Walk in every person's shoes

For it is through our life's challenges that

We are awakened and transformed

Radiating our Light, our Love, and our compassion

Into our fragile planet, uniting our consciousness

With the Creator of all things!

Rita Be-Still, 2007

May your life be enriched in ways you never dreamed possible!

40

Be the Change You Want to See in the World!

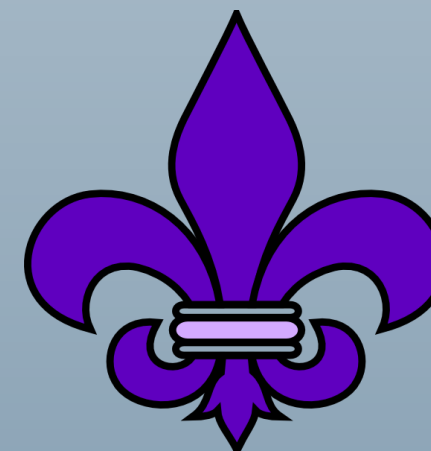
Although, the world may appear 'worldly-wise' and sophisticated, if we only knew that most people are running from deep-seated fears and insecurities which have been buried beneath the glamour of social settings, wealth and fame. Unfortunately our society in our modern world would lead us to believe that worthiness is based on external wealth and status in life, which camouflages the simplicity that 'less is more!

Emotional maturity is an indication that we no longer need to hide behind a mask, which avails us the freedom to be who we are, no matter what circumstances we may find ourselves in. When we are balanced and harmonized, we do not need anyone to validate us or encourage us~~for we recognize our own worthiness. Although it feels good to have others praise us for our achievements, especially our loved ones, it is however far more important that we recognize our own self-worth. For no one can make us feel worthy or loved if we don't love ourselves, no matter how many times we may hear the accolades!

Have you ever seen a two-year old wear a mask? No! He is confident and has no fear until the world around him shows him otherwise. Unfortunately if we have not

experienced a 'safe' upbringing, we may begin to compare ourselves to others and we no longer 'fit in' and feel secure. Although there are many mediums of 'brainwashing' none other is more powerful than our parents. Unfortunately, parents project their own fears unto their children. Therefore, if we haven't been privileged to have experienced a solid foundation of understanding of our equality, the 'wounded child' will begin to play havoc with our mind and feelings of unworthiness can evoke much fear and anxiety.

When we have arrived, however, rejecting, ridiculing, judging or killing another human being for his uniqueness will not be impossible! If you are having difficulty accepting diversity, in its many forms, it is an indication that your 'wounded child' could be running your life a muck! Challenges or adversity are indeed, valuable lessons in which our Soul is trying to get our attention that we have some unresolved emotional turmoil. However as we shift from fear to Love, our life will become a wonderful adventure, making it possible for us to begin our 1000 mile journey of self-discovery. As we are 'awakened and remember' our 'inherent Divine nature' our life will unfold in ways we never dreamed possible!



Rita Be-Still, Light Bearer

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Oh, Canada!!!

As an immigration specialist and promoter of Canada, I have always had people flock to me wherever I travel. Everyone is usually always very interested in learning about Canada, how they can be a part of this great big movement of people immigrating, and how they can make a life for themselves and their families here in this big beautiful True North. I love it!! I love to talk about everything about Canada – from opportunities, to travel, to the beautiful seasons. I love to go into detail on stories of courageous immigrants who have braved seas, wars, and unimaginable hardships to get to Canada. I love to leave people mesmerized and with hope in their hearts that someday, they too will be able to make Canada their home.

Zoom into 2023.....I set out with the same enthusiasm and stepped into Asia and the Middle East hoping to through my stories and information entice more people to make Canada their home. I was going to be on a cruise and usually, many workers on the cruise would be highly interested in learning about living and working in Canada. To my surprise and dismay, I was not greeted with the same interest. I found there were no people actually flocking to my side to listen to the information I was giving out. In fact, I had to approach small groups of people, give out my business card, and inquire if they would be interested in working in Canada. Some were interested in the information and others were just listening to oblige me.

After a week or two of this, I had to stop and think hard. What is happening? Is Canada losing its popularity? Is Canada not the HOT SPOT anymore?

