

A Beautiful Life

Magazine

*The Gift
of Giving:
How Small Acts
Create Big
Change*

*Thrive in the
Cold: Embracing
Winter for
Mental Clarity*

*Winter
Self-Care
Rituals*

Winter 2025

Table of Contents

5 From the Publisher's Desk

6 Illuminate the Path Ahead

8 Nourish the Whole You

10 Flower Essences

12 Nurture to Navigator

14 Soul Aligned Living

16 Nurturing Your Glow

18 Enjoying the Holidays After a Loss

20 Let It Go

22 Warm Neutrals and Bold Accents

24 Change the Change, Making it Work for You



Looking for a way to **generate income**?
Jenn Drakes' store offers an exciting opportunity!

- ★ Visit the shop website
- 👉 Click "Reach Out"
- 💰 Select "Earn an Income" to learn more!



Shop Here

www.shop.jenndrakes.com



How Can Everyday Items Help Your Child Build Confidence?

Through the **Jenn Drakes Children Collections**, everyday essentials become a source of **positivity and empowerment**. The items carry uplifting words that inspire kids to believe in themselves and face life's challenges with courage.

Featuring **water bottle, plushies, and apparel** with original poetry, each collection helps children embrace self-confidence and positive affirmations as they grow - **shaping their journey into self-care as early as possible.**

YOU TOO CAN LIVE JENN'S CARE EXPERIENCES

Beyond kids' items, browse **hoodies, bags, fitness, office & home essentials**, to infuse your everyday life with motivation and the spirit of **Divintastical Living**.



SELF-CARE JOURNEYS GO LITTLE

Children Collections for Mind and Heart

www.shop.jenndrakes.com

Publisher

Ronnie Swais

Editorial Director & Executive Editor

Krista Hannesen

Contributors

Moira Hutchison, Diane Makarowski, Linda Sylvester, Ginny Connon, Liz Throp, Claire Ostrovsky, Sharon de Ryck, Ron Brough, Jenn Drakes, Jay Lane, Jennifer Evans, Kim Lee, Jenet Russell

Advertising

ronnie@abeautifullifemagazine.com

© 2025 Norma Swais

At Face Value Media / A Beautiful Life Magazine / Norma Swais.

No part of this Magazine may be reproduced in whole or in part without written permission of the publisher. The information in this Magazine is for information & entertainment purposes only. At Face Value Media assumes no liability or responsibility for any inaccurate, delayed or incomplete information, nor for any actions taken in reliance thereon. The information contained about each topic, individual, event or organization has been provided by such individual, event organizers or organization without verification by us. The opinion expressed in each article is the opinion of its author and does not necessarily reflect the opinion of At Face Value Media. Therefore, At Face Value Media is not liable or responsible for the opinion expressed in such articles.





Fresh. Natural.

DEODORANT MADE TO WORK AS HARD AS YOU.

Made in Canada since 2018, No Pong deodorant is crafted with 100% natural ingredients and is clinically tested to keep you fresh and confident all day.

- 100% natural ingredients
- 3 formulas for different skin types
- Aluminum-free
- Plastic-free packaging
- Easy to apply, just like a lotion

Try it today at nopong.ca!



NOPONG.CA



From the Publisher's Desk

As 2025 draws to a close, we pause to reflect with gratitude and intention. This year has been one of growth, resilience, and reconnection—with ourselves, our communities, and the natural rhythms that guide us. Through every page of this magazine, we've aimed to bring you tools, stories, and insights that support your well-being in body, mind, and spirit.

Wellness is not a destination—it's a practice. And we are honored to walk alongside you on that path. Thank you for being part of our journey this year. Here's to a new year filled with clarity, compassion, and continued commitment to living well.

Wishing you peace and renewal in the season ahead.

Ronnie

ronnie@abeautifullifemagazine.com



Illuminate the Path Ahead: Reflect, Transform, and Rise!

As we stand on the brink of a new year, the power of reflection becomes our guiding light. Humanity will undergo a transformational period, resulting from unique stellar alignments that will motivate us to reflect, transform, and rise.

By taking time to pause and reflect, we gain clarity about where we have been and where we wish to go. Many of you have had your own unique New Year's reflection rituals over the years. This year is different; the energy is different. We need to dig deeper into our reflection so we can literally spring forward into a new dimension of consciousness.

Here are some questions you might reflect upon:

What hardships did I experience in my lifetime that have taught me an important lesson?

What relationship or relationships brought me joy?

Which fundamental principles have influenced my choices throughout my life? Think about the core values that have been passed down generation after generation that you accepted because that is what you were taught. Ask



yourself, are these values I hold dear to me still valuable in today's world?

Who has been the most influential person in my life, and why?

How would I describe my relationship with my family? Ask yourself, if your family member were not part of your family, would you ever consider them a friend?

What does a successful or meaningful life look like to me?

What were my most significant accomplishments or failures?

Remember that you are making decisions about what to keep and what to discard when you are reviewing. This year's review will become your foundation for creating your first chapter of your new life, not just to prepare for 2026. This foundation will become the cornerstone for your authentic self to thrive on.

Note: Your new book of life may not be about the same subjects you have been genuinely enthusiastic about in your past.

How do you go from reflecting to transformation?

Transformation is not something you can force; however, you do have tools at your disposal to make your experience more pleasant.

Transformation occurs when we change our reactions to situations that have been issues for us in the past. When we change our reactions, our reflections shift to a higher frequency, enabling us to view the situation from a new perspective.

One day, my husband and I were disagreeing about something. We were going around in circles trying to find a compromise, and things just got worse. During our anger, my husband and I stopped and made a conscious effort to find a win-win solution to the issue at hand. Then we took a minute or two to tune in from our hearts;

immediately, the anger between us lifted, and we were able to change our mindset about the issue. This here is an example of how we rise together and illuminate our path.

True transformation naturally leads to raising your consciousness—

Raising your consciousness is a natural byproduct of true transformation; one might emerge from the ashes refreshed, enlarged, and prepared to embody a better version of themselves, much like a phoenix.

Are you ready to embark on your journey and become your best self?

