

Mind-Body-Spirit Wellness - Eco Living - Travel - Sustainable Fashion - Natural Beauty

A Beautiful Life

Magazine

*Dance to
Mother
Nature's
Song*

*Trigger
Happy Emotions
- Start a
Wild Flower
Garden*

*The
Tenets of
Self Care*

July / Aug 2023

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The Allure of Lilacs

Lilacs are known for their hardy nature and long lives—many lilac shrubs live to be more than 100 years old.



Symbolism of Lilacs

- Lilac (light purple) symbolizes a first love.
- White lilacs symbolize purity and innocence.
- Violet lilacs symbolize spirituality.
- Blue lilacs symbolize happiness and tranquility.
- Magenta lilacs symbolize love and passion.

In the story of Pan, the god of forests and fields. It was said that Pan was in love with a nymph named Syringa. One day Pan when chasing Syringa through the forest, she turned herself into a lilac shrub to disguise herself because she was afraid of him. Pan found the shrub and used part of it to create the first panpipe. Lilac's scientific name is Syringa



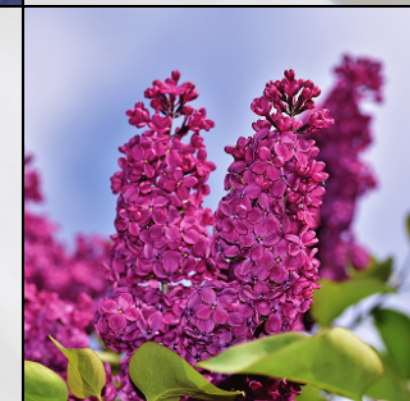
Lilacs originated in Eastern Europe and Asia and were brought over to North America in the 17th century

There is a yellow variety of lilacs called 'Primrose', it's not a common sight in North American gardens, and was only introduced in 1949



Lilacs have different meanings in different cultures throughout the centuries. The Celts saw lilacs as magical because of their sweet scent. During the Victorian age, lilacs were a symbol of an old love, In Russia, holding a sprig of lilac over a newborn baby was thought to bring wisdom.

The ideal spot to plant lilacs is in an area with full sun (at least 6 to 8 hours per day) — too much shade and they may not bloom. Lilacs like slightly alkaline, moist, well-drained soil. The best time to plant lilacs is in late fall before the ground freezes. The next best time to plant is in early spring after the ground thaws.



Lilacs have come to symbolize spring and renewal because they are early bloomers



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Trigger Happy Emotions - Start a Wild Flower Garden

Why Wildflowers Can Make You Happy

- Wildflowers tend to be more resilient than non-native plants and they require less watering and maintenance - perfect for the busy homeowner
- Wildflowers attract pollinators such as bees and butterflies - Without pollinators our food supply and surrounding landscapes would collapse
- Wildflowers have symbolic meanings including happiness, joy, remembrance, strength and perseverance
- Wildflowers are a sign of spring and summer
- Some Wildflowers are linked with healing, renewal, and the circle of life



Some Wildflowers to Grow in Your Garden

Purple Coneflower
Black-eyed Susan
Common Daisy
Dandelion
Cosmos
Echinacea Purpurea
Columbine
Shasta Daisy
Aster
Wild Blue Flax



Learn to Rely Upon the Power of Your Intuition



Intuition is the reason that you know more than you think you know.

Once you recognize how much of your mental activity occurs subconsciously, you can make better use of the knowledge and abilities you already possess.

Let's have a look at some strategies for finding a healthy balance between critical thinking and gut feelings.

Relying upon Intuition in Your General Routine

1. Acknowledge the role of intuition.

Cognitive science is giving more and more credit to the part our hunches play in our thoughts and behavior. You might mistakenly assume you are making rational decisions when you are really operating on autopilot. Just think of the times you have driven home out of habit while you were lost in thought about something else.

2. Challenge gender stereotypes.

Even the experts are divided about whether women have stronger intuition. Many studies suggest that women in general are more sensitive to emotional cues, however, each of us vary widely in our capacity and abilities.

3. Look for connections.

Your intuitive guidance is most reliable in the areas where you have the most experience and expertise. Study a situation in terms of its similarities to something you have dealt with before and look for ways to categorize it.

4. Practice making snap judgments.

Gut feelings enable you to respond quickly when necessary. When the stakes are low, practice building up your confidence by deciding things quickly, like what to eat for dinner or which movie to see.

5. Nurture your sense of curiosity.

Those who are curious about others are often the best judges of character. Experiment with putting yourself in someone else's shoes to understand the reasoning for their conduct.

6. Put your emotions into perspective.

We often exaggerate how much external events will affect us. Whether you win the lottery or lose a bet, you will probably soon return to being as happy as you ever were, so listen to your feelings without getting carried away.

7. Be realistic about your limitations.

It is tempting to see what you want to see and overlook missteps. Be disciplined about examining your actions and learning from times where you did not follow the best choice or path.

Relying Upon Intuition In Specific Circumstances

1. Make friends and fall in love.

Our first judgments about people are often reliable. You are likely to recognize the people who will enrich your life if you keep an open mind about seeing the good in everyone.

2. Know when to stay quiet.

For the sake of your relationships, it is often better to keep your hunches to yourself even when they are accurate. For example, your friend may not appreciate being reminded that her consumption of ice cream doubled after her divorce.

3. Take pleasure in major purchases.

Pick out a house you will enjoy living in rather than getting distracted by real estate trends. You are likely to feel more satisfied in the long run. On the other hand, it would be a good idea to listen to experts when you are making financial investments.

4. Evaluate your fears.

Evolution makes us vulnerable to exaggerating fears that have immediate and vivid consequences rather than more probable but subtler consequences. Keep that in mind if you get more alarmed by killer bees than obesity.

5. Listen to your conscience.

Most healthy adults usually distinguish right from wrong spontaneously. **If you feel comfortable with your actions and at ease with people knowing about them, you are most likely on the right track.**

Go ahead and play your hunches if you also take the time to weigh the facts and test your conclusions.

Your gut feelings already play a big role in your relationships and decision making, so becoming more conscious of the process will help you to make better use of the power of your intuition.



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

<https://wellnesswithmoira.com/>



Make a Difference by Choosing Fair Trade Tea



Tea is the most popular drink in the world next to water, with about 70,000 cups drunk every second. The multi-billion dollar tea industry employs millions of people, but working conditions and earnings for the producers are often dire.

Fair trade tea ensures that health and safety standards are observed. They make sure that the wages paid are fair and regulated for adults, so children don't have to work.

In some countries, children have been known to work eight hours a day without a break, plucking leaves and carrying loads of up to 30kg. They can suffer from back problems, chest infections, skin diseases, cuts and bruises.

Fair trade ensures that workers on plantations as well as with smallholder farmers bring Fair trade tea to consumers around the world.

Make sure that your favourite brands hold themselves to a higher standard, guaranteeing that workers are paid a living wage throughout the tea-making process, and that tea is grown in a sustainable and ethically-grown way.

Quieting Loneliness

A brief glance at philosophical views and psychological and sociological research would suggest that loneliness and the study thereof have become more prevalent over the years. Our world's social fabric would appear to have become increasingly torn and fragmented over time. Perhaps, in context of accumulative, intricate social interrelated factors such as, rapid urbanization/population growth and expansion, ceaseless changes and transitions in our lives, arduous transportation necessary or reduced mobility, technological factors (including AI replacement of human contact); solitary residence, conflicting employment schedules, financial struggles, political polarization, marginalization, social isolation, stress and mental and physical health challenges.

Interestingly enough, our technology has advanced to the extent of having the ability to connect with others across the globe. Yet, somehow, more often than not, I continue to hear many express feeling lonelier and ever so more socially disconnected today than earlier times in their lives. In late backyard patio conversations with colleagues and friends, discussion has ignited as to how it would appear that interpersonal trust has been on the decline and language itself has become politicized to the extent that authentic keen interpersonal inquisitiveness has been replaced by apprehension. People have seemingly become cautious and sometimes even afraid of speaking artlessly, owing to haunting concern of unintentionally offending another. It would appear that language has, at times, become a vigilance of threat, throwing intrinsic desire to share, understand and connect into the landfill of silence, disconnect and loneliness. Of importance to note as well is that we are living at a time in history whereby exceeding emphasis has seemingly been placed on individual uniqueness. Despite the immense significance of each of our unique individuality (in its multifarious identities, forms, meanings and expression thereof), I take the position that it is just as imperative and fundamental to not dismiss but rather to share and acknowledge our commonalities as well, as together - uniqueness and commonalities - determine the strength of inclusiveness and thus our social fabric. **Although I maintain that there is a deeper**

political power and empowerment behind the politicalizing of language and individuality, at the same time, I find its complicated imbalance at times has set us apart, perhaps leaving each of us to drown in sorrow in the sea of deeper meaninglessness.

