

A Beautiful Life

Magazine

*The Power of
Self-Reflection
and Emotional
Honesty in
Burnout Recovery*

*The
Cornucopia
Lens*

*AUTUMN
An Empowering
Season of
Change*

Fall 2025



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Ronnie Swais

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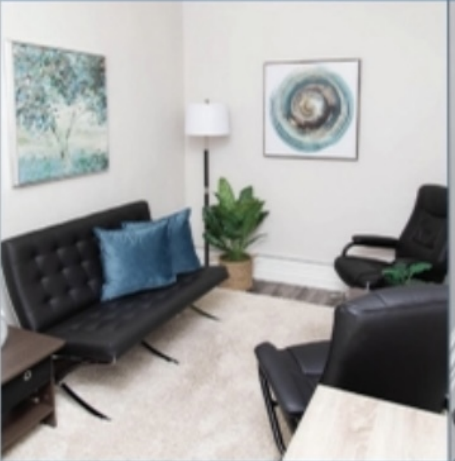
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From the Publisher's Desk

Embracing the Beauty of Fall

As the air turns crisp and the trees dress themselves in brilliant shades of amber, rust, and gold, Fall gently invites us to pause, reflect, and embrace the beauty of change. It's a season that speaks to the soul—offering a peaceful stillness after the rush of summer and a soft reminder that letting go can lead to something truly beautiful.

In this Fall issue of A Beautiful Life Magazine, we celebrate the magic of the season—the cozy comforts of home, the joy of gathering with loved ones, the rich flavors of harvest, and the quiet, golden moments that nourish both heart and mind. Whether it's curling up with a warm drink and a good book, walking among fallen leaves, or setting new intentions as the year winds down, Fall offers endless opportunities to slow down and savor a life well lived.

Let this season inspire you to find beauty in simplicity, grace in transition, and warmth in every shared moment. Here's to falling in love with life all over again.

Ronnie

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The Power of Self-Reflection and Emotional Honesty in Burnout Recovery

Burnout is more than just feeling tired. It's a state of chronic emotional, mental, and physical exhaustion caused by prolonged stress, often related to work, caregiving, or overextending ourselves in other areas of life. What makes burnout particularly insidious is that it creeps in slowly. You may start by feeling a little more tired than usual, then find yourself growing irritable, detached, and finally, numb. It becomes harder to feel joy, stay motivated, or even complete basic tasks.

The good news is that recovery is possible. But it doesn't begin with productivity hacks or time management tools. It starts with something much more personal: self-reflection and emotional honesty.

Self-Reflection: Understanding the "Why" Behind Burnout

Self-reflection is the act of intentionally examining your thoughts, feelings, and behaviours. It's about creating space to ask hard questions without immediately trying to fix everything.

Questions like:

When did I start feeling this way?

What pressures have I internalized?

What activities used to energize me that I've stopped doing?

Am I living in alignment with my values?

Rather than avoiding these questions, self-reflection encourages us to sit with them and explore them. It requires honesty, curiosity, and most importantly, time. Journaling, mindfulness, quiet walks, or conversations with a trusted friend or therapist can help open the door to this inner awareness.

Through self-reflection, we begin to uncover patterns, such as overcommitting, people-pleasing, a lack of boundaries, and perfectionism, that may have contributed to burnout. Understanding these tendencies is the first step toward shifting them.

Emotional Honesty: Naming and Validating Your Experience

If self-reflection helps us understand how we got here, emotional honesty helps us feel what we've been avoiding. Many of us have learned to suppress "negative" emotions like anger, sadness, or fear, especially in professional settings. We're told to "stay positive" or "tough it out." But burnout recovery depends on acknowledging our emotional reality.

Emotional honesty means telling yourself the truth: I'm overwhelmed. I'm not okay. I need a break. It's the courage to sit with uncomfortable feelings instead of numbing them with distractions or denial. It's also about expressing those feelings constructively—whether through conversation, art, therapy, or writing.

By being emotionally honest, you validate your own experience, which is a critical part of healing. When we stop minimising or rationalising our pain, we create the conditions for self-compassion to grow.

Practical Tips to Manage and Recover from Burnout

While mindset shifts are vital, practical actions are also necessary. Here are some tips to manage burnout effectively and support your recovery process:

1. Set Clear Boundaries

Burnout often stems from giving too much of your time, energy, and availability. Learn to say "no" without guilt. Set work hours and stick to them. Limit unnecessary meetings or social obligations. Protect your downtime like it's sacred!

2. Prioritize Rest and Sleep

Burnout recovery demands physical rest. That includes getting consistent, quality sleep and allowing yourself to take breaks throughout the day. Don't wait until your body crashes. Rest pre-emptively and intentionally.

3. Reconnect with Joy

When you're burned out, even things you used to love can feel dull. Start small, like returning to a hobby, taking a walk in nature, listening to music, or cooking a favourite meal. These moments of joy are not frivolous; they're nourishment for your soul.

4. Seek Support

You don't have to navigate burnout alone. Talk to a therapist, coach, or support group. Share what you're going through with someone you trust. Isolation worsens burnout, while connection helps lighten the emotional load.

5. Simplify and Prioritize

Take a look at your responsibilities and ask: What can I let go of right now? Focus on the essential and give yourself permission to pause or delay less critical tasks. Simplification reduces mental clutter and restores focus.

6. Practice Mindfulness

Mindfulness helps ground you in the present moment. It can be as simple as five minutes of deep breathing, a body scan meditation, or slowly drinking a cup of tea. This practice helps regulate your nervous system and create internal calm.

7. Evaluate Your Environment

Sometimes burnout is not just about your habits; it's about your surroundings. Are you in a toxic work culture? Are your responsibilities chronically mismatched with your values or energy levels? If so, longer-term changes may be necessary.

Moving Forward: Rebuilding with Intention

Recovering from burnout is not about going back to who you were before. It's about becoming someone new, someone who listens to their needs, respects their limits, and leads with intention. Through self-reflection, you begin to understand what needs to change. Through emotional honesty, you start to heal.

