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A Beautiful Life

Magazine

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Changing
Benefits of
Sound
Therapy*

*The
Nostalgic
Yearning &
Renewed
Optimism
of Fall*

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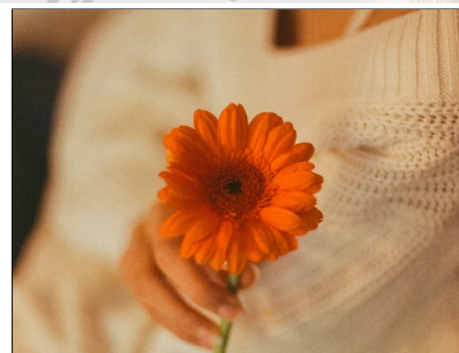
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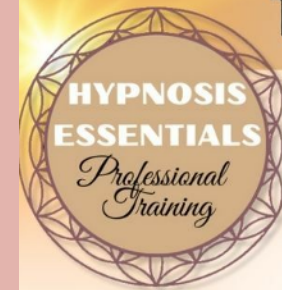
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HYPNOSIS ESSENTIALS+ CERTIFICATION TRAINING



Heather Keys



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A Beautiful Life Magazine

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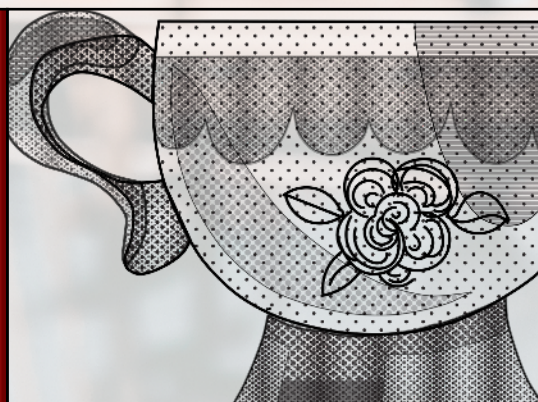
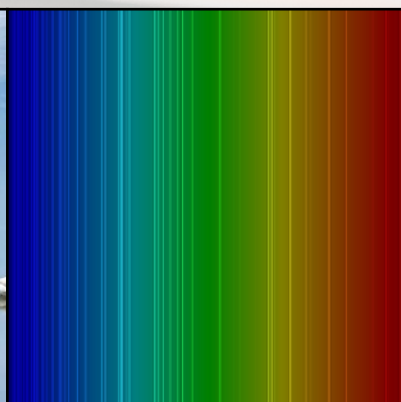
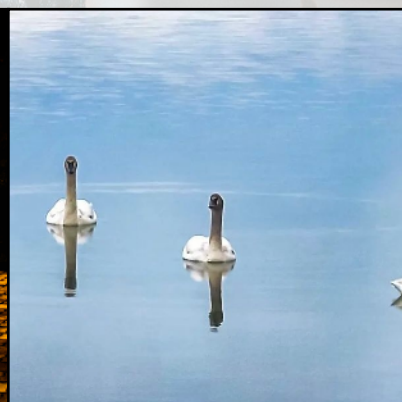
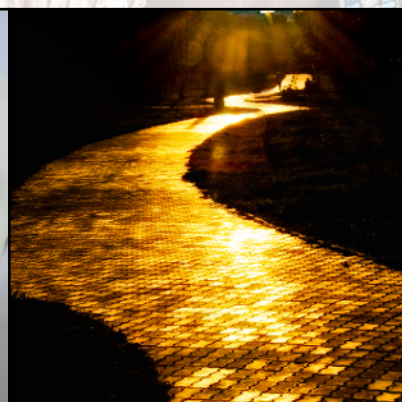
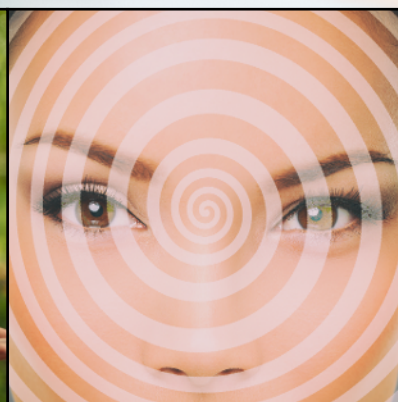
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Finding You

"I am a magnificent being in the process of becoming ever more magnificent. My job is to be the best I can be right now"



When you've lost a sense of who you are, it's similar to the grieving process when you have lost a loved one.

In finding self, understand which thought, pattern or habit supports or holds you back. This Results in increased self-confidence, self awareness, determination, motivation, and problem solving abilities

A good first step when one feels lost is to identify dreams and goals. This is a reference point that avoids feeling lost again.

As you reflect and start answering questions, you are developing a habit of finding self.

You may need to affirm

"I am a magnificent being in the process of becoming ever more magnificent. My job is to be the best I can be right now"

When doubt hits keep these affirmations handy and say them aloud with conviction.



Acceptance – In the silence, let go, knowing that everything is in Divine Order

Gratitude – Can foster greater awareness and growth as it attracts more to be grateful for.

Awareness - Understand what is hidden in your unconsciousness – your individual strengths and capabilities, thoughts, patterns and habits, You develop trust as you allow your heart center to guide you. You will learn to trust your inner knowing and connect more deeply through your heart with self and others.

Intention – Set your intention in the NOW. This will bring you into alignment with your vision, values and purpose, guiding your actions, direction and helps the Universe manifest what you want in a graceful way.

Forgiveness – holding on to anger fosters toxicity in body, mind and spirit. Forgiveness enables us to release toxic negative energy and it is imperative we forgive self and others.

Letting Go – By letting go, you make room for new opportunities and relationships.

Accountability – Know who you are, release limiting beliefs which enables you to live to your fullest potential.

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>



This Crazy Thing Called Life...



Reaching 50 was exciting! There was much to celebrate! I had reached half a century without any major ailments. My wish to become a grandmother by 50 came true. We had bought the house of our dreams in the countryside, with gleaming waters and rolling pastures. My husband and I were empty nesters, discovering ways to enjoy and celebrate life together, it was indeed exciting.

Reaching 55 was not so great! had my first major health breakdown! realization hit that I am a senior citizen with probably 10 to 15 years of great life left in me. Having many friends pass away between 50 and 55 did not help and recently the death of my close childhood friend left me devastated.

I often think about life and what it means to me and the people around me. Between birth and death, we have about 40 years of what I call a "great life." For me, this period is between 20 and 60 years. During this time, one must find a great partner, have kids, raise them to be good people, build a career, build wealth, buy that house, see the world, and build quality relationships... I can go on! Some of us decide to immigrate to another country and start all over again, deducting a few years from our progression. We have just 40 years to do all of this! People turn 60 and look back to realize that half the things they wanted to do were not done because, most often, they simply did not put in the necessary effort to do so. Now, one might say, "Who says we need to do all of this?" and this is fair. Everyone to his or her own in what they wish to do with this great thing called life!

As for me, why do I gather all my friends once a year and throw a big party? Because I want to appreciate everyone significant in my life. I want to say thank you for the friendship, I want to say I wish we will stay friends forever and I want my kids to know that there is nothing better than a beautiful friendship. Why do I travel? Because I want to experience every inch of this beautiful world that God has created from the skies above to the seas below, to the snow-capped mountains, to the endless deserts. I want to experience this beautiful vast world with interesting and diverse cultures and wonderful sights. I want to spread my wings and feel the sun and breathe in the sweet air and wonder about the day that God created this beautiful world.



I want to work hard to serve people. To make a difference in the lives of the people. Every day I wake up and I know one more person's life will change forever because I am choosing to ensure I work hard to get these people the necessary visas to immigrate to Canada. I want to make a difference in the lives of people who are looking for a haven, a better career, or simply a place to call home. I also want to assist as many employers as possible through this labor crisis and ensure each company has the talented and dedicated workers they need to take their company into the next decade. But in his process of serving people, I want to work hard to be financially independent or in simple words "rich". To most people "rich" is a bad or shameful word. Everyone wants it, but no one wants to say it out loud.

Being rich is not a sin nor is it shameful to want to be rich. Being a slave to your money or using your money for purposes that don't benefit the world is a sin. Being poor serves no one- not you, not the world. I want to be big, to shine my light, so others can draw courage and happiness. Being small serves no one. I want to strive to be kind to everyone, even if it is not appreciated or even if it is misunderstood. I want no enemies, no anger, just love.

I want to enjoy my kids and my grandkids. I want them to know that I will love them beyond my grave and for as long as I have breath in me, I will always protect them.

People travel the earth looking for the purpose of life when sometimes all you got to do is close your eyes and take a moment. Sometimes our purpose is right before our eyes, and we do not see it. As for me - My purpose is to be alive, to serve, to shine my light, to help, to be kind, and to show by example that we can have differences, but we don't need to kill each other. My purpose is to live in this big bold world and absorb all of its wonders. My purpose is to love myself and to love everyone around me to the best of my ability. My purpose is to know that when those pearly gates open that I can safely say "Lord you gave me life and I used it to the best that I could".

I wish that you all find your purpose and that you all live your life to the fullest.



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

www.annarbour.com



Find Breathtaking Views This Fall in Vermont



It can be argued that there is no place more beautiful in the fall than Vermont, USA. Also known as the Green Mountain State, Vermont is covered in 70% forest, which makes for stunning views when the leaves change.

With 10 federally designated scenic byways, there are plenty of opportunities to take in the colours of the season. Vermont vacations recommend skipping highways altogether and sticking to the secondary roads to make the most of the scenery. Walking and biking are also quite popular this time of year in the state, which is made easy through 18 trails that wind through "historic downtowns, forests and open spaces" (vermontvacation.com).

In the spirit of enjoying the outdoors, 55 state parks provide both traditional camping opportunities along with glamping sites so everyone gets the chance to spend time in nature, whether you want to stick it out in the cold or have the amenities of modern life. Either way, make sure you look up - Vermont is the perfect place for stargazing.

