

# *A Beautiful Life*

Magazine

*Exploring the  
Latest Wellness  
Modalities for  
2024*

*Embracing  
Vulnerability  
in Dating*

*Let's Explore  
the Fascinating  
History of  
Valentine's Day!*

Jan/Feb 2024



# A Beautiful Life Podcast



01.15.2024

## Just a thought...

Such a moment happened to me in early December and I know it will be with me forever.

There is a Church near my house that has a food bank - normally I just donate money to the food banks but this year I also thought to donate products.

I had just read an article on the best items to donate to food banks and wanted to put it into action - I purchased granola bars, cereals, etc., that the list suggested and as I walked past the cookie aisle, I grabbed multiple bags of Oreo cookies and family sized Kit Kat bars - after all, it was the Holidays, and few treats should be included.

Krista & I drove to the Church and spoke with one of the volunteers - on this particular day they were also giving away clothing donated by the local Giant Tiger for those in need - so the place was buzzing with activity.

The lovely lady who helped us was talking to another young woman, who decided to accompany us to the food donation area - happily chatting along with us, like we've known each other for years - the spirit of the season capturing us all.

We were instructed to place the items on the designated shelves, making it easy to find the items needed - the last items we took out of our box were the Kit Kats and bags of Oreos.

The young woman's eyes lit up and a wide smile broke out on her face - as it turns out, she was there that day getting clothing items for her children, and when she saw the cookies and chocolate, was excited to bring some home too!

That one moment of her smile at those Oreos... hit me hard. That something so simple & small made her day a little brighter.

Our magazine is called **A Beautiful Life** because we want to bring all the ways you can make your life beautiful. It can be a grand gesture, a trip abroad, a designer purse... or it can be something as simple as a bag of Oreos.

Often, we get so wrapped up in the search for the 'big' stuff to make us happy, that we overlook the wonder of the small stuff - the small stuff that can make each day a little brighter... a baby's laugh, a bud on a rose bush as we enter summer, a comfortable bench in your favourite park... or a bag of Oreos.

I'm so thankful to that wonderful lady for reminding me and all of us, to be grateful for all we have big... and small.

## Happy New Year!

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**Ronnie Swais Publisher**  
**A Beautiful Life Magazine**  
**Div. At Face Value Media**

[ronnie@abeautifullifemagazine.com](mailto:ronnie@abeautifullifemagazine.com)







**Ronnie Swais Publisher**



**Krista Hannesen Executive Editor**

## *A Beautiful Life Magazine*

### **Publisher**

Ronnie Swais

### **Editorial Director & Executive Editor**

Krista Hannesen

### **Contributors**

Melissa Downard, Moira Hutchinson Dr. Helen Pearman Ziral, Revekka Kakoullis, Diane Makarowski, Linda Sylvester, Ginny Connon, Sharmila Perera, Monika Marcuzuk, Heather Keys, Rita Be Still, Zara Starchild

### **Advertising**

ronnie@abeautifullifemagazine.com

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# Overcome Your Limiting Beliefs & Live the Life of Your Dreams!

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- You have this feeling of discomfort that you can't quite put your finger on?
- You feel disconnected from yourself, dull or like you've abandoned your dreams?
- You know more is possible, but you feel stuck, unsure of what steps to take?
- Your dreams seem scary, impossible, or out of reach.



Change is possible. So many people are hiding behind their safe realities instead of going after their dreams and living a life of massive expansion. You have the power. You are the only person who is standing in the way of your dreams. Anything is possible with the right mindset and skills. Your desires are sacred. Your dreams matter. You matter and you can have what you want.

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- Become a part of an engaged community of women dedicated to rising together and supporting each other
- Weekly reflective activities to support your transition to Massive Expansion

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## From the Editor's Desk

### A Lesson from Twilight

Do you remember the book/movie *Twilight*? You know, sparkly, vegetarian vampires? Well, the other day I was reminiscing about my beloved teen classic, which got me thinking about an important lesson tucked in between all the Bella/Edward/Jacob love triangle drama. You see, Edward and his family are all vampires – some with special powers. His sister, Alice, can see visions of the future. However, her visions only become clear when someone has made a decision about their life. Otherwise, her visions are fuzzy and she sees various outcomes for the person she is envisioning.

For example: throughout the book (the whole series, really) Edward toils with his love for human Bella, and can never stay away from her despite his desire for her to live a “normal” life. Because of his indecision, Alice’s visions of Edward and Bella change, and are not certain. Different possibilities of their futures come in and out of her mind. If Edward was more decisive, Alice’s vision would lock onto one of the images she sees, which is Edward and Bella together.

Where is the lesson in all this fictional vampire talk? Well, we all have dreams and goals for our lives. But we get indecisive. Someone makes a mean comment about our plans, someone tells us that the person we are dating isn't right; we have a personal setback and get discouraged. When we start to lose faith in our dreams and we waiver on our goals, our plans become unclear. Different

visions for our futures tumble in and out of our minds, and we start to lose the reason why we started in the first place.

In 2024, I challenge you to lock onto your goals and dreams for the year, and not lose your vision. They say that for the law of attraction to work, you must “know, like you know, like you know” that you will receive the things you ask for. In an uncertain world, we have to be more certain than ever about what we want, what is important to us, and what we want to invest our energy into. There are so many distractions today, encouraging us to relent our dreams and give in to despair. More than ever, you must make a daily habit of meditating, planning, and putting your dreams into action. We must maintain a clear vision of our lives and forge ahead with determination.

Who knew Stephanie Meyer would use vampires to remind us how important it is to have resilience?

**Here's to our visions becoming clear in 2024.**



**Krista Hannesen**  
Executive Editor, Editorial Director,  
A Beautiful Life Magazine  
[krista@abeautifullifemagazine.com](mailto:krista@abeautifullifemagazine.com)





# Why not now?

The icy grip of winter is once again upon us here in the Northern Hemisphere of Mother Gaia. Much of the natural world slumbers in hibernation beneath the surface of the world. For us humans, it is traditionally a time of going inward, of meeting ourselves, burrowed in the warmth of our nests, wrapped in the silence of the frozen outdoors and waiting for the thaw of spring to call to our spirits yet again to emerge into the new year.

The season of winter is much like the tarot card of the Hanged Man. Like all cards of the major arcana, The Hanged Man, bears the significance of a portion of our soul's journey through life. The Hanged Man symbolizes a full stop. A sacred, uncomfortable voidal space where seemingly nothing is happening between the closing of one door or chapter in our lives and before the opening of the next opportunity for our growth and expansion. I know you are familiar with this space too. There is an ephemeral feeling of being inside of an invisible hallway or waiting room. You look back at the doorway you've come through, knowing you can never go back, though a part of you may want to. For the circumstances

of your life in that direction have completed. Things are no longer the same. You are no longer the same... and so you sit.

Often times, when souls are dropped into this "Voidal Space" between the closing of one chapter of their life and the opening of the next, it is fraught with confusion about what to do next, where to go next. Most of my clients have come to me during this time in their lives, seeking a guide, a wayshower or a coach to help them navigate their way through the dark.

I have been in this space so many times in my life that I am now accustomed to the uncomfortable wrestling of the mind with the blanket of Mystery. Here I sit again, uneasy but with my trusty toolkit of practices and prayers to light the way. On this occasion, it was not a great clap of thunder and bolt of lightning toppling the foundations of my life and spilling me outward, tattered and bruised, into the great unknown.

Instead, thankfully this time it was a steady, intentional, placing of footfalls in the direction of my dreams.

For the past several years, I have been working with the magic of manifestation in co-creation with Spirit. I have been dedicating my time, energy and physical labor into the long held dream of moving out of the city into a quiet, serene cabin on a lake. It is from this beautiful personal paradise that I allow these words to flow through me now. Trusting these words and the spark that inspired them, to find those souls who are ready, willing and open to be inspired as well. Upon these pages, I set them free.

For the past 3 decades, I have been consciously working with the spiritual laws to manifest the life circumstances of my desires. Only through this most recent journey of co-creating the lakehouse, have I been fully able to fall back into the trust of Allowing, thus having experienced the wondrous, seemingly magical, application of Grace in ways I've never quite experienced before.

There was a time when I carried an unconscious belief that I could never have this thing that I longed for so badly. I imagined that owning a lake house was for other people, rich people, but I would never have the means to own one myself. One day while my heart was pining for the lake house that I could never have, I actually became conscious of this belief. Maybe I said it out loud, I don't remember. Suddenly, I became aware that some part of me, believed it was *impossible* for me to own a lake house. When this realization hit, that it was impossible, I thought, well... that's ridiculous. I mean, it's not like it's IMPOSSIBLE. I began to rationalize, there are tons of lakes, there are tons of houses on the lakes, there are tons of perfectly normal average people owning them and there is absolutely no reason why I, a perfectly normal average person, can't own one someday as well.

That was the beginning of the journey towards having. It wasn't fast, it wasn't immediate, it took a whole lot of sitting in sacred space and intending. There were plethoras of limiting beliefs to work through. I don't remember them all but I do remember *the last one*.

The last one came up after a morning of journaling, creatively writing about living at the lake house as if I were already there. What it would feel like, smell like, sound like. I described in detail what I would be doing there and how grateful I was to be there. I stood up, after writing, to make myself a coffee and I thought, "Man, I really need to make more money so I can live in this place." Like lightning, a thought came from outside myself, as if someone were speaking directly into my head, it said "That's a limited belief."

In an instant, I knew this to be true. Complete understanding that I was placing money, as a hurdle to conquer first, was delaying my receiving of what I had been praying for. So, I began to state outloud; "I can have the lake house now." I repeated it for days just to dissolve that previous belief. In less than 2 weeks from this experience, the lake house came into my field. Several months later, I closed on the property with a small personal loan and \$10k.

It took decades of praying, 6 months of single focused attention to manifesting, and two years of weekends to renovate it into the living space it is today but every step, every minute, was worth it! To smell the pines, to be able to hear and follow the wind's journey as it strokes the fringe of trees over the mountains around me, to delight in the reflection of the sunlight and moonlight on the great expanse of water before me, everyday I am grateful for this parcel of heaven I have been blessed to behold and call home.