French philosopher Jean-Paul Sartre posited that loneliness is fundamental to our human condition, effect of the perplexity amongst our consciousness' desire for meaning in life and the universe's unassuming isolation and nothingness. Psychology and sociology similarly define loneliness as a kind of suffering that arises from not experiencing sought for social connection. In other words, simply being in the presence of others does not preclude loneliness and loneliness is not to be mistaken for content and happiness in independence and solitude. Nonetheless, unquestionably, loneliness is a perception, a subjective experience, founded on our not perceiving/experiencing meaningful understanding and connection with another in context of our worldview, values, interests, needs and desires at any given time and, definitely, loneliness may exist in diverse types of relations (i.e., family, friendship, romantic partner, community).

Ironically, ample research suggests that our sense of safety/security, our mental and physical health and the overall quality of our lives is contingent on the quality of our interpersonal interactions/relations - research proposes numerous mental and physical health benefits of healthy and meaningful relations. Is the increasing loneliness and its detrimental and profound lingering effects and suffering perhaps reflective, at least partly, of evolving imbalance between self and social orientation and preservation in our current nature of existence...and perhaps our next health related epidemic?

Close and meaningful relations of any kind are a magnificent privilege and not to be taken for granted. Our beloved and trusted companions, accompany us in our laughter, trials and tribulations through our more or less journey within, at times, absurd existence. They grant us unconditional compassion, acceptance and security and support the authentic flow of our diversified presentation and narrative at any given time and our ensuing candid vulnerability. They uphold a foundation of unquestionable esteem and of meaningful

I take the position that it is just as imperative and fundamental to not dismiss but rather to share and acknowledge our commonalities as well, as together - uniqueness and commonalities - determine the strength of inclusiveness and thus our social fabric.

connection permitting one another to share in our deepest joys, profound dilemmas and yearning hopes. Our close relations, built from joint commitment, effort and investment, offer understanding, validation, sense of importance/value and belonging and a kind of honor for one another in context of our uniqueness and commonalities, without concern of judgment or criticism. This intentional and rather spiritual flow of being with and in the presence of one another, of sharing and of becoming not only stands apart from the fleeting shallow social interactions that surround our current existence but permits us to reflect inward to experience clarity and understanding of our authentic selves - about who we are and what gives us meaning and purpose - and outward to learn about one another, allowing us to transform individually and mutually and thus to experience authentic connection.

These relations, not only permit us to quiet the profound pain and suffering of loneliness that lingers in the ebbs and flows of our human condition but support us to cultivate a restorative healing.

When was the last time that you and other(s) you hold dear in your heart ventured into a deep, impassioned and connecting discussion, whether in the privacy of your cozy candle lit living room or in the multi floral ambiance of your back yard, while having dinner at your favorite restaurant or when walking together in the serene and multisensory paths of nature? A time whereby the two of you (or more) shared one another's current/historical experiences, worldview, beliefs, values and needs or engaged in heated discussion regarding any of current cultural, political and/or social matters? Alternatively, a time when one of you shared the depths of a struggle and permitted tears to flow while in the warmth and comfort of the arms of a beloved or perhaps discussed the gratitude for and the threads that continue to be weaved in and to strengthen the fabric of your relationship?

Close relations permit intentional, continual growth in our relations and in ourselves. Involve full presence, engagement in the practice of mindful awareness in our being and becoming with one another. We have the freedom and will if we choose, to seek and create meaningful connection and experience.



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The Benefits of Walking on the Beach

Mind, Body & Spirit

Beaches in North America you should visit at least once in your life!

Wasaga Beach Ontario Canada

*

Cavendish Beach PEI Canada

*

Laguna Beach California USA

*

Crystal Beach Nova Scotia Canada

*

Grayton Beach Florida USA

*

Cannon Beach Oregon USA

*

Kaanapali Beach Maui USA

*

Tribune Bay British Columbia Canada

*

Surfside Beach Texas USA

*

Terence Bay Beach Nova Scotia Canada

*

Old Orchard Beach Maine USA

*

Devonshire Beach Alberta Canada

Mind

- Clear your mind
- Unplug & unwind
- Unleash your creativity
- Plan, dream and find focus



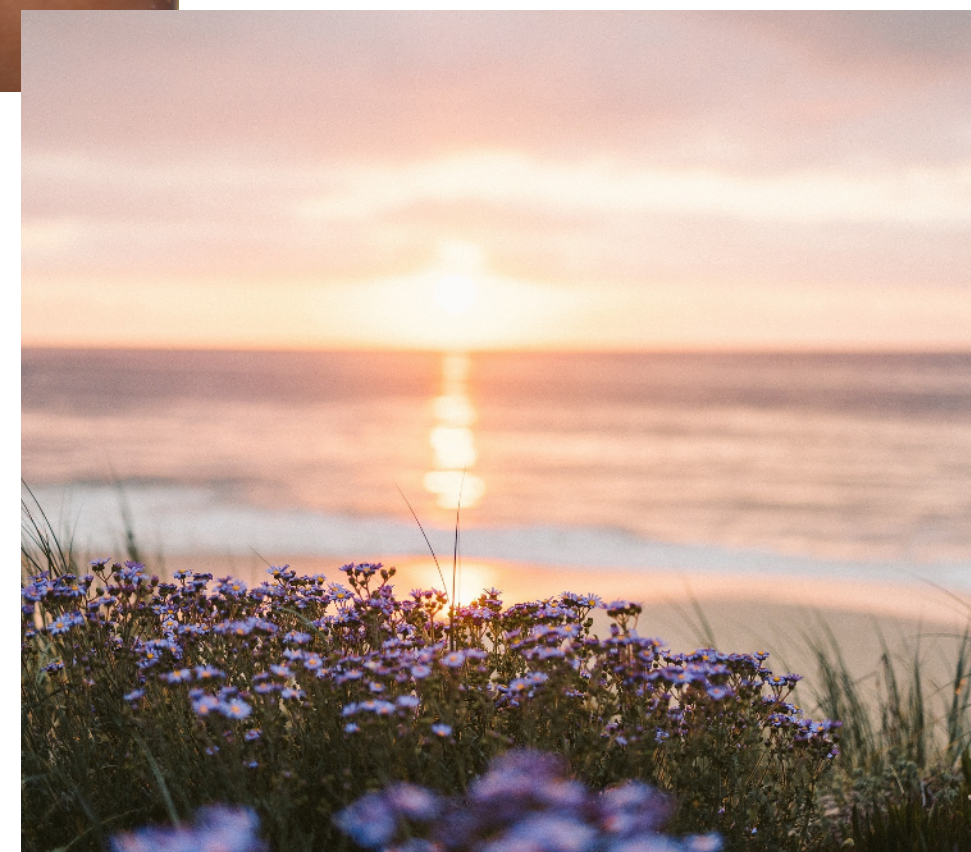
Body

- Fresh air
- Connect with nature
- Exercise
- Sand is a natural exfoliant for your feet



Spirit

- Perfect place to Meditate
- Peaceful, calming & soothing
- Find your Higher Power
- Connect to the real you



Nurturing Your Holistic Currency Account

Whether you are in for a full day of mind, body and spirit pampering, seeking some messages from spirit or increasing your spiritual resilience, walking into a holistic healing venue can increase your holistic frequency. Emotional well-being plays a major role in your work-life balance. These venues can help diversify your spiritual bandwidth having so many practitioners in one place. Designing your holistic portfolio can provide you with more energetic security and self-confidence. Regardless if you are a first timer or you are a frequent visitor, I'm sharing my favorite holistic planning tips for many positive returns!