You'll likely need to make trade-offs. You may need to walk away from commitments, restructure your time, or even rethink your career path. But this is not failure, it's wisdom. Your well-being is not optional. It is the foundation for everything else.

Burnout is a message from your body and mind that something isn't working. Listening to that message with compassion, honesty, and courage can transform not only your current state but your entire approach to life.

In the end, burnout recovery is not about doing more. It's about being real with yourself, your emotions, and your needs. From that place of truth, healing becomes not only possible but sustainable.



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.

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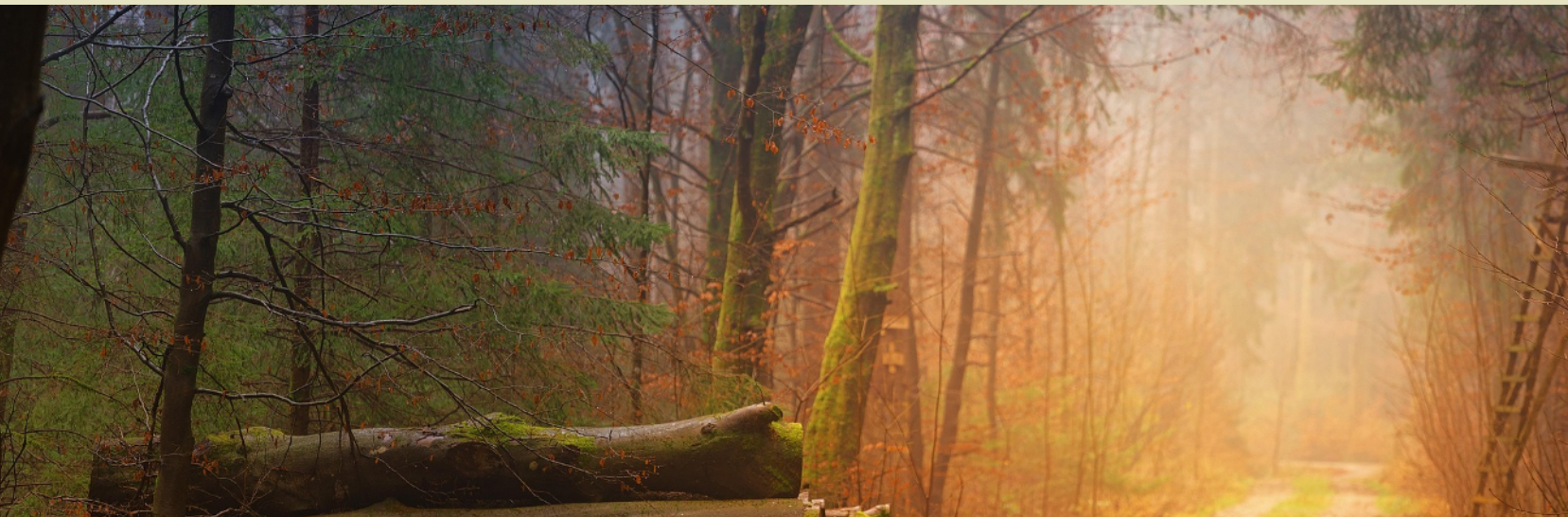


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Steps to Create a Return to Sacred Balance



Burnout isn't just feeling tired — it's a full-body, heart-deep depletion. It's what happens when the emotional, physical, and mental demands of life stretch us way past our limits and leave us feeling depleted, hollow, uninspired, or disconnected from our inner spark.

For those in caregiving, purpose-driven, or high-stress professions, burnout can sneak in quietly and linger longer than we expect. But the good news is this: burnout is not a life sentence. With tender self-reflection, emotional honesty, and consistent self-care, recovery is not only possible — it can become a sacred turning point.

This season invites us to harvest balance — to pause, to tend to what's been neglected, and to make space for restoration. Below are some soulful, practical steps to help guide your journey back to wholeness.

1. Tend to Your Inner Landscape

Awareness is the first step toward healing. Try keeping a stress journal — a gentle space where you can note what's weighing on you and how it's affecting your body, mind, and emotions.

Try This:

- Jot down any situations that feel overwhelming or discombobulating (e.g., deadlines, conflict, emotional overload).
- Reflect upon your emotional response — what

- sensations or patterns do you notice?
- Over time, you'll begin to see what consistently drains you and where your energy is most vulnerable.

This compassionate tracking helps you move from autopilot to conscious presence — and that shift alone can be profoundly empowering.

2. Uncover Your Unique Stress Triggers

Burnout doesn't appear out of nowhere. It's often a culmination of ignoring your limits, people-pleasing, or staying too long in survival mode. Take a moment to explore: When did I stop listening to my needs?

Ask Yourself:

- Were you constantly “on” with no space to rest?
- Were you trying to prove your worth through doing rather than being?
- Are there specific people, tasks, or environments that activate anxiety or dread?

Once you identify your triggers, you can begin to lovingly create boundaries and shift your relationship to them — not out of fear, but in honor of your well-being.

3. Reach Out for Sacred Support

There is no shame in burnout — and there is no need to navigate it alone. Whether through therapy, coaching, or a

trusted soul-aligned mentor, receiving support can help you feel seen, validated, and gently guided through the fog.

Remember: Healing doesn't mean doing it all by yourself — it means choosing to be held, supported, and reminded of your inner light when you've temporarily lost sight of it.

4. Let Journaling Be Your Mirror

Journaling is a sacred act of witnessing yourself. It's where your truth gets to breathe without judgment. Through writing, you gain clarity, recognize patterns, and begin to rebuild trust with your inner voice.

Create a Practice:

- Begin each day or evening with a check-in: How am I feeling? What do I need?
- Allow emotions to surface freely — without editing or fixing.
- Use prompts like: What am I no longer available for? What nourishes me deeply?

With time, journaling becomes a sanctuary — a place where your wisdom and wounds co-exist, and healing naturally unfolds.

5. Move Your Body — Gently, Consistently

Movement is medicine. Even gentle stretching or walking can begin to shift stagnant energy and restore a sense of inner vitality. You don't need to push or perform — just move in ways that feel nourishing to you.