Vermont also features lovely art galleries, many of which are outside - Vermont Vacation notes that the abundance of outdoor art "showcases how Vermont landscapes and towns not only inspire artists, but also become part of the work and the experience of taking it in."

While in Vermont, don't forget to stop by Burlington's historic Main Street for Christmas and Holiday gifts! After, sip on coffee at a local cafe or grab a pint at one of Vermont's famous craft breweries.

While visiting Vermont is beautiful any time of the year, visiting in the fall is particularly special. Make sure to add this wonderful state to your list of places to visit!





Authentic Flow in Being & Becoming

The practice of self-awareness and living in accordance with our authentic self can be quite a natural yet complex and challenging journey. Along with our particular cultural socialization, deep-rooted worldviews and living at a time in history that is entangled with unceasing changes, demands and distractions in all spheres of our lives, despite its significance, it may be quite challenging at times to make the time and to have the energy to appreciate and exist as aligned with our authentic selves.

Essentially, one's authentic self is who one is at their unbiased core at any given time, although its unfolding and expression thereof over time is generally influenced by external sources such as historical, cultural, political, social and real time. Our authentic selves are known to us upon our attention to our inner processes - thoughts, feelings, somatic experiences, inclinations and needs - at any given time. Accepting responsibility to honor - acknowledge and value - these truths in context of our unfolding life experiences, developing/exercising the confidence/courage (if safe reality) to mindfully and intentionally communicate these with others as

desired, assuring balance of caring for our own needs and those of others and creating healthy boundaries accordingly permits us to intuitively, judiciously and, thus, to naturally choose - via our words and behavioral actions - to live in congruence with our values/beliefs, emotions, preferences and fulfilled needs.

It takes dedication and regular practice of focused attention on our inner processes to stay atop of our authentic selves in our flow of being and becoming and to maintain the process and existence of our authenticity. Self-knowledge is the light illuminating and innately guiding fitting choices - supporting our self-worth, self-value, self-trust, integrity, self-efficacy and self-esteem - through aligned path(s) in our journey of authenticity and supporting our health and mental health, healthy relations (based on kindness, genuineness, trustworthiness, vulnerability, love and connection) and our pursuit of employment reflecting our interests, strengths and passion.

Numerous pathways exist to compassionate self-consciousness and embracing of the truths about our being and becoming and existing accordingly.

1) Acknowledging, embracing and living with our beautiful qualities, strengths and resiliencies in all spheres of our lives.

2) Engaging in compassionate self-observation based on non-judgmental curiosity and interest for understanding of ourselves. Regularly practicing self-compassion, presence, attention and nonjudgment in context of our inner processes spontaneously or as response to events. Such self-awareness may permit natural authentic flow in our exercising congruent actions in context of our authentic selves/needs at any given time. Self-awareness permits us to be present and connected with our authentic being and process of becoming, to know and trust/believe in ourselves and to effect action and fulfill our needs and attain our meaningful goals. When experiencing positivity, content or happiness when engaged in a particular activity, interaction or situation - you are likely experiencing authentic flow at the time! Halt self-monitoring and adjusting your presentation to align with perceived expectations of others - love, liberate and rejoice the natural flow of your authentic being and becoming in the world.

3) Reflecting on and understanding our worldviews, including our values, beliefs and choices or actions. Reflecting on how we have arrived at certain beliefs and values and whether our current experiences, thoughts, feelings and needs reflect alignment or derailment from our developed worldviews and thus to have the courage to consider change within our deeply rooted worldviews for congruency in our current existence. Consider times when you made a choice that was congruent and times when your choice was not congruent with your values and beliefs in a personal, relational or work circumstance - what was that like for you?

Differentiating amongst external (i.e., cultural and social constructs, conventions and roles) and

internal (i.e., personal preferences, needs) truths and motivating influences (i.e., social acceptance and belonging, personal preferences/growth) may be complex. Identifying and establishing what is important for us and why and setting our meaningful goals and aligned choices accordingly that connect to our values and provide meaning and purpose in our life, supports our authentic existence.

4) Acknowledging, valuing and permitting self-care and boundary setting. It is imperative to reflect on our beliefs that either permit or interfere with our choice to balance our needs/limits with those of others and to permit self-care. Have you come to regard self-care as reflection of inflexibility, rigidity or even selfishness or as honoring balance in care by honoring caring for self as well and living with self-acceptance, integrity, health and well-being? Are there any beliefs that interfere with your comfort level to set boundaries for self or others in acquiring self-care?

5) Developing, maintaining and prioritizing an accepting, loving and positive social support network is essential. Being in presence of peoples whom are compassionate, accepting and encouraging of our authentic selves offers grounding, trusting, connecting and meaningful relations. Presenting as someone we are not - founded on our vulnerability and anxiety of judgement, disappointment and rejection - as an intended means to ascertain belonging only fuels aloneness. To exist, care for, regard and flow as our authentic selves is not about alienating ourselves or disrespecting others or others' narratives - it is about recognizing that the thoughts of others reflect their worldviews. Open dialogue with others in our co-existence is healthy and reflecting on the ideas that arise that either align or challenge us - and assist in understanding ourselves and becoming more aligned with our authentic selves - assists us to learn about ourselves and others and to grow.



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Stay Cozy and Chic This Fall with These Fashionable Staples

Fall is just around the corner, and with it comes the perfect opportunity to embrace cozy fashion. Whether you're heading out for a walk in the park or snuggling up on the couch with a cup of tea, there's nothing quite like the feeling of being wrapped up in soft and comfortable clothing. In this blog, we'll explore some of the best cozy fall fashions that you can incorporate into your wardrobe.

One of the most popular cozy fall fashion staples is the oversized sweater. This classic piece is perfect for layering and can be paired with jeans, leggings, or even a skirt. Opt for neutral colors like beige, gray, or black for a timeless look, or go for a bold color like red or green to make a statement. You can also experiment with different textures, such as cable knit or fuzzy materials, for added interest.

Another cozy fall fashion trend is the blanket scarf. This oversized scarf is not only practical for keeping you warm, but it also adds a touch of style to any outfit. Opt for plaid patterns or neutral colors to keep it versatile, or go for a bold print for a statement piece. You can wear it as a traditional scarf or drape it over your shoulders like a shawl for added warmth.

Boots are also a must-have for any cozy fall wardrobe. Whether you prefer ankle boots or knee-high boots, there's a style for everyone. Opt for neutral colors like brown or black for a timeless look, or go for a bold color like red or burgundy to add some interest. You can pair them with jeans, leggings, or even a skirt for a versatile look.

Finally, don't forget about the cozy accessories. Beanies, berets, gloves, and earmuffs are all perfect for keeping you warm and adding some flair to your outfit. Opt for neutral colors like gray or black to keep it versatile, or go for a bold color like orange or red to make a statement.

In conclusion, there are plenty of cozy fall fashions to choose from when it comes to embracing the season. From oversized sweaters to blanket scarves, there's a style for everyone. Remember to opt for comfortable and practical pieces that fit your personal style, and you'll be ready to take on the season in style. Happy shopping!



Why Identifying Subconscious Issues Matters: The Top 3 Ways

- A Hypnotherapist's Guide to Effective Healing in Wellness

As wellness professionals, our commitment lies in guiding our clients toward better health and well-being. In our journey, we often encounter challenges that have their roots in both the conscious and subconscious mind.

Distinguishing between these realms is vital for achieving successful outcomes. Drawing from over 12 years of experience as a seasoned hypnotherapist and hypnosis trainer, I have witnessed the profound impact of addressing subconscious issues in achieving lasting transformation.

In this article, we will explore why certain issues can only be resolved in the subconscious mind and learn to identify signs of underlying subconscious problems.

The Conscious vs. Subconscious Mind

Before we delve into the intricacies of the subconscious mind, let us briefly differentiate between the conscious and subconscious aspects of the human mind. The conscious mind represents our awareness of the present moment, the thoughts we actively think, and the decisions we make based on rational thinking. It is akin to the tip of the iceberg, visible and accessible, but limited in its capacity to drive lasting change.

On the other hand, the subconscious mind constitutes the vast hidden part beneath the surface, encompassing memories, emotions, beliefs, and automatic behaviours that we might not be consciously aware of. It acts as the storehouse of our past experiences, conditioning, and the very foundation of our beliefs about ourselves and the world around us.

Resolving Subconscious Issues

As wellness professionals, we often encounter clients who struggle with chronic issues, unexplained emotional challenges, or persistent habits that resist change. These issues are often deeply rooted in the subconscious mind, making them resistant to traditional conscious-based interventions like Cognitive Behavioural Therapy (CBT), talk therapy, mindfulness and meditation, Rational Emotive Behaviour Therapy (REBT), Solution-Focused Brief Therapy (SFBT), supportive counselling, psychodynamic therapy,

behaviour modification techniques, and coping mechanisms. However, by accessing the subconscious through hypnosis, trained professionals can unlock the key to profound transformation and lasting healing, empowering clients to overcome deep-seated challenges, complex issues, and trauma, resulting in the ability to easily adopt new habits, behaviours, and beliefs that support a healthier, happier life.

Tapping into the Subconscious: Hypnosis is a powerful tool that enables us to access the subconscious mind directly. By inducing a trance state, we quiet the conscious mind and gain access to the deeper layers where unresolved emotions, traumas, and limiting beliefs reside. In this perceiving space, clients become more receptive to their innate wisdom and inner guidance.

Shifting Of Limiting Beliefs: Subconscious beliefs, often formed in early childhood or through significant life events, heavily influence our behaviour and choices. Negative self-beliefs such as "I am unworthy" or "I am not capable" can sabotage personal growth. Hypnotherapy allows us to identify and release unsuccessful thinking while planting seeds that strengthen neural pathways for healthier thought patterns.