Lead with Your Curiosity

I've noticed three main scenarios with patrons entering a holistic well-being event. Which of these do you identify with the most? You've saved the date for your first holistic healing event and are excited to meet your top five vendors and practitioners. You have saved the date and have no idea who will be there. Lastly, you have reluctantly agreed to come along with a pushy friend or family member who thinks this is 'exactly where you



need to be. 'Regardless of how you ended up in this beautiful space, setting an intention to lead with more curiosity can benefit your experience. This also leaves room for some healthy discernment to enter along with you. According to Google, an intention is an idea that you plan (or intend) to carry out. If you mean something, it's an intention. Your goal, purpose, or aim is your intention. It's something you mean to do, whether

you pull it off or not. Setting an intention to lead with more curiosity is an easy way to start a conversation about a product or a service you have interest in. Your curious energy can start you off more in your comfort zone to learn or try something new. If you are coming in as a seasoned patron, curiosity can lead you into deeper discovery for your personal life or business.



Connect with Your Intuition

Is that friend who dragged you along on to something? Now that your curiosity is piqued, you might be walking around and starting to notice the cosmic selection of stones and crystals, jewelry, art, holistic products and services surrounding you. There is a hint of overwhelm hitting your energy field and you start feeling like you're floating around the room. This is a good time to connect more with your intuition to help you feel your feet again

and notice where this new holistic excitement is guiding you. A simple way to connect with your intuition and feel more grounded is to do a quick scan of your emotions. Emotions are your relational bosses! They can also create physical sensations in our body. If you are getting a strong pull in your gut, you might be on to yourself! I associate this feeling with an awakening, a sign of a healthy challenge or a 'yes' to an idea. There are no right or wrong emotions tuning in because they can be conscious or unconscious. Feelings are generated by our thoughts and are influenced by our emotions. Feeling gutsy yet? Connecting with your intuitive emotions will help ease your choice making connections!

Connect with Your Inner Child and Creative Energy

As an energetic-sensitive clair, clearing the energy of my last client and connecting with a new client is an important step. I do this with



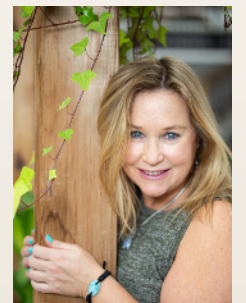
Tibetan singing bowls and chimes. These bowls are popular tools for mediation and holistic therapies. I use them specifically to surround our space in protective light and to connect energetically (with permission) with a client. I've discovered playing these instruments together forms a beautiful bond quickly and can help connect to inner child energy. I once had a student tell me she bonded with a roommate playing guitar, learning English as a second language.

According to the University of Texas, it was Albert Mehrabian, a researcher of body language, who first broke down the components of a face-to-face conversation. He found that communication is '55% nonverbal, 38% vocal, and 7% words only. Sound frequency helps me ground, listen and communicate on a higher level. This is different from relaxing. I actually expect emotions to be all over the place when I work with people - they are coming to me to increase their intuitive powers, after all.

"Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world." Albert Einstein

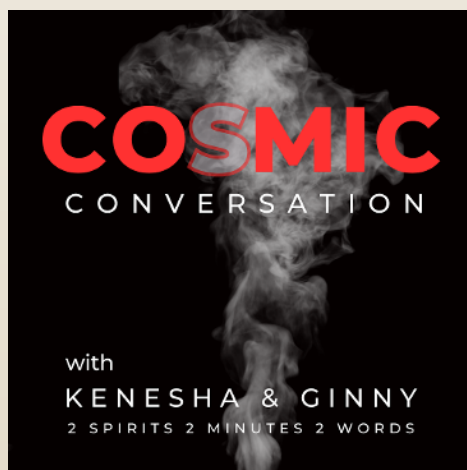
The other creative tools I work with in my sittings are crystals and minerals. These beautiful, ethically sourced pieces of the earth are some of the first tools you can add into your holistic plan. Thanking your friend for their suggestion to 'just come and see' you are now fully engrossed in what crystal or mineral is the right one for you as you return back to the vendor you revisited three times. Experts agree creativity can help increase positive emotions and have a powerful effect on your mood, well-being, and other health benefits.

Ginny Connon is a certified relationship coach, clairaudient and keynote speaker on resilience. She specializes in empowering sensitivities, listening and energetic cleansing for home and businesses.



Follow her Instagram Instagram @gutsyclair and Facebook Page: Balance and Bracelets for more emotional well-being Gutsy Tips and Hints to balance your holistic portfolio.

Visit www.gutsyclair.com or contact gutsyclair@gmail.com for coaching, clairaudience and energetic cleansing availability.



COME AS YOU ARE

KINDNESS
PATIENCE
LOVE
SELF CONTROL
CONFIDENCE

TAKE WHAT YOU NEED CONFERENCE

SHARING A WELLNESS TOOLKIT OF MENTAL HEALTH TIPS & TRICKS

INSPIRATION
STRENGTH
HOPE
BALANCE
COMMUNITY

THE CARUSO CLUB
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The Tenets of Self Care

Carve out and claim the time to care for yourself and kindle your own fire. -Amy Ippoliti

Diet & Exercise



Exercise and well-balanced diet provides all of the energy you need to keep active throughout the day. It provides you with the nutrients you need for growth and repair, helping you to stay strong and healthy. Keeps skin, teeth, and eyes healthy, boosts immunity & strengthens bones, helps the digestive system function and can help to prevent diet-related illness.

Sleep



Getting enough sleep can lower your risk for serious health problems, like diabetes and heart disease. A proper nights can also rest reduces stress and improves your mood, think more clearly and do better at work. It makes you less irritable and helps you get along better with people.

Treats



When you treat yourself to something frivolous, luxurious or tasty you're doing something good and pleasurable for yourself, but not something necessary. This helps boost your mood, makes you feel energized and feel cared for. It doesn't need to be expensive to be a treat, just make sure you don't forget that you deserve a treat too!



Intergenerational Trauma

What is trauma you ask? Basically, it is an emotional response caused by experiencing an event or a series of events defined as distressing in an emotional, physical, psychological, and/or environmental manner. There are various types of trauma, but we will be exploring intergenerational trauma and its often resultant effects. In a non-judgemental / non-accusatory manner, this type of trauma can be described as multi-generational, that was passed on to us from our mothers, and that was passed on from their mothers and so on - from generation to generation.

Trauma is in effect, an individual's response to a tragic event (an accident, physical or sexual violence, or a natural disaster).

It can be described as trauma inherited as early as conception that can result in changes in an individual's DNA. It can be marked by flashbacks, as well as unpredictable physical and psychological emotions

It follows then that intergenerational trauma is theoretically, the type experienced by one member of a family, in this instance, a parent or grandparent that can be passed on to future generations.

Trauma can influence a person's psychological, emotional, and physical health throughout their life span and as just discussed, have the potential to affect future generations as well.

In 2008, researchers who studied epigenetics, (the effects that environment and behaviour have on genes) found a link between prenatal exposure and the child's exposure to *toxis*-ease of body, mind, and spirit. Additional studies support the idea that an ancestor's exposure to trauma impacts future generations.



Potential long-term effects may include:

- Emotional dysregulation*
- Emotional lability**
- Numbing or detachment from thoughts, behaviours, and memories
- Physical symptoms such as gastrointestinal, cardiovascular, neurological, musculoskeletal respiratory and dermatological
- Hyperarousal, or hypervigilance
- Triggers, flashbacks, and self-harm

The question is, what are you carrying that was passed on to you from your ancestors?

FIT with Dr Helen Z

Set up an individual zoom chat so you can learn to overcome *your* embodied intergenerational trauma.

If you have experienced intergenerational trauma, work with me and learn to forgive your ancestors for the trauma you embody.

FIT with Dr Helen Z places emphasis on forgiving intergenerational trauma regardless of who we consider is to blame. It is an opportunity to learn and focus on the well-being and peace of the individual.

Special summer offer!!

Just \$35

Be one of the first 30 women to email info@drhelenz.com

Experience an individual 30 minute zoom chat and begin to release your intergenerational trauma.