Start Small:

- A five-minute walk in nature.
- Gentle yoga or qigong, swaying to music, or breathwork with movement.
- Let your body guide you back to yourself.

When you move, you reconnect with your life force — and slowly, your energy begins to rise again.

Create Space or Seek Change

If possible, reassess your environment. Is your current job, routine, or commitment aligned with your well-being? Sometimes, a shift in your work, role, or rhythm can open the door to deeper healing.

If change isn't immediately possible, seek allies — a colleague, supervisor, or friend who can help ease your burden or simply see you. And if the support you need isn't in your everyday circle, consider working with a coach or therapist

who can walk beside you as you rebuild your strength and reclaim your joy.

In Closing: A Return to Balance

Burnout recovery isn't about fixing yourself — it's about remembering yourself. It's a gentle homecoming to your needs, your rhythm, your truth.

This season, may you honor your exhaustion not as a weakness but as a sacred message from your soul. May you listen deeply, choose rest without guilt, and rediscover what brings you peace.

And as you tend to yourself with love, may balance become not just something you chase — but something you embody.



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/>



Nurturing Your Move

As our summer season comes to an end, many students across Canada are making big moves into college and university dorm rooms and off-campus rentals. As I moved my daughter into her off-campus rental house I also moved for the third summer in a row.

That's very unusual for me, but I needed to find my best 'nurturing' nest, now that mine is empty. Moving is a trip down memory lane. It can also be an emotional rollercoaster and a test of willpower and resilience. It's time consuming, costly and laborious. The silver lining? It's a new chapter, at any stage in your life. We upsize, downsize, donate, replace and update. The whole process is cleansing physically and emotionally. During my third move I released a feeling of fragmentation making space for wholeness and some fine-tuned clarity. All that work moving shifted my energy in all the right places. Each move I made, the same message really hit home. Moving is not just a fresh start after exhausting work. It's a chance to practice and engage all my mental wellness skills.

Finally into my new home on my third move, I opened up my big boxes of family photos and childhood archives. Taking a break, going down memory lane, I noticed a small pink book with the word AUTOGRAPHS on the cover. I opened it up and the first page was a message from my Dad. He wrote, 'Ginny, I wish you all the happiness in the world. Your daddy,' and signed his name. Anything that needed releasing came out at that moment. I looked

around with a big smile. I thanked my Guardian Dad Angel for that autographed message waiting to be found once again. The weight of the moving world lifted off my shoulders. I needed that message, and I needed it from him. Present happiness is one of my daily intentions, and it was stored in my memory bank many moons ago.

As I approached the finish line on my third marathon of moving, I looked down at a pile of notebooks, binders, loose papers and sticky notes. The pile was calling me. I decided it was time to go through all my research, study notes and writings. It seemed like a rainy day thing to do but I looked at the forecast and there was no rain in sight. I found a poem taped to the inside of a binder. I felt like a sunshower had just entered my living room. It was written by my friend, Serena, after she read my astrology chart. We befriended at our relationship coaching certification course. It was a few years before I created my Nurturing brand, but the writing was clearly written on my freshly painted wall.

A Nurturer

- Carrying the ability to heal
- With just her presence
- Her words
- And her faith in something greater
- A mother, ever present
- Searching for meaning
- Creating meaning
- Out of the ordinary
- Caring so deeply
- Attentive and alert
- She brings truth
- From a higher perspective
- She is love
- She is passion
- She is present
- She is balanced

Reading those words, I felt my present happiness and was empowered. They were waiting for me to find them once again. As I continued through my notebooks I started writing down positive takeaways that helped keep my three moves in a happy, organized and sane place. Enjoy this refreshing glass of the lemonade taking a break from any packing or purging moment during your moves. May words and messages find you when you need them most. Pass my findings on. I encourage you to create your own.

Moving uproots routine and it gives us a chance to

appreciate it.

There's a beginning, middle and an ending, like a library book, you can return it once you're done.

It challenges your relational skills and motivates change in old patterns and beliefs.

- Troubleshooting becomes second nature and your creativity reaches new heights at this time.
- It nurtures your patience on a grand level.
- It is regulation and assertion at the same time.
- It steps you outside a comfort zone and brings you back into one.
- It connects us to our past in magical ways.
- Moving creates social-emotional hurdles and new goals.
- Boundaries and delegation meet up.
- Moving can bring new people into your life who are meant to inspire you.
- The law of attraction is in full effect.
- Small wins are everywhere.
- It makes you book a facial and put yourself first.
- It might take you to where you are supposed to be.
- Moving can bring love, passion, present happiness and balance.

My to-do list was in my last bin of recycling. I found space for the notebooks, binders, papers and sticky notes. I was looking forward to my new friends coming over for a house warming party in a few days. I opened up the kitchen cabinet and pulled down my Joy of

Cooking book. She has come with me to every kitchen my whole life. If books could speak, I think she would approve. Looking around the space I had created, I felt the energy of my new chapter. I took a moment to honour my new revision. I cleansed my home with palo santo and sound bowls. I finished the book, and returned it to the universal library. I will not be taking it out for a very long time.

A Special Thank You to:

Cindy and Julia for organizing my new kitchen.

Laurie, Jocelyn and Jim for their amazing support.

Contact Serena Mann at linktr.ee/serenastarmaiden for your astrological reading and personal poem.

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Meet Ginny at

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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!



AUTUMN

AN EMPOWERING SEASON OF CHANGE

Autumn, also known as the Fall, is a time of radical change for the Northern Hemisphere, which transitions into a period of shedding the old to welcome in the new. Followed by a period of sleep, as Winter blankets the earth, giving it time to rest and rejuvenate in Springtime. During this rest period, Earth prepares for Spring and New Beginnings. Everything comes alive, and it is one of the most welcome and beautiful times of the year.

For me, this Fall is going to be filled with me shedding the old to welcome in the new, as I will be making the transition once more to welcome a not-so-new beginning back into my life. I love change. Change, regardless of how it arrives in my life, ultimately becomes my greatest teacher and friend.