Here is another way of accelerating the illumination Journey

The Raising Your Frequency and Awaken Higher Consciousness in 30 Days healing package is one of the most transformative spiritual experiences you can undertake to create lasting change in your life. Just as a simple shift in awareness can change the way we experience our relationships, challenges, and daily life, imagine what could happen if you devoted 30 days to raising your frequency with guided support. Transformation does not have to be a struggle—you can step into it with ease, consistency, and energy practices designed to help you awaken to higher consciousness. That is exactly what the Raise Your Frequency and Awaken Higher Consciousness in 30 Days Healing Package was designed to provide: a clear, supportive path to elevate your vibration and experience more peace, clarity, and alignment every single day.

Are you ready to step into your highest self and begin your transformation?

Read more about how to start your 30-day journey to raising your frequency and awakening higher consciousness.



Linda Sylvester
Bestselling Author, Music Artist,
Spiritual Awakening Coach
with 40 years of experience.

Sonicreiki1@gmail.com
www.sonicapothecarylibrary.com



Nourish the Whole You: Soulful Rituals to Support Mind, Body & Spirit



As we gently begin to close the chapter on 2025 and prepare to cross the threshold into a brand-new year, this is the perfect time to pause... to breathe... and to reflect upon how well we are truly tending to ourselves.

This is a time of sacred review — an opportunity to reconnect with our intentions and re-commit to practices that honor our wholeness.

Your physical, emotional, mental and spiritual wellness are all interconnected — and now is the perfect time to lovingly release any habits, patterns, or energy leaks that no longer serve the most radiant, aligned version of you.

Let this be your invitation to elevate your self-care from routine to ritual — to soften, replenish, and realign with the inner wisdom that always knows what you need.

Self-Care That Soothes: Simple Practices to Reclaim Your Light

We all know how life can get so full — responsibilities, obligations, endless to-do lists. It's way too easy to put yourself last.

But truth be told, when you make your well-being a priority, you bring more presence, energy, and joy into everything you do.

These gentle rituals are intended to help you reconnect with yourself and tend to your inner sanctuary. Let them inspire your own soulful practices — or invite you to revive what once felt nourishing.

1. Tend to Your Skin as a Sacred Ritual

No matter your age, your skin is your body's loving protector — it holds you, senses the world around you, and communicates when you need rest or care.

- Try creating a soothing skin care ritual: gentle cleansing, a nourishing balm, a loving self-massage with oils or lotion.
- Let it be a moment of gratitude — not vanity. A way to say, "Thank you, body. I see you. I cherish you."

2. Move Your Body With Love

Movement is a potent medicine. It doesn't have to be intense — it simply must be intentional.

- Stretch, sway, walk, dance — even 10-15 minutes can shift your energy, clear your mind, and reconnect you with your breath.
- Try a morning walk to set the tone for the day, or a gentle movement session to unwind at night. Let it feel like a gift to yourself — not just another task to check off.

3. Reconnect With the Healing Power of Nature

Nothing soothes the nervous system and realigns the spirit quite like time out in nature.

- Step outside and feel the earth beneath your feet.
- Watch the birds, admire a tree, sit in stillness and listen to the wind.
- Whether it's five minutes on your balcony or a weekend hike in the woods, let the natural world be your sanctuary.

4. Create a Bathing Ritual That Grounds You

Bathing can be more than just hygiene — it can be a sacred reset for your nervous system.

- Light candles. Add essential oils or bath salts. Put on calming music.
- Use a favorite sponge or soap. Let warm water carry away the residue of the day.
- Make this your space to release what you no longer need and return to yourself.

5. Make Space for What You Love

Your soul longs for joy — and making time for what lights you up is a vital act of self-care.

- Whether it's reading, gardening, cross-stitching, painting, baking, crafting, or something else entirely — give yourself permission to indulge in it, even just a wee bit!
- Your passions are portals back to yourself. They help you remember who you are beyond the roles you play.

Even once a week is enough to reignite your spark.

6. Honor Your Feelings

So often, we bypass how we're really feeling — out of habit, fear, or obligation. But true peace comes from radical honesty and emotional presence.

Journaling, mindful reflection, or simply naming what you feel (without judgment) brings light to the hidden parts of you.

Living in alignment with your emotional truth cultivates deep soul-contentment. It takes courage — but it brings liberation.

Let your heart be seen. By you, first and foremost.

In Closing: Come Home to You

When you regularly engage in rituals that soothe and restore your whole being, you're not just practicing self-care — you're embodying self-worth.

You're saying: "I matter. My energy matters. My well-being matters."

So, as you wrap up this year and gently begin to contemplate and vision the next, I invite you to recommit to the practices that help you feel grounded, supported, and lit up from within.

- You are not here to just get through the day.
- You are here to thrive.
- To be nourished.
- To feel whole.

Let your self-care be a sacred act of devotion — one soothing ritual at a time.



Moira Hutchison

Moira is an Intuitive Coach & Mentor, Meditation Teacher and Tarot Card Reader, she has developed a special formula which is crafted to unleash your full potential, guide you towards harmony, balance, and effortless success as you embrace and embody YOUR unique path to thriving!!
www.WellnessWithMoira.com



Flower Essences

A Gift For All Seasons

Winter is a soulful time of tradition and celebration of the light. The contrast of the dark velvety blanket of winter sky, brightly accented by the glowing stars. At the solstice, this midway point between the darkness and the light, various traditions of winter's holiday symbols represent welcoming back the light to the planet and to our lives in the midst of the darkness.

We welcome nature and its elements into our cozy homes. Celebrating with candles and trees and evergreen wreaths, the bright red of cheery poinsettia plants. These symbols are deep reflections of bringing joy and vitality to our homes, our lives, and our spirits in the time of deep darkness.

These are elements of our human experience that are soul soothing. Focusing inward on the gifts we have all around us with nourishing nature at this time of rest, reflection and clearing that the crispness of the cold season bring.

What is your unique balancing point of darkness and light within?

How do you hold to to this balance for yourself through each day and season? The winter solstice reflects the fulcrum or midway point of equal balance. We naturally bring in more warmth and light to manage the cold and darkness. We have the power to bring in these supports of comfort.