* Dysregulation, or emotional dysregulation, is an inability to control or regulate one's emotional responses, which can lead to significant mood swings, powerful changes in mood, or emotional lability**. It can involve many emotions, including sadness, anger, irritability, and frustration

** Emotional lability refers to rapid, often exaggerated changes in mood, where strong emotions or feelings (uncontrollable laughing or crying, or heightened irritability or temper) occur. These very strong emotions are sometimes expressed in a way that is greater than the person's emotions.

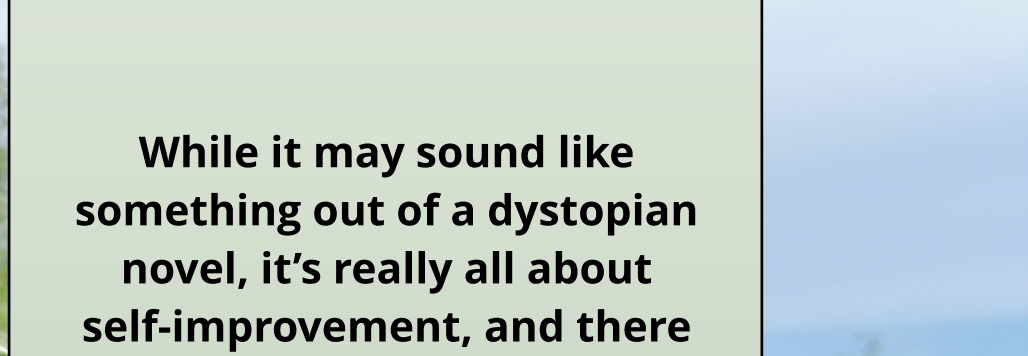
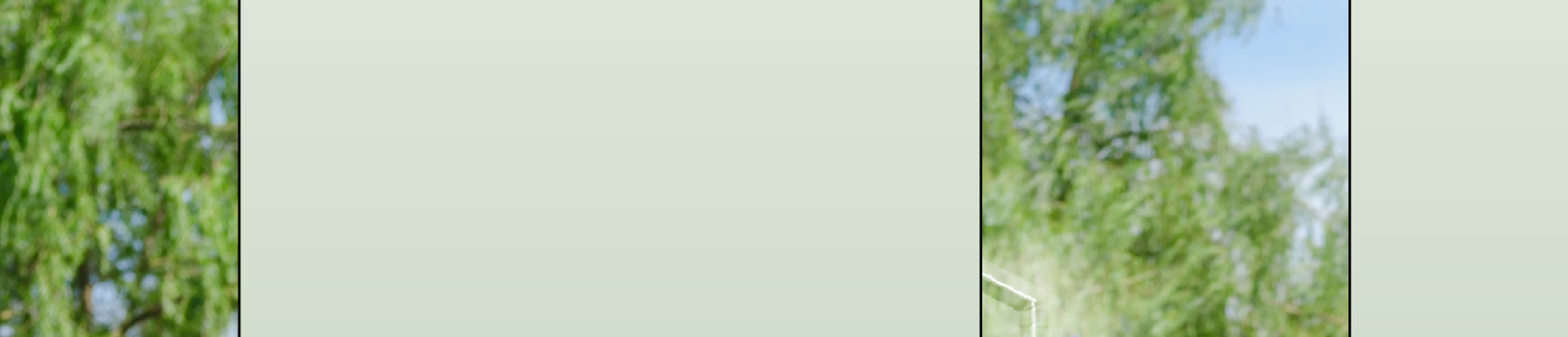
www.linkedin.com/in/hpziral

Is it time for you to Forgive Intergenerational Trauma?

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>





While it may sound like something out of a dystopian novel, it's really all about self-improvement, and there are non-invasive ways you can incorporate methods of biohacking into your life for your wellbeing.

Meditation

|

Hydration

|

Positive Thinking

|

Regeneration

|

Detox

|

Sleep

|

Nutrition

|

Excercise

|

Rewilding

Rosehip & Raspberry Leaf Healing Tea

The fruit of a rose plant is called a rosehip, rose hep, or rose haw. They range from dark purple to red to orange, to yellow and usually form in the early spring, under the flowers after they have been pollinated. They are filled with seeds and ripen as the seasons change to fall, and they become a powerhouse of benefits for the body. They are packed with Vitamin C (60x more than oranges!) Vitamin C helps prevent colds, keeps skin supple, helps muscles work smoothly, helps prevent cancer, and reduces histamine in the body, helping with allergies. Along with all the benefits of Vitamin C, rosehips are also known to help with constipation, back pain, and arthritis. They have a tart taste, slightly citrusy and very tangy.

Raspberry leaf, which comes from the raspberry plant, has a taste similar to black tea, but without the caffeine. Raspberry leaf also features high levels of Vitamin C, along with Vitamins A, E, and B, and minerals* potassium, iron, calcium, and magnesium. These vitamins and minerals are said to be important for women's health, and many believe that the mix of vitamins and minerals found in raspberry leaf can help ease pregnancy, labour, PMS, endometriosis and menopause symptoms.

Tea Recipe

Ingredients:

1 Tbsp. Dried, Crushed, Red Raspberry Leaf

1 Tbsp. Dried Rosehips

½ Tsp. Fresh Lemon Juice

Honey to Taste

2 Cups Fresh, Cool Water

Method

Boil water. Add raspberry leaves, rosehips, and lemon to boiled water. Strain into two mugs, add honey and enjoy

*This article does not replace medical advice - please consult with a doctor before consuming rose hips or raspberry leaf.



Is This The Future of Coffee?

If you're used to pulling dandelions from your lawn and throwing them into a lawn bag, you may want to start keeping them. According to The Climate Institute of Australia, by 2050 the world will lose half its suitable land for growing coffee. They also argue that by 2050, coffee beans as we know them will go extinct.

I don't know about you, but I don't know what I'd do without my daily fix. Luckily, future me need not worry. Dandelions to the rescue! Dandelion root, that is. Yes, that pesky "weed" that everyone frantically removes from their lawn could be our saving grace in 30 years.

It's called dandelion coffee, which is actually a tisane or herbal tea. In 1852, Susanna Moodie mentioned how to make dandelion tea in her memoir, *Roughing it in the Bush* - not to mention, dandelion tisane has been consumed for centuries in both Middle Eastern and Chinese cultures.

This "coffee" is known to have a similar taste to coffee, except it's cheaper and arguably has more health benefits than the coffee we know and love. It is made from fresh or dried roots, leaves, stems, and flowers.

Dandelion coffee is known to help with liver congestion, bloating, bone health, UTIs, digestion and circulation, and has been said to help fight cancer and diabetes!

Another alternative to coffee that is already on the market: mushroom coffee - in this case, the

mushrooms don't replace traditional coffee beans - instead, ground coffee and mushroom extract are blended together before brewing

Much like dandelion tea, mushroom coffee has been consumed in China for centuries as a remedy for heart disease, food allergies, stress, and ulcer prevention. Mushroom coffee was also widely used in Finland during WWII when traditional coffee beans were in short supply. The difference between mushroom coffee in the past and today is that while today we blend traditional coffee with mushrooms, mushroom tea was previously made with mushrooms alone.

Hopefully by 2050 scientists will be able to further study the side effects of both dandelion and mushroom tea, and how we can consume these drinks safely. Both of these drinks are enjoyed today, but it is recommended that no more than 3 cups are drunk per day. And of course, people who are allergic to weeds or mushrooms unfortunately cannot consume these drinks. I'm sure though by then even more seemingly weird coffee-concoctions will become available.

I don't know what the future will look like, but knowing that I can still enjoy my coffee, even if it's not "coffee," makes the future seem brighter!

*Note: do not drink dandelion or mushroom coffee (tisane) without consulting your doctor first. Never drink dandelion or mushroom coffee (tisane) while pregnant or breastfeeding.



Accessing the Vibrational Beauty Within



"If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration." – Nikola Tesla

Hi everyone! I am Linda Sylvester from Buffalo, New York. Most of you are unfamiliar with using vibrational healing to prevent wrinkles.

Everything in the universe vibrates including you! When we become stressed, our cells become out of tune. When stress becomes an everyday norm, our mitochondria can become damaged causing cellular DNA to spill into our bloodstream, elevating sugar levels. High sugar levels weaken the chemical bond in collagen. When the chemical bond in collagen weakens, our skin stiffens and loses

its elasticity, creating wrinkles.