Healing Past Traumas: Unresolved traumas can continue to haunt individuals, causing emotional distress, involuntary triggers, and physical symptoms. While conscious efforts to cope with trauma might provide temporary relief, they rarely resolve the core issue. Through hypnosis, we can guide clients to revisit traumatic memories safely and process them to pave the way for true healing.

Identifying Subconscious Issues

One of the fundamental pillars in the curriculum I designed for participants in my Hypnosis Essentials Training is the ability to discern whether an issue originates from the subconscious. This recognition holds immense significance as it not only enables practitioners to work within their scope but also empowers them to identify whether the particular issue is amenable to resolution.

Here are three signs that can help us determine the presence of underlying subconscious challenges:

- 1. Persistent and Unexplained Patterns:** Clients who repeatedly face the same challenges in various aspects of life despite conscious efforts might be dealing with deep-seated subconscious issues. These patterns could include self-sabotage, difficulty forming healthy relationships, complex issues, or chronic procrastination.
- 2. Overwhelming Emotional Reactions:** Unexplained emotional outbursts or extreme emotional reactions to seemingly minor triggers often indicate unresolved emotions residing in the subconscious. These emotions may have been buried to protect the individual from pain, but they continue to affect behaviour and well-being.
- 3. Persistent Physical Symptoms:** Chronic physical ailments with no apparent medical cause might be linked to emotional or psychological issues held in the subconscious. For example, recurring headaches, unexplained pain, or digestive disturbances can be manifestations of underlying emotional distress.

As wellness professionals, we hold the key to unlocking the fundamental power of the subconscious mind for genuine healing and lasting change in our clients' lives. By recognizing the distinction between addressing conscious and subconscious issues, we can tailor our therapeutic approaches effectively.

Hypnotherapy emerges as a fundamental tool, granting access to the subconscious, enabling individuals to conquer deep-seated challenges, rewrite limiting beliefs, and forge a path to a healthier, happier life. Embrace the immense potential of the subconscious mind, and embark on a transformative journey that benefits all.

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

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Tea Leaf Readings

The readings of tea leaves used to be a tradition passed from generation to generation, going back centuries. Today, it has turned into a fun ending to a tea party or event.

Tea leaf readings, tasseology, or tasseography is the ancient art of fortune telling through tea leaves. After one finishes their tea, the leaves left behind are shaken and the pattern the leaves have taken on is used to determine events in the drinker's future.

Many say the practice started in China - some say the Middle East, and some say Greece. Leaf reading is commonly known as a practice of the Romani people, but it is believed to predate their presence in Europe. The art became widely popular in Europe in the 17th century, along with

the rise of the tea trade between the East and the West. Tea leaf readings were a trendy parlour game played in 18th century England. Today, many people still enjoy peaking at their leaves and searching for a positive message.

Tea Leaf Shapes and Their Meanings:

House: Success

Heart: Romance

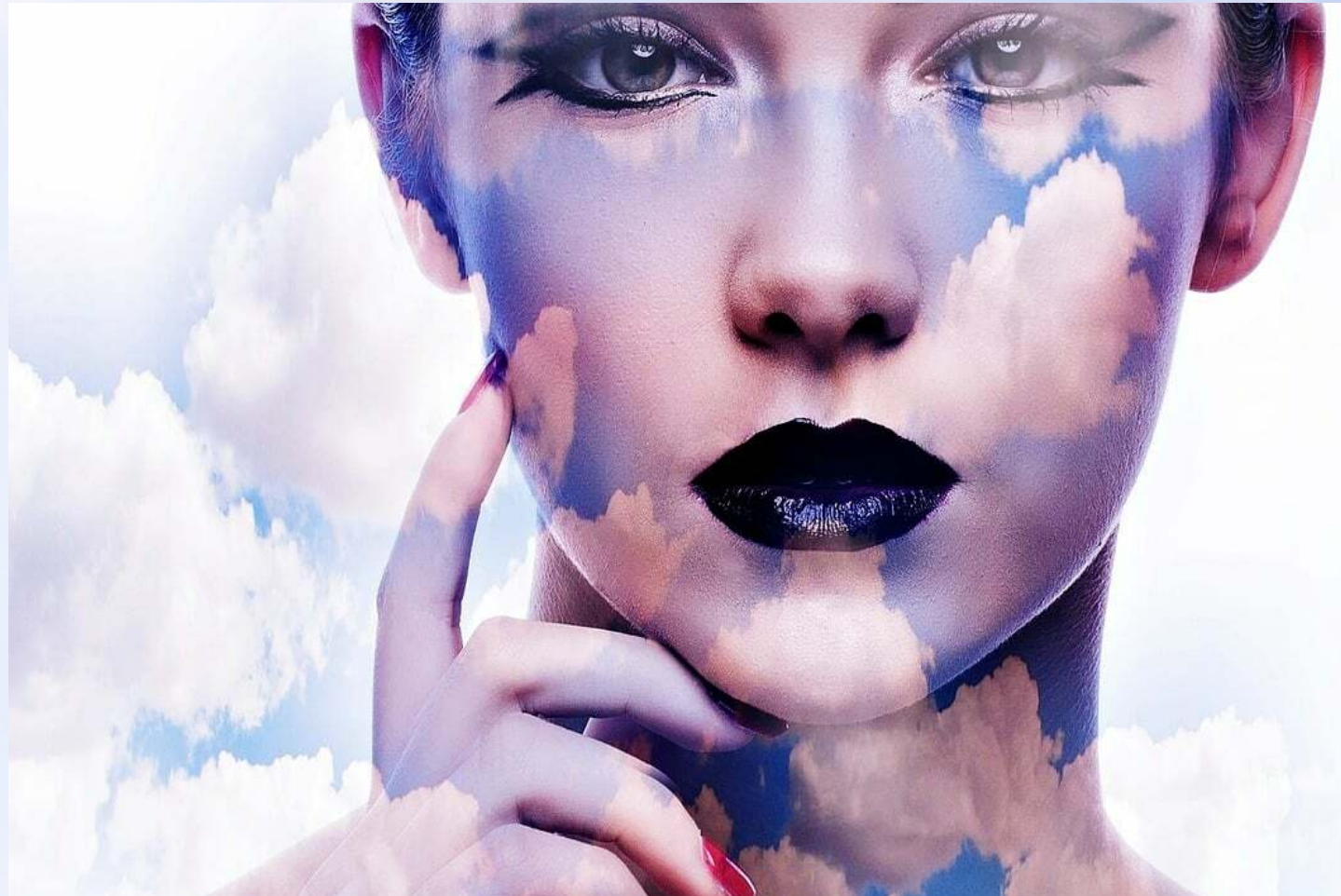
Line: A New Journey

Angel: Protection

Flower: Healing

Tip: Use whole leaf tea blends to get the most out of your leaf-reading experience. Many blends use cut leaves, which will make for an unsatisfying experience. Use whatever flavour tea speaks to you.

Techniques to Develop Your Intuitive Skills



Intuition is a tool that we all have. Some people suggest that it is a mystical power.

While others may suggest that it is merely our subconscious trying to tell us something. Regardless of the source, we all have that little voice that tries to tell us things from time to time.

As we get older, we often learn to ignore that little voice. We turn to logic and focus on being practical. **But we have experienced a lot in life, and there is some part of our brain that has accumulated a tremendous amount of wisdom.**

Listening to that little voice within can be a good thing.

Here are some techniques to help develop your intuition:

1. Meditate for a few minutes each day.

One characteristic of intuition is that it has a soft voice most of the time. It can be challenging to notice it if our minds are busy with other things. Meditation is a great way to clear the mind and make room for our intuition to come shining through.

- **A simple technique to clear your mind is to simply count your breaths and attempt to stay focused on your breathing.** Avoid letting your mind wander.

2. Record your dreams.

Our dreams can be full of useful information. Many psychologists believe that we work out our challenges in our sleep. It is difficult for most of us to remember our dreams. Studies show that we average 5 dreams per night, and most of us are fortunate to even remember one.

- After you get in bed, tell yourself that you want to remember your dreams in the morning. Keep thinking this to yourself until you fall asleep.
- Keep a notebook and pen near your bed. A voice recorder can work well, too. As soon as you wake up, start writing. Dreams tend to fade from memory quickly.
- Review your dreams and see if there might be any information you can use in your life.

3. Follow your intuition.

The surest way to shut down your intuition is to never follow it. Start using it in situations that have minor importance. It could be as simple as taking a walk and asking yourself which way you should turn at each intersection or fork in the road.

- Show your intuition that you are listening and responding. You will be more likely to hear from it in the future.

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/>



4. Busy your mind.

Many people find that their best ideas come while their mind is busy, but not too busy. Some examples commonly referenced include walking, driving down the highway, mowing the grass, taking a shower, and listening to the rain. Think about the times you have had great ideas. Try to put yourself in similar situations more frequently.

5. Keep a journal.

Take a few minutes each day to write in a journal. Sometimes, putting things down on paper opens a floodgate of ideas and inspiration. Review what you have written. You are most likely to find insights you have not previously considered.

- Keep your journals in a safe place, so you will feel more comfortable with being honest and thorough.

Being in touch with your intuition can help you identify and solve the challenges in your life that are causing stress. It also releases your imagination and creativity.

Your intuition is a great resource, but it is essential to nurture it. Start with smaller things. When your intuition has proven it is reliable, use it to make bigger decisions.

Intuition is a tether to the subconscious. It is your ultimate source of wisdom and creative energy. Make life easier and richer by utilizing all your resources.



The Life Changing Benefits of Sound Therapy

Sound therapy is a form of alternative medicine that has been gaining popularity in recent years. It involves using sound vibrations to promote healing and relaxation in the body and mind. While this may sound like a new-age fad, the truth is that sound therapy has been around for centuries and has been used in various cultures around the world.