As far back as I can recall, I have been open to embracing sudden and unexpected changes in my life, and I welcome the new beginnings it offers my ever-changing world. I have what one would call a childlike trust and expectation that any change will always be for my highest good, and I am never disappointed.

When my soul started whispering, I ignored it at first, and I did not pay attention until it became a loud, ever-present voice in my head and heart that I could no longer ignore. Therefore, I decided, why not write about when our Soul wants to get our attention? It does not care if it is in the

Spring, Summer, Autumn, or Winter. It has a way of making itself known and listened to, and does not give up.

When our soul wants our attention, it has ways and means to get us to listen, and listen I did. The outcome of my listening and following my soul's calling is a change of career, working specifically with women aged 45 plus and empty-nesters who have raised their kids, supported their family by often giving up their dreams and goals, and are now wondering.....what's next for me? As a woman who has walked that walk, I am more than qualified for my soul's calling, even though it took me by surprise.

Twenty plus years ago, I was a Success coach, developing and running workshops, and a passionate, inspirational Coach and Speaker for a government-funded Employment Resource Centre. Over the years, I became a night school junkie studying Transpersonal Psychology, Reiki, Reflexology, and Shamanism, just to name a few disciplines, and decided to become a Holistic Practitioner. I opened Healing Path Centre and started my career in the Healing Arts. I had listened to my heart whispers then because I was and still am passionate about helping others to heal.

Now, in the Autumn of my life, my soul decided to initiate another change in my life. This time as a Soul Coach working with women aged 45 plus and empty-nesters who are dissatisfied with their lives and spinning their wheels in an endless cycle of what-ifs and what's next!

I was in the middle of writing a book for women of the world so they would realize this is their time to shine. It is their time to take their rightful place in a world that is longing for what the feminine has to offer and teach.

Being honest and blunt...this is no time to play small. You are powerful. Do not let anyone tell you, you are not worthy or deserving of the life you have been dreaming of. You are ready to make those dreams and goals that have been hidden in the dark recesses of your heart and soul a reality for you. They need to be brought into the light of day and your life to share them with the world.

I have a vision of women helping women, a sisterhood of brave and powerful women rising to claim their rightful place in a world that is open and welcoming of the divine feminine essence that women carry, many unknowingly.

Moving into my coaching practice, I will integrate my healing knowledge because both complement each other, and both are so needed in the world of the future that we are birthing with every shift we are asked to make in our lives. Women will be the Change Agents of tomorrow to birth that kinder, loving, more compassionate world we want to leave for our children and grandchildren.

In that new world, the feminine voice must be heard, respected, and acted upon, for it is the feminine who will lead with the help of the masculine by her side. Both have crucial roles to fill, and it's not going to be easy. We must all Trust and listen and allow our hearts and souls to lead us on the new path that is unfolding in our world.

Woman, may you walk gently in sandals of love and know that the Universe, Spirit, Great Creator or by what other name you relate to, is wanting to work with you and give you everything your heart desires.

I am Sharon.

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.

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ABOARD THE LONGEVITY TRAIN

RON B

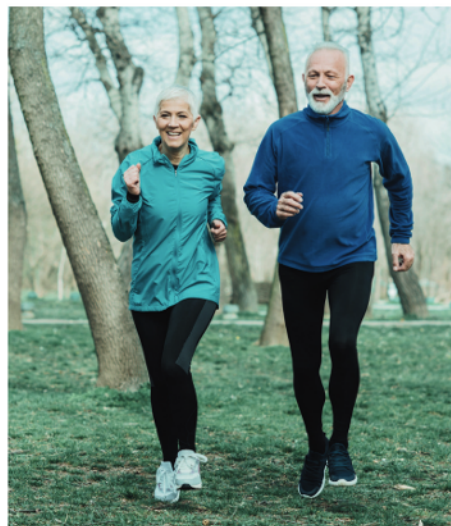
AGE IS JUST A NUMBER: RIDE THE LONGEVITY
TRAIN INTO A HEALTHIER FUTURE

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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.

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!

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RON B >>



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Age is just a number
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Balance Your Harvest of Well-Being

Reap the Benefits

The phrase “balance your harvest of well-being” can be understood as cultivating and nurturing different areas of your life to achieve overall health, happiness, and prosperity.

Starting with self-reflection, emotional honesty, and learning ways to prevent being overburdened is a significant first step in reaping the benefits of well-being.

Self-reflection

Understanding oneself is the foundation of self-reflection. It helps you become more aware of your values, beliefs, strengths, and weaknesses. By taking stock of these personal attributes, you can better align your actions with what truly resonates with you. Self-reflection allows us to be honest with ourselves when making decisions regarding our goals and priorities.

Self-reflection also serves as a powerful tool for personal growth, encouraging us to take proactive steps in shaping our own life journey.

Emotional Honesty Helps Prevent Being Overburdened

Why? When you suppress or bottle up your emotions, it leads to emotional overload, and you inadvertently increase your stress levels. Stress burdens our physical and mental well-being. Although stress is not the leading cause of death according to the World Health Organization, it is in the top five. Chronic stress is linked to heart disease, cancer, lung ailments, accidents, and work-related anxiety, which are all among the leading causes of death. As you can see, stress sucks your life energy and well-being from you.

Managing Stress

Managing stress levels is apropos to prevent becoming overburdened, especially in today’s fast-paced world. Stress can accumulate from various sources, including work pressures, personal responsibilities, and unexpected challenges. To effectively manage stress, it is essential to recognize its signs early and implement strategies that promote well-being. One effective strategy is to incorporate deep healing music into your life to help manage your stress levels.

Sonic Apothecary’s Deep Healing Music possesses healing properties that can help release burdens associated with suppressed emotions, allowing individuals to confront feelings they may have long buried safely and effortlessly.

Honesty is always the best policy. When we express our emotions honestly without overreacting, we attract to us people who are honest. Honest relationships allow for trust. Trust opens us up to a multitude of potential and opportunities for attracting prosperity into our lives.

Since the time of Plato, deep healing music has served as a medium for connecting and healing the body, mind, and spirit.

