

A Beautiful Life Magazine

Entering the
Higher Realms

Getting Out of
My Comfort Zone

Renewal
Through
Withdrawal

With
Gratitude

October 2020

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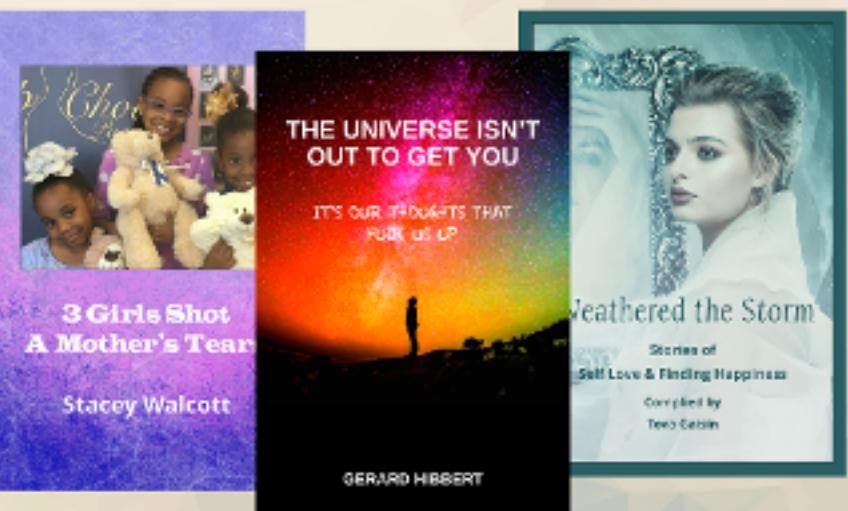
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A Beautiful Life Magazine continues its mission to bring you hope, healing & guidance with another Powerful Issue!



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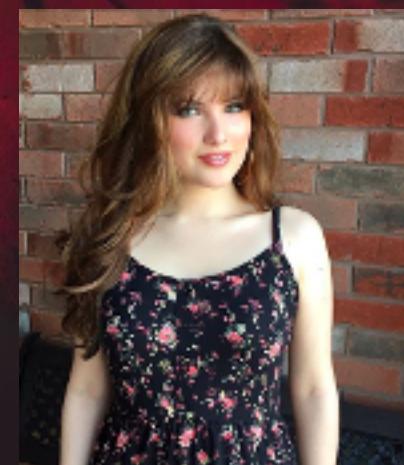
Welcome to the October Issue of A Beautiful Life Magazine!

Within these pages our writers share stories, tips, and information to help you live a beautiful life. We hope you enjoy everything this issue has to offer.

Please visit us at abeautifullifemagazine.com where we upload articles daily, so you can feel inspired and motivated every day of the week. Have a fabulous month, see you in November!

Krista Hannesen

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**For we walk by faith, not by sight.
(2 Corinthians 5:7 KJV)**

Entering the Higher Realms

Entering the Higher Realms

Channeled Saturday Sept 19 2020.

In these times, in these days. In these emotions, we sit, we learn, we listen. We think of all the times at hand we only think of when we could not. Dear fellow ones who wish to seek the light and capture the moon rays onto your front lawns at night and take a snap shot of it to hold on to it, cherish and capture the moment, the beauty standing so still at this time. Feeling the present moment with delight and cheerfulness in our hearts is of the greatest desires at hand now.

The forth coming months and challenges are becoming and will be the light switches that we are desiring to change and turn off and on. Turning off to the most unpleasant feelings and emotions and turning on of the great joy and pleasure in spending this extra joyful time with our families and children currently. The benevolence of this is to a degree that we can all feel into our hearts existence and will remain the strongest healing tool that we could have ever imagined.

The time spent in the doing with the loved ones and the time spent cooped up with one another has brought along a new found understand of how precious our time really is when we can sit with one another and really see into there eyes. We have rediscovered some of our joys and passions in ourselves and within each other. Seeing the truth has opened our hearts once again to help us all make better decisions and to really count our blessings.

In the openness of it all we have seen and witnessed many of the realities that we have not seen in quite some time here on

planet earth.

The true beings of light have once again begun rejoicing in the numbers of people coming together as a collection of true source beings of love and light and compassion. We have all strung out the words across the sky and the milky way. That here on planet earth, we are love, we on planet earth feel compassion for one another, and we on planet earth want peace with one another. And we on planet earth will extend out our hands to help one another when someone is in their time of need.

We have strung out this message far and wide. We have begun to bear witness to the higher frequencies and patterns that have been spreading through out the outer limits of the dimensional vortexes. These vortexes have been encrypted with high frequencies which are accepting these vibrations into the key hole in these doors to allow the opening of portal and dimensional freeways from one expanse to the next.

The love is lifting the veil, and the times are coming closer to the joining forces of the many in the milky way galaxy and shifting us up even higher into our 5th dimensional higher beings and higher selves. The vortexes are spreading open even wider now. The transparencies are coming through where everything will be seen and acknowledged and regarded in such a way that we will be passing the precipice of the old times, the old ways. We will be birthing something new. Something so majestic. We will understand how powerful we really are as we are living on this planet earth.

We will discover our true nature, our true selves. We will be joining in the masses of a greater consciousness and collective of the

inter galactic source of what we are and where we came from. The true source and energy and love will bring forth a beautiful new creation of what we all would like to create and experience in this world.

New ways will help us all find our new foot hold on the new grounds for where we are standing on. We will plant our feet down in reverence of our true nature and being. The lights in the sky will be of beautiful passageways where we will be able to travel along with all our fellow light beings and galactic star beings and friendly neighbors.

In the blink of an eye we will discover our neighbourhood around our solar system and even farther out into the heavenly skies and space. And feel the vibration and frequencies and see and understand the magnificence of our thoughts and feelings and how we can manifest our greatest desires. This will take humanity on to our new quest into the new horizons on to a journey that we have been told about long ago yet only now understanding the vast truth in it all that will encapsulate our hearts and souls on to the higher path of humanity and all of creation.

Melissa is a true healer, physically, energetically, and spiritually. For many years, Melissa sensed her angels and guides around her and has received channeled messages which she has recorded and published. This work has helped many receive comfort and light while on their Light Path Transition.

No one is alone and it is Melissa's passion to ensure that all who are in pain, know that there is always someone whether, here or beyond that is helping them heal at a soul level.

Melissa is a Spiritual Channeler, Intuitive Healer, Teacher, Reiki Master, Psychic Medium, and Esselian assistant healer. Melissa has

been trained as a Reiki Master and Registered Practical Nurse and has recently trained in Medical Office Assistant. She is also a contributing writer to A Beautiful Life magazine and speaks on many topics to spread the knowledge that we are all one and we are all connected within our heart opening awareness.

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Please message me to connect for guidance and healing in these new challenging times. Join me for a soul purpose reading where your guides can help you thrive in these times. Find out what they want you to know!

I AM OFFERING A SPECIAL PRICE FOR READINGS, REIKI ENERGY HEALINGS AND MEDITATION AND INTUITION CLASSES AT THIS TIME.

Always in the light

Melissa T. Downard



Why Shopping Local Matters

You know that buying consciously is important when we think about our environmental and ethical practices, but have you thought about how shopping local is a part of the equation?

From lower pollution rates to better customer service, local businesses are the beacons of our local communities. So let's talk about why shopping local means more than you may think.

1. Unique businesses = character

Local businesses shape a community while also defining the community. This can bring on a different way of living that isn't always pushed by larger businesses. Small businesses value the character of the community they're a part of, as they know you do.

2. Customer service is always better