Now at the close of 2023 and the opening of 2024, here I am, reveling in the completion of a dream with the knowingness and experience from this most recent manifestation, that up until now, I have been dreaming too small.

I know this for you too. We have ALL been dreaming too small.

So now I sit, in the waiting room, in the hallway between what has come to pass and what will come to be, with the chimeras of a new dream whispering salutations to me. A big dream. A bigger dream than I have ever imagined possible for myself before. Because, why not? Why...Not!

I am glancing up at the familiar Guardians that stand before the gateway of this new dream. They are different. Yet, they are the same as the Guardians that stand before any of the gateways of our hearts dreaming. They seem so big, so scary, so insurmountable, so exhausting. But I know now, they are only made of mist.

The first of The Guardians will say something like, "That's impossible. Who are you so little, so puny, so insignificant, to think that you can do or have something such as that? You don't have what it takes. Go back. Sit down. Stay Small. Settle into your little life."

Another of the The Guardians will say something like, "What will THEY think of you, if you rise above. THEY might get jealous, try to tie you down, ridicule you or even try to hurt you if you get too big, too bold, too unapologetically FREE. Go back. Sit down. Settle."

Another of The Guardians might say, "You don't know what's out there. It's dangerous. The world is full of strange unmarked pitfalls and wolves disguised as gentle grandmothers. Go back. At least you know how to navigate your familiar small uncomfortable life. Settle."

Because they are made of mist, they often come in the forms of procrastination, distraction, busy work or a general feeling of dread, anxiety, depression. Often they do not speak these things directly to us, but may speak through other people around us. Each new dream, each new expansion has its own flavor of these Guardians designed to protect us from the unknown and to challenge our faith, our courage, our integrity because the treasures on the other side of the gateway, the dream in its fulfillment, requires us always to become an increasingly better version of ourselves in order to hold it.



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**Zara Works with groups and individuals on clearing blocks of limitation from your energy field and aspects of your conscious & unconscious bodies. She trains lightworkers to become more confident and grounded in using their unique divine gifts in ways that are fulfilling and lead to the most magical life experiences. She blends a variety of modalities including Violet Alchemy Healing, Akashic Record Reading, Sacred Soul Reading & Channeling to support each soul in their individual highest unfoldment.**



As the crisp of winter weaves itself through the air, crystalizing the waters, I sit in the void, resting from the long labor of birthing a dream into physical reality, gathering my strength, courage and stamina to face the Guardians of the new dream, the next dream, that is slowly seeding into the fertile soils of my mind. A vision from a future self, calling me to rise again, to keep placing one foot and then the next on a pathway that I can not yet see, listening to a promise that I am choosing to trust.

This familiar place of voidal space, requires us to look back on what we have accomplished. What we have learned. What we wished we might have done differently. Here in this inbetween space we are also meant to listen. In the capsule of winter, the doing slows down and we are invited to listen to our hearts calling and the whispers of our soul. We are meant to watch for the signs from our guides that mark the coming of spring, the way out, the next opportunity to present itself that will lead us further upon our journey in life.

I am a guide for the soul-travelers, for those who are listening to their heart's song but may not yet have the courage or the strength to get up again and take those next not-quite-yet-visible steps into the unknown.

When we come together for a Violet Alchemy or Akashic Record Session, you and I will sit. We will talk. I will ask you where you have come from, and where you wish to go from here. I will listen. I will listen to your words and also to the silent song of your heart. You may not think you know where you are going but I trust that you do know. Deep down, behind the curtain of the mind, the spark of your spirit knows. I will gently blow on that spark and help you to hear it, trust it, follow it and behold it.

We all have come through lifetimes of experiences that have amplified the voices of the Guardians so that it's hard to hear the softer voice of our inner knowing. The healing modalities of Violet Alchemy and the balm of forgiveness that washes through and over an Akashic Record Healing begin to dissolve the mask of these louder, scarier voices that may be telling you all the reasons why you couldn't possibly or you shouldn't dare.

I am here to tell you that you absolutely should dare! Dare to take one step towards that heart-dream, dare to defy the energies and inertia that could keep you stuck repeating the same patterns, experiencing the same already-learned-lessons. There is no such thing as failure if you keep getting up, keep trying again.

If you are ready, if you could use a hand to hold and a gentle voice to guide you, encourage you, empower you, I offer you my own. Winter is the perfect time to begin bringing the light of awareness to all the invisible binds that would keep us stuck.

So, why not? Why not now?

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



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# Exploring the Latest Wellness Modalities for 2024



## From Neuroplasticity Training to Sound Healing and Beyond

As we move into the year 2024, there are a number of exciting new wellness modalities that are emerging. These holistic practices aim to promote physical, mental, and emotional health, and are becoming increasingly popular as people seek out new ways to improve their overall wellbeing.

One of the most promising new wellness modalities is neuroplasticity training. This cutting-edge technique involves using specialized exercises to rewire the brain and strengthen neural connections. By harnessing the brain's natural ability to adapt and change, neuroplasticity training can help to improve cognitive function, reduce stress and anxiety, and even alleviate symptoms of depression.

Another exciting development in the world of wellness is the growing popularity of sound healing. This ancient practice involves using sound vibrations to promote healing and balance throughout the body. Whether through chanting, drumming, or the use of specialized sound therapy tools, sound healing can be a powerful tool for reducing stress, increasing relaxation, and improving overall physical and emotional wellbeing.

Other new wellness modalities that are gaining traction include breathwork, mindfulness meditation, and energy healing. These techniques all focus on promoting greater self-awareness, reducing stress, and cultivating a sense of inner peace and harmony. By incorporating these practices into your daily routine, you can begin to experience a greater sense of balance and wellbeing in your life.

Of course, it's important to remember that there is no one-size-fits-all solution when it comes to wellness. Everyone's needs and preferences are different, and what works for one person may not work for another. That said, by staying open to new ideas and exploring the latest wellness modalities, you can find the tools and techniques that work best for you and help you to achieve your health and wellness goals.





# Cultivating Peace – A Personal & Interpersonal Practice

Peace may be perceived as a way of being in the world, as a way of life if you will. A way of being with ourselves - experiencing connection to and in alignment with our authentic selves and a sense of calm and content - and a way of being with others, a relational response via compassion.

Now-a-days, it may be difficult at times to contemplate the existence of peace - never mind the idea of embodying it - in context of information we gather concerning our own social environments (i.e., direct/indirect knowledge of assaults/violence of numerous nature in our neighborhoods), direct/indirect exposure to malice perpetrated via social media and news narratives as relating to local, national and/or international socio-political turbulences as associated with cultural and political polarization (i.e., wars). Exposure to such interpersonal related adversities may influence a sense of social uncertainty and unsafety, anxiety, lack of empathy and misunderstanding, fear, anger, sadness and distrust and a kind of disconnect and disengagement from inner peace.

How do we create and maintain a peaceful flow of existence these days? Recalling that there is intentional and random kindness in our world - close and far - that is not necessarily recounted in the news headlines and that news journalism is essentially about focusing on certain types of matters that happen (i.e., calamities) and certainly not all matters existing, definitely assists with supporting positivity, hope and optimism. Considering our frequent exposure to recurrent calamity related narratives, it is additionally imperative that we take breaks from such coverage and regularly keep tabs on how these narratives may be adversely influencing or skewing our perception of the unspoken and unexposed magnitude of good will and peace around the world and inevitably our optimism, hope and sense of inner peace.

For inner peace, it is essential that we regularly anchor ourselves by practicing mindfulness, concentrating attention on and connection with our humanity through the lens of a compassionate, loving and empathetic inquiry in the present moment - appreciating the depth of each concentrated breath we take in (inhale) and of each breath we release (exhale), while attentively experiencing each somatic sensation and thoughts and feelings in flow. It is vital that we listen to (and certainly not judge), cultivate and trust in the truth of our present moment inner experiences (as relating to thoughts, feelings, somatic sensations) and we use these experiences as our compass

in guiding our choices or decisions as we flow from being and becoming in life. Living and growing in alignment with our authentic selves and experiences invite balance, harmony and inner peace.

The practice of mindfulness incites a ceaseless pathway of self-exploration and of unearthing self-awareness in the continual flow of our authentic selves in our unending being and becoming. Cultivating compassionate self-reflection of our internal states and reactions enriches our self-understanding and overall self-awareness and permits us to then utilize our inner wisdom as guidance for choices we make and actions we take to meet our acknowledged unique needs at any given time and for remaining aligned with our thoughts, values, feelings and integrity. The self-value and self-respect afforded to our attentiveness to our self-understanding is immeasurable and further serves to consideration of extended options for (independent and/or interpersonal) activities for us to participate in that resonate with our authentic selves, that assist us to grow and that enrich our sense of purpose, meaning and inner peace in our being and becoming. For inner peace, it is vital that we regularly value and prioritize our relationship with our authentic selves - as we value and prioritize other significant relations in our lives - in our flow of being and becoming.

Approaching our self-awareness with unconditional self-acceptance, self-compassion and self-love - not detrimental self-criticism, social expectations or external validation - with kind enthusiasm and curiosity and with loving forgiveness of our human vulnerabilities and limitations may assist to free us of weighted burdens that we may have carried through the years and that may have served to hinder our inner and interpersonal connection necessary for inner peace. Often times, we may find ourselves preoccupied and burdened by past matters (of which we cannot change but can certainly choose to reflect on to derive helpful self-understanding from) and/or worrying about a particular misfortune possibly transpiring in the future (of which may never ensue) - in the meantime, we miss and cannot retrieve the peaceful opportunity of simply being present in the here-and-now and inviting inner peace.