Sonic Apothecary’s deep healing music is a perfect example of this, as it is more than just a melody; it is a blend of specific frequencies that resonate with our emotional and spiritual bodies.

Music helps heal our cells through the principles of the Law of Resonance and the Law of Environment:

Law of Resonance:

Vibrations and Resonance: Sound is fundamentally about vibration. All objects, including our bodies, are in a state of vibration, and specific sound frequencies are said to activate our natural healing resonance.

Law of Environment:

Creating a Conducive Environment: Specific frequencies, such as those found in Sonic Apothecary deep healing music library or sound healing practices, are believed to promote states of mind and body experiences conducive to self-discovery and emotional release.

As listeners immerse themselves in the Sonic Apothecary soundscapes, they often report experiencing profound insights and a greater sense of purpose in their lives.

Deep healing music helps a person become relaxed. When a person is comfortable and in a meditative state of mind, it cultivates introspection and Self-awareness.

Soothing sounds enable individual to dive deeper into understanding their authentic selves. These soundscapes serve as a source that facilitates a deeper connection between the mind and body through their vibrational qualities.

By exploring these frequencies, individuals can embark on a journey toward emotional release, physical relaxation, and spiritual awakening—a harmonious path toward holistic well-being.

Read More



Linda Sylvester

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The Cornucopia Lens

The Cornucopia Lens

Have you ever noticed the way the light changes in the fall? The tilt of our planet Earth moves away from the sun, just a little bit, resulting in a beautiful golden light in the fall, more yellowish than white. If you happen to be lucky enough to live in a temperate, deciduous tree zone, you feel the crunch of the leaves under your feet. That crisp, cleansing air that sweeps away the dying, drying leaves. This is a time of letting go, reflection and nature's abundance.

The trees do it, they drop what is no longer vital the leaves change colors and once green leaves eventually turn brown and wither. The trees go inward, and so do we in this season of restoration, nourishment, rebalancing anew.

I have a friend who used to say "you gotta level with your devil". Meaning you have to know what you desire and what connects you with that and what draws you away from it.

Now in this fall season is the time to do the work and make the decisions about what is really happening in your life. The planning, the harvesting, and the gleaning wisdom from your experiences. What have been the high

points in your life since last fall? The peaks through each season? What are the things that have brought you joy and nourishment? What do you think you want to let go of because you're ready for something new and fresh? What is next? What do you want to create more of? What would you like to step into?

In our lives, we experience many seasons of growth and gestation points where we both gather and let go. When you go through times of distress, pain, sorrow there's always a time of reckoning or recalibration. We are always creating, yet we need times to defrag to dump and let go.

On this cutting edge of our lives as creators, it is a brave task to notice what is working and what is not working and to be honest about what we need for ourselves and our best living.

I am reminded of a wonderful experience I had in 1998. After completing my undergraduate degree I did a year of national service. In my social service position I had the honor and privilege of interviewing over 300 women on the welfare rolls about their dreams and desires for their work life and future.

I learned so much from these amazing strong women. All of them struggling on some serious level of survival. Almost all of them were single parents doing their best to make ends meet, while caring for their families and for themselves. I had the good fortune to sit as a witness, and just listen as I asked them questions about their interests, talents, and skills. What they like to do, where they like to be, to set the tone for them to even think about what life would be like if they had all the resources they needed at their fingertips. I like to think of this as "the cornucopia lens", Zeus' horn of abundance, full of never ending plenty. Viewing the

world through the feeling of what if I had everything I need at my fingertips. What would life be like?

Every single one of these women had been through challenges that hurt them and their self-esteem. Many had grown up in poor and abusive homes and experienced their mothers struggling when they were children. With a desire for their children to not experience the same future, breaking the cycle of poverty and abuse. It was extraordinary to me that after each interview, where they engaged with the cornucopia lens of possibilities there was a noticeable difference of demeanor in each person. They seemed lighter, freer, more hopeful, as they answered questions about their hopes and dreams, looking ahead and engaging with what life could be like if there was plenty.

Each person expressed the stress, trauma and burden of not being able to easily meet their own and their children's basic needs. Yet, each one had hope - even great hope - that their children would have more than themselves. Their love was their own inspiration. These interviews felt like a solid structured bridge into futures of possibility.

The witnessing, listening, and simple acknowledgment of what each woman had been through and experienced always put me in a state of awe for the tenacity, accomplishment and abilities people have to overcome solitude and hardship and to reach out for support, to show up and receive it. All of these women had reached a point of letting go of hardship and reaching out for help and it was beautiful to behold.

At this time of golden light and personal inventory may you be blessed to view your life through the cornucopia lens of abundance that's reflected in this season!

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.

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Harvesting Your Connection: Ten Ways to Deepen Your Bond with Your Spirit Team This Autumn

As the crisp air of Autumn settles in and the trees shed their leaves in a breathtaking blaze of gold and crimson, nature reminds us that every season carries its own magic. Fall is a time of harvest, and of gathering the fruits of what we've planted, whether in the soil or in our souls. It's also a time for reflection, gratitude, and preparing our spiritual "roots" for the months ahead.

It's no surprise that many people feel called to deepen their spiritual practice in this season. In my work as a psychic, one of the most common questions I'm asked is:

"Liz, how do you connect so strongly with your Spirit Team?"

The answer is simple yet profound: I nurture my connection as you would tend a garden with patience, trust, and care.

I remember the beginning of my own journey, eager to learn the "big secret" I was sure was hidden away for a chosen few. I was impatient, wanting my intuition and visions to be flawless from the start. I wanted to master my connection overnight. If you've ever felt that same yearning, I get it.

The truth is, there is no magic shortcut. However, there is a beautiful process. Just as an athlete trains or a gardener plants and waters before reaping a harvest, your psychic and mediumship abilities grow through dedication, trust, and practice.

This Autumn, as you harvest what you've learned so far in life, I invite you to begin, or deepen your work with your Spirit Team. Here are ten ways to do it.

1. Release Fear & Let the Season Teach You

Fear is one of the greatest barriers to spiritual connection. You might fear the unknown, fear that you won't be able to connect, or fear encountering something unsettling. But your Spirit Team is made up of loving guides whose only intention is to support your highest good.