One of the most profound benefits of sound therapy is its ability to reduce stress and anxiety. The vibrations produced by the sound can help to calm the nervous system and promote a sense of relaxation. This can be particularly helpful for people who suffer from chronic stress or anxiety disorders.

In addition to reducing stress, sound therapy has also been shown to improve sleep quality. The soothing vibrations can help to lull the mind and body into a state of deep relaxation, making it easier to fall asleep and stay asleep throughout the night. This can be especially beneficial for people who suffer from insomnia or other sleep disorders.

Another life-changing benefit of sound therapy is its ability to promote emotional healing. The vibrations can help to release emotional blockages and

promote a sense of inner peace and well-being. This can be particularly helpful for people who have experienced trauma or other emotional challenges.

Sound therapy has also been shown to have physical health benefits. The vibrations can help to stimulate the immune system and promote healing within the body. This can be particularly helpful for people who suffer from chronic pain or other physical ailments.

Finally, sound therapy can be a powerful tool for personal growth and spiritual development. The vibrations can help to open up channels of creativity and inspiration, allowing individuals to tap into their inner wisdom and intuition. This can be particularly helpful for people who are seeking to deepen their spiritual practice or connect with their higher selves.

In conclusion, sound therapy is a powerful and life-changing form of alternative medicine. Whether you are looking to reduce stress, improve sleep quality, promote emotional healing, or enhance your personal growth and spiritual development, sound therapy can be a powerful tool for transformation and healing.



The Ugly Side of Self Care

It has become common to see and easy to find a plethora of social media clips, photos and posts of people boasting their self care routine. Endless selfies of people walking in the woods, before or after massage, men and women in contorted yogic poses, or drinking their green smoothing, showing off their act of "self care".

Self-care seems to be all the rage of society's newest trend with no shortage of people or businesses willing to capitalize this wave.

As per Google *"The self-care industry is a rapidly growing consumer trend, with a market value of \$13 billion in 2020. It encompasses various products and practices that promote well-being, such as nutrition and cooking, talk therapy, meditation, sleep quality assessment, and*

athleisure. The industry is heavily influenced by tech, with consumers shifting their focus away from the actual self and towards data about the self...."

Don't get me wrong, it is a refreshing and much needed change from the self-deprecation, but what needs to be explored is the driving force behind self-care. It seems that at the core of "self care" something seems to be missing, something fundamental that has been overlooked, pushed aside, or worse yet, preyed upon.

At the core, most people think that something is wrong with them, that they are fundamentally flawed or need to be fixed. Most people treat themselves like a DIY project, skipping from one "self

help/care" routine thinking "this must be the thing that will help me not experience....."

(fill in the gap for yourself). Yes, there is room for growth. Yes, there is always something new to learn about yourself. Yes, it is wonderful that there are so many professionals supporting people on their health journey. Your health and wellness is a journey, and all those sessions/ treatments are there to support you, not be used as a tool against you.

I often ask my clients, why are you here? Why do you book sessions for yourself? If their answer is anything but "because I love myself" that tells me clearly what they think they really think of themselves - everything from I need to do better, I need to be better, I don't love and accept myself just as I am. I need to change. I do not like myself. Some companies and some practitioners prey on this. Taking what is most tender, most vulnerable and exploiting it for gain. It becomes a vicious cycle.

Tending to oneself in a personal act of love. Self care is not something that one does, but rather, is a sacred place from which one lives their life. Self care is a ritual requiring no viewers, does not virtue signal or need outside validation. Self care is putting yourself first, from this space you and your life have a potential of thriving.

The act of self care, is exactly that- an action that is natural when in service to Self. The "thing" is not

important, it comes in many forms, whether it be a bath, or massage, or energy session, or walk, or sitting on the sofa, or rest, or play or making

dinner, or ordering pizza is all an outward expression of loving yourself fully, with no pretense, with no importance, with no need to prove, justify or show. You simply live your life as an expression of loving yourself. Self care is something that happens naturally as a result of this.

Self care lacks neediness. There is no need to prove that you are taking care of yourself, you just do.

I like to equate self care with being in service to Self. When people put themselves first (being in service to Self not self serving) are responsible for themselves fully in all ways, love and accept themselves their life often takes on a new dimension.

Self care is often the most tender work of feeling exactly what you are feeling. Not running away, not numbing or avoiding or justifying your experience, emotions, feelings rather leaning into it, facing yourself with gentleness and compassion and feeling fully. This is self care. Caring for yourself exactly as you are now. Sessions, treatments, coaches and practitioners are there to support you.

Loving yourself, putting myself first I take practical action to help myself, self care is a natural expression of that.

"If you begin to understand what you are without trying to change it, then what you are undergoes a transformation." Jiddu

Monika Marczuk

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

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

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The Nostalgic Yearning & Renewed Optimism of Fall

As the leaves start to change and the air turns crisp, there's a certain feeling of nostalgia and renewed optimism that comes with the arrival of fall. It's a time of year when we reflect on the memories of past autumns, but also look forward to the new experiences and opportunities that lie ahead.

For many of us, fall is a time of year that's steeped in tradition. Whether it's picking apples at the local orchard, carving pumpkins with friends and family, or enjoying a warm cup of cider on a chilly night, there are certain activities that we look forward to year after year. These traditions help to create a sense of continuity and connection to the past, even as we embrace the changes that each new season brings.

At the same time, fall also brings with it a sense of renewed hope and possibility. As the days grow shorter and the weather turns cooler, we're reminded that change is a natural part of life. Just as the trees shed their leaves in preparation for the winter months, we too can let go of old habits and ways of thinking that no longer serve us. This can be a time to set new goals, try new things, and take bold steps towards a brighter future.

So as you watch the leaves turn and feel the chill in the air, take a moment to reflect on the yearning for the past and the hope for the future that fall brings. Embrace the traditions that make this season special, but also be open to the new opportunities and adventures that lie ahead. With a mix of nostalgia and optimism, anything is possible in the colorful, magical world of autumn.

Golden Rule of Color

Beauty is the Reason for Life, and Life is the Reason for Beauty

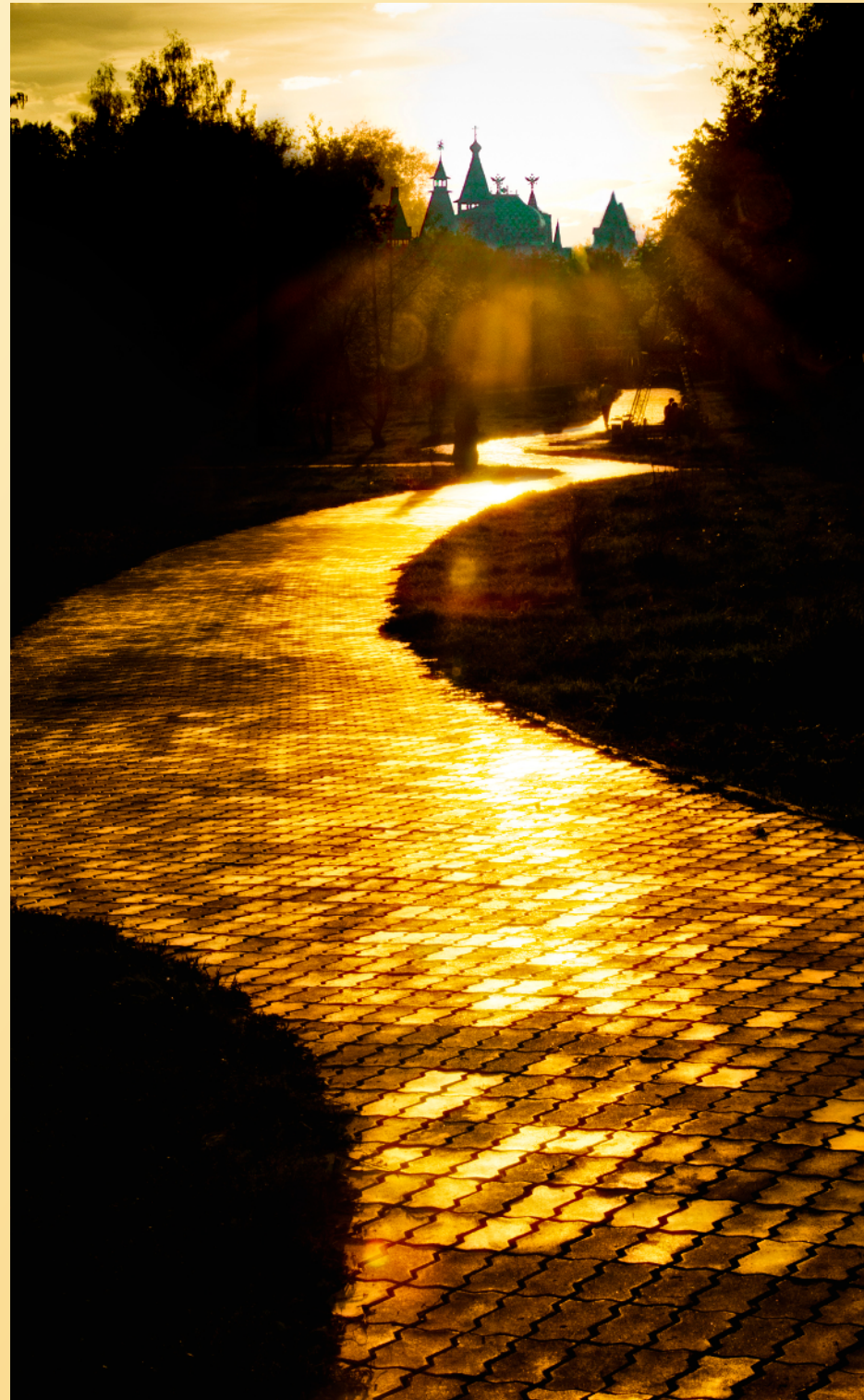
Confucius says, "Everything has beauty, but not everyone sees it."