Flowers are a powerful ambassador of light! Specifically Flower Essences are a soul soothing support as we become present with ourselves and the gifts we want to access within. If you are wanting to reset and restore balance between your own inner darkness and light, Flower Essences may be what you are looking for. These are gentle no harm helpers that embody the wisdom of the living messages flowers bring to us in our lives.

Flower Essences are a truly magnificent, completely safe, low impact, powerful and cost effective form of plant medicine. They can create comfort and bring the gift of soul soothing each and every day by treating the emotional states of a person or animal. These remedies help us to rebalance our emotional body and return us to a positive state of mind.

All of nature contains blueprints of perfect design, including humans as we are a living aspect of the natural world. We are in dynamic relationship with nature. With an extraordinary evolutionary leap 130 million years ago, flowers and nectar appeared on planet earth giving rise to an abundant variety of biological diversity including pollinators, the birds and the bees to spread their seeds. The food we eat comes from flowering plants. Flowering plants nourish us in a great many ways. Our reciprocal relationship with the exchange of oxygen and carbon dioxide with trees gives us the air we breathe in addition to food and shelter...and there is even more!

Flower Essences are made from sunlight and water and then mixed with a carrier of alcohol or glycerine and can be used internally or externally. Blossoms are picked at the peak time of their blooming, their full expression of growth. These blossoms are placed in a clear bowl of spring water and set in full sunlight to impart the water with the imprint of the energy and information each unique flower holds at its peak expression of flowering.

This simple and beautiful process captures the imprint of the life force and wisdom contained in each and every individual flower type. The energy and information contained in the light of the sun meeting the water and blossoms infuse the water with information of each flowers unique healing gifts for our emotions and soul.

Plants and flowers are our allies on the journey through the seasons of life. These cycles of growth begin over and over again through renewal, growth, and decay. Flowers contain the whole journey of life within. Flower Essences are energetic medicine that contain patterns of alignment and soul connection.

We owe our deepest gratitude for access to this beautiful, potent and highly accessible medicine to Dr. Edward Bach (9/24/1886 to 11/27/1936). He was a medical doctor, a bacteriologist, immunologist and surgeon who practiced medicine between WWI and WWII at the time of "The Great Depression". He was a spiritual man who listened and documented the messages of the flowers and created a system of their use.

We are also thankful to the pioneers of this method that came after him in the 1970's and 1980's and up until today, such as The Flower Essence Society (FES). These later creators and practitioners used Dr. Bach's methods and philosophy as a starting point and have greatly expanded the variety of essences and the knowledge and wisdom about their use. This is truly a living field of energy medicine. You too can bloom like a flower! Flower Essences are available at natural health stores and online the world over!

Claire Miriam Ostrovsky is offering Flower Essence consultations on-line and in person. If you would like assistance using this beautiful and accessible form of self healing. As a healing Arts practitioner since 2003 I love sharing no harm helpers of the deepest and lightest vibration. It is truly an honor assisting you on your healing Journey!

www.ClaireifiedHealingArts.com

Claire Miriam Ostrovsky

Claire Miriam Ostrovsky is a Healing Arts Practitioner, Clinical Hypnotherapist, Reconnective Healing Practitioner and a student of Flower Essences located in beautiful Tucson, Arizona. I absolutely love supporting others in creating and setting in the most supportive mindset for you and your daily life and living. Please reach out if you feel I can help support you in living your best life happily ever after.

www.ClaireifiedHealingArts.com

claireostrovsky55@hotmail.com

(520) 481-4311



Nurturer to Navigator



*A Life Designed
for Growth &
Purpose*

Coaching for women in transition. When children leave home and the future opens up, many of us ask, “What’s next?” My work helps you hear the whispers of your soul, reconnect with your dreams, and design a life of growth and purpose.

My journey began in the corporate world. At 45, I found myself on a new path after joining a Family Counselling Agency in Toronto. There I witnessed the raw realities of spousal violence, broken homes, and children suffering in ways I’d never imagined. That experience touched my heart deeply and fueled a calling to serve women more fully. I began exploring healing modalities—Transpersonal Psychology, Transformational Therapies, Shamanism, Enneagram, Breathwork, and other soul-centered approaches. In helping others heal, I discovered my own healing too. The inner child wounds I hadn’t known I carried began to surface, transform, and heal.

Looking back, every step of my life has prepared me for the mission I’m on today: to coach and mentor women to recall their dreams and live them. I was being prepared for that moment and for the work I’m now passionate to share with women—as their coach, mentor, and guide. Our soul whispers aren’t random; they are forgotten dreams and unique gifts waiting to be expressed. They are our purpose, our superpower, meant to impact others and bring deep fulfillment to our lives.

As my soul whispered its next purpose, I felt called to step into the world and find women who carry a purpose—a soul calling, a gift meant to be shared. Every pivotal moment in my life has led me to new beginnings and a deeper purpose. I learned, that

when we listen to our souls, it’s really a call to action. We don’t just transform our own lives—we become a beacon for others to follow.

To every woman reading this: Your soul is whispering for a reason. You have a dream, a gift, a purpose that only you can share. Don’t hesitate—remember you are enough. You are special. There is no other person alive with your gifts, your voice, your passion and your purpose. Someone out there is waiting for you to step into your light. I’m here to guide and coach you birth your dream and change a life. You never know how many lives you will touch and change when you share your dream and live your purpose.

I have started The Dream Warrior Tribe on Facebook, a space where women can connect, share their stories, and inspire, support, and heal one another. I’m here to serve as your guide, your mentor, and your coach on this journey. As you tune into the whispers of your soul and step boldly into your light and your purpose, together we’ll ignite a revolution of women uncovering their dreams, embracing their purpose, and changing the world—one life, one story, one soul at a time.

May the holiday season bring you much peace, joy and purpose as you prepare for a new year filled with new beginnings. One where your soul whispers and your heart leads the way.

With all my love,

I am Sharon

May you walk gently in sandals of love as you step into your light to birth your dream, and your purpose into reality.

Sharon de Ryck

Sharon deRyck is a Soul Coach who works with women 45 plus to empower and support them in following their soul’s calling. What would your life look like if your soul took the lead?