People in the North America Anti-Aging market spent 17.44 billion dollars in 2022 on skin care products and services. An average person in North America spends \$722 annually on their appearance. So, looking younger means a lot to people.

My question is: are all of these anti-aging products getting to the root cause of wrinkles in the first place? There are many ways of releasing stress, such as meditation, yoga, deep breathing exercises, etc. Is that enough to eliminate stress issues in the long

term, or is this more of a maintenance program? Don't we need to release the stress triggers and regenerate the tissues too?

If everything has vibration, it makes sense to many sound healers, and to me, using vibration is a quick way to release the triggers which causes stress and re-attune damaged cells and tissues back to health. Since ancient times, people have understood that specific frequencies can trigger the subconscious to impact the mind and body.

Our bodies contain many different energy frequencies. Such as collagen resonates at the frequency of 111 Hz, DNA repair at 528 Hz, blood purification at 66.5 Hz, healing and regeneration of tissue and organs resonates at 285 Hz etc.

Simple explanation as to how the diseased cell rejuvenates using healing frequencies. Example: When a person listens to a music track holding a frequency of 317.83 Hz, the diseased liver cells oscillate, matching the frequency of the healthy liver cell. Rejuvenation takes place through resonances like a ripple in a pond.

We have a propensity to hold anger in our

liver tissue. This anger weighs us down by getting us out of tune with 285 Hz. When our cells realign to the frequency of 285 Hz, it frees our root chakra from guilt and jealousy allowing us to embody a higher level of consciousness. Our perception of life changes when our consciousness ascends to a higher level. When our perception of life changes, we open ourselves to higher potential and consciousness of unlimited possibilities for making decisions. The more choices available to us, the less stressful our life becomes.

HENCE, FEWER WRINKLES!

For those who fear making the wrong decision the Bach Flower remedy Scleranthus will help you immensely. Bach flower remedies are another form of vibrational healing.

I have 40 years of research experience in disease patterning. As a Reiki Master Teacher and a Sonic Reiki Master Teacher I use frequency healing for myself and help others heal themselves daily! Why? Because it works.

One of the crucial things that ages people is pain!

Testimonial

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



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

Linda Sylvester from Buffalo, N.Y. has 40 years of experience as a Reiki Master Teacher, Master Sound Healer, internationally known Author, Music Artist, Founder of Sonic Reiki, Co-Founder of Wholistic International Network, Mentor, and Medical Intuitive.

www.sonicreiki.com



Dance to Mother Nature's Song



Take a walk and tap into the different and unusual echoes of the outdoors

Sounds like birds chirping, rain coming down, wind gently rustling in the trees has been scientifically proven to help us relax.

Take some time away from tech and alter your view from looking down to looking up.

Create zen with the body and mind by meditating in an outdoor space. Don't forget to take deep breaths!

Immersing yourself in the sounds of Mother Nature can reduce stress hormones & boost a positive mindset!



CHANGE OF DIRECTION

As the months of the year go by, we need to seriously decide on the direction that we choose to live. The month of May has always been a chance to change it up and see the way of the future, no matter what that looks like. It is time to understand and know that we cannot keep on living the life we live if it is not free and in sunshine.

Removing our winter coats allows us to feel the freedom of not being weighed down by layers. Taking off those boots allows us to move our feet in the right direction without any salt, slush or snow in the way. It is a time to rejoice in the space we have created by peeling off the layers that have held us down while keeping us warm. It is not a coincidence that we strive to feel the comforts of what we are used to and that is the major reason we are not moving forward at times. The difference between comfort and complacent is a

small and sometimes, impossible-to-see impact.

Being free of the debris and clutter that we have built up over our lifetime is a journey of its own. It is hard to free yourself of years of behaviors that now do not suit us at all. The chance for survival in the days we live are very good. The change we need to make to improve our thoughts and our dreams is not as probable unless and until we see the need to have a Change of Direction moment. This takes courage and the ability to objectively see where you are and more importantly, where you are not.

Just because we think something is the way it is does not make it fact. Just because we have done the same things for years, had the same dinner on Tuesday and pizza on Friday, does not mean that we cannot change the reality and have a salad. The only thing that truly stops us from freeing us from the chains of doing the

same stuff over and over is our minds, and the ability for us to realize that it is not going to be different if we do not change. The true test of your inner courage is the ability to tell yourself the truth about you. Once you do that, once you accept who you are and what needs to happen, then and only then will you change.

Everyone has prejudices and opinions that govern our thoughts and form our actions. It is not easy to admit that we have the issues, and prejudice is not only race related or gender specific. People's choices and different ways of living is a struggle for some people that believe in traditional marriage, thoughts and love. It is a limited view. The results of this will keep you in the dark like a mushroom and will only produce more mushrooms with no demand for them. This is not the way of the future and certainly not the way to success in 2023. We all need to clean out the closet of our minds and embrace the life that is in front of us with open hearts and a free from judgement approach.

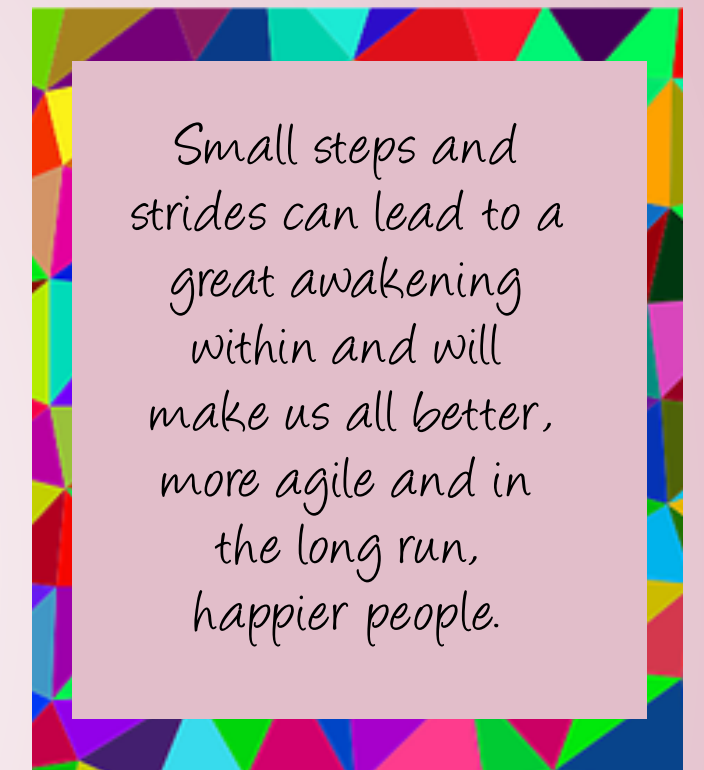
When you get rid of things that have been taking up space in a closet and you have not seen or used them for years, you have a sense of freedom and a lightness about ridding yourself of weight that is of no use. You see hope with space that can be used for positive things, keeping our areas clear of the clutter that adds no value and distracts from the beauty around us. It is the same with our minds, we need to clean it up and clear it out. Allow great thoughts to overtake the day to day of our presence and be better today than we were yesterday. Small steps and strides can lead to a great awakening within and will make us all better, more agile and in the long run, happier people.

Happiness is a mindset that will change all the time. It is fluid and powerful and quite intoxicating. It makes you smile, laugh and cry. It can make your day a place of tranquility or it can make your day a fast paced and ever-changing story that is based on the life you live, the love you choose and the ways you see fit to do what is best for you. The time of your life is the play you write and star in all the time. It can be a sold-out show or it can be a theatre with empty seats depending on how you live it and how you see it. You write the script, you play the part and sometimes you do not even practice it, it just happens. Auditions are for those who you choose to be a part of this play. You are also the director of the production.

So, now is the time to star in the biggest role of your life. Choose the way you want to go. See the path and understand what it takes to walk on it and survive. Make the changes you need to be able to get to the other side. Seek out help. Let people see your vulnerability. Know that you are not alone in a sea of blue waters and bluer skies. Accept help, ask for advice, give advice and learn

from people you never thought to interact with previously.