Nowadays, most people know when Metro-Goldwyn-Mayer introduced "The Wizard of Oz" movie in 1938-39, it was part black and white and part technicolor. The movie famously changes to technicolor when Dorothy leaves Kansas and arrives in Oz. However, back in the day, not many people knew part of the movie was in technicolor because the average household couldn't afford to buy a color television.

Even though movie studios were making technicolor movies in the 1930s, color TVs weren't available to the public until the 1950s. People could not afford to buy them for another ten to fifteen years. In the 50s, the average household only made \$6,300 a year. When color televisions were finally available to the mainstream, the cost of color televisions started at what is equivalent to 2,300 dollars in today's money.

Broadcasting companies and Television networks found themselves in a bit of a conundrum. To get people to buy color televisions, they had to find a way to bring down the cost, and their lies the problem. Sponsors seemed to be the answer to help lower the price of televisions, but sponsors wanted the public to see their advertisements in color, bringing everything back to square one; nobody was buying color televisions.

Companies like RCA, CBS, and later ABC and NBC, began pressuring store owners to create new gimmicks to sell more color televisions. My dad's boss, who owned the only furniture and appliance store in Tonawanda then, asked my dad, "How many kids do you think live in your neighborhood?" My dad said, "A lot." My father's boss creatively found a win/win for the issue. The boss told my father, what if I could make you look like a hero in your children's eyes and give your neighborhood children an experience of a lifetime? The next thing we knew, our dad brought a color television home for the weekend. My dad instructed us kids to invite twenty of our friends from the neighborhood to come over on Saturday night to watch "The Wizard of Oz"; Mom will make popcorn for everyone! On that day in 1962, the world changed for all of us. To see the looks on the children's faces when Dorothy



arrived in Oz in living color was priceless!

It was the children that begged their parents to buy color televisions. For the first time in 1970, color televisions outsold black and white and monochrome televisions in North America.

The beauty of color is all around us, and yet most people don't take the time to enjoy it. The people are either looking too far left or looking too far right. The secret to experiencing beauty with all of the senses is to experience life from the center.

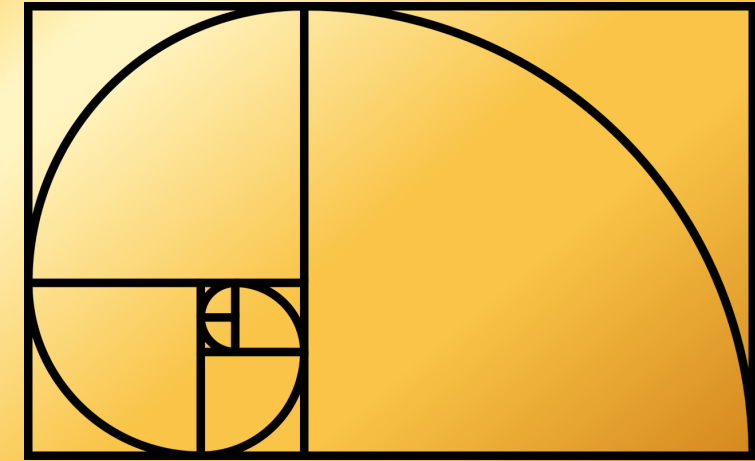
What do I mean by experiencing life from the center?" Some call this center the golden path, the golden mean, or the middle way. The golden path is going through life with the right amount of excess, not too much or too little. Another way of saying it is, finding life's mean or average for any given situation or the space where both sides experience a win. For example, you can have a viewpoint that is true for you, and your daughter, on the other hand, who has her own story and perspective, may have a different point of view. One of the possibilities for seeing it from the center is that both agree to disagree.

Here is another example of seeing from a center point of view:

Confidence is the center between undervaluing-self (deficiency) and arrogance (excess). All we have to do is walk into nature to find our center. The deep color of forest green is one of the most healing colors on Earth. The color green is the center of our main chakra system.

The human body is composed of all colors from the visible light spectrum. Each spectrum color affects the mind, body, and emotions differently. Each color has a mathematical connection of 1.618 between two aspects of an object. It is also called the Fibonacci sequence, found across nature, weather structures, star systems, art, music, logos, the symmetry of a face, sea shells, and more. Even our DNA has a Fibonacci Sequence to it.

German psychologists Gustav Fechner proved that people prefer rectangles with sides in proportion to the Golden Ratio. The difference between the

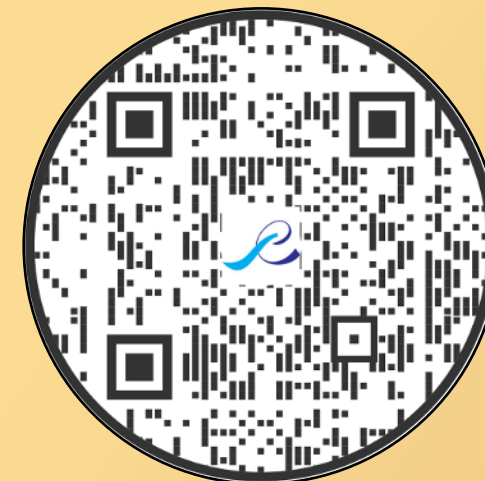
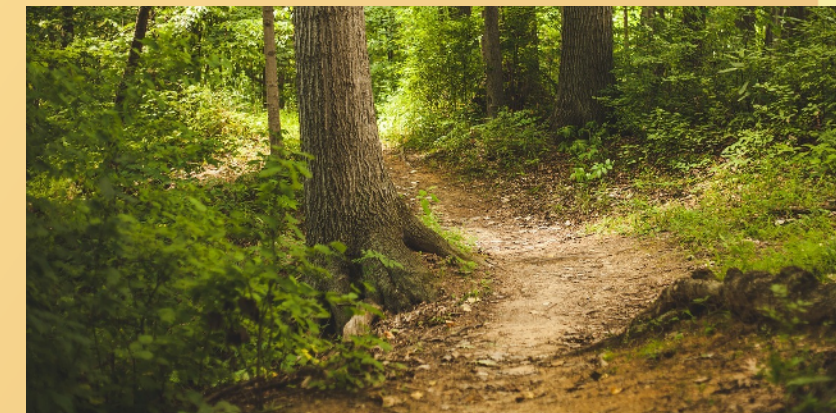


Fibonacci Sequence and the Golden Ratio is: As the Fibonacci numbers get bigger, the ratio between each pair of numbers gets closer to 1.618033988749895. We all have an innate propensity to be attracted to the Golden Ratio. Why? When we see the Golden Ratio, it triggers our pleasure center, which releases dopamine, and dopamine creates happy thoughts. Happy thoughts give us the passion for life and allow us to see the beauty within all that is. Remember we are all vibrations made up of living color and sound!

Beauty and love are two elements of the heart that can unite us all!

As Bob Marley or Bobby Mc Farrin would say, "Don't Worry, Be Happy!"

Press on the QR code and enjoy the deep healing music of the Golden Ratio!



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.

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Transform Your Life with These Powerful Wellness Modalities

Wellness modalities are an important aspect of maintaining a healthy lifestyle. There are various modalities that you can incorporate into your daily routine to promote overall well-being.

One popular modality is meditation. Meditation has been shown to reduce stress and anxiety, improve sleep, and increase feelings of happiness and well-being. It involves focusing your attention on a particular object or thought, and can be practiced in a variety of ways, such as sitting quietly, walking, or even while doing everyday activities.

Another modality that has gained popularity in recent years is yoga. Yoga is a physical and mental practice that combines postures, breathing techniques, and meditation to promote flexibility, strength, and relaxation. It has been shown to improve cardiovascular health, reduce stress and anxiety, and increase overall well-being.

Acupuncture is another modality that has been used for centuries to promote health and wellness. It involves the insertion of thin needles into specific points on the body to stimulate energy flow and promote healing.

Acupuncture has been shown to be effective in treating a variety of conditions, including chronic pain, anxiety, and depression.

Massage therapy is another modality that can help promote overall wellness. It involves the manipulation of soft tissues in the body to relieve tension and promote relaxation. Massage therapy has been shown to reduce stress and anxiety, improve sleep, and alleviate pain associated with conditions such as arthritis and fibromyalgia.

Chiropractic care is another wellness modality that has gained popularity in recent years. This practice involves the manipulation of the spine and other joints to improve alignment and alleviate pain. Chiropractic care has been shown to be effective for a variety of health conditions, including back pain, neck pain, and headaches.

Overall, incorporating wellness modalities into your daily routine can have a significant impact on your overall health and well-being. Whether it's through meditation, yoga, acupuncture, or massage therapy, finding the modality that works best for you can help you achieve a healthier, happier life.



Nurturing Your Intuitive Creativity

'Art is art, nature is nature, you cannot improve upon it. Pictures should be inspired by nature, but made in the soul of the artist. It is the soul of the individual that counts.'

Emily Carr Canadian Artist/Writer



One of my favorite 'cosmic' conversations with clients is how intuition can play a role in trusting their decision making. Making big moves, changing lifestyle habits or deciding if any relationship is sustainable is always worth unpacking on an intuitive level to gain more confidence moving forward. Exploring your different types of intuition can be like taking a tour of your personal art museum. Relationship coaching and holistic therapies can open to rooms of more mindful living and intuitive practice. Trusting your intuitive answers allows you to apply more personal insight onto your emotional well-being canvas. My hunch is you got your museum ticket, so let's get on with the tour!