Our beliefs are potent influencers of change, growth, transformation and peace. Our thoughts have a grave role in how we understand, define and feel about ourselves, others and our world and the reality we create accordingly - this is not to deny the existential nature of our existence and the chaotic circumstances that may be tossed at us at any given time of which may influence ambiguity, risk, losses, angst and traumas. Nonetheless, the attitude - or mindset - we choose as response to any given circumstance may serve to offer and guide us with inner peace - i.e., to accept and act to change a situation where possible or to accept the situation and change our thinking to minimize or alleviate the suffering of the situation - or to take away our inner peace - i.e., by not accepting a particular circumstance, feeling helpless and avoidance. Whether in the face of challenges or heightened adversity, we can choose to embrace a realistic, optimistic and peace-oriented mindset. As such it is pivotal we maintain awareness of the nature of our thoughts and how they influence us (psychologically, emotionally, physiologically and behaviorally) and to shift them

to constructive perspective taking before they derail and lure us away from inner peace.

Stress and anxiety may lure us away from our inner peace when not managed effectively. Maintaining our inner peace involves making a commitment to regularly value ourselves via self-care: To assure we maintain quality sleep, nutritional intake and exercise; to regularly engage in compassionate, thoughtful and encouraging inner dialogue; to incite our courage to live with perspective taking and optimism; to simply accept, observe and symbolically let go or release strenuous thoughts (of circumstances not within our control), problem solve in circumstances of which we have influence to change or simply to take breaks from such stress/anxiety inducing thoughts through engagement in some enjoyable activity; to acknowledge and appreciate our worth and value and remind ourselves of our spectacular qualities and accomplishments; to recognize our desires, aspirations and necessities/needs via self-awareness and to take steps to have them met; to evaluate and modify (as needed) our expectations of ourselves - so not to detrimentally strive for unrealistic or unconstructive perfectionistic expectations - and to consider areas of further growth we would like to attain and to act on it; to set personal/social related boundaries as needed that respect our needs at a given time; and to engage in healthy, enjoyable, relaxing, self-nurturing, replenishing and energizing independent or social activities. We may experience inner peace as well by choosing to write a letter to ourselves every so often about any number of areas: What we value greatly and have gratitude for in our lives; areas of resilience and growth we attained through the years; and the nature of relationship we aspire to have with ourselves and how to attain this. When engaging in self-care, we are not only cultivating inner peace, but cultivating the ability to radiate compassion and peace in response to others.

One of the first legendary philosophers/scholar to propose our innate social nature and the importance and influence of positive social interaction and connection was the ancient Greek philosopher Aristotle. Research in numerous fields has supported the notion of social connections throughout our existence having influence on our overall physical/physiological and mental health, our coping and our overall well-being. Accepting, unconditionally loving, respectful and overall positive, encouraging and supportive relations in particular throughout the span of our lives contribute positively to our personal overall health and well-being, balance, harmony and inner peace.

As regarding inner peace and radiating peace outwardly, I apply the assumed proposition of Mahatma Gandhi (Payne, 1969) - that we need to be or to embody the change that we desire to see in the world. As he accentuated, and I believe firmly, we are each to take personal responsibility to cultivate and personify the changes - i.e., inner peace, radiating peace outwardly - that we wish to see in others and the world in general accordingly. In other words, we need to appreciate, understand and respond to ourselves through the lens of compassion and to cultivate inner peace accordingly and to then appreciate, understand and respond to others in similar fashion, to radiate peace outwardly. As Mahatma Gandhi suggested (Payne, 1969), by embodying humane attributes in ourselves, we may influence affirmative social inclinations from others. In other words, as we present with intentional acceptance and empathy and with a compassionate response to others, others may respond likewise accordingly. Needless to say, however, a peaceful interchange does not necessarily always occur with everyone. In such cases whereby kindness and peace are not reciprocated, we may maintain our inner peace by accepting and maintaining perspective in such interactional outcome, acknowledging the reality of the other's state of being in the world at the time while allocating respectful fitting social boundaries with them. This may include setting limits in nature of conversation we engage in, type of activity we may participate in and/or amount of time we choose to spend with them. Drama and toxic interactions can most certainly disrupt our inner peace. On the other hand, those inspired by a higher more spiritual consciousness toward personal and interpersonal peace will more likely be influenced by our presentation and invitation of compassion, interpersonal connection and belonging and unity. It is hoped that our relentless compassion and kindness in relation with ourselves and in interaction with others may contribute to a more so profound, harmonious and optimistic peaceful shift to our interactions and global social evolution and transformation. Nonetheless, at bare minimum, with optimism and courage, via our practice of compassion and inner and outwardly radiated peace, we eliminate each of our part in perpetuating a cycle of harm and suffering to ourselves and others.

Till again, I leave an idea set forth by Mahatma Gandhi for your reflection: The greatness of our humanity is not so much in our being human but rather in our being humane (Payne, 1969).

May compassion, love and peace be your compass,

References: Payne, R. (1969). The Life & Death of Mahatma Gandhi. New York, N. Y: Konecky & Konecky.



Revekka Kakoullis  
M.Sc., Registered Psychologist  
Resilience Awakening, Revekka Kakoullis  
E-Mail: rkakoullis@resilienceawakening.ca  
Website: www.resilienceawakening.ca



# Soul Responsibility Experience

May 29.2019

Dearest Reader,

Winter is a season to turn inward, to introspect. A time to take stock of the year that passed and nurture seeds of your desires until the season of darkness welcomes a new dawn and life with Spring.

I encourage you to go forth into the darkness within yourself with compassion and grace. To offer yourself kindness where there is a tendency to be harsh, to offer yourself understanding instead of condemnation, to be soft with yourself.

Instead of avoiding your emotions and feelings, I encourage you to try something different. Invite them in like an old friend, offering them your undivided attention to experience them fully. Feel what you are feeling without trying to change your experience.

It was in 2017, when I was most desperate for "something" to change. I wanted so badly to stop feeling what I was feeling, to change my experience, for everything to be "smooth and good and easy" This is when I happened upon Soul Responsibility. I had no idea what this course was, nor did I have any idea of what I was saying "yes" to, though I knew deep within me that this is what I needed.

This is my personal experience.

If any of this hits you in the gut, resonates, or you hear or feel a "yes" bubbling up, I encourage you to listen to that little voice.

I took the class each time it was offered, eventually graduating as a Soul Responsibility Instructor in 2020.

If you need support, reach out, I am here as your flashlight in your time of need.

From my heart to your,

Monika

Special mentions, Terryann Nikides and Caroline Linton. Thank you for being my flashlight in time of need. Thank you for being the rabbit. In deepest Gratitude.

".....The rabbit-hole went straight on like a tunnel for some way, and then dipped suddenly down, so suddenly that Alice had not a moment to think about stopping herself before she found herself falling down what seemed to be a very deep well" Lewis Carrol

I used to be afraid of the dark. It was a childhood fear that followed me into my adult years. I was so scared that I slept with a big light on. As an adult I found myself leaving lights on in the main part of the house, making sure that the light was bright enough to spill into all rooms. If the room was too dark, it got a nightlight. There was always light. I never went into the dark. Ever. Literally, metaphorically, spiritually, soulfully. Never. Never accepted anything other than what I could see, nor did I think there was anything other than what I could perceive. Little did I know then, that it was in those dark spaces- in the avoided, dark, dingy, parts of myself discarded like rubbish, were gifts waiting to be unwrapped. Never thought that those dark spaces held the most light.

One day I stopped running. I stopped avoiding. Stopped leaving the lights on. I gathered up my Courage, and Will and Commitment to Self and went exploring in my dark. I had no idea what I was going to find, what I was going to see or what monster lurked in wait. I didn't go alone; I had a flashlight - Soul Responsibility. I thought I would be eaten alive, devastated by pain with no way out; instead what I found was a way to face myself. Honestly, empathetically, vulnerably, tenderly, lovingly, fully supported to unravel all the years of pain that I stored away.

How do I describe what took place next? How do I describe a visceral experience and translate it into tangible? Imagine

for a moment, your whole body in contraction, tense, nauseous, heart alert, your whole being not at rest, breathing short, feeling claustrophobic; no space. It feels like this may last a lifetime; time stands still, and all you can see now are the lies and stories that lulled you into false safety. You see all the pain that was masked, you see yourself. You take responsibility. Then with a breath, tenderness replaces harshness. Empathy replaces judgment. Space replaces contraction. Acceptance replaces condemnation. The magic of alchemy. Freedom. The trigger that used to plague you no longer agitates; in its wake a new perspective, a new way of life.

I am no longer scared of the dark. I greet it with open arms. I know that I have a flashlight, Soul Responsibility to help me gently peel back layers of old dust, the light in the dark to find the gem that was waiting for me all this time. Me. My Soul.

Monika Marczuk, CPB, Reiki Master, Bfa, ECE

Monika Marczuk- Professional Holistic Practitioner  
ECE, BFA, Reiki Master, Certified BodyTalk Practitioner  
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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.

[www.mmarczuk.com](http://www.mmarczuk.com) [monikamarczuk@gmail.com](mailto:monikamarczuk@gmail.com)





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# Sound Wise, Lose a Size

## Easy Way to Dissolve Weight Throughout the Body



Science has proven when people listen to relevant healing frequencies for the specific purpose of healing the body, our body responds quickly. Why? Everything within us has a vibration, and the speed or rate at which it vibrates is called its frequency. In other words, our bodies hold a symphony of sounds. When we experience traumas, abuse, neglect, toxicity, harmful relationships, etc., our symphony of sound becomes a bunch of sour notes. Sour notes create disease patterns; the opposite happens when our cells are attuned to their highest potential of vibrating to their specific frequency, creating rejuvenating health patterns.

Now is a time of the year when people worldwide make their New Year's resolutions. In 2022, over 40% of the people who made New Year's resolutions focused on weight loss programs.

According to the National Institute of Health (gov.), the data from the 2021 – 2022 study show nearly 1 in 3 adults in North America are over weight (including severe obesity), and 17% of the children between the ages of 10 -17 had obesity. This data varies on a National Level pending on race and ethnicity. We all understand obesity is a significant issue here in North America.