Change of direction, change of mind, chance to make the difference that will take you and us through a life of possibilities and unknown goals. Realize your worth, change the conversation and accept that you are a work in progress that is high in value. Never undervalue yourself. Always protect the currency that is your personality and your character. Hold yourself in high regard and change



the direction of lacking confidence in you and in what you do. The sun shines brightly for those who choose to see it and it can be seen by everyone who has a clear vision and open heart.

Change of direction, do not seek perfection. Just accept that life is a gift and we all have the right to unwrap it and enjoy playing with it, using it, and having it with us.

Diane E. Makarowski
Life Enhancer

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



It's Wine O'Clock

Summer time = Party Time

White Wines

White wines are made from both white grapes and black grapes. White wines are not fermented with grape skins. The skins are separated so only the clear grape juice is used. White wine has few tannins.

White wine goes best with lighter dishes, such as poultry, fish and other seafood, curries, tacos, cheese, salad, popcorn, and chips.

Sparkling Wines

Sparkling wines are carbonated wines, hence the nickname "bubbly." Sparkling wines are made from black and white grapes, and carbon dioxide is a naturally occurring byproduct of fermentation.

Sparkling Wines go best with light foods, such as soft cheeses, seafood, including smoked salmon and shrimp, salad, fresh fruit, and popcorn.

Red Wines

Red wines are made from black grapes fermented with the grape skins (which is where the red colour of the wine comes from), seeds, and stems. Red wine is high in tannins.

Red wine goes best with hearty dishes containing red meat, such as BBQ ribs, burgers and steak, pasta, and pizza.

Rosé Wines

Rosé is a wine known by its blush or pink colour. This pretty colour is created when the juice of black grapes is fermented with the skins for a very short period of time, from a few hours to a few days until the juice turns colour. It's low in tannins,

Rosé is a popular crowd-pleaser, especially for summertime parties, and a great choice as a starter wine because of its light, sweet flavour.



Our Divine Connection to True Beings of Light

The New Way Weavers

In the now and the knowing we are here. We are here with singing and gladness and glee as you are setting forth on your pathway on your journey. You are listening to the kind folk in your life telling you the stories of your ancient past, up to the memories of today. We are here in this shift now; we are in the patterns of building that bridge from this life to the next. The story of belongingness goes deep now into the covers and charades that have been going on in the world, today and beyond.

The principles that we are trying to match with you and yours is of the time code and time stamping of what was in existence here in your ancient past, in your times of the Lemurians and even the Atlanteans. We are mirroring and matching up with the frequencies that existed here on this world as this is the time of revelations and discoveries that we are all in now in our present moment.

We are in the time of no time. Opening up to and enveloping the true nature of our humanness of belongingness on this planet earth we call home. We are at the beginning time of the tides where we are singing and rejoicing in the healing vibrational patterns and powers that are in activation form now deep within the facets of our hearts and souls.

The mind maps that we are creating ourselves, our true selves are now coming into full form and full circle in this timeline we are on now. We are bringing our true selves back online so to say, we are rediscovering who we truly are, and we are cranking up the divine codes deep within our DNA.

We are learning and relearning our true nature of who we are and who we are meant to be. The divine spark has been reignited in each and every one of us as we are now all tapping into our own intuition and awareness.

The gloves and the masks are coming off and we are seeing each other for the first time within the landmarks of who we are and where we are on this great journey and adventure in life.

The divine spark has been reignited again in each and every one of us and we are being guided to fully open to the full expression of who we are

We see you and we thank you for being here in full awareness of your surroundings and the guiding forces of nature and your true self. We are guiding you to awaken your higher self, your true connection to the divine. For the divine spark has been reignited again in each and every one of us and we are being guided to fully open to the full expression of who we are.

The kind folk and stories that you have been growing up with are now coming razor sharp clear as your visions and dreams have been showing you the way. You have been portraying yourself as true visionaries, engineers, creators and manifesters, and you have been shown your greater connection to the Christ consciousness in the form of energy and feelings of love. The colors of the divine are now waking up and spreading across your heart strings and the land.

You have felt more and more connected and awake than you ever have. The vibrational frequencies have been quickening and you have been feeling the effects of this time shift that we are all on. You have been asked to take a look deep into your heart and your actions in this lifetime. You are now feeling the abundance and true calling of your desires and passions to come full circle and full steam ahead as you have heeded the callings and strong energetic forces that had been planted and seeded deeply into your very being.

We are now calling upon each and every lightworker now to open up to this divine connection and feel the spark be reignited and feel into your full expression of who you

truly are, a divine spark in this great creation of life here on this planet earth you call home.

Many have been lining up and knowing deep inside that there is a new way approaching all of us now. A new way weavers from the old ways, the old paradigms and beliefs are shifting and changing. This is being felt down to the core of your very being. You have felt this shift and are heeding your calling of being steadfast and strong in the wake of a new day and a new way of thinking and believing. You know in your heart that your true intuition is kicking in and aligning with the new light codes moving into the cosmos all around you now.

We invite and ask each and every one of you to open up your heart and feel into these changes and shifts.

Allow your heart to feel the way into these new beginnings that are coming at your doorway now, my dear one. We invite you to set your sails on to the new horizons with love, trust and peace in your heart, and bring forth your true self and best self in this new awakening now in your world.

We are here guiding you with love, peace and grace in all you do.

Know we are here with you working the magic behind the scenes. You are propelling yourself inward and forward from your heart connection to ours. We feel you now and thank you for joining the light and consciousness in your world now and we go with love, peace and grace now with blessing of light and love, we go now amen.

Allow your heart to feel the way into these new beginnings

Melissa Downward is a true healer, physically, energetically and spiritually. She is a Spiritual Channeller, Intuitive Healer, Spiritual Coach, Writer, Teacher, Psychic Medium/Channeller, Hypnotherapist and. Melissa has trained as a Reiki Master, and 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



Detox Your Armpits



Summer's Here. And so is sweat.

And with sweat, any reach or antiperspirants to stop the stains. If you use aluminum and paraben-filled deodorants, your armpits take in a lot of toxins. The ingredients in common hygiene products are said to clog pores and actually cause more sweat and odor. A detox can help clean out residue and allow your pores to breathe. Many believe it is important to do regular armpit detoxes because this area has lymph nodes that are disrupted by frequent toxin exposure.

Armpit Detox Mask Recipe

2 Tablespoons kaolin or bentonite clay

1 Tablespoon apple cider vinegar

1 Tablespoon activated charcoal

Mix ingredients together until smooth. Apply a thin layer of the mask to both underarms and leave on until dry. Once dry, gently wash mask off in the shower with warm water (without picking it off). Pat underarms dry and don't put on deodorant for the rest of the day. If you can, pat underarms with a bit of witch hazel to seal pores.

More Ways to Detox Your Underarms

Another way to detox the underarm area is to dry brush them with a natural fibre brush, and always brushing toward the heart. Make sure to do with clean, dry underarms. *Bonus: dry brushing in this area will also help with lymph node drainage, and can help with dry underarm skin.*

You can also swipe your underarms with witch hazel once or twice a week after showering.

Try wearing cotton to let the area breathe, and try to drink a few glasses of water everyday to help remove toxins from the body.

**This article does not replace medical advice - please consult with a doctor before trying new skin regimens.*





Let's Take a Trip To: The Valley of the Moon, Jordan

The Valley of the Moon, more commonly known as Wadi Rum, is a protected area located in southern Jordan, east of Aqaba. It is a valley that is made of sandstone and granite, and hieroglyphs have been found in the stone dating back to Thamudic times! The area has been long inhabited by Bedouins (my ancestors!) and still is, to this day. The Bedouins have climbed the sandstone for generations, and now many rock climbers come to Wadi Rum from around the world to follow the same climbing paths and enjoy the scenery.

If rock climbing is not your thing, how about sleeping under the stars? When in Wadi Rum, you can have an authentic Bedouin experience and spend the night in a traditional camp, eating traditional foods, and hearing stories of the Bedouin people.

The Bedouins are a nomadic tribe from the desert regions of Arabia, North Africa, and surrounding area. Jordanian Bedouins arrived in Jordan around the 14th and 18th centuries, some of them making their way to Wadi Rum! The Zalabieh tribe is known to be the inhabitants of the land, and until recently they mainly relied on goat/animal herding - now, alongside herding, tourism brings prosperity into the area.