Autumn is the perfect teacher! The trees release their leaves without fear, trusting that spring will come again. In the same way, you can release your fears, trusting that what's meant for you will remain, and what's not will fall away.

Try this: Write down every fear you have about connecting with your Spirit Team. Then, beside each one, jot a way you might release it. Burn the list in a safe fireproof container as a way of releasing the intention. You can also explore a free guided meditation for overcoming fear at FragrantHeart.com.

2. Start a Spirit Journal Call it "Your Autumn Harvest Log"

Think of your journal as a basket for collecting spiritual fruit. Every insight, dream, or intuitive nudge you write down becomes part of your personal harvest.

Set the intention that this journal is just between you and your Spirit Team. As you document, you'll see patterns emerge, even proof that you're more intuitive than you may believe.

Try this: Ask your team for guidance in your journal. If you want clear "yes" or "no" answers, assign symbols: perhaps a red cardinal for "yes" and a blue jay for "no." Your guides may send the symbol in unexpected ways for e.g., a bird outside your window, a sports logo, even a painting on a café wall.

3. Chat with Them Daily Just Like Old Friends

Just as farmers check the weather daily before tending their crops, you can check in with your Spirit Team each day. Speak to them in your mind or out loud, sharing your plans, hopes, and challenges.

Try this: Each morning, ask: "What should I know today?" or "What can I do to be in alignment with my highest path?" Pay attention to thoughts, feelings, and synchronicities that follow.

4. Develop Spiritual Practices That Ground You

A strong tree grows from strong roots. Your spiritual roots are daily or weekly practices that keep you grounded and connected.

Autumn is naturally grounding time, the earth smells rich, the evenings draw you inward, and nature encourages reflection. Choose practices that make you feel safe, supported, and connected to the divine.

Try this:

- Daily: Write three things you're grateful for.
- Weekly: Pull an oracle card for guidance.
- Monthly: Honor the full or new moon with a ritual light candle, journal intentions, or meditate under the night sky.

5. Research Spirit Guides & Become the Student Again

Fall is back-to-school season so, why not enroll in the "University of the Spirit"? Reading, watching, and learning

about Spirit Guides naturally strengthens your connection with them.

Try this: Allow curiosity to guide you. If a friend recommends a book, read it. If a social media group catches your eye, join it. Your guides will often lead you to the exact resource you need. Check out www.thepsyhicassociates.com my company for formal training.

6. Let Go of Expectations & Trust the Process

You may have a vision of how your connection "should" unfold, but your Spirit Team knows the best route for you. Autumn reminds us of this, we can't rush the leaves to turn or the pumpkins to ripen.

Try this: Verbally release control: "I surrender my expectations and open myself to the wisdom my team has for me today."

7. Notice the Signs & Celebrate Them

The more you notice signs, the more they appear. This is your Spirit Team's way of showing they're close. Signs can come as repeating numbers, feathers, songs, dreams, or symbols in nature.

Try this: Greet your team each morning. Keep a dream journal by your bed. If you find a feather or see a repeated number, look up its meaning, then thank your team for the message.

8. Practice Being Present

Being present allows your guides to connect without interference from mental clutter. Autumn invites us into the presence, the crackle of leaves, the cool air, the golden light all anchor us in the moment.

Try this: Pause during your day to simply breathe and notice your surroundings. Even five minutes of mindful awareness opens the doorway for your Spirit Team's messages to come through.

9. Get to Know Your Team Personally

Your Spirit Team isn't just a concept, they're real, loving beings who want a relationship with you. Ask them their names, what time period they lived in, or how they've helped you before.

Try this: If a name pops into your mind, write it down. Then watch for "confirmation sightings", hearing the name multiple times in unexpected places.

10. Play with Divination Tools

Just as a chef experiments with different recipes, you can experiment with tools like oracle cards, pendulums, runes, or automatic writing to see which you enjoy most.

Try this: Before using a tool, invite your Spirit Team to join you and speak through it. Then, approach your questions with curiosity.

A Season of Gathering

Working with your Spirit Team isn't about racing to a finish line. It's about gathering wisdom, season by season, and deepening trust over time.

Autumn reminds us that the harvest is not only the reward for the work we've done but also the preparation for the quieter, more reflective months ahead. In connecting with your Spirit Team now, you're gathering spiritual resources that will support you through winter and beyond.

Just as nature cycles through seasons, so does your spiritual growth. Your guides will meet you at every step, encouraging, comforting, and celebrating you.

So, as you sip your pumpkin-spiced tea and watch the leaves drift down, remember: your Spirit Team is ready and waiting. All you have to do is open the door, step into the crisp Autumn air of your soul, and begin.

Namaste, friend.



Liz Throp

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

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Embracing Wellness in the Fall: A Season of Renewal

As the crisp air settles in and leaves turn brilliant shades of red and gold, fall offers more than just scenic beauty—it's a powerful time to reset, reflect, and refocus on wellness. With summer's high energy waning and winter's stillness approaching, autumn becomes a season of transition, making it the perfect time to nurture both body and mind.

Prioritize Seasonal Nutrition

Fall brings a bounty of nutrient-rich foods that can support immune health and energy levels. Incorporate seasonal produce like:

- Pumpkin: High in beta-carotene and vitamin A.
- Sweet potatoes: Great source of fiber and antioxidants.
- Apples and pears: Packed with vitamins and perfect for digestion.

Warm, grounding meals such as soups, stews, and roasted vegetables not only nourish but also help the body adapt to cooler temperatures.

Strengthen Immunity

With flu season looming, supporting your immune system is key. Focus on:

- Vitamin D: As sunlight wanes, consider supplements or foods like eggs and fortified cereals.
- Hydration: It's easy to forget to drink water when it's cooler, but hydration is crucial for immune function.
- Restorative sleep: Shorter days can disrupt sleep cycles. Aim for 7–9 hours of quality sleep.

Reset Your Routine

- Fall is a great time to create structure and revisit wellness goals:
- Update your fitness routine: Cooler weather is perfect for brisk walks, hikes, or outdoor yoga.