Our first stop is a grand room filled with brass 'larger than life' sculptures representing generations of all ages. According to experts, our body is considered a direct source for our intuition. Connecting your mind to your body is called a somatic experience and it's a practice of physical intuition. According to Reiki Master Renee Edwards, our bodies 'create a direct channel to source our healing energy.' She explains, 'along with healing energy comes a stronger connection to all that is; we are all energy, we are all one.' Are you feeling 'all one' with the room? Spending time with the sculpture exhibit, perhaps you begin to think about the emotions and feelings behind the sculptures. Thinking about the artist is tapping into your social intuition. Looking at the sculpture's body and facial expression may give you a clue. Relationship experts agree, the most direct way to confirm any gut feeling is to have a direct conversation. It might seem useless to ask the sculpture, 'How are you feeling?' However, this is a creative example of how to practice intuition. It can also connect to inner child energy. It's important to note the inner voice that answers back may be projecting your own feelings. This is a win-win by indirectly connecting you to the relationship with yourself and how you are feeling consciously or subconsciously.

A hallway takes us to the next room full of murals and tapestries with a variety of patterns. Just looking at all of these different patterns in one space might feel overwhelming at first. Which pattern intuitively draws you in? According to research psychologists, patterns represent the mechanics of the mental process of intuition. Acting as a memory filter, these unconscious patterns up in our brains are intelligent and logic based. Research proves it's not so much guessing as it is recalling what has happened to you before. As a relationship and energy coach, I have the ability to use my past coaching experiences and rely strongly on my gut instinct to offer suggestions to my clients. Renee Edwards explains, 'I also

'To me the most important thing in a piece of art is the thought. The technique is secondary.'

Robert Bateman Canadian Artist

feel sensations in my body, which gives me an inner knowing of what is happening to my client's body. This guides me to where I need to place my hands in order to direct the healing energy'. The same process applies when I am working with the energy of crystals and minerals. I started using them intuitively and this fuelled my intuitive alignment to study the theory and metaphysical properties behind them. This is a good example of mystical intuition. I have no reasoning behind why I started bringing these into my practice. I like to say, 'They found me'.

Going up a circular ramp staircase the room opens up a blend of photographic art and paintings of nature. The entire room is covered in natural elements. You might get the sense you have just walked into a living room of art. Here's your chance to practice the most popular genre of intuition, sensing and emotion. Kenesha Lewis, photographer and artist, explains her intuitive process affirming 'as I engage in photography my creative intuition becomes a powerful guiding force. It leads me to immerse myself in the moment, connecting deeply with my surroundings and subjects. Trusting my instincts, I intuitively sense the perfect angles, lighting and compositions, capturing images that evoke emotions and tell compelling stories. My intuition allows me to anticipate fleeting moments, enabling me to seize the essence of a scene before it vanishes. It empowers me to break free from conventional norms, exploring innovative perspectives that add a unique touch to my work.'

As you walk down the ramp consider taking a gutsy step asking an important person in your life what their intuition is communicating. This is a trust building step that can bring even more validation to your decisions. Social intuition used in this manner can only strengthen the relationship and continue even more healthy, healing conversations. Starting out as a beginner or mentoring with the masters recognizing the genres of your creative intuition can add to the fulfillment in your life and those around you. I hope you enjoyed the tour!

photo credit: Kenesha Lewis

Ginny Cannon is a Relationship & Energy Coach, Podcaster and Keynote Speaker.

She is touring with [Awakening Energy Events](#) across Ontario, Canada.

For availability visit www.cosmicconversation222.com

Social Media & Podcast Links visit linktr.ee/cosmicconversation222

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Recipe: Indulge in a Nutritious and Delicious Homemade Pumpkin Latte

Pumpkin season is upon us, so why not indulge in a healthy and yummy pumpkin latte?

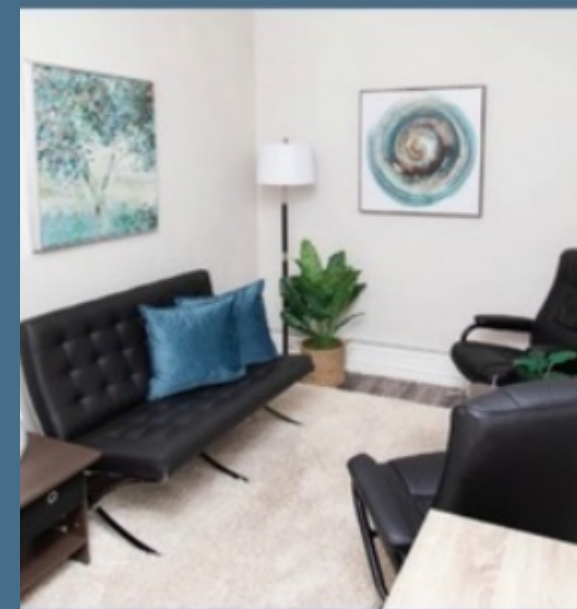
Ingredients:

- 1 Cup Strong Coffee
- 1 Cup Unsweetened Almond Milk
- 1 Tbsp Pumpkin Puree
- Dash Cinnamon
- Dash Nutmeg
- Dash Cloves
- Maple Syrup/Honey (Optional)

Instructions:

To make a delicious and healthy pumpkin latte, start by brewing a cup of strong coffee. In a separate saucepan, heat up a cup of unsweetened almond milk with a tablespoon of pumpkin puree, a dash of cinnamon, nutmeg, and cloves. Once the mixture is heated through, blend it in a blender until it is frothy. Pour the pumpkin milk mixture over the brewed coffee and stir well. If desired, you can sweeten the latte with a drizzle of honey or maple syrup. Enjoy your delicious and healthy pumpkin latte!

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Our One True Reality We Are One We Are Whole

Channeling July 25, 2023
Poem

Feels like the future is here at last, we welcome the pigeons that ride on our ass.
We plunder and practice all the things that we know, we teach it and share it in hopes we all grow.
The deliverance of kindness is seeping right through to the thought and the wonders and to all that is new.
The beginning of the shining and casting the light. We scare off the shadows we see in the night.
With gladness and patience, we help you come home to the beating of hearts and to sit on your throne.
You have worked hard, and patience has gotten you through, to feel all the sadness dispel and leave you.
The beginning of tidings that have brought you here. Are of the lessons you learned and of shedding a tear.
The forgiveness and greatness that you have upheld. Will bring though your courage and mindlessly meld.
To the passions you have simmered and left all alone. Will keep coming back to you until it's your own.
In the deepest desires now and fiery flames, you feel into gladness and fall out of blame.
To keep yourself useful you have blatantly said, come hither my darling and come into my bed.
You sought out this figure of feeling so tall, unwitting knowing in love you may fall.
To the believers and haters who come out into sight., You find your divided in search of a fight.
But the news is now telling of something brand new. Of the forecast of sharing and telling your truth.
Coming out of the silence and of comparably open you look in the mirror and see we aren't broken.
We come in so neatly and serve them so well. To the forms of discussion and the stories we tell.
Come out of blindness and dismiss the untruth as we are uncovering and learning of our actual roots,
The ancient have been sharing the notions of fate that where we have come from is not through the gates.
The stories of creation and sharing DNA with the ones we call Gods of who we are made.
Made up in a lab and distinguishly smart, have been all put together and then torn all apart.
Then built up again in the form of perfection and unknowingly known, we must be protected.

From the grimes and the grimaces of the unsightly nobles,
when taking our oath to bow down to the foibles.

We sprinkle in light in a story of a savior then curse you to pieces as your faith starts to waiver.
To be blinded thus far and in search of your purpose you lean in together and find yourself worthless.
To be tricked and to be tried on in seeking the truth., you dig in your heels and now feel it come loose.
Of the old fashion bantings of keeping you small you join in communion and you break down this wall.
Casting aside now the ones that have ruled and keeping you blind and being so cruel.
To the ones who are awake now and have gone in so far, to discover the path of who they truly are.
The path is unwinding, and civilians are rising all up to the challenge and no more dividing.
The connections of truth that have set them apart have come to the surface and opened their hearts.
No more division in the ways to the new earth. We come all together in this shift and this birth.
The new ports are sighted, and we are openly aware of the earthly connections that have always been there.
The curtains are drawn now and the veils have lifted as we enter new earth as we go through the shifted.
The people, the places, the beings around us, all come into focus and completely astound us;
As we move forward on purpose and seek to recover, all our secret connections and more to discover.
Our lives come together, and we finally can grow to the next future being of the ones that will know.
Of the ancient discoveries have come from our past, but belong in our future, of one that will last.
Through the visions and prophets of ones we all knew, Will be told in the stories beginning with you,
Throughout all the ages the sages did say that our day of ascension may be here in a day.
The battles are finished, and the future is clear as the day of forgiveness is finally here.
We come out of the shadows and into the light and begin our transition as it comes into sight.
The notion of being a being of love, sharing the consciousness of Christ from above
Our heart strings connected in baring our souls in our one true reality, we are one, we are whole.
The words have been spoken; the light has now won. so, let it be written so let it be done.

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

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

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The Perfect Autumn Herbal Teas

Autumn is a beautiful season, with leaves changing colors and the temperature dropping. It's also a time when people start to crave warm drinks, like herbal teas. Herbal teas are a great way to relax and unwind after a long day, and they're a healthier alternative to sugary drinks. Here are some of the best autumn herbal teas you can try:

1. Cranberry tea has a tart and slightly sweet flavor. This tea has been linked to a variety of potential health benefits, including improved digestion, reduced risk of urinary tract infections, and improved cardiovascular health. It is also rich in antioxidants and has anti-inflammatory properties. Overall, adding cranberry tea to your diet may be a great way to support your health and well-being.
2. Ginger Tea: Ginger tea is a spicy and warming tea that's perfect for cooler weather. It has anti-inflammatory properties, which can help alleviate cold and flu symptoms. Ginger tea also has a natural sweetness to it, which can help satisfy your sweet tooth without added sugars.
3. Cinnamon Tea: Cinnamon tea is a sweet and warming tea that's perfect for autumn. It has anti-inflammatory properties, which can help ease aches and pains. Cinnamon tea also has a natural sweetness to it, which can help satisfy your sweet tooth without added sugars.
4. Peppermint Tea: Peppermint tea is a refreshing and cooling tea that's perfect for autumn. It has a natural cooling effect on the body, which can help alleviate hot flashes and headaches. Peppermint tea also has a natural sweetness to it, which can help satisfy your sweet tooth without added sugars.