We all know and understand that immigration is essential to the survival of Canada, and I am talking about survival, not even growth. With over 60% of our population retiring in the next few years, Gen Z's opting not to work at traditional jobs, and COVID creating a whole new world of opportunities to work from home or make money by different means, there is hardly anyone to work in industries such as trades and construction, hospitality or health care. Without immigration, it will be nearly impossible for companies to operate. Hence if Canada becomes less popular for the right kind of immigrants we need, where will we as a nation turn to? I mean I guess there is always

technology, robots, and AI to turn to – but is that what we want? To be served by a robot? To be operated on by a machine? I am not sure if I want my diaper changed by a robotic caregiver when I am 80.

So why is this sudden turn of events taking place? Canada Immigration boasts that they are still achieving the numbers they set out to achieve for immigration – but the question is – are we getting the right people into Canada or are we just accepting people to fulfill numbers? I think we should not take it for granted that Canada will always be a hot spot for immigrants. Other countries are working very hard to make their countries stand out. Dubai is seeking to be the happiest country for people to live in, Saudi Arabia offers unimaginable luxuries and an out-of-this-world lifestyle for those seeking to live, work, and invest there. India's economy is surpassing many other countries and many are actually opting to go back. So we are seeing not just a lack of interest in immigration but in fact we are seeing reverse immigration happening today.

But here's my take on it. I love to travel and do so for at least 6 months of the year. but wherever I go, coming to Canada is like an oasis of security and comfort. My Canadian passport is such an asset that I would not give it up for anything. I am so very well respected for being a Canadian wherever I travel to and whatever nationality of people I associate with. I know for a fact that If I am looking to work in any part of the world, I clearly will have an advantage by being a Canadian. I love that Canada offers equal opportunity for everyone to succeed no matter their age, color, religion, or race. I came to Canada with nothing 22 years ago and have made an amazing life for myself and my family and I know anyone could be whoever they want to be and be successful.

I Thank God that I can look up into the clear blue sunny sky and breathe in the cool crisp air and know that I have a home here in Canada. I will never stop shouting from the top of every mountain to every person in every corner of the world to come to experience this beautiful life up here in this True Great North!



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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Winter Skincare Essentials: Your Guide to Nourishing and Protecting Your Skin in Cold Weather

As the temperatures drop and the air becomes drier, our skin demands extra care and attention during the cold months. Winter weather can be harsh, leaving skin dry, flaky, and sometimes even irritated. In this comprehensive guide, we'll explore essential tips and skincare routines to help you maintain a healthy and glowing complexion, even in the coldest of days.

Understanding Winter Skin Woes

Cold weather often leads to a range of skin issues. Understanding these problems is the first step in dealing with them effectively:

- **Dryness:** Low humidity levels can lead to skin dehydration and dryness.
- **Irritation and Sensitivity:** Harsh winds and indoor heating can cause skin irritation and sensitivity.
- **Flakiness and Roughness:** Skin might feel rough and develop flaky patches due to lack of moisture.

Winter Skincare Routine

To combat the challenges posed by cold weather, a modified skincare routine is essential:

- **Hydration is Key:** Use a gentle, hydrating cleanser to avoid stripping natural oils. Follow up with a rich moisturizer suitable for your skin type.
- **Don't Forget Sunscreen:** Even in winter, UV rays can be damaging. Apply a broad-spectrum sunscreen to exposed areas.
- **Exfoliate Wisely:** Consider exfoliating once or twice a week to remove dead skin cells, but don't overdo it, as it can further dry out the skin.
- **Protect Lips and Hands:** Keep your lips hydrated with a good lip balm, and wear gloves to protect your hands from the cold.
- **Use Humidifiers:** Indoors, use a humidifier to add moisture to the air, preventing excessive dryness.
- **Skin-Soothing Ingredients**
- **Opt for skincare products that contain hydrating and nourishing ingredients:**
- **Hyaluronic Acid:** It retains moisture and keeps the skin plump and hydrated.
- **Ceramides:** These help in restoring the skin's natural barrier, preventing moisture loss.
- **Oils:** Natural oils like jojoba, argan, or almond oil can help lock in moisture.