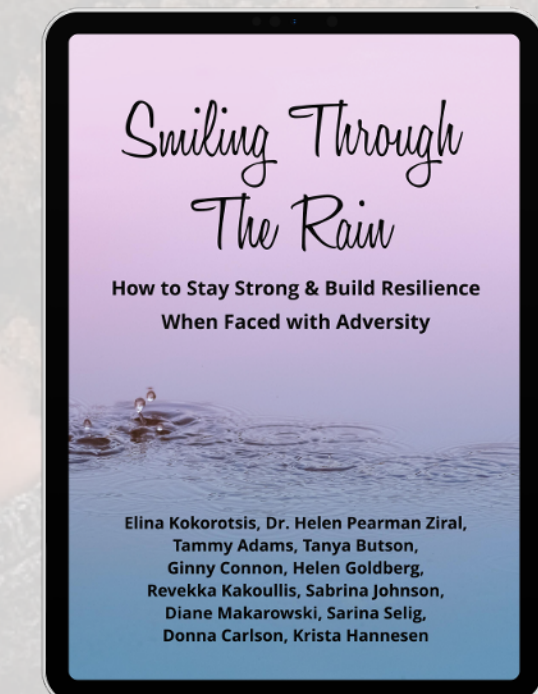
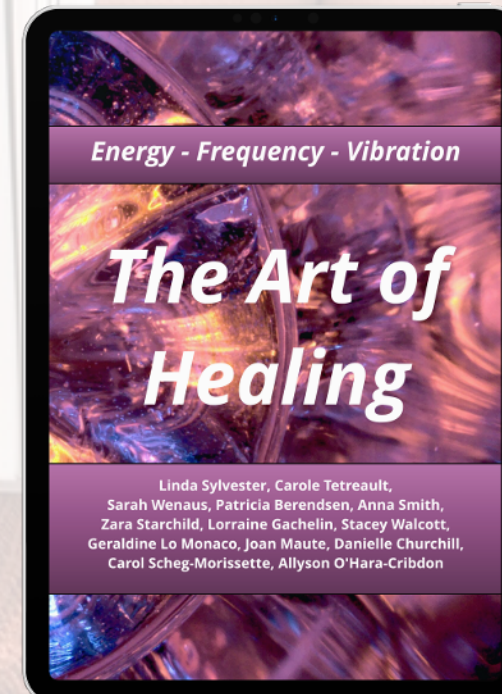
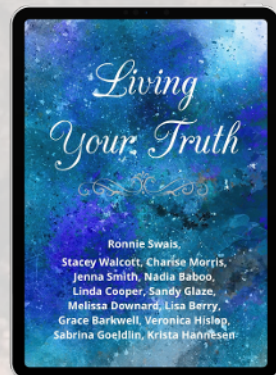
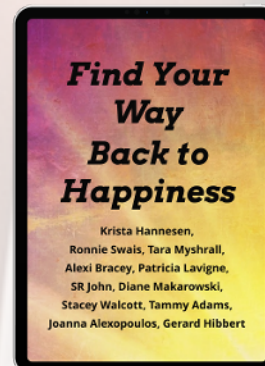
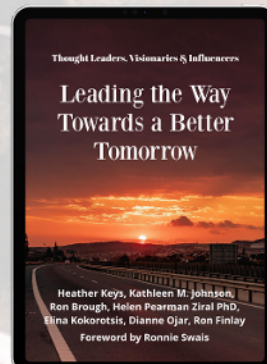
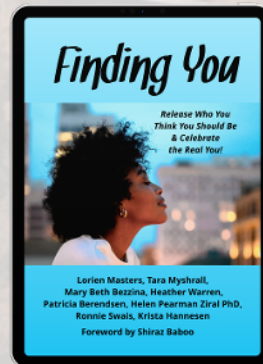
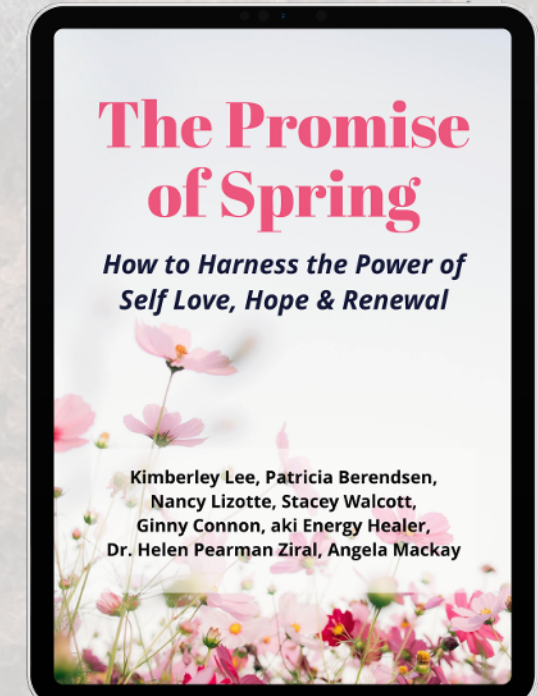
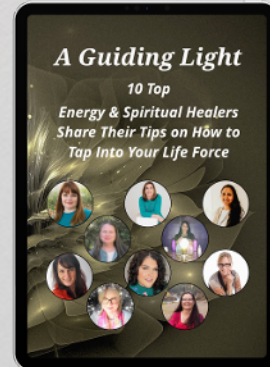
You can get to Wadi Rum by a guided utility truck tour, or with a private driver. If you make your way to Wadi Rum, be sure to be mindful of the natural wonder - over the years, human interference has caused some decay of the natural environment. Now, the officials at Wadi Rum have safeguards in place to protect from further erosion and to preserve the wonder for years to come.

"I was in awe of that place. It was really, really special. One of the most spectacular and beautiful places I have ever seen, and like nothing I've ever seen anywhere else on Earth." - Matt Damon, who filmed *Martian* in Wadi Rum.



Hope, Healing & Guidance is a Chapter Away!

The latest releases from A Beautiful Life Books



In Conclusion.....

As I write this, my last article for A Beautiful Life Magazine, I find myself experiencing mixed emotions. I have truly enjoyed this collaboration with Ronnie and Krista. These articles have been my way of giving back to a caring group of contributors and readers. My intent has been fulfilled: to provide inspiration, guidance, and most importantly education, regarding grief; what is it, how it affects us, and the benefits of looking it straight in the eye. This article is meant as a recap of my thoughts on grief – hoping to either revisit this subject for my faithful readers or reach those who may not be familiar with this subject nor how it may be affecting them.

Since grief is the most “off limit” topic of conversation in the Western world, there is much misinformation surrounding what it is and how to address it. And yet, with accurate information and tools, we can mend our broken hearts, stop the rumination, move forward past the regret, loss, and disappointment, and turn towards our future with hope.

Once we have a clear understanding of the topic of grief, we can find the courage to ask for help, the strength to face our past, and the stamina to push through sometimes decades of emotional pain. Then, and only then, are we able to find ourselves standing solidly, and untethered, in the present.



What is Grief?

We have been taught grief pertains to the death of a loved one or perhaps the breakup of a romantic relationship. While both are true, there are over 40 additional reasons why someone might grieve. In fact, grief is caused by:

- the normal and natural reaction to an emotional loss of ANY kind.
- the conflicting emotions which are brought about by a change in something familiar.
- the things we wished had been better, different, or more.
- our unrealized hopes, dreams, and expectations.
- the unsaid communications, the things we said which we thought weren't heard, the things we wished we had said but didn't, or the things we need to say again with someone listening.

Why do we Stay Stuck?

When we find ourselves at a loss, we typically reach for techniques which were taught to us by those whom we admire and respect. In most cases, these people were also taught incorrect information about what grief is and how to process it. This advice may include, but is certainly not limited to:

- bury our emotions, especially those others don't want to hear about or be subjected to.
- isolate ourselves away from those who would like to support us the most.
- stay strong, which denies both ourselves and others from honestly expressing their emotions.
- stay busy and distract ourselves from our emotional pain.
- replace the loss, hoping somehow this will take away our emotional stress.
- wait for time to mend our broken heart

The biggest myth of all is that there are STAGES to grief. Elizabeth Kubler-Ross, a Swiss-American psychiatrist who pioneered the Five Stages of Grief, cautioned these are the stages a dying person will typically experience as they come to terms with their diagnosis. These were never meant to support a griever to process their emotions.