Billions of dollars are spent on weight loss products annually. Sadly, roughly 90 percent of people who lose a lot of weight eventually regain just about all of it.

According to Einstein, the definition of insanity is doing the same thing over and over but expecting different results. I bet most of you reading this article never thought of using sound frequencies to help you lose weight!! Always remember that a healthy diet and regular exercise are vital to any effective weight loss plan; also, be open to trying something new!

Regarding weight loss programs, there isn't a one-size-fits-all type of thing. People gain weight for different reasons. Sometimes people gain weight because of:

### Eating habits

- Thyroid issues
- Sleeping disorders
- Genetics
- Hormonal issues
- Social issues
- Low self-esteem
- Illness
- Addictions
- Lack of exercise
- And more!

At Sonic Reiki, we offer a three-month mentoring plan for losing weight. It includes free access to our Weight Loss eBook.

### Benefits of having a mentor helping you lose weight:

- Mentors provide insight, information, support, and wisdom for our lives.
- You have three months of free access to the Sonic Apothecary Music Library when you sign up for the three-month mentoring plan. A law of physics: All sounds have resonance and cause vibration. Our music can help you eradicate disease patterns, rejuvenate cells, eliminate pain, heal specific issues like weight loss, and relax the mind and body to help you live a better life, aligning with your highest self!
- Linda has 35 years of experience helping people get to the root cause of their issues physically, emotionally, mentally, and spiritually. The mentoring program includes a once-a-week check-in with Linda.
- The mentoring program also includes instructions on how to use the music.

Please take advantage of our **30% off** Sale online. No Code is needed.

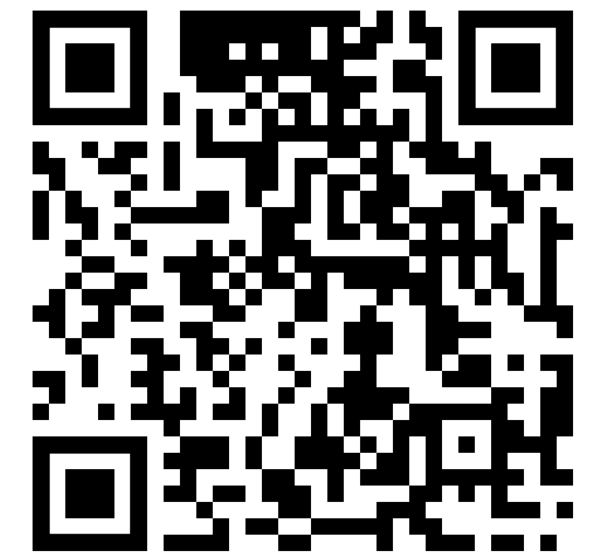
**Bonus:** Scan the QR Code, and it will take you to three tracks of weight loss music to get you started.

**First Track:** Fat burning-deep healing music: Who said losing weight must be hard?

**Second Track:** Amino Acid Methionine-deep healing music: Methionine supports weight loss. Methionine includes creatine, which improves athletic performance and the body's muscle-to-fat-ratio.

**Third Track:** Amino Acid Arginine-deep healing music: Arginine works by converting your body's fat reserves into energy.

**Be The Best Version of You!**



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

Linda is the Founder of Sonic Reiki, Co-Founder of Wholistic International Network, and a Bestseller Author. Linda also has 40 years of experience as a Reiki Master Teacher, Music Artist, Master Sound Healer, Medical Intuitive, and Inner Child Counselor. Linda's primary goal is to help people open their hearts to love, allow people to heal themselves, and help people trust that the Universe will always take care of them

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# Sleep Better: 7 Tips & Tricks for a Restful Night's Sleep



We all know how important it is to get a good night's sleep, but sometimes it can be tough to achieve. Whether you're having trouble falling asleep or staying asleep, we've got some friendly tips and tricks to help you achieve a restful and rejuvenating night's sleep.

1. Establish a sleep routine: Try to go to bed and wake up at the same time every day, even on the weekends. This helps your body get into a rhythm and makes it easier to fall asleep and wake up feeling refreshed.
2. Create a relaxing environment: Make your bedroom a calming and comfortable space. Keep it cool, invest in cozy bedding, and reduce any noises or lights that may disturb your sleep.
3. Unwind before bed: Wind down before bed by engaging in relaxing activities like reading, taking a bath, or practising some deep breathing exercises. Avoid stimulating activities like watching TV or scrolling through social media, which can make it harder for you to fall asleep.
4. Avoid caffeine and alcohol: Try to avoid caffeine and alcohol in the hours leading up to bedtime. Both can disrupt your sleep and leave you feeling anxious or restless.
5. Exercise regularly: Regular exercise can help improve the quality of your sleep. However, try to avoid exercising too close to bedtime, as it can leave you feeling energized and make it harder to fall asleep.
6. Limit screen time: Blue light from electronic devices can interfere with your body's natural sleep cycle. Try to avoid using phones, tablets, or computers in the hours leading up to bedtime.
7. Invest in a comfortable mattress: A good mattress is key to getting a good night's sleep. Invest in a high-quality mattress that provides the right amount of support and comfort for your body.

By following these friendly tips and tricks, you can improve the quality of your sleep and wake up feeling refreshed and rejuvenated. Sleep is an essential part of a healthy lifestyle, so make it a priority in your daily routine. With a little effort and attention to detail, you can achieve a restful and rejuvenating night's sleep every night. Sweet dreams!

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# Being Single is Not a Waiting Space

## — Embody Self Love Instead

### Part 1



Being Single is Not a Waiting Space – Embody Self Love Instead

Since November 2022, I found myself in a different relationship space – being a single widowhood. With the festive season - couples walking arm in arm and the romantic holiday movies and songs, creates a melancholy state.

But, alas, I figure self love and comfort in and with my own company is better. Having self-love involves having an appreciation and respect for self by taking care of physical and mental health, thus nourishing and treating self with the love and kindness I deserve.

#### What Is Self-Love?

Self-love is having regard for our own well-being and contentment. For some, self love is the equivalent with taking baths and getting massages, but loving yourself goes much deeper than occasionally splurging on pleasures like these.

Self love should be a daily practice when you check in on yourself and treat yourself the way you treat those you love. Self love comes from actions that support physical, psychological, and spiritual growth.

Your first relationship is with yourself and is the foundation of relationships with others. Loving yourself enables you to live in alignment with your values and make healthy choices related to everyday decisions. Confidence, self-respect, self-worth, and self-love are all interconnected. As we deepen our love for ourselves, we deepen the love we share with others.

Being single as an adult for an extended period of time can be a painful experience — and one that feels like it will never end. There's a reason why the grief that accompanies singlehood when one longs to be in a relationship — feels unending. Some describe it as an experience known as ambiguous loss.

When we lose people we love it is devastating, the grief we experience can eventually give way to healing. By contrast, an ambiguous loss is one that is unclear because the loved one is “there but not there.”

Two situations can lead to ambiguous loss. The first situation is when the person is physically present yet psychologically absent. This would include conditions such as dementia, addiction, extra-marital affairs, and workaholicism. The second situation is when a person is psychologically present yet physically absent. This may include wartime, missing-in-action, natural disaster, divorce, and miscarriage.

Prolonged singlehood as an adult, when one wishes to be married or in relationship, is a form of ambiguous loss. Often, single

people have an idea of who their anticipated partner is, and what the relationship will be like when they finally meet. In other words, the anticipated partner is psychologically present but physically absent.

Unable to predict the future, a single person cannot know for certain whether they will meet and marry their match. This lack of certainty about the yet-to-be partner makes the loss ambiguous, and in turn difficult to resolve.

A single person who knows for sure that they will remain so would face a clear loss. A person who knows for sure that they will marry in a decade would face a delay in getting married, but can find comfort in knowing that they will have a partner in the future.

Ambiguous loss leads to ambivalence. This is because it's difficult to determine whether it is better to cope with the lack of information about a longed-for spouse by hanging on or moving on. The uncertainty of whether the anticipated spouse will materialize makes it difficult to fully close the door and grieve. Since there is always hope, closure is difficult. The sadness can render people immobile, making it difficult to move forward. The stage of ambivalence is set for grief without end.

The ambivalence that stems from adult singlehood ambiguous loss can evolve from the following:

- Timing, which refers to defining when singlehood begins.
- Settling, which refers to the dilemma of whether or not to settle for a partner who does not meet the ideal or whether to prolong singlehood with the hopes that one's ideal partner will materialize.
- Viability, which refers to people the single person actually knows and sees as a potential partner yet are not viable options for partnership.
- Children, referring to the ambiguous loss that single and childless adults may feel about anticipated children, who might also be psychologically present, but physically absent.

#### 1. Normalizing Ambivalence

Often, single adults who have been so for an extended period feel different, and their pain remains invisible. Therefore, just knowing that there are other singles who are also struggling with this form of ambiguous loss can be validating.

The process of labeling the loss as ambiguous, identifying conflicted feelings about the loss, and framing reactions to the loss as common also helps normalize ambivalence, which can ease anxiety, blame, guilt, sadness, and immobilization that stems from ambiguous loss. People can more easily manage pain if they understand and make sense of it.

#### 2. Tempering Mastery

A key component of coping with ambiguity is overcoming the need for control over the ambiguous situation, without sinking into passivity. This is where tempering mastery comes in. It refers to having a clear understanding about the loss, and identifying what can and cannot be changed.

Tempering mastery is striking a balance between the need for control and acceptance of that which cannot be changed. Running from pain courts misery but accepting situations over which we have no control as they are can diminish it. In the case of single adulthood, people have control over searching for the type of person they want (e.g., online dating, speed-dating, asking people on dates) but have limited control over finding their partner.

#### 3. Finding Meaning

When a loss is stuck in ambiguity, it can be harder to find meaning. It may take extra efforts to make sense of loss, which would in turn allow for coping and grieving. Exploring one's assumptions can facilitate finding meaning in extended singlehood.