DIY Skincare Solutions

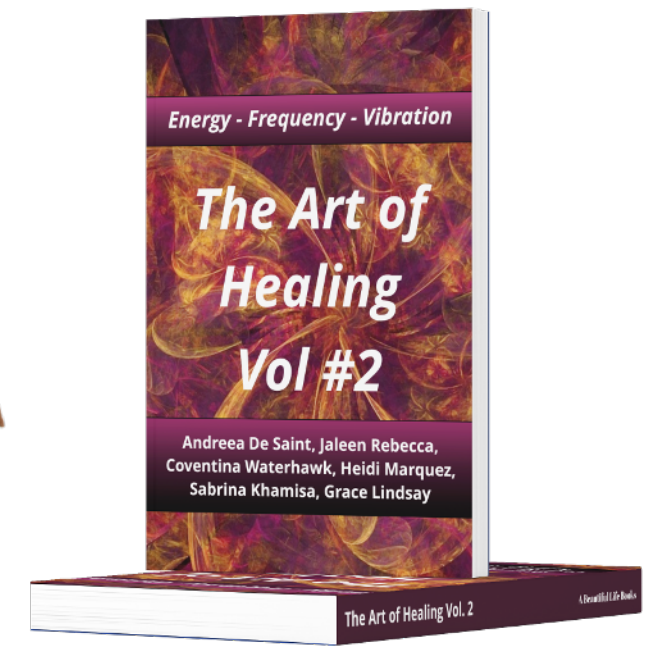
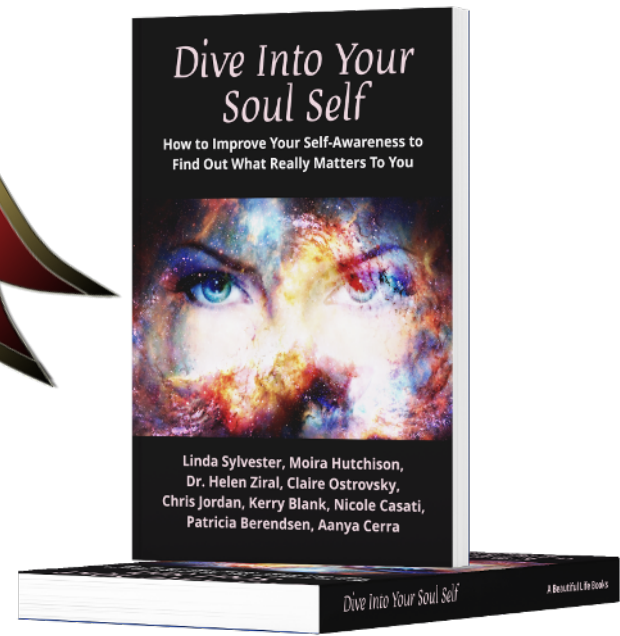
You can create simple yet effective homemade remedies to combat winter skin issues:

DIY Masks: Honey, yogurt, and aloe vera masks can soothe and hydrate the skin.

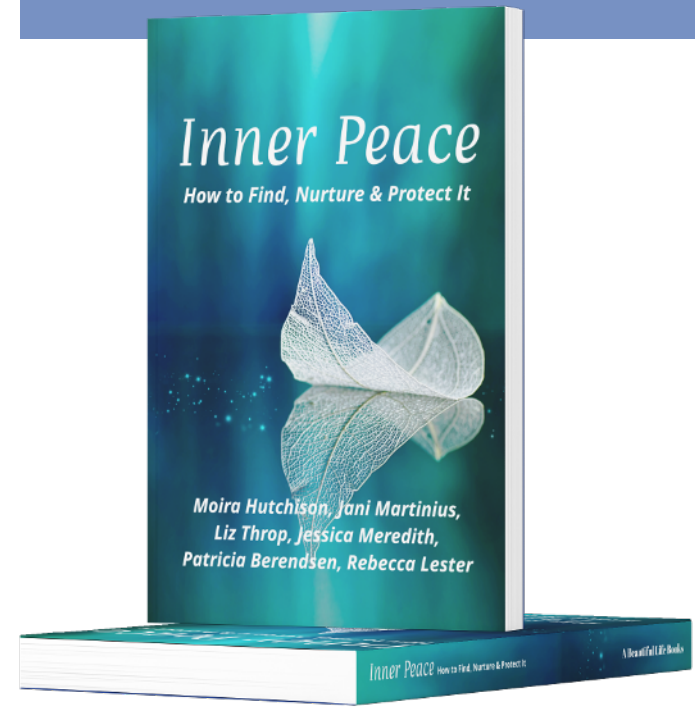
Oatmeal Baths: A warm oatmeal bath can help relieve dry, itchy skin.

Caring for your skin during the winter months is crucial for maintaining a healthy and radiant complexion. By adjusting your skincare routine, using the right products, and incorporating DIY remedies, you can combat the effects of cold weather on your skin. Remember, the key to a successful winter skincare regimen is consistency and a focus on hydration and protection. Embrace these tips to keep your skin glowing and healthy all winter long.





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