In conclusion, herbal teas are a great way to relax and unwind during the autumn season. With so many different flavors and benefits, there's a tea out there for everyone. So, grab a cup of your favorite herbal tea and enjoy the crisp autumn weather!

The New Era of Peace All the Worlds a Stage

As soon as we are born, we are given a name, a religion, a nationality and a race, and we spend the rest of our life defending a fictional identity! We have ALL experienced thousands of incarnations, therefore, we are citizens of this planet! The many *roles* which we have '*played*' in an effort to '*wake-up*' are a summation of the many '*scripts*' we have chosen for ourselves in an effort to *remember* who we are!

One of Shakespeare's timeless quotes written in the 16th century; '*the world is a stage and all men and women merely players, they have their exits and their entrances, and one person in his time plays many parts--his acts being Seven Ages*' clearly alludes to re-incarnation. St. Germain's '*sound-wave*' transmitted books which were channeled to Guy Ballard in the 1930's in preparation for the Aquarian Age of Enlightenment is here!

Most of us have heard at some point during our life that Mother Mary as well as Jesus were born free of sin, meaning that they were free from karma. There's no judgment from our Creator because we are all responsible for our own creation--thus karma and re-incarnation. This simple prayer or mantra is a gift from the Heaven's Realms, to assist humankind to transmute personal karma.

Therefore, reciting this simple mantra 15 min each day; "*I AM a Being of the Violet Fire, I AM the purity God desires*" will raise our vibration from fear to Love,

healing the 'wounded child' within, whereby logic and heart become harmonized as One! The purpose of the *Violet Flame* is not only to transmute our personal karma, but to re-establish a collective consciousness of understanding.

The 7th Golden Age is an attempt to '*resurrect*' and connect to our *Divine Feminine Energy*, connecting all of us to our heart where our desire for peace will be the norm. But more importantly, this step will *re-balance* our planet earth from darkness to Light.

For if we choose to only believe in science (*the logical mind of black & white*) without incorporating the higher intelligence of the heart (*the feminine energy*), planet earth will continue to experience much personal turmoil as well as catastrophic natural disasters as we continue witness worldwide. Therefore, it is our responsibility as citizens of this planet to become informed and challenge erroneous beliefs systems which have been handed down to us by many false hierarchies, sabotaging our *Oneness*.

As a collective consciousness, the walls of fear, anger, hate, will come *tumbling* down and bridges of compassion, kindness and understanding will be the new norm. Furthermore, as we are awakened, we will see what the masses cannot! Living consciously requires '*thinking*' with our spiritual heart and integrating logic for a more harmonized self-esteem whereby our personality and Soul become One!

Men & Women Merely Players



Rita Be-Still, Light Bearer

Author, Motivational Speaker

Be-Still--Bridge to Inner Freedom A Place of Higher
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Date Night Ideas for a Cozy Evening In

When it comes to keeping the spark alive in a relationship, date nights are a great way to do so. Sometimes, staying in can be just as romantic and fun as going out. There are many reasons why you may prefer to stay in for your date night, whether it's to save money, avoid crowds, or just enjoy each other's company in the comfort of your own home. If you're considering a cozy evening in with your partner, here are some ideas to make it unforgettable.

To start, cooking a romantic dinner together can be a great way to bond and spend quality time with your partner. You can put on some music, open a bottle of wine, and enjoy the process of cooking together. Whether it's trying out a new recipe or recreating a favorite dish from a restaurant, the experience of cooking together can be both fun and romantic.

Another idea for a cozy night in is to have a movie marathon. Choose your favorite movies or a theme, get some snacks, and settle in for a night of cuddling and watching movies. This can be a great way to relax and unwind together.

If you're looking for something more interactive, board games or card games can be a fun and competitive way to spend the evening. Playing together can be an excellent way to bond and enjoy some friendly competition.

For a more relaxing and pampering experience, why not have a spa night? Light some candles, put on some relaxing music, and give each other massages. You could even do face masks or take a bath together. This can be a great way to unwind and spend quality time together.

Lastly, reading to each other is a romantic and intimate activity that can bring you closer together. Choose a book or short story and take turns reading to each other. This can be a great way to explore new literature and spend quality time together.

No matter what you choose to do, the most important thing is to enjoy each other's company and have fun. A cozy night in can be just as romantic, if not more, than a night out on the town. Give it a try and make your next date night an unforgettable experience.



THE HEAT IS ON

It was hot and humid, sticky and the air was heavy. It was summer in the city, time to sweat it out and see what life has to offer.

It does seem to me that we are sweating out a lot these days. The economy and, trying to pay our bills, keeping ahead of the month and just seeing how our finances can last longer in 2023. It is no surprise at all to me that people are feeling the pinch. I know that I am. Everything costs more, in a lot of cases, you get less for more and you never seem to get what you really pay for now.

Many did not even stop in time to truly enjoy the summer days and steamy nights. That would've been a shame and it is up to us to not let that happen. The way that things are today are a reflection and end result of the pandemic. Climate change is partially responsible for the Earth heating up and most of all we are the ones who are truly at fault for so many of these issues. If we are feeling the heat, it is because we set the place on fire and now are looking for a way out.

So many chances we have had to fix it and not make it worse, but we did not listen. Now we do not have the chance to do the right things and we are not okay with that. Tough. It is time now, past time in my opinion, for us to stop watching stuff that does not matter and to take charge of the lives we live and how we live now.

Everyone has the chance to make choices that reflect their values. If you do not have any values, then your choices will be easy. You cannot and will not make changes by putting your head in the sand. You will never go forward if you are always looking back and you cannot blame anyone else for things that you have control of. That is the real issue here. People want to brush off any responsibility they have for issues. They profit from people but do not pay it forward. What a bunch of losers. I do not believe that anyone wants to

be a loser. But if we care, then we will do something about it.

Large corporations who profit and do not compensate people fairly. People who prey on people in need or who are desperate for food or shelter. If you can walk away from other people suffering and do nothing about it, then to me you do qualify for the title Loser. You may be proud of it, but the heat is on. We are coming for you. The good collective of great people will not sit by and watch your nonsense any longer. We will expose you and your actions and get to the root cause of your actions.

My core belief has always been that people in general are good. I want to believe that we want to do good in our lives and that it is important to us for others to feel safe and be treated well. But in the past few months and even years, it is more and more clear to me that we seem to worship a false God. One of money and stuff. I know for all true sake, that when you die, your couch, your car, your house and your precious money

will not go with you. Seeing people profit from the pandemic when we had shortages and watching the struggle of everyone going through that made me even more certain that some of the people on this Earth need a come to reckoning moment. Be a part of the movement for good that is inside all of us. Let the time be now that you take a stand for those who need our help. If you have a roof over your head and can feed yourself, then be grateful for this. Be kind and remember the animals who are stuck in this through absolutely no fault of their own. Help them. Donate food and money and feel good about you.

The heat is on. We are coming up to a fork in the road. Choose wisely the path you want to go down. You may find yourself on a road all on your own with your flashy car and big bank account. If you do and you break down, please do not call me. I will not come. I will go down the path with others like me, who truly want to make life better for everyone.

I want to be very clear here. This is my core belief and I am entitled to it. Judgement belongs to someone much greater to me. I do not judge but I do not have to like the nonsense and fakery that truly is all around us. My choices are clear. Help out people in need. Give what you can to make a difference and do not take advantage of people any time. But especially not those in turmoil.

Life is a gift. Life is short. We are all better than this. Community matters. When the heat is on, let me offer you shade, a cold drink and compassion. Live well my friends, know your true purpose and above all, be who you are meant to be.