- Digital detox: Spend more time in nature, and reduce screen time to protect mental clarity.
- Mindful mornings: Start your day with intention—stretching, journaling, or a warm cup of herbal tea can set a peaceful tone.

Care for Mental Health

Seasonal transitions can impact mood, especially for those affected by Seasonal Affective Disorder (SAD). Try:

- Light therapy: A light box can help boost serotonin during darker months.
- Gratitude journaling: Focusing on the positives of the season can ease anxiety.
- Connection: Autumn is a time of gathering—reconnect with loved ones, join community events, or volunteer.

Prepare for Rest and Reflection

In many ways, fall invites us to slow down. Just as trees shed their leaves, we, too, can let go of habits or thoughts that no longer serve us. Use this time to:

- Reflect on your year so far.
- Set intentions for the months ahead.
- Embrace stillness and self-care.

Wellness in fall isn't about dramatic changes—it's about aligning with nature's rhythm and taking small, intentional steps toward balance. By tuning into your body's needs and embracing the coziness and clarity of the season, you'll head into winter feeling grounded and well.



From Overdoing to Overflow: Harvesting a Life of Ease

*Your invitation to pause, breathe, and gather
only what truly matters.*



Autumn is nature's reminder that letting go is just as important as holding on. The trees release what they no longer need, and the earth takes a deep breath before the stillness of winter.

But for many women, this season doesn't feel like slowing down, it feels like a mad dash to keep everything going. We push through our own tiredness, giving our time, energy, and attention to everyone else, telling ourselves we'll rest later.

I know this pattern well. I lived that way for years, overthinking, over functioning...

And I've learned how to live differently. Most days, I do. Even in difficult times, I've learned to create space, stay grounded, and let life flow to me instead of pushing my way through it.

But recently, I got a little reminder of just how easy it is to slip back into the old ways.

A Personal Moment of Overdoing

My beautiful 87-year-old mum hasn't been well. Naturally, I wanted to care for her in every way possible, making sure she was hydrated, comfortable, and cared for. All while keeping my business running and my home in order.

I have a morning ritual I love, gratitude, visualisation, intention-setting, but in focusing on her, I let it slide. And while I can usually navigate life's demands with ease, I found myself becoming drained and impatient.

That was my sign.

The next morning, I chose stillness. I sat on the terrace, gazing at the mountain opposite our home in Italy. I breathed slowly. I listened to the birds. I allowed myself to simply be. In that quiet, something shifted... Gratitude, joy, love, and

freedom filled my whole body. Tears came.

The rest of the day unfolded effortlessly, new opportunities, beautiful conversations, energizing.

This experience reminded me that no matter how much inner work we've done, life will test us. The key is knowing how to come back to yourself quickly.

Why We Overdo — and How to Step Back

Many women don't realise they're overdoing until it starts showing up as exhaustion, overwhelmed or burnt-out.

Often, it's driven by deep-rooted conditioning, hidden beliefs and blind spots that tell us we have to keep giving, doing, and fixing in order to feel good enough.

The truth? It's almost impossible to see and shift these patterns alone. Not because you're incapable, but because when you're in it, you can't see the whole picture.

This is where guided support becomes life-changi

3 Gentle Practices to Slow Down and Reconnect

3 tools to help you step back into balance:

1. Morning Stillness Ritual

Before you reach for your phone or start the day's tasks, sit somewhere you can see beauty. Breathe slowly, and name 1 to 3 things you're grateful for. Let yourself feel the gratitude, not just think it.

2. The "Do I Really Need To?" Pause

When you catch yourself adding yet another task to your plate, stop and ask: Do I really need to do this right now? Often, the honest answer is no.

3. Journaling Prompt for Release

Write at the top of a page: If I stopped overdoing, I would...

Let your pen move without judgement. You might be surprised at what comes up.

Your Next Step

If you're ready to explore a truer way of living, I have two ways to support you:

- Free Guide: 5 Steps to Your What's Next — a powerful starting point to help you get clear, reconnect with yourself, and take the first aligned steps toward the life you truly want.

<https://thezenjen.com/whats-next-guide/>

- Podcast: Soar and Flourish — heartfelt, soul-led conversations and practical tools to help you release what's weighing you down, live with more ease, and step into a life that feels free and fulfilling.

<https://open.spotify.com/show/>

Or search for Soar and Flourish on Spotify or Apple Podcasts

Because when you stop overdoing, you don't lose momentum.

You find your flow and flourish...

With love , Jen

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



START FROM THE BEGINNING. CONTINUE TO THE END...

As time goes on, we lose the ability to get it back. It is the most precious thing in life and most of us waste it on trivial and unimportant issues. As we head into the fall season, so much change is happening around us. Leaves changing, climate getting cooler and the night comes in faster. It is all part of our human experience and we do it every year. This year can be different if we choose to do the things we take for granted differently and apply the live for the moment philosophy.

No one will every fault you for trying to live your best life. Just as the leaves change color, so do people change. Not their color, but their character. This is not as obvious and therefore can be much more dangerous. When you can see the change and the reality it is easy to accept as it is in front of you. But when you cannot see it and feel it and touch it, it is much harder and more of an issue. The life that you want is the life that you should have. The choices you make are yours and yours alone. Yes, you discuss important topics with those you care for and who will be affected, but the last call and the final decision is yours. In an ever changing world, the one thing and the only person you can truly rely on is yourself.

The title of this article is clear and concise. If you start at the beginning and continue to the end, you will see all of the opportunities along the way. So many people skip parts of their lives and end up either going backwards or forward in a yet to be determined conclusion. When you try to take a short cut to save time, be something else and not live the moments, you can end up regretting the steps you do not take and the chances you did not see and most of all, the life you do not have. People will be there for you in

their own way. Conditional love is the only love most of us know. Unconditional love comes from animals such as a dog or cat. They are always happy to see you, they value you and your presence and they do not judge. Who among us can say that about themselves? If you are really honest, you cannot say that about yourself. I know that I can't. I would like to think that I can but that is not the truth.