Specifically:

- (a) identifying and clarifying assumptions about life (one's attitudes, beliefs, and values),
- (b) examining how assumptions about life evolved,
- (c) restructuring assumptions about life so they are better adapted to one's current needs, and
- (d) applying the restructured assumptions to the way one lives.

When our personal narrative about singlehood is formed and shared with important people in one's life (therapist, family, friends, and other single adults), it creates meaning about and promotes healing from the ambiguous loss. Engaging in fostering existing close relationships, volunteerism, and hobbies the following can dispel the feeling that life is less meaningful without a partner.

#### 4. Reconstructing Identity

Initially, being single can become the defining feature of a person's identity. However, singlehood is just a part of one's identity — not the whole. Reconstructing one's identity from the definition of being single to a more comprehensive and layered alignment can drive down ambivalence and prop up resiliency.

Being single can be complicated in terms of one's identity. Single adults may have parents who want to play the role of the non-materialized partner, in an effort to provide support and comfort for their non-partnered children. Consequently, being single can result in identity ambiguity, it may leave some singles questioning whether they are an adult or a child.

Reorganizing the psychological family by modifying the way family is

viewed, can be done in two ways. First is by reconstructing psychological family membership, in which there is membership in more than one family. The second is to reconstruct roles, which can help manage ambiguity. Since there is no division of labor single adults might find themselves undertaking tasks they hadn't anticipated, such as cooking or doing yard work. Thinking about roles more flexibly can also reduce ambivalence and boost resilience.

#### 5. Revising Attachment

Revising attachment refers to the “gradual process of learning to live with the prospect of recovering the lost person while simultaneously recognizing that the loss may become permanent.” Being able to think dialectically, which means considering multiple and even opposing views, can facilitate revising attachment and ultimately healing.

For singles, the challenge is to strike a balance between the opposing stances of staying connected and letting go. Over time, this can increase resilience. Jackson offers the following actionable steps: verbalizing fantasies about the would-be spouse, processing the loss, understanding how life transitions might give rise to anxiety about being single (e.g., being the only person in a friend group who is single or childless), finding self-expression through artistic pursuits, and engaging in groups and communities that are of interest where meaningful connections and relationships can be made. It may also be helpful to revise one's expectations for a future spouse, and reconsider the qualities and characteristics that matter most.

#### 6. Discovering Hope

When coping with ambiguous loss, the overarching goal is threefold: to determine which hopes should be let go, which hopes should be kept, and which new hopes can bring meaning and purpose to life. Jackson suggests the following for discovering hope: finding spirituality, imagining options, laughing at absurdity, developing more patience, redefining justice, and finding forgiveness.”

Moreover, and borrowing from narrative therapy, Jackson contends that singles can find hope through by (a) viewing the problem as external to oneself; reexamining stories by seeing one's own story from different perspectives, and considering alternative meanings and endings and (c) reauthoring one's own stories. New and revised narratives can be integrated into one's personal psychology by sharing them with family, friends, and other meaningful people, who can, in essence, serve as an “audience” for their new stories

**Read part two in our March / April Issue**

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**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.**

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



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

---

Linda Sylvester is the Founder of Sonic Reiki, Co-Founder of Wholistic International Network, Mentor, and a Best Selling Author. Linda also has 35 years of experience as a Reiki Master Teacher, Music Artist, Master Sound Healer, Medical Intuit, and Inner Child Counselor. Linda's main goal is to help people open their hearts to love, help people to heal themselves, and help people trust that the Universe will always take care of them.





# The Power of Authenticity: Why Doing What's Right for You Benefits Everyone

Today, I want to delve deeper into a powerful phrase I've coined over the years: "When you do what's right for you, it's right for everyone." Let's explore why embracing your true self is not only an act of self-love but also a profound way to nurture genuine connections with others.

## The Essence of Authenticity

Many of us grapple with the idea of being true to ourselves, fearing it may come across as selfish or uncaring. However, the essence of authenticity lies in the genuine expression of our thoughts and feelings. It's about stepping away from the old paradigm of superficial friendships and embracing a more profound, multisensory connection with others.

## Moving Beyond the Facade

The fear of rejection often leads us to wear masks, presenting a version of ourselves that we believe will be more acceptable to others. But here's the truth: protecting ourselves from potential discomfort not only hinders our growth but also impedes the growth of those we care about.

## Feel to Heal

Our human experience is perfectly designed to provide us with signals—symptoms, discomforts, and feelings—that guide us toward our highest good and well-being. Numbing ourselves to these signals or shielding others from discomfort disconnects us from our innate wisdom and intuition. It's a path that ultimately makes life more challenging as we struggle to find solutions solely through conscious, analytical thought. Allowing ourselves to experience emotions without passing judgment is the most effective way to tap into the guidance that comes from within.

## The Threefold Revelation

Through our exploration, three key aspects have surfaced:

**Self-Protection:** We may alter our true selves out of fear that we won't be loved as we are.

**Protecting Others:** The misconception that we shield others from the truth for their benefit.

**Superficial Relationships:** The consequence of not

forming connections based on our genuine selves.

## Counterintuitive Nature of Self-Protection

Paradoxically, protecting ourselves from potential rejection by not being true to who we are becomes counterintuitive. By not acting as our authentic selves, we limit the opportunity to attract people into our lives who love us for who we truly are.

## Embracing the Journey

Many of us have experienced the fall from grace of learning that our relationships were not as real as we thought they were, especially in recent years. The journey of self-discovery and embracing authenticity is ongoing and it's not about perfection but a continuous practice.

## Trust the Process

As we shed superficial friendships and navigate the in-between worlds, faith becomes a guiding force. Trusting your internal guidance system, listening to your symptoms, and being present with your feelings pave the way for wisdom to unfold in every moment.

In conclusion, showing up as your authentic self is not just an act of self-love; it's a profound expression of care for those around you. By embracing discomfort and allowing others to experience their feelings fully, we foster genuine connections that stand the test of authenticity.

## Heather Keys

**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.**

[hypnoheather.com](http://hypnoheather.com)



Heather Keys,  
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# Embracing Vulnerability in Dating: How to Create an Authentic Connection



Dating can be a complex and emotional journey, often filled with uncertainties and insecurities. However, there is a profound power in embracing vulnerability when seeking meaningful connections. In this article, we will explore the importance of vulnerability in dating, the rewards it brings, and how to navigate this often intimidating path towards authenticity.

## The Myth of Perfection

In the world of dating, many feel pressure to present themselves as flawless, putting on a facade to impress potential partners. The reality is that no one is perfect, and striving for perfection can be exhausting and inauthentic. Embracing vulnerability is about acknowledging our imperfections and being open about them.

## The Strength of Vulnerability

**Genuine Connections:** Authenticity is magnetic. When we allow ourselves to be vulnerable, we create a space for real, meaningful connections. It allows us to attract partners who appreciate us for who we truly are.

**Empathy and Understanding:** Sharing vulnerabilities fosters empathy. It allows us to better understand and relate to the vulnerabilities of our potential partners, creating a more compassionate and supportive dating environment.

**Emotional Resilience:** Being vulnerable is an act of courage. It encourages emotional resilience and the ability to bounce back from disappointments or rejections. It empowers us to learn and grow from our experiences.

## How to Embrace Vulnerability in Dating

**Know Yourself:** Start by understanding your own vulnerabilities, insecurities, and fears. Knowing yourself is the first step to embracing vulnerability.

**Open Communication:** Be honest and open about your thoughts and feelings with your date. Share your experiences and concerns, and encourage them to do the same.

**Set Boundaries:** While being vulnerable is important, it's equally crucial to set healthy boundaries to protect yourself. Be clear about what you are comfortable sharing and when.

**Accept Rejection:** Understand that not everyone will be receptive to your vulnerability, and that's okay. Rejection is a part of dating, but it shouldn't deter you from being authentic in future relationships.

**Practice Self-Compassion:** Be kind to yourself. Understand that vulnerability doesn't mean exposing your deepest fears on the first date. It's a gradual process, and it's okay to take your time.

## The Rewards of Vulnerability

By embracing vulnerability in dating, you open the door to authentic, fulfilling relationships. You'll experience a deeper connection with your partners, a greater understanding of yourself, and the strength to navigate the ups and downs of the dating world with grace and resilience.

***Embracing vulnerability in dating is a transformative and empowering journey. It allows you to build connections based on authenticity, empathy, and resilience. Remember, it's not about being perfect; it's about being real. By embracing vulnerability, you'll discover the beauty in imperfection and create the potential for truly meaningful and authentic relationships.***





# Learn to Differentiate Between Intuition & Insecurity



## Learn to Differentiate Between Intuition and Insecurity

Life-changing decisions can be so intimidating. You spend days and even weeks juggling between the options in front of you. All you really want to do is make the best decision, but it is stressing you out. Your gut instinct tells you to go one way, but you still hesitate.

**Indecisiveness can make some situations more difficult than they need to be.** But you may be wondering what is causing your indecisiveness.

You are potentially allowing insecurity to cloud your judgment and cause you to second-guess your intuition. Don't worry - it happens to everyone.

Here is how you know intuition is guiding you in the right direction:

### 1. It is constantly on your mind.

Your intuition pushes you to constantly think about the impact of a decision. It is difficult to get the thoughts off your mind when deep down you know the right thing to do.

- Avoid underestimating the power of your intuition!!

### 2. You feel sad when you go against your intuition.

You usually feel relieved when you choose the option your intuition tells you. You feel as if a weight has been lifted off your shoulders. So, if you feel heavy after the decision, it means you have likely made an unfavorable choice.

- It is possible to feel sad after a tough decision if there is a negative impact on others. But that sadness should go away quickly if you have made a decision that is truly right for you.

If you have experienced any of these scenarios, you are potentially being impacted by insecurities:

### 1. You ask for the opinion of others.

Usually, insecurity manifests itself in doubts. If you find yourself asking others for opinions on your potential decision, it means you are not fully convinced of it yourself.