I would love to connect for a 15-minute free consultation if you are at that stage of following your soul’s whispers.

email: sharon@healing-path-centre.com

Phone: 905-392-1685



Soul Aligned Living: *Coming Home to Yourself*



The Season of Reflection
Winter invites us to pause.
To exhale after another full year.
To come back to what matters most.

As the world slows down, nature shows us how to rest and renew. It's the perfect time to reflect on the year that's passed, to honour what you've learned and celebrate how far you've come. It's time to reconnect with you and what truly matters.

Before you rush into new resolutions or goals, I invite you to take a gentler, more soul-aligned approach to your next chapter, not from pressure, but from presence.

Not from what you think you "should" do, but from what's calling you from your core, from your soul level.

What Is Soul-Aligned Living?

Soul-Aligned Living isn't about pushing, or doing more.

It's about remembering who you are beneath the noise.

It's the gentle, powerful return to your true self, the woman you are meant to be before the world told you who to be.

It's where you stop running, stop proving, and start being.

You begin to live in the natural rhythm of life, the ebb and flow, highs and lows, action and stillness, with ease and grace.

You stop living under the cloud of other people's expectations.

You stop second guessing and doubting yourself. Instead, you listen to that quiet inner knowing that's been there all along.

When you live this way:

- You move through life with clarity and self-trust
- You make decisions that feel aligned, not forced

- You express yourself freely, without self-editing or apology
- You are filled with self-love, self-worth, self-belief, self-confidence (all the positive selves!)
- You feel grounded and truly alive, living with purpose and true fulfilment

Soul-Aligned Living isn't about changing everything overnight, it's about coming home to yourself, one heart-led step at a time.

"You don't have to find yourself; your soul already knows the way home."

How Soul Alignment Feels

When you live in soul alignment, everything changes.

- The noise quiets.
- The pressure softens.
- The endless pushing fades into presence.
- You begin to breathe again, freely and deeply.

You move through life with calm, grounded confidence, guided not by fear, but by your own truth.

- Your choices are clear.
- Your body relaxes.

Life starts to flow with an ease that feels like coming home.

- You begin showing up as the woman you were always meant to be, unapologetic, radiant, whole.
- You laugh more easily. You rest without guilt. You create from joy, not obligation. And this is where

the magic deepens, your alignment ripples out.

- Your joy lifts others.
- Your presence gives permission.
- Your courage calls others to live in their truth.

Because when one woman flourishes, other women flourish.

"When you return to your soul, life begins to flow in ways your mind could never plan."

A Moment to Reflect

As the year draws to a close, create space for stillness.

Light a candle. Pour a cup of tea. Take a deep breath.

Then, open your journal and reflect with honesty and tenderness.

Reflect on the Year That's Been

- What are three things you truly appreciated about this year?
- What do you want more of in your life?
- What do you want less of?
- What were three moments or qualities you felt proud of in yourself?

Intend for the Year Ahead

- What are three intentions for how you want to show up this coming year?
- What are self-sabotaging patterns you're ready to release?
- How do you want to feel as you move into your next chapter?

This isn't about setting goals, it's about aligning your energy with who you truly are.

"Reflection isn't about looking back with judgment, it's about looking inward with love."

Jennifer Evans is a transformational coach, retreat leader, and host of the *Soar and Flourish* podcast. She guides women through bold life transitions with soul, courage, and clarity—helping them break free from fear and step into joyful, aligned living.

Learn More @TheZenJen.com

Tune into The Podcast Soar and Flourish on Spotify and Apple

Your Invitation

If you're feeling that "yes"... if you're ready to explore a life that is fulfilling and feels more like you, I'd love to guide you further.

My FREE Soul-Aligned Living Workshop Replay is now available, a 90-minute interactive experience to help you reconnect with what matters, trust your intuition, and start living your fullest life unapologetically.

You'll discover:

- An understanding of what it truly means to live in alignment
- Know exactly where to start when you don't know how or what's next
- Uncover what you truly want, what actually lights you up and excites you
- Confidence in Decision-Making experiencing what it feels like to make choices that align with your soul
- Know how to raise your energy and restore your balance,

This is your invitation to reconnect, reflect, and realign.

Because your soul already knows it's time.

Find Out More and Access the Free Soul Aligned Living Workshop Replay

<https://thezenjen.com>

Final Thought

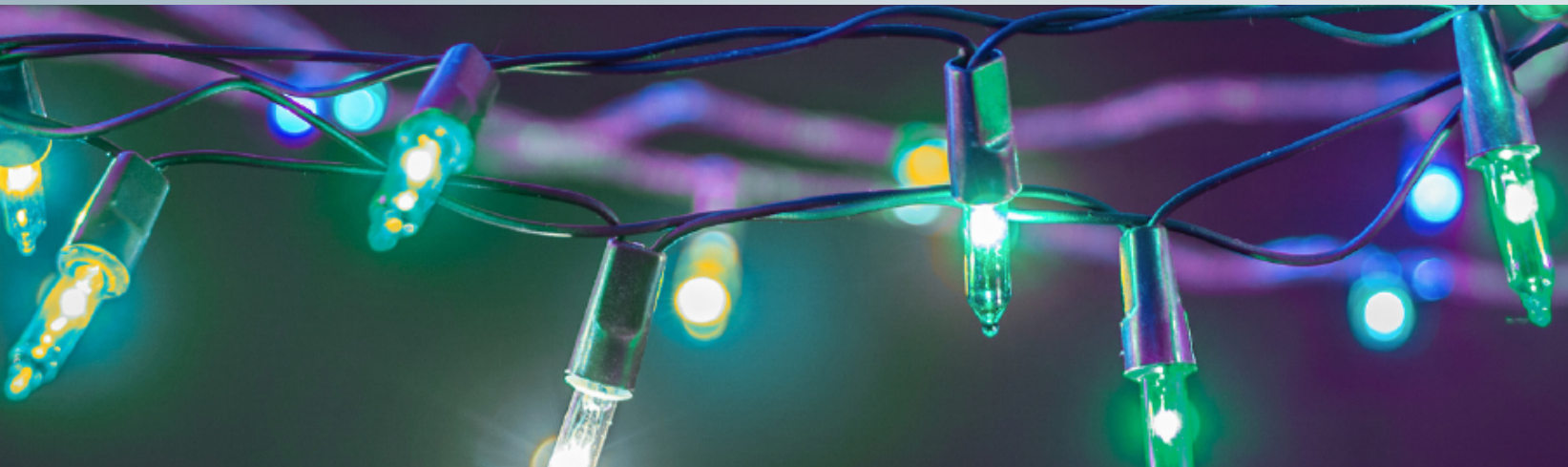
The most important journey you'll ever take is the one that leads you back home to yourself.