Diane E. Makarowski
Life Enhancer

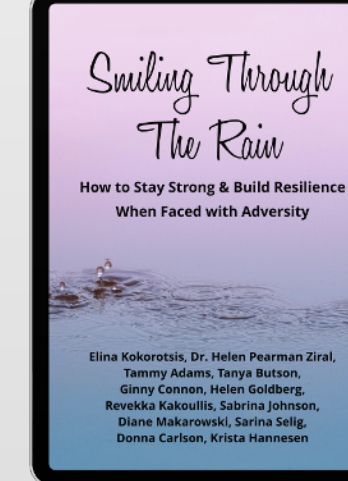
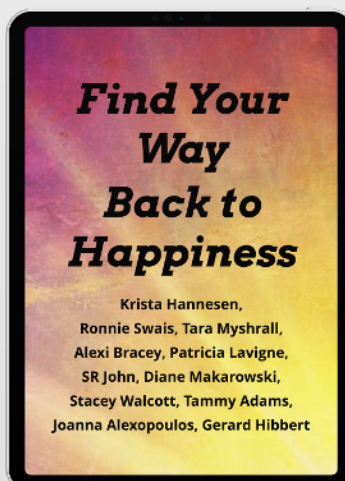
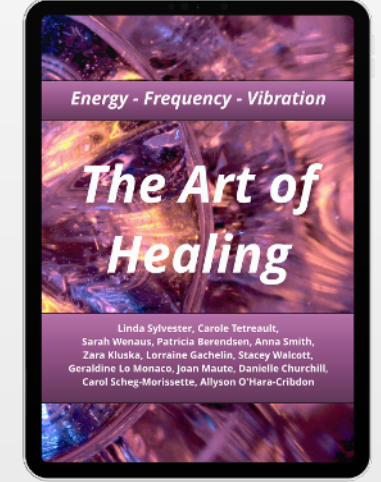
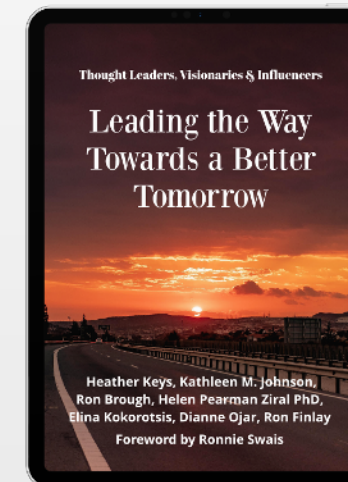
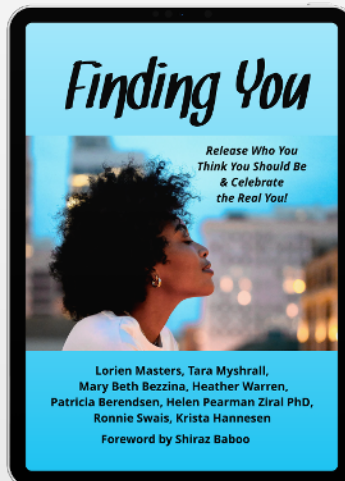
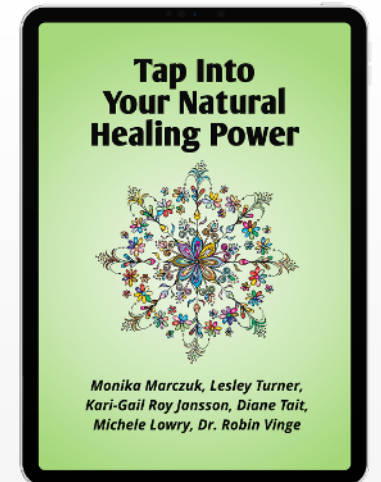
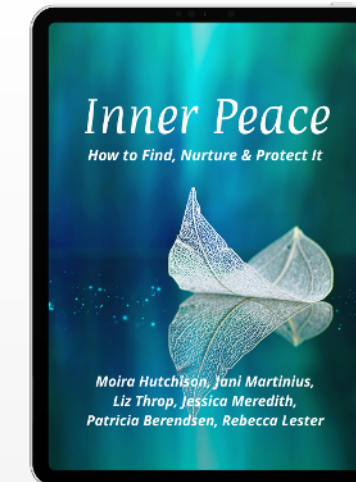
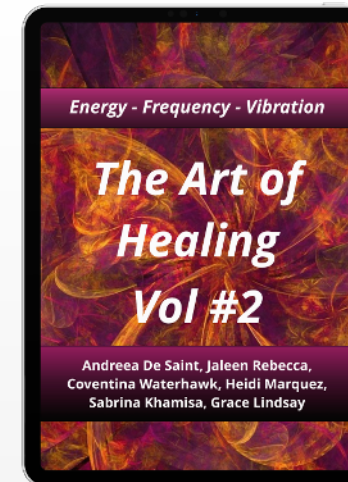
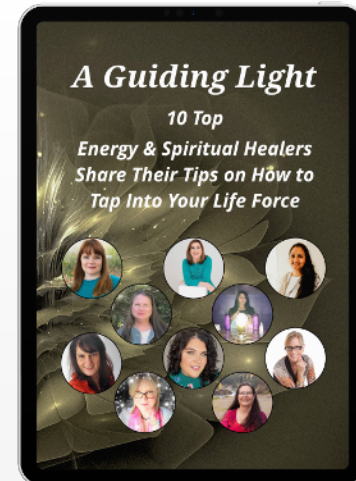
Let me help you to navigate the areas you struggle with and share some life experiences and knowledge to make the sun come out again. Let me be there for you and we will learn together on your journey to a healthier and happier life.

dianemakarowski@bell.net

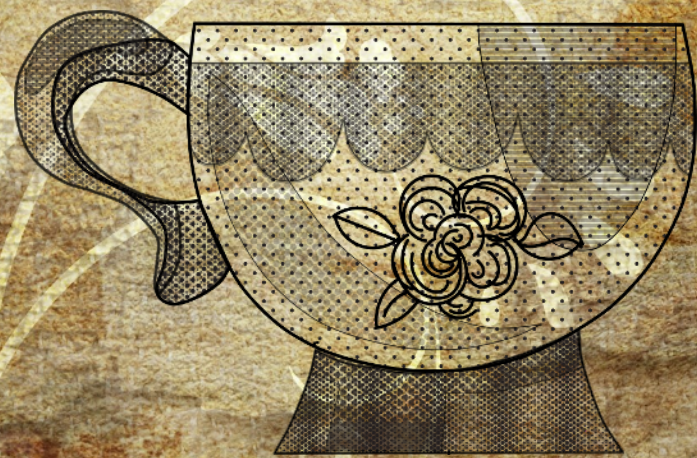


Hope, Healing & Guidance is a Chapter Away!

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How to Thrift Teacups



Some sought after Teacup manufacturers include:

Japan: Ku tank Kousen Kiln, Noritake, Sami Trading Company

France: Bernardaud, Limoges

Germany: Rauenstein, Meissen

Russia: Kuznetsov, Lermontov

Britain: Staffordshire, Aynsley, Wedgwood

Thrifted teacups is a wonderful way to create a unique collection that reflects your tastes. You can choose to look for collector's cups and saucers, or you can simply pick what speaks to you, or a combination of both! In either case, it is good to know whether you are truly picking up an antique cup (50 years or older), or a modern knock off. Along with thrift shops, try antique shops, yard sales, and the internet to find beautiful pieces to add to (or start!) your collection.

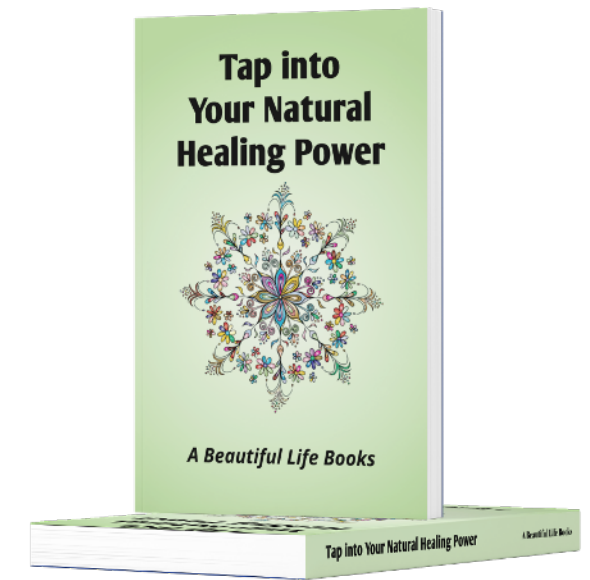
First of all, when you see a beautiful teacup in a thrift or antique shop, you want to check the cup thoroughly for cracks, chips, and stains. Teacups stain easily, so you want to make sure there are no dark markings inside or around the rim of the cup. As for cracks and chips, it is up to you to decide if small cracks are okay with you. Make sure the price reflects any marks on the cup. If the cup has more than very minor damage, it may crack more when used. In that case, if you really love the cup, you could always turn it into a flowerpot or jewelry holder.

When deciding on a teacup, you might be interested in what material it is made of. If you are looking for valuable Bone China, take the cup and hold it up to the light - Bone China will be translucent. Next, look at the stamp on the bottom of the cup/saucer. Some

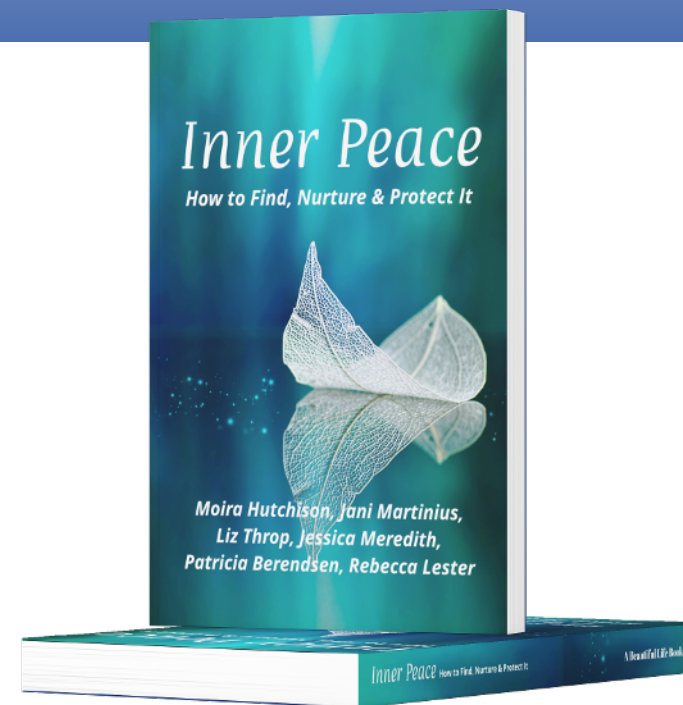
cups made before around 1820 have no stamp at all. After 1820, most Bone China companies put stamps on the bottom of the cups, and some newer cups may say "Bone China" on them. Visit antique-marks.com/ to find out how old the cup is. You can also take the teacup to an appraiser for its estimated value.

Finally - Use them! Many people get caught up in preserving their cups, and lock them away, never to be touched again. But where's the fun in that? you can always repair or replace a teacup, but you cannot replace the memories that come with using them by yourself and with loved ones. Take care of them by using little, if any, lemon in them (it damages the cup) hand washing them with mild soap soon after using them, drying them, and storing them behind glass. Also, don't be afraid to buy from modern teacups, and create a collection that will one day be vintage! Brands that may be valuable one day include Royal Albert, Lenox and Horner Laughlin.

Some traditions are worth upholding... we believe that collecting teacups is a fine hobby that is not only beautiful, but encourages hospitality, friendship, and self care. Whether buying collectible pieces or cups that are just plain fun to look at, enjoy the elegance and warmth teacups add to your home!



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