After so many, mistakenly, embrace the Kubler-Ross model, is it any wonder why grievers are unable to move forward from their pain? There is absolutely NO universal reaction to loss. Every griever will experience loss in a different way. Grief is individual.

It will be dictated by the relationship the griever had to the person, the situation or whatever triggered their pain

How Does Grief Affect us?

Left unresolved, grief can manifest in the physical form. As our body desperately tries to get our attention and nudges us towards healing, unresolved grief can cause illness or even dis-ease. A few common physical reactions are:

- reduced concentration and focus.
- a sense of numbness (physical or emotional or both); traditionally mislabeled as denial.
- disrupted sleeping patterns.
- changed eating habits.
- roller coaster of emotional energy.
- massive loss of energy.
- tendency towards isolation.

Does Resolving our Grief Change our Past?

Resolving the incomplete emotions of our past will NOT change the events which lead up to our feeling this way. However, it WILL change the way we perceive these events. Completing the emotional pain allows our body to stop seeking a solution; to stop trying to rewrite the story; to stop searching for the ending; and it diffuses the triggers surrounding the emotions experience.

It provides us the tools to forgive someone who may never say they are sorry. It allows us to stop wishing for a different yesterday. Finally, it sends a clear message we are not going to let that person, or event, hurt us anymore.

What are the Benefits?

The benefits are different for everyone. The consistent feedback from my clients: They feel physically lighter. The ache around their heart is gone. They have an inner peace they have not felt in a long time. The event, or person, has lost power over their life. They have found emotional freedom.

Where can I Find Support When I am Ready?

For over 40 years, The Grief Recovery Institute has been supporting individuals to move to the other side of their emotional pain. Grief Recovery Method Specialists are located across the world, trained in providing a safe environment to

Is the **PAIN** of your **past** **LIMITING** your capacity for *happiness?*

MOVE FROM
Sadness to **HAPPINESS**
Insecurity to **CONFIDENCE**
Overwhelm to **CALM**
Indecisiveness to **CLARITY**

IF YOU HAVE FOUND NOTHING ELSE HAS WORKED THIS PROGRAM IS FOR YOU!

Kent State University has shown that The Grief Recovery Method® approach to helping grievers deal with the pain of emotional loss is "evidence based" and effective. The GRM is the only Grief Support Program to have received this distinction.

TAMMY ADAMS
Certified Coach Practitioner offering support, in-person or online, Canada-wide
Certified in The Grief Recovery Method®, Personality Dimensions™, Reiki, Access Bars®, and Mindfulness

Visit tadams.ca to learn more about the program

Book a complimentary discovery call

identify and process painful emotional experiences.

If over the past several years, you have been following my column and believe it is time for you to complete your past, I would be happy to offer any of my readers a free, discovery call. Please visit my website where you will find additional resources when it comes to mending your broken heart.

If you are not familiar with my column, please feel free to revisit past publications of A Beautiful Life Magazine or check out my website.

Thank you for taking the time to ponder how grief may be affecting you. My wish for you: find peace with the past, confidence in the moment, and hope for the future.

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

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



Redecorating? Think

Grandmillennial



We are now far enough into this new decade that design trends are shifting and changing for the times. The life-altering events of the past couple of years has shifted us away from cold, ultra-chic home and has ushered in a new (old) trend: Grandmillennial. This trend features anything you could think is sitting in your grandparent's house or an old cottage – crochet, chintz, warm colours – not to mention, comfy, cozy, and inviting. I think these times have us reminiscing about the past and because we are in our homes now more than ever, many are looking for a space that makes us feel welcome. I think as a society we are also becoming more aware of the many benefits of thrifting – we can find cute home ware and help the environment at the same time.

“Home sweet home. This is the place to find happiness. If one doesn't find it here, one doesn't find it anywhere.” – M. K. Soni

We love this trend because it is a complete change from the plain white walls and mid-century design features like minimalism and sharp edges. There was a time in there when many homes looked like a showroom, not a house. If that's your vibe, then rock it – but to us, this new trend of adding homey elements is so refreshing, and yet nostalgic at the same time. We're not saying that we get maximalist and fill our homes with things we don't need or things that will fill up our landfill, but if we can add elements that include vintage, refurbished, recycled, and from our parents and grandparents' collections, we can create a space that's inviting and warm.

For this design trend, picture the best aspects of your grandparent's home. Maybe doilies don't do it for you, but pretty China teacups are not only perfect to jazz up an afternoon tea, but they also become part of the décor when showcased in a glass-front armoire. It's all about generating pieces that are curated, but kinda miss-matchy, to create a completely unique space with a fun, bohemian vibe. I think a cool aspect of this look is that you can mix new pieces that you're drawn

to with old pieces that have meaning. It creates a space blends the old world with the new, which is kinda what we're going through as a society right now – this looks really fits with the times we're in.

“The light is what guides you home, the warmth is what keeps you there.” – Ellie Rodriguez

If you are able to secure items that you loved as a child, all the better. You can also hit up your local thrift store for little accents that make your space feel special. Either way, you're saving items from going to the landfill, which is a win. If you have children or relatives, or even friends, you can pass these items along for someone else to enjoy when you're not feeling them anymore, and continue to help the environment while creating sentimental value for you and your loved ones.





3 Reasons Why You Need a Snake Plant In Your Home

Snake plants are one of the healthiest indoor plants you can bring into your home. There are over 70 varieties, and they come from Madagascar, Africa, and south Asia. They are both beautiful and practical - they help filter out harmful chemicals and radiation, which can age the body and make it sick.

These plants do well in indirect sunlight, but we love them because they can survive even if not a lot of natural light comes into your home. They only need to be watered enough so the soil does not completely dry out. You do not want to over water these plants, they do not need a ton to survive. Just a bit of TLC is perfect.

Snake plants are perfect for your home office because they are known to soak up Wi-Fi radiation. Radiation may cause cancer, fertility problems, and skin irritation when laptops come in contact with skin.



Snake plants are also known to remove formaldehyde from the air, which comes from things like dryer sheets and paint. Too much formaldehyde is known to cause cancer - snake plants filter the air to keep this gas at healthy levels.

Another reason why these plants are amazing is because they convert carbon dioxide into oxygen at night, providing more clean air in your home.



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**Meet our newest Columnists
whose articles you can enjoy starting in our
September / October Issue**



Sharmila Perera

Sharmila is a wife, mother, and entrepreneur. Being an immigrant herself, she is passionate about introducing Canada to those that seek a better life, safety or security, those that wish to further their career or business or to those that simply need a place to call home. Having immigrated at the age of 32 with 3 young children she describes herself as having been a naive and unconfident person who had never worked prior to coming to Canada. 20 years later she runs a million-dollar company providing immigration consulting and foreign talent recruitment services to people located in every corner of the world through her multiple offices in Canada and abroad.

Sharmila also founded the Franchise Stay Home Forever Inc., in 2019, a home care company dedicated to providing care to seniors, persons with disabilities and to retirement and long-term care facilities. Stay Home Forever now operates out of 10 franchised locations in Ontario. Her drive? Sharmila loves to make a difference in the lives of people every single day and fight for those that have no voice, be it immigrants or seniors. She gives people hope for a better tomorrow.

She is a recipient of a gold award for women entrepreneur of the year presented by Women in management and her business Ann Harbour Consultants Inc., was awarded the business excellence award for 2022 by the Ajax- Pickering Board of Trade. www.annarbour.com

Monika Marczuk

It was in my early 20s that I understood that I was the one common denominator in my life. I understood that looking outward for things, people, and situations to fulfill the void was not the solution. I jumped headfirst 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 trained and certified in The BodyTalk System, Reiki Master/ Teacher, and have created my own healing modality Oddanie. I have also studied advanced BodyTalk Courses - Consciousness, CDRIII, Parama, BreakThrough, and am a Soul Responsibility Instructor.

It is my privilege to witness to personal transformations; each session is different and powerful. With countless hours of private sessions, leading workshops and teaching Reiki, each time I am left in awe. I am dedicated to helping, and supporting you along your personal path.

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