This winter, may you slow down long enough to hear your soul's voice...

And may that voice guide you toward a life of fulfillment, love and lasting joy.



Nurturing Your Glow



As the holiday season approaches our neighbourhoods start to glow with light. It starts slowly with one or two residences reminding many it's time to take the decorations out of storage and join in the celebration of light. Acknowledging this is not everyone's tradition, my hope is that my analogy of light in this article can relate to all faiths. The lights, one by one, start to turn on. A collective glimmer all around us - an exterior glow. Nurturing your glow is a reminder untangle the lights and decorate your wishes and gifts with gratitude.

There's plenty of wishing that goes on during the holiday season. We make wish lists, we wish for peace and joy and we wish to be with loved ones. What's your wish this season? Wishing carries a full spectrum of emotions. Give more time to your next wish and make the magic happen! There's an energetic cycle of rise, rest and resetting in a wish. Just like all those lights turning on, off and sometimes resetting the breaker. A rise is a wish coming to life. Rest is a natural pause within the wish, where it gathers strength and a reset is a return to a wish to see how it's coming true.

There's no shortage of gift giving and receiving during the holiday season. There's so much fun in secret gift exchanges, recycling of gifts, theming gifts, hiding gifts, sharing sentimental gifts, big life surprise gifts, and those magical gifts. Which do you prefer - giving or receiving? Change up the energy and offer to yourself what you've been offering to others.

Your inner gifts are like a light switch for your glow. When you connect to your natural gifts, opportunity powers on.

Make a wish for a gift of gratitude this season. Gratitude is the current running through all those lights attached together. It has the spirit to wake generations back to health and happiness. As you are admiring the synchronicity in the lights around you this holiday season, find the connection to your wishes, gifts and gratitude. Allow them all to help balance your brilliance - the glow you see all around you and the glow you nurture in your beautiful soul.

May the light of this season bring you and your loved ones comfort, cheer and a 'glow of kindness' from your hearts.

Love and light,

Ginny

Visit www.ginnyconnon.com for more Nurturing Media and In-Person Events.

www.youtube.com/@ginnyconnon

www.instagram.com/ginnyconnon

www.facebook.com/ginnyconnonnurturing

Meet Ginny Connon at

Toronto's National Women's Show Nov 21-22, 2025

Calgary's National Women's Show April 11-12, 2026

Holistic Healing Fairs Canada

Ginny Connon's
Nurturing
SEIZE YOUR DAY
WORKPLACE RESETS on YouTube

MENTAL HEALTHY WORK BREAKS
ENERGETIC CAMERAWORK
RISE - REST - RESET
WWW.GINNYCONNON.COM

Ginny Connon

Ginny Connon is a Relationship Coach, Energetic-Sensitive and the Creator of The Workplace Reset. A YouTube channel and podcast focussing on Workplace Mental Health by promoting healthy work breaks for increased energy, productivity and work-life balance. For more information on Reset Workshops, virtual and in-person events, visit <http://www.ginnyconnon.com>. Join Ginny at the Toronto National Women's Show from November 21-23, 2025!



Enjoying the Holidays Again After a Loss



The holiday season is often described as “the most wonderful time of the year.” For many, it’s a season of twinkling lights, fragrant evergreen trees, festive music, and gatherings filled with laughter. But for those of us who have lost a loved one, those same sights, sounds, and smells can bring a deep ache, and a bittersweet reminder of who is missing.

You may have heard people say, “The first year is always the hardest.” And while there is truth in that sentiment, the reality is more complex. Every year without your loved one brings its own challenges. The first year may feel raw and disorienting, but the years that follow carry a quieter, enduring ache. What changes over time is not the love you feel, nor the depth of the loss, it’s the way you learn to carry it.

Why Holidays Can Feel Harder

Grief has a way of amplifying around special occasions. Holidays are steeped in tradition, and traditions are tied to people. That first bite of your grandmother’s Christmas cookies, the sound of your partner’s voice reading holiday cards, the way your father always hung the lights a little crooked. It’s these moments that live in your memory, and without them, the season can feel strangely incomplete.

Even the smallest details can be triggering. You might walk into a store, hear a carol that was their favorite, and suddenly find yourself holding back tears in the middle of the cereal aisle. You may watch a family movie you always enjoyed together and feel both comforted and crushed.

And when the rest of the world seems merry and bright, it can

feel like you’re living in a parallel universe, one where joy feels out of reach, and everyone else seems blissfully unaware of your pain.

Balancing Grief and the Needs of the Living

One of the most complicated aspects of grieving during the holidays is realizing that life keeps moving. Family members, especially children will still need you. They still want to bake cookies, hang stockings, open gifts, and hear stories by the fire.

You may feel torn between your own need for space and their need for tradition. It’s not unusual to feel resentful at times, wishing you could just skip the season entirely. But often, the very act of showing up for them becomes part of your own healing.

It’s also important to remember that grief looks different for everyone. Some people seem to “recover” quickly and even enjoy the holidays again within a year. Others take much longer. This difference in timelines can cause misunderstandings, but it doesn’t mean one person loved them more deeply than another. On the contrary, it often comes down to acceptance.

The Role of Acceptance

Acceptance doesn’t mean forgetting your loved one or “moving on.” It means understanding that while life will never be the same, it can still hold meaning, joy, and connection.

It’s the quiet decision that being consumed by sadness every day no longer serves your well-being, or theirs. And this choice often comes in small moments: the day you catch yourself laughing without guilt, or the moment you say “yes” to a holiday invitation you would have declined last year.

Acceptance isn’t a single milestone; it’s a gradual process. It begins when you allow yourself to live fully again while still holding space for your loved one’s memory.

Creating a New Normal

Once you start leaning into acceptance, the holidays can become an opportunity, not to replace what you’ve lost, but to reimagine your traditions in ways that honor both your grief and your love.

The key is to integrate your loved one into the season in a way that feels meaningful. These acts don’t erase the pain, but they can transform it into something that carries warmth and connection.

Here are some heartfelt ways to keep their memory present:

- Talk to them - Whether silently in your heart or aloud while decorating the tree, speak as though they’re still part of the moment.
- Set a place at the table - Let family know ahead of time so the empty seat is recognized as a tribute, not a painful surprise.
- Share stories - Encourage everyone to tell a funny or touching memory. Laughter through tears can be deeply healing.

- Visit their resting place - Bring a seasonal token for e.g. a wreath, ornament, or even a handwritten note.
- Light a candle - Let its glow be a reminder that love never truly goes out.
- Create a seasonal shrine - Display photos, ornaments, or mementos in their honor.
- Give in their name - Donate to a charity they cared about or sponsor a family in need.
- Name a star - Create a tradition of looking up each year and thinking of them.
- Redirect your gift-giving - Purchase what you would have given them and donate it.
- Write about them - Share their story in a blog, journal, or holiday letter.
- Plant something - A tree or winter plant can become a living legacy.
- Repurpose belongings - Transform their clothing into a quilt, pillow, or keepsake.
- Finish what they started - Whether a project, trip, or goal, completing it can be a shared victory.
- Collect stories - Compile family memories into a keepsake book.
- Give blood or register as an organ donor - Offer life in their name.
- Wear something of theirs - Or create a new piece of jewelry from something they loved.
- Make a quilt or teddy bear from their favorite clothes.
- Create a shadow box to hang up, in their honour with mementos you find dear to them.

Not all ideas will feel right for you, and that’s perfectly okay. Some years you may do many of these; other years, only one. Grief is fluid, and your approach can change as you do.

When Joy Surprises You

There will come a day when joy catches you off guard. It might be while sipping hot cocoa, watching children play in the snow, or hearing a holiday song you once shared. Instead of crumbling under the weight of missing them, you might smile through your tears, feeling grateful for the love you once had.

These moments don’t mean you’ve forgotten or stopped caring. They mean you’re learning to carry your grief alongside moments of happiness, a skill that takes time, patience, and self-compassion.

What I’ve Learned from Spirit

As a psychic medium, I’ve had countless conversations with those who have passed. One message comes through again and again:

Liz Throp is an award-winning international psychic medium, author & sought-after radio and TV personality.

Check out her new worldwide online radio show "Psychic Hour" on 4680q.com Sunday's at 11am EST. In demand for over 30 yrs, facilitating extremely accurate life changing readings and enriching classes for people across the globe so that they can shine

Liz is also known for her incredible work as Co-Founder of "Psychic Kids United inc.", "The Psychic Associates", and founder of "The Awakening Ones" along with being the esteemed Co-Host of the podcast "The Psychic Jam" When she is not working with her cherished clients or expanding her soul's mission she is loving her family

www.lizthrop.com

They want you to live.

They don’t want you to measure your love for them by the depth of your sadness. They want you to measure it by the life you continue to create. They’re proud when you find the courage to try something new, to laugh without guilt, to step back into the world.

Many tell me how deeply they appreciate the ways their loved ones honor their memory, whether through a candlelit dinner in their name, a charity donation, or a simple toast at the holiday table. They notice. They feel it. And it brings them joy to see you carrying on.

If You’re Not Ready

If you’re reading this and thinking, I can’t do this yet, know that there is no deadline. Some years will be harder than others. Some holidays you may simply choose to keep things quiet, and that’s okay.

Give yourself permission to set boundaries. Say no to events you can’t handle, but try to say yes to at least one thing that connects you to others. Healing doesn’t happen in isolation, it happens in the gentle exchange of love and support.

A Final Word of Hope

If the holidays feel heavy this year, be gentle with yourself. Whether you light a candle, plant a tree, or simply sit quietly with your memories, you are still honoring your loved one. There is no wrong way to grieve, and no single way to celebrate.

With time, you may find that the season becomes less about what’s missing and more about how you carry them forward. You may even discover that your capacity for compassion has grown, that you can sit with someone else’s pain in a way you couldn’t before.

May this holiday season bring you moments of peace, glimpses of joy, and the comfort of knowing that your love lives on. And when the lights twinkle, the snow falls, or a familiar song plays, may you feel their presence in the warmth of your heart.

I’m sending you love, strength, and the reminder that your “shiny self” is still there, waiting for the right moment to glow again.



Liz Throp



Let It Go:

Finding Peace in a Winter Cleanse of the Heart

As the seasons change and the earth settles into the stillness of winter, many of us feel called to turn inward. Nature teaches us through its cycles. Trees shed their leaves and stand bare, rivers slow beneath a thin layer of ice, and the world grows quiet. This is not a time of loss, but of renewal. Just as the natural world lets go, we too are invited to release what no longer serves us. Winter offers us the opportunity for a deep emotional and mental cleanse, serving as a gentle reminder that forgiveness, closure, and healing are vital components of our well-being.

From my perspective as a Medium, I have witnessed how grief can bind us to pain long after the moment of tragedy has passed. Families often carry unspoken words, unresolved conflicts, and lingering guilt when a loved one dies. These burdens weigh heavily, making it difficult to move forward. Winter, with its invitation to stillness and

reflection, is a powerful time to explore the healing that comes with letting go.

When a person we love passes away, grief can leave us frozen. The shock of absence creates a silence that feels unbearable, as though the world has stopped spinning. Yet within that silence lies a sacred opportunity. It is here, in the quiet of winter, that we can begin to acknowledge what we are holding on to. Are we carrying regret for something we did or did not say? Are we harbouring anger toward someone who is no longer here to resolve it with us? Are we weighed down by guilt, believing that we should have done more? These questions can be painful, yet they are the doorway to release.

Forgiveness is often misunderstood. Many believe it is something we offer to others, but in truth, forgiveness is a gift we give ourselves. When we forgive, we release the tight grip that anger, resentment, or guilt has on us. This does not mean we forget what has happened, nor does it mean that we excuse harmful actions. Forgiveness simply means we choose not to carry the pain any longer. Like snow melting under the warmth of the sun, forgiveness softens what feels hard and heavy in the heart.

I have sat with countless families who felt stuck in their grief because they could not forgive either themselves or their loved one. A son who regretted not answering the last phone call from his father. A mother who felt she should have seen the signs of her daughter's struggles sooner. A husband who carried bitterness over a quarrel that was never resolved before his wife passed. These stories are tender reminders that life is fragile and that the time to release is now. Winter encourages us to lay these burdens down, just as the earth lays down its growth for a season of rest.

Closure does not mean forgetting, nor does it mean we stop loving or missing someone who has passed. Closure is the gentle acceptance that life continues, even in the face of loss. It is the moment when we allow ourselves to breathe again, to feel joy without guilt, and to carry memories as treasures instead of weights. Closure is not a door slammed shut, but a candle placed in the window, reminding us that love never truly leaves us.

One way to practice this winter cleanse of the heart is through ritual. Ritual creates a sacred container for release.

Here are a few simple exercises you can try during this season:

Practical Steps for a Winter Cleanse

- **Write a Letter of Release:** Put into words everything you wish you could say to a loved one, whether it is an apology, forgiveness, or gratitude. When you are ready, burn or tear the letter as a symbolic act of letting go.
- **Breath and Walk:** Take a walk in the crisp winter air. With every exhale, imagine releasing a piece of what you are holding on to, whether it is regret, anger, or sadness. Let the cold air remind you of clarity.
- **Light a Candle:** Create a quiet moment in your home. Light a candle and dedicate it to the memory of someone you love. Sit with the flame and allow yourself to feel both grief and gratitude.
- **Practise Gratitude:** Each evening, write down three memories with your loved one that bring you joy. This shifts your focus from what you have lost to what you were blessed to receive.
- **Declutter Your Space:** Choose one drawer, shelf, or closet and clear away what no longer serves you. As you do, reflect on what you might also release from your heart.

These practices do not erase grief, but they create small openings for healing. Over time, those openings widen, and light begins to filter through.

Winter teaches us that life is cyclical. The trees that appear barren will soon bloom again, and the frozen ground will one day soften for new growth. The same is true for us. By shedding anger, guilt, and regret, we make space for peace, love, and joy to return. This is not to deny our losses, but to honour them by allowing ourselves to live fully, carrying our loved ones in spirit rather than in sorrow.

Letting go is not always easy. It requires courage to face the truth of our pain, patience to sit with it, and compassion to forgive ourselves for being human. Yet when we do, we discover a freedom that feels like stepping into the light after a long, cold night. We find out that healing is possible, even in the depths of winter.

This season, I invite you to embrace your own winter cleanse of the heart. Reflect on what you are holding, ask yourself if it still serves your healing, and allow yourself to release what no longer does. In doing so, you honour not only your own journey, but the memory of those you love. Winter will pass, spring will return, and so too will your spirit bloom again.





Medium Jay Lane

**AUTHOR
PODCASTER
SPEAKER**

- KEYNOTE SPEAKER
- WORKSHOP FACILITATOR
- GROUP COACHING
- EVENTS
- PRIVATE SESSIONS

Are you looking for an uncommon and rare performance for your corporate event, staff party, or fundraiser? When you hire Medium Jay Lane, you're in for an experience of a lifetime!

@mediumjaylane.com



Jay Lane

Renowned Canadian psychic medium, coach, inspirational speaker, and educator Jay Lane has built a global reputation serving high-profile celebrities, individuals, and corporate clients. She has frequently appeared as a host and guest on numerous television programs, including CNN Headline News, and as a regular guest on SiriusXM radio.

<https://mediumjaylane.com>





Warm Neutrals & Bold Accents

Fashion Trends for Winter '25/'26

Winter fashion is having a mood shift. Gone are the icy greys and cool blacks. This season, it's all about warmth. From

mocha knits to chocolate coats, brown is beautiful shade defining winter 2025-26.

Moreover, flashes of red, yellow, and turquoise are bringing unexpected vibrance to our cold-weather wardrobes, proving that winter doesn't have to mean dull.

The Rise of Brown

Designers from New York to Milan have embraced earthy tones as the new foundation of winter dressing. Brown has stepped forward as the new black: softer, more approachable, and effortlessly sophisticated. It's the perfect backdrop for today's "warm minimalism," offering the richness of luxury with the ease of everyday wear.

There's something grounding about brown. It softens structured tailoring, adds depth to minimalist outfits, and complements every skin tone.

Pops of Colour

While brown anchors the season, bold accents are stealing scenes in small but striking ways. Accessories are the perfect medium for playing with colour, adding personality to any outfit.

Colours of the Season:

Red

Red remains the ultimate winter statement. From runway tailoring to handbags and lips, it adds instant energy to a mocha-brown coat. It's a timeless pairing that says "effortlessly put together" without trying too hard.

Yellow

Butter, marigold, mustard - this spectrum of yellow brings optimism to the season's cozy neutrals. It's

the little burst of light we crave during shorter days, adding cheer without chaos.

Turquoise

Unexpected but irresistible, turquoise adds modern edge to winter dressing. The balance between warm brown and cool blue-green creates a sophisticated tension, one that feels new and refreshing.

How to Style It

Start with a neutral brown base: a wool coat, a knit set, silky blouse. Then layer with a handbag in your chosen colour accent. Red for confidence, yellow for warmth, turquoise for playfulness. Keep the rest of your palette tonal and let the accent shine. These pops of colour work best when they feel intentional, a focal point, not a distraction.

Warm, Bold, and Beautifully You

This winter's palette proves that neutral doesn't have to mean boring. A brown-toned outfit sets the stage, while a red, yellow, or turquoise purse adds that perfect touch of personality. Whether it's a cherry-red bag against chocolate wool, a butter-yellow crossbody with trendy hardware, or a turquoise tote paired with espresso tones, the message is clear: warmth never goes out of style.



Krista Hannesen is the founder of Emma & Elizabeth, a brand inspired by storytelling and modern confidence. She is also an experienced publishing professional passionate about storytelling and creative entrepreneurship. emmaandelizabeth.com



Emma & Elizabeth



emmaandelizabeth.com



CHANGE THE CHANGE, MAKING IT WORK FOR YOU

No one truly embraces change the way we should. Some of us adapt better than others, but for most, change is hard. Considering how much transformation we experience as we grow and evolve, you'd think we'd be more flexible by now.

There's a difference between being forced to change and simply evolving with time, but in the end, change is change. It's time to peel off the wrapper, loosen the ties that bind, and let ourselves fly. We need to see clearly, to accept what is, and to understand that perspective changes everything.

When life doesn't go as planned, it's easy to feel defeated, to see the glass half empty. But what if we simply shifted our focus? What if we saw that same glass as half full? The truth is, a small change in mindset can transform everything.

Embracing Change

This is the perfect season to embrace transformation. The air cools, the days shorten, and the leaves remind us that letting go can be beautiful. We accept these seasonal changes without question because they're familiar and inevitable. What if we took that same acceptance and applied it to our lives?

Our bodies change without our permission. We grow taller, we age, we shift through stages of womanhood—from first period to last, from motherhood to selfhood. These are organic, unstoppable evolutions. Yet, when it comes to our minds, our beliefs, relationships, and emotions, we resist change with everything we have.

Why? Nothing ever truly stays the same. Even when it looks unchanged, something beneath the surface is always moving.

The Emotion of Change

How can we love someone passionately on Monday and be ready to walk away by Friday? That's change too, emotional, volatile, human. The key to managing change lies in managing emotion. When we learn to regulate our feelings, we become more open to the fluid nature of life.

Winter reminds us of this better than any other season. It transitions from light to dark, from vibrancy to quiet reflection. Even the time shifts, "fall back," as we say. It's only an hour, yet we feel it. Our bodies react; we get tired, disoriented, a little off-kilter. Change, even small, is felt deeply.

So here's the recipe: embrace your inner self and see the gift of change. When you allow yourself to fall into love, into trust, into life, you also give yourself the chance to rise again.

Take off the training wheels. Stand on your own. See your strength. Know your worth. Fall is the perfect time to discover your truth, to strip away distractions, and to recognize what truly matters.

Starting now, be the best version of you. Love yourself first. Quiet the doubts. Take small steps; they lead to big results. Dreams are made of action and trust.

Fall teaches us that letting go doesn't mean losing. It means growing.

So go ahead, fall. Into love. Into life. Into you.

Do it today. Tomorrow. Always.

A Recipe for Life

- **Start with a clean slate.**
- **Add your dreams.**
- **Put your fears aside.**
- **Be aware of what you truly want.**
- **Add a dash of zest — the kind that comes only from you.**
- **Stir well.**
- **Let it sit.**
- **Review your choices.**
- **Enjoy the dish.**
- **You made it.**
- **You dreamed it.**
- **You are it.**

Diane Makarowski Life Enhancer

I'm a life coach who wants to help you see your successes, opportunities, and future. I can help you validate your present and improve your future by living your best life.

dianemakarowski@bell.net or text 416 258 7323



ABOARD THE LONGEVITY TRAIN

RON B

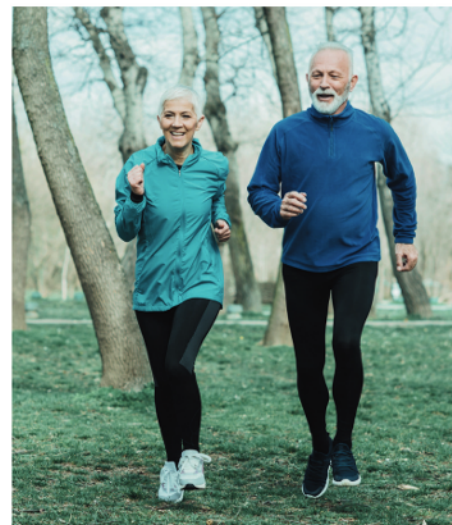
AGE IS JUST A NUMBER: RIDE THE LONGEVITY
TRAIN INTO A HEALTHIER FUTURE

www.thelongevitytrain.com

Every day, we stand at a crossroads—one path leads to proactive health choices, the other to reactive responses. The Longevity Train is here to remind you that your future health isn't determined by chance; it's shaped by the decisions you make today.

Aging is often painted as a decline, a slow surrender to time. But what if it's actually an evolution—one that you control? "Age is just a number aboard The Longevity Train," and the quality of your years is dictated by how well you nurture your body, mind, and spirit.

At the helm of this transformative journey is Ron B, the Proactive Care Conductor. His mission? To guide mature adults (age 55+) to **"Become the CEO of their health."**



GETTING ABOARD THE TRAIN

It isn't just about living longer; it's about living life on your terms, with strength, vitality, and clarity.

The truth is, many wait until a health scare forces action. They react to symptoms rather than preventing them. The Longevity Train shifts this mindset, guiding you toward sustainable habits that build resilience, energy, and vitality for the long haul. It's not about quick fixes or fad solutions—it's about real, lasting well-being.

Imagine a life where you wake up energized, your body moves with ease, and your mind remains sharp. This isn't wishful thinking—it's a reality that starts with the conscious decision to invest in yourself. What you eat, how you move, the way you handle stress—each choice you make contributes to your health trajectory. With Ron B's expert guidance, The Longevity Train ensures you stay on the right track.

BOOK A
CALL NOW
WITH
RON B >>



SCAN ME!

The rapid advancement of technology in healthcare is opening new doors to longevity, making it possible to not only extend life but improve its quality. Cutting-edge medical breakthroughs, personalized health tracking, and proactive wellness strategies are transforming the aging experience. Good health and a prolonged, fulfilling life now go hand-in-hand like never before.

So, will you wait for the wake-up call, or will you step onto the train today? The journey to a longer, healthier life begins with the choices you make now.

All aboard!



Age is just a number
www.thelongevitytrain.com



This is **You!**

You know this **isn't you!**



Take
a leap

GO DIVINTASTICAL



All it takes is a
conversation



YOUAREWORTHMORE@jenndrakes.com