- Of course, it is always okay to seek advice. However, you are grasping at straws if you are allowing opinions to take precedence over your own thoughts.
- Keep in mind that the opinions of others may very well be based on those people trying to fulfill their own needs.

### 2. You consider the feelings of others first.

When you consider how your decision can affect someone else first, chances are you are insecure about something. If you are struggling with a decision that will be life-changing for you, consider your own feelings first.

- Are you afraid of what others might think? Or are you concerned about how they may view you after the decision? **Remember that those who love you will support you in whatever decision you know will be best for you.** The opinions of others are not your priority - YOU are!!

Your values and morals are reflected in your intuition. Once you develop a system for decision-making based upon your values and morals, it is likely going to be much easier to make important decisions. After a while, you will realize that the most important opinion is your own. **Embrace your decision-making abilities so you can eliminate insecurities.**

You are an awesome person who deserves to confidently go through life. Start by believing in yourself and taking bold steps based on what your intuitive guidance tells you.

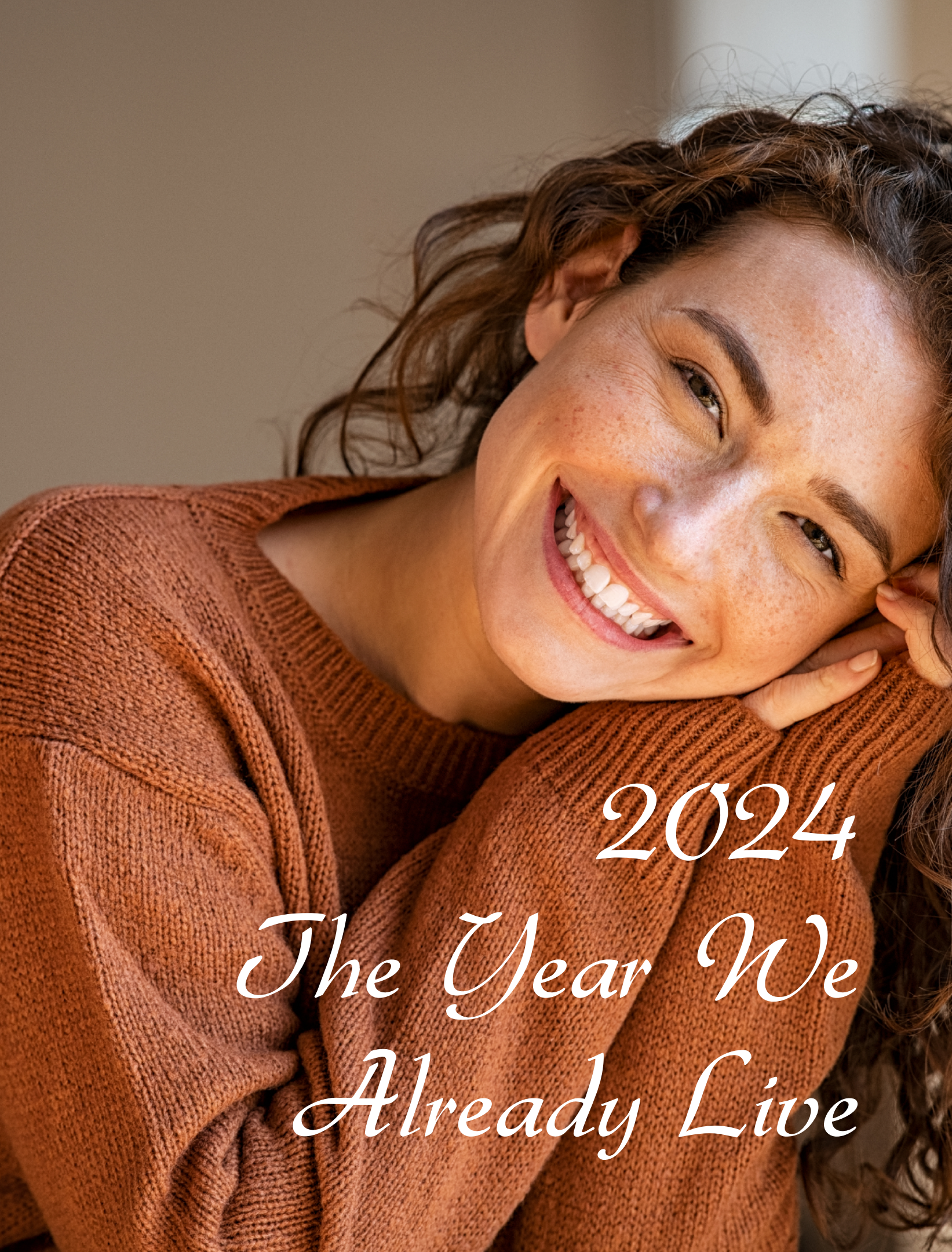
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**Moira Hutchison, an Intuitive Coach guides clients to surrender to the power within when their personal trinity of trust, inner awareness, and self-confidence ignites. She helps them flow in harmony with life and serve the world using their unique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

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2024  
*The Year We  
Already Live*

As the New Year approaches, people all around the World make plans to change stuff and do things differently. New Year's resolutions take the form of fitness, finances, diet, exercise, marriage, relationships and so on and on. The real question is, are our lives so bad right now that we need to revisit every aspect of them?? I doubt that most of us will or would admit that we have lives that need to be fixed on a global scale. If we do and we admit it, why wait for a new year to change? Are we just victims of the hype of a New Year and what it will bring us? It does seem as though we are.

Now is the time to truly understand the life you have and what it brings to you. It obviously suits you or you would not be living it .Right?? Too often we look for change as a way to understand what we are doing and assume that we are doing it wrong. I say that for 2024, we embrace the lives we live, we make changes to a routine that makes us healthier and we take care of ourselves in the present. Do not wait for a start over. Every minute you live is the start over and you can decide if you want to start over or not. It is not up to a date or a calendar to refine and define your life choices. The time for reactionary decisions is behind us. We are a community of like minded people who are driven by an individual need to make the choices we made work for us. No play book here. No rules, no expectations and no self avoidance. Look in the mirror and know that you are the choice that matters. Do it today and get ready for the count- down when you are already in the new way of thinking and you celebrate that with a glass of champagne.

Make sure that you do not overlook the things that make you unique. You are the gift that keeps on giving and it is us to you to see the choices you have made and will make come to life and lift you up to a place where you need to be and where you want to be. Take people along for the ride, your ride becomes their ride and now you are making a difference in the lives of others by showing them that they are perfect as they are. Perfection is very subjective but the lives of people are perfect because they chose them or they accept them. It is easier for us to feel good about ourselves or our lives when we know that we did the hard choices and we are now living them. Good or bad, we did it and it is up to us to accept it or change it. Period.

Allowing anyone but you to have control of your life is unacceptable. Marriage is the merger of two people in love or who have decided to be together. It is not a sentence to change everything for the other person rather it is a definition

of the two parts of wonderful people making one beautiful union. With each partner having the life they want and need and accepting the other partner's choices. This is the way the world should work out for all and in most every aspect. If you want more affection, ask for it. More sex is your need? Let your partner know. Be willing to hear what they have to say also as it might just surprise you. Love and life and marriage and relationships are not political plays. It is not up to you to do what is right or expected unless it suits you and you embrace it. This would be like an arranged marriage or something along those lines.

The real point here is to embrace what you have and take the time to really absorb that. Let yourself feel that your success is in the life you have and the lives you influence. Understanding that you are where you need to be is a powerful tool. Most of us do not see that readily if at all and it costs us as the years go by. Time and money are valued by people in the World the most according to some studies and research on what makes us happy and what we feel we need. If this is truly the case, then stop wasting time on things that are not an issue. Stop wasting money on a gym membership that you use once a month maybe. Do not fool yourself that you are making changes that are needed if you do not need to make them. That is the definition of insanity. Accept you now. Decide on tweaks you need to make for you. Be a beacon of light and hope for others who are struggling or who need you. Living your best life now is the only resolution you need to make when 2023 turns to 2024. You are a success and you make a difference in lives of people around you. Take off the blindfold and let yourself see the truth and beauty of you and what you are doing every day.

Reach out to your heart. Let you see what others have known for a long time. Be sure that you know your value and you will see that a resolution is only promise to yourself that you may not keep. Life puts us in situations and it is not always our choice. But it is our choice to rise above the issues, understand the struggle and to win. As long as you do your best you are a true winner. As long as you believe in yourself you will succeed and as long as you use the calendar to make appointments and schedule dinners or fun or work, you will be fine.

2024 here we come, just the way we are now. Only a little wiser. Cheers.

**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**





# Finding Peace & Serenity amidst the Storm



## My Personal Freedom!

It is essential that we appreciate the many role models of our time—for these great men and women came among to be beacons of light so that we, too, can find the courage to rise above our dark night of our soul. For example, had it not been for Dr. Viktor Frankl, an Austrian Jew who survived the Auschwitz concentration camp during the Hitler's regime, and subsequently wrote *Man's Search for Meaning*, which was translated into 36 languages, millions of readers world-wide would have missed the opportunity of growing and benefiting from Dr. Frankl's writings. But more importantly understanding that 'to live is to suffer, to survive is to find meaning in our suffering'!

Furthermore, understanding that there is a reason for everything that happens in life is the first step towards our thousand mile journey. And it is up to the serious seeker of Higher Universal knowledge to discover the reasons for the injustice, the pain and suffering that we have, at the soul level, chosen to experience.

Whether we are the victim of a crime or the perpetrator of one-- forgiving ourselves and others for our mistakes gives us all a new lease on life. We get another chance. A man or a woman can do wondrous things with another chance. All of us want to be lifted up. All of us want to be celebrated. But those who have been lifted up and celebrated will tell you some pretty 'heart-wrenching' stories of the times when they have crashed and lost everything. Let us listen to their stories—for they will humble us. Without humility we have no chance to rise above from our ashes!

As I dressed and proceeded towards the nature trail only a few minutes from home, I felt so privileged that I had been blessed with such a serene and peaceful environment only a few minutes from home. I had grown to love my new surroundings—for I knew that I had been guided to this safe community by Spirit. Breathing in the fresh air and feeling at awe at the beauty surrounding me and being able to enjoy such beautiful and peaceful surroundings was truly a gift from heaven! Suddenly however in the midst of God's gift to me, I became overwhelmed with sadness. I was alone! The sadness which I had no time to process in the past year was being expressed in unstoppable tears, which came rolling down my cheeks like a flood that had been held back, but that had finally forced the wall of resistance to open the flood that could not be stopped from reaching its destination. I sat on the on a tree stump that appeared to be beckoning me to sit, giving my tears permission to be released. The safety of the forest was my audience, a witness to my profound loss that only those individuals that

have experienced betrayal can understand

This moment in time was a special gift that provided me with a non-judgmental atmosphere that respected and honoured my feelings of sadness and despair. For all my dreams of what could have been had been swept away like an unsuspecting torrent that came from nowhere. The gift however was that now I could connect to my feelings which had been boxed and stored away for many months while I wore my 'logical hat' and dealt with the adult issues that accompany a legal separation. I was now free to be me! Healing my wounded heart and shattered soul, that only the wounded know and understand when the trust, which has been taken for granted has been destroyed. This new beginning needed to be honoured and healed!

To be free however also means to set others free. Therefore, I knew there was another step that I needed to take to free myself from the past and emotionally release my former husband from the 'role' that he had taken in my life and I in his. I was inspired to write him one final letter, which I hoped would end our animosity that we both felt towards each other. I wanted to be emotionally free myself from the chains that had kept me imprisoned for many years.

Soul Partnership

...."you took a very important role on the earth plane, and although on the surface it appears to be one of betrayal, however things are not always as they appear! For Jesus' coming was to re-balance our planet from fear to love which saved our planet from destruction over 2000 years ago. Therefore, had it not been for Judas, who hung himself because of his guilt and shame for having betrayed his faithful Master, the world would have never learned the most liberating lessons of forgiveness and unconditional love".

When we are ready to stop perceiving ourselves as victims of life's circumstances and walk with our head high, internal freedom is possible. Furthermore, embracing that we are a 'Spark of Divinity of God's Consciousness having a human experience, will assist us to spread our wings and fulfill our life's purpose! I AM fulfilling my life's purpose!

## The Gifts of Responsibility

*Rita's International Award Winning  
Poem 2007*

**When I claim my pain,  
I receive the gift of healing**

**When I claim my anger,  
I receive the gift of  
understanding**

**When I claim my emptiness,  
I receive the gift of self-worth**

**When I claim my guilt,  
I receive the gift of forgiveness**

**When I claim my arrogance,  
I receive the gift of humility**

**When I claim my fear,  
I receive the gift of trust**

**When I claim my awareness,  
I receive the gift of wisdom**

**When I claim my truth,  
I receive the gift of freedom!**

**I AM Now Free to Be Who I AM!**

**Rita Be-Still,**

**Light Bearer , Author, Motivational Speaker**

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**www.be-stillworld.com**

**e-mail: ritabe-still@gmail.com**

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# Nurturing Your Alignment

*"It's not always about accomplishing and achieving things, it's also sometimes doing things that are not practical." - Stan Dynak, Astrologer*

Happy New Year! Bonne Année! As the sun rises and the modern calendar year rolls over, we wake up and see the digits of 1/1 on our devices. A fresh slate appears, sparking familiar conversation of resolutions. Choosing a personal word or quote has revived the art of setting a positive tone for the year ahead. What's happening astrologically for the upcoming year is a favorite resource, as we look to experts giving insights for the upcoming year. Discovering new resolutions, choosing meaningful words or looking up to the Universe for guidance creates a sense of social alignment to start off the year on an inspirational note.

Our 'to do or not do' resolutions have become somewhat of a novelty, challenging our willpower and allowing us to get creative with excuses! Adopting the mindset of the popular phrase 'doing hard things' can launch your potential or send you into a vortex of challenge. I like to add 'do hard things... to which we are aligned with.' Astrologer Stan Dynak explains, "It is about facing our fears. It is about living up to the potential that we have. Let's say we have some leadership qualities in us, but somehow we keep denying that. We keep running away from that. It's not until we get challenged or someone notices (that we stop) running away from what's coming down our path." Stan compares it to movies like Harry Potter or the great Star Wars saga, "It's about an average person having these awesome powers but just not realizing they do have them and being afraid of using them. Stepping up and saying 'it is in me and this is something I can embrace.' It seems much bigger than who we are." When we become more aligned with our natural abilities people take notice. Nurturing your alignment may remove any unforeseen blocks and give your resolutions, intentions, wishes and words more intuitive direction ahead. It's in the exploration of alignment itself that we find a few clues as to why these annoying blocks show up in the first place.

How well is the modern calendar year aligned with our seasons? Taking this question back in time, Stan shares the beginning of the year for the

Romans was March 1st. In the month of March the days become longer, warmer and nature starts to wake up. The energy of pisces is the last month of the winter season, late February to the first three weeks of March. Our astrological signs also align with the four earth elements. Pisces being a water sign carries a more go-with-the-flow energy. Stan notes, "It's all about ending, closing and finalizing things. We are ending a cycle here. Whether you call it life force, divine force, force of the universe, everything has a cycle that it is ruled by. Nature just follows what it's supposed to do." Could Mother Earth actually be messing with our 1/1 resolution willpower knowing that it's actually springtime that our new growth can appear? This is a clear sign that we need to give our newly appointed vibes some time to settle in. Considering the compassionate and understanding energy of pisces, allowing them to 'rise and shine' a little slower in the winter months, brings a bigger process to our new intentions!

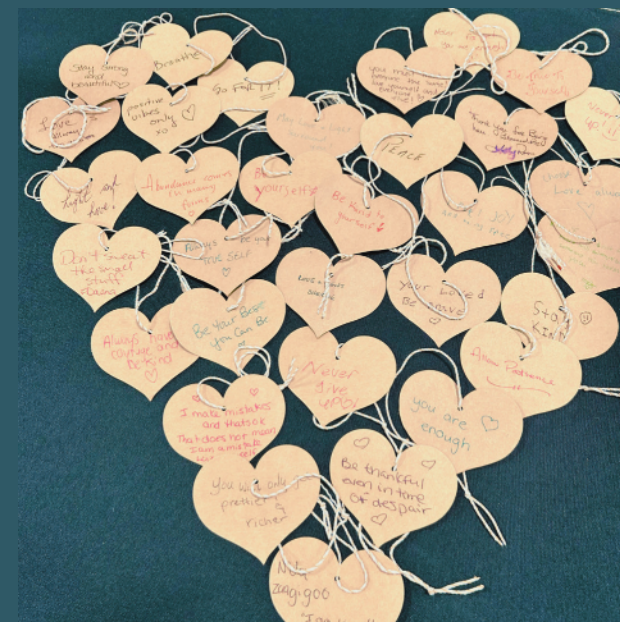
More alignment connected to Mother Earth is the ancient holistic system of chakra healing and the practice of yoga mediation. The primary seven chakras centres in your body originated over 2700 years ago in India and were translated for Western society in the 1880's. This somatic (body and mind) practice is becoming part of the emotional well-being regime for more than just holistically minded people. I meet with people who are already attune with their chakras and first timers curious to experience a little more how soul healing can benefit them. My intuitive chakra practice is positive energy maintenance. I use ethically sourced crystals from and minerals from India for energetic alignment. Aligning your currency flow to release emotional blockages creates a natural filter for balancing negativity. We balance positive and negative energy in our lives. We need this to work for us, not against us. Mind and body awareness can also aid in present-centred methods of deeper trauma healing. Ever feel anxiety in your stomach? Taking a moment to understand why you are getting a nauseous feeling in your tummy is actually working with your solar plexus (yellow like the sun) chakra. Going into

feelings of old emotions may help release lingering tired fears. Can't seem to get on the same page with someone in your life? Working on your blue throat chakra may clear a blockage to help you share your thoughts more easily. Communication is also aligned with the planet Mercury. Mercury is always closest to someone's rising sign and with a little research you can understand their communication style. My Mercury in the sign of Leo accurately describes me as outgoing, confident, gutsy, and somewhat of a trailblazer.

Are you more aligned with the masculine energy of the sun or the more still-yin energy of the moon? Stan explains, "every planet has a sign they closely connect with and just like nature, they do their own thing. If you look at someone's astrology chart these are two essential ingredients, the sun and the moon. The radiant energy of the sun brings our freedom to be creative. Waking up and being awake is about having fun. The sun is at the core of it. We call it a planet in astrology but really the sun is our star. The moon has more caring, nurturing and supportive energy. The moon is home, family, feelings, habits of sleeping and having dreams."

As the moon rises for the first time in 2024, know that it has made a resolution to support your journey ahead.

Your smallest intention might create the biggest shift in your upcoming year. Your biggest wish might draw people into your life that start positive changes destined to happen in the years to come. One word might get you closer to a purpose that doesn't necessarily align with what you are doing right now, however it plants a seed of alignment that's yours to nurture.



Stan Dynak is an Intuitive Astrologer in Oakville, Ontario  
Contact Stan for your personal weather forecast for the next 12 months at [astroinsights@hotmail.com](mailto:astroinsights@hotmail.com)

Discover how the Universe can support you in achieving your goals and realizing your dreams!

Want to hear Stan Dynak's astrological insights for 2024?

Listen to Ginny Connon Nurturing on Spotify launching 1/24/24

Ginny Connon is Relational Life & Energy Coach in Newmarket, Ontario

She is a member of the Directors Guild of Canada and Skate Canada CanSkate Coach specializing in balance on and off the ice.

Visit [www.ginnyconnon.com](http://www.ginnyconnon.com) for more information on her upcoming events. In person and virtual appointments email [ginnyconnon@icloud.com](mailto:ginnyconnon@icloud.com)



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Ginny Connon is a Relationship & Energy Coach, Podcaster and Keynote Speaker  
[thegutsycoach.com](http://thegutsycoach.com)  
[ginnyconnon2@gmail.com](mailto:ginnyconnon2@gmail.com)





# In the Embodiment of Light

In the lights and the knowing we are here; we shine forth and blast off in a million directions in the spectrum of light that is beneath and beyond the all-knowing and all-seeing eye. It is in bewilderment and in-kind teachings now that we have come to you and in so doing, we have ripped that bandage off really quickly for you to understand the deep seeded truths and mystifying powers that are within the true facets deep within your hearts space my dear one.

The energetic pathways are opening up and you are now seeing the truth for the first time of your divineness and your deep value within the depth of your soul. For you are awakening to your own truth in your own intuition and awareness that is being shown to you now and that has been shown to you before as you have barred witness to the unfolding of the crevices and fine truth teaching on your own spiritual journey and pathway.

With discernment you have listened to others and speakers and thought leaders and you have absorbed so much knowledge and wisdom from each and every one of them, but my dear one, there is so much more to go sink into. So much deeper now as you have now uncovered the bare bones and beginning of the magical and mystical ways of working with the universe and how you give to the universe and how the universe gives back.

Into the heart space and platforms we go now as you are feeling and witnessing the trueness of your journey and of the lovely and lively souls we have put on your path and now you are listening with bells on my dear and you are facing a truth that you are finding difficult to see and to find, and you know how this goes deeply into your core beliefs of yourself and the feeling of belongingness in your patterns you lead and leave in your lifetime's now.

We go in deep with structure and we go in deeper with the signs and the open space around you to absorb into your light body and deep into your DNA. These messages of encodement are now unlocking the biggest keys and biggest kept secret on your world at this time, of the powers of true abundance are encoded deep within your heart and soul and now my dear one you are finally opening up to your truth, your fine knowledge and wisdom in all the keys that are opening and awakening at this time.

We are all sitting in delight and in wonder with you all now and are in a jettison kind of mode and of movement as we are all leaning on you now to discover you next steps of your divine plan and course correct yourself to be in true full alignment of who you truly are and who you are meant to be.

Be of one and be of light and be in the continuum of your true alignment and allow your true self to surface and be shown the true wonders of this mortal being that you are and are becoming. You are

passing on the next steak and stocks on your path and journey and the walking stick of energetic encoding and alignment are now being traced back to your ancient times here on this planet earth you call home, and you are now seeing and feeling the activations come through to you that you are allowing into your very core being at this time.

You are also in fine attunements now and know this is something that will be passed along the ways to your kinship and it will return back to you once again in your next lifetime and in the honor of your tribe and tribal traditions you will seek forth many more exquisite pathways' and journeys in each and every other lifetime you will encounter on this planet and on many other worlds that you will be participating in on this cofactor of remembrance and in gear shifting momentum .

You will find your fleet in the night sky and bring forth new evolutionary pathways to your planet earth in the near future and you will be participating with the galactic federation of light and the guardians of light in your next fine-tuning assessment of planet earth and other systems in your galaxy and beyond and around your moons and suns my dear one.

The awakenings are unfolding and the truth to be told and shared across the nations and in this one true galactic family of yours will continue to contribute to the upgrade coming on your world.

So please hold tight and hang on for the ride of a million light years speed ahead for this is what it will feel like in the coming generations and millennia of your time space continuum here on this planet earth you call home.

Please continue to rise and shine and feel gratitude for a thousand heart space connections you are feeling and building at this time. For the special ones you will hold dear in your heart and by having the remembrance of gratitude and thankfulness in an ever-expanding heart of oneness and trueness. The beloved will continue to shine and hold space for you to continue your evolutionary pathway and journey in the here and the now.

As you continue to contemplate your next moves, just know you are being continuously divinely guided within the circle of twelve and the benevolent ones that shine in light of your true consciousness and connection to the all-knowing" "I am" source energy now. We are with you always and have always been there. And know and trust it is there ,it is written, and it is done and in heaven on earth you will become the most treasured everlasting unity of connection of consciousness on your planet earth. We see and seek you and all others of connection in this embodiment of light and love now, we go now in peace and hope and in the love and light

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**Melissa is a Spiritual Channeller, Intuitive Healer, Coach, Mentor, Writer, Teacher, Psychic Medium/Channeller , Hypnotherapist and Essenian Assistant Healer. Melissa has trained as a Reiki Master, Registered Practical Nurse, and a Medical Office Assistant. She is a contributing writer for a Beautiful Life magazine and speaks on many topics on sharing the wisdom that we are all one and we are all connected within our heart-opening awareness.**

**Melissa also uses her intuition to help guide you to connect to your soul through guided meditation, channelling, and reiki energy healing, to help you gain clarity, peace and purpose so you can bring forth your best self, your true self, out into the world. She will also help you open up to discover your deep intuition and guidance system and you will learn what this inner compass is all about. She will help you to learn to trust what you are sensing and feeling as you learn to see, sense and feel what your soul is saying to you.**

**This work has helped many feel their true inner connection and rise up to their true calling! No one is alone on their journey and its Melissa's passion to remind you that whether here or beyond, you have someone looking over you! For many years, Melissa sensed her angels and guides around her and know that inside this space is where the magic happens!.**

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# Being True to Yourself & Your Beliefs When Doing Business

**In the world of business, it can be tempting to compromise your values and beliefs for the sake of success. However, staying true to yourself and your beliefs is essential for long-term success and personal fulfillment. In this article, we will explore the importance of being true to yourself and your beliefs when doing business and how it can positively impact your career.**

## **1. Authenticity breeds trust and loyalty:**

When you are true to yourself and your beliefs, it shines through in your interactions with others. People are more likely to trust and support someone who is genuine and authentic. By being true to yourself, you build a reputation for integrity and honesty, which can lead to long-term relationships with clients, customers, and employees.

## **2. Alignment with your values leads to fulfillment:**

Running a business can be challenging and demanding, but if you are aligned with your values and beliefs, it can bring a sense of fulfillment and purpose to your work. When you are passionate about what you do and why you do it, it becomes easier to overcome obstacles and stay motivated during difficult times. The satisfaction that comes from staying true to yourself is priceless and can have a positive impact on your overall well-being.

## **3. Differentiation in a crowded market:**

In today's competitive business landscape, it's crucial to stand out from the crowd. By staying true to yourself and your beliefs, you differentiate yourself from others who may be willing to compromise their values for short-term gains. Your authenticity becomes a unique selling point, attracting customers and clients who resonate with your values. This can lead to a loyal customer base and a competitive advantage in the market.

## **4. Building a strong company culture:**

When you stay true to yourself and your beliefs, it sets the tone for your company culture. Your values become the foundation upon which you build your team and make business decisions. By aligning your team members' values with the company's values, you create a strong and cohesive culture where everyone is working towards a common purpose. This can foster a positive work environment, increase employee satisfaction, and improve productivity.

## **5. Long-term success and sustainability:**

While compromising your values may yield short-term gains, it is unlikely to lead to long-term success and sustainability. When you stay true to yourself and your beliefs, you build a business that is built on a solid foundation. Your values guide your decision-making process, ensuring that you make choices that are in line with your long-term goals and vision. This strategic approach can lead to sustainable growth and success in the long run.

## **6. Inspiring others:**

When you stay true to yourself and your beliefs, you become an inspiration to others. Your authenticity and dedication to your values can motivate and empower those around you. By leading by example, you encourage others to stay true to themselves and their beliefs, creating a positive ripple effect in the business world.

In conclusion, being true to yourself and your beliefs when doing business is not only important for personal fulfillment but also for long-term success and sustainability. Authenticity breeds trust, differentiation, and loyalty, while alignment with your values brings fulfillment and purpose to your work. By staying true to yourself, you inspire others and create a positive impact in the business world. So, embrace your values and let them guide you on your journey to success. **-Thank you!**

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**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](http://www.annarbour.com)





*Emma*

*&*

*Elizabeth*



**03.01.2024**

## Let's Explore the Fascinating History of Valentine's Day!

Are you curious about how Valentine's Day became such a popular holiday celebrated all over the world? Well, let's dive into the incredible history of this special day!

Valentine's Day has a romantic history that dates back centuries. It all started in ancient Rome when a festival called Lupercalia was celebrated in mid-February. The festival was all about love and fertility and was dedicated to the Roman god of agriculture, Faunus. During Lupercalia, men would draw the names of women from a box and spend the day with them. Sweet, right?

In the fifth century, Pope Gelasius I declared February 14th as Saint Valentine's Day but didn't explain who Saint Valentine was. However, many legends surround the patron saint of love. Some say that he was a priest in Rome who was executed for performing marriages for soldiers. Others believe that he may have sent the first Valentine's Day card to a girl he was in love with while in prison. How romantic!

In the 14th and 15th centuries, Valentine's Day became associated with courtly love. Knights would give gifts to their ladies, and poets would write about love and romance. The first Valentine's Day card was written by Charles, Duke of Orleans, to his wife in 1415 while he was imprisoned in the Tower of London. Can you imagine how much effort he put into it?

Fast forward to the 18th and 19th centuries, and Valentine's Day, and the tradition of exchanging cards and gifts became more widespread, with the introduction of the printing press making it easy to produce Valentine's Day cards. In the 20th century, Valentine's Day became one of the most popular holidays in the world, and it is celebrated in many different ways all over the world.

From love and romance to showing appreciation for friends and family, Valentine's Day remains a special day for people to express their love and affection for those who are important to them.

In conclusion, the history of Valentine's Day is a beautiful story that has evolved over centuries. It's a day that brings people together to celebrate love and affection. So, let's continue to celebrate Valentine's Day in our own special way and spread the love!







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# **Wellness Inc.**

*The Business Of Mind, Body & Spirit*

A woman with dark hair is lying on her back on a massage table, eyes closed, in a relaxed state. A therapist's hands are visible, one near her head and another near her shoulder, performing a massage. The background is softly blurred, showing indoor plants and a bright, airy atmosphere.

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