Trees get bare as their leaves fall to the ground. The green leaves or yellow start to turn brown and get tired looking. Fall is upon us and the rebirth of the season starts with the death of the colors we saw for months since Spring arrived. Just as the natural beauty of life is affected by change, so are we. We may not like it, and we may not enjoy the changes, but they will continue to happen and it is up to each of us to embrace this in our own ways. Accept that the season is here for a reason. Know that this is a soft change and one that allows life to progress in natural ways. Love the chance to start over and to truly see you for who you are. What changes do you want to or need to make to be really at peace with you right now and can you do it????

Self awareness is a gift that comes when you are ready to take it. You cannot force the issue or you will just go through the motions and end up angry and unfulfilled. If you want to change, you will, on your terms. Forced changes do not last, they can happen for many reasons, but in the end, if your heart is not in it, it will be just a check off box in the life you lead. Never accept a check off box as a normal part of life. This diminishes your goodness and questions your ability to see you for who you truly are. It is the equivalent of sending someone a text message just to say you

did when you do not care about the person and / or you felt like you had to send the message. Little things in life matter and picking up the phone to call someone is one of them. Messaging endlessly gets you into real trouble at times as your messages can be misinterpreted and ,may be really messed up if you are not looking at the times they are sent and what your response was. Real time is the only time. Stop the fakery that we have all allowed into our lives and reach out to someone and mean it. If your ego is more important than the results, you will get what you deserve. A half empty glass that you see as half full. Choose to be different and let your character and your truth and you stand out. Be sure that you are the one of a kind and unique person you were born to be. Do not let others color or change you by questioning your motives or choices. Don't bend to criticism that is not fair and that does not reflect the truth and the reality of the situation. Be true to you. That is all you can do.

Start from the beginning and know that the journey you are on is the one you are meant to be on. Live the days as they come, let the path unwind for you as your life fulfills your dreams and your ambitions. Stay true to the knowledge that as you go through the steps and the changes in your life, you can see the actual path in front of you. Like a painting, we all see something different when we look at our lives. This is perfectly natural and the

reflection of what you see will take you into the end of time. You start, you live, you mature, you cry and laugh and be, and at the end, you see the fruits of your effort and you know that your life was a Legacy in the making.

LIVE LONG, BE STRONG AND KNOW THAT YOUR VALUE IS LIMITLESS.



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Women's Wellness

Women's wellness is a broad term that encompasses various aspects of health and well-being specific to women. Women's health has historically been overlooked or misunderstood in many ways, leading to disparities in healthcare. While there has been progress in recent years, there are still many areas where women's health doesn't receive the attention it deserves, specifically when it comes to the perimenopausal and menopausal years.

Perimenopause is the transitional phase leading up to menopause, typically occurring in women between their late 30s and early 50s. It can last for several years and is marked by various physical and emotional changes as the body approaches menopause.

Menopause is a natural stage in a woman's life that marks the end of her menstrual cycles and fertility. It typically occurs between the ages of 45 and 55. While it is a natural process, it can come with a range of physical and emotional changes as the body transitions through different hormonal stages.

Hidden struggles can include:

- Hot flashes and night sweats
- Mood swings and emotional changes
- Sleep disturbances
- Vaginal dryness and decreased libido
- Brain fog
- Physical changes like weight gain, decreased muscle mass & bone density
- Hair and skin changes

You're not alone in facing these symptoms and feelings. With the right tools, treatments, and care, it's possible to manage symptoms and regain your emotional balance. At Spa Lumina, we're here to support you every step of the way. We have introduced some new wellness solutions and look forward to working with you towards feeling your very best.

Biote® bioidentical hormone replacement therapy.

This easy pellet therapy is personalized to your body's needs using compounded hormones that are identical in structure to those produced by the body. Hormones are natural substances the body produces to regulate major processes such as metabolism, sexual reproduction, and moods. The Biote® Method involves hormone replacement personalized for your body's specific needs using pellet therapy. Tiny pellets, about the size of a grain of rice, are inserted under the skin during a simple office procedure. As the pellets dissolve, they release a steady stream of hormones into your bloodstream that your body uses as needed. Over time, the pellets are completely absorbed, leaving nothing behind.

Metabolic Balance® Weight Loss Program. Your natural metabolism may hold the key to your struggles with weight, food allergies, hormone imbalances, diabetes, or other health concerns. Metabolic Balance is a scientifically proven, personalized nutrition program that helps you optimize your metabolism by eating the foods that work for your body and avoiding the foods that cause problems. Metabolic Balance is a 12-week nutrition plan that helps you reset and support your metabolism. The program is based on a detailed analysis of your blood. To support you throughout the program, you will have access to our certified Metabolic Balance Coach.

Nutritional IV therapy makes it simple and efficient to give your body what it needs, whether you want more

- Energy
- Mental clarity
- Weight loss
- Strengthened immunity
- Or another health goal.

We offer products from Färsk Health Canada because of their safety and vegan, cruelty-free ingredients approved by Health Canada. It is a treatment that delivers fluids, vitamins, minerals, electrolytes, and other nutrients directly into the bloodstream through an intravenous (IV) drip. This method allows for faster absorption than oral supplements because the nutrients bypass the digestive system and are directly delivered to the cells that need them.

IV therapy has gained popularity for its ability to provide hydration, boost energy levels, and improve overall wellness. *It is commonly used for things like rehydration, immune support, energy boosts, detoxification, and even recovery from fatigue.*

The Alma Duo®. A woman's sexual health is important to her emotional and physical well-being. But it can be difficult for many women to discuss this topic or seek treatment. At Spa Lumina, we offer Alma Duo®, a breakthrough treatment for women. The Alma Duo was originally developed as a treatment for erectile dysfunction and has been clinically proven to improve blood flow and restore sexual performance in 80% of men and women. Low-intensity shock wave therapy doesn't require any pre-treatment preparation by clients. During the procedure, a provider moves the wand-like device (externally) as it emits gentle pulses to stimulate increased blood flow. Treatment sessions take about 15 minutes.



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This is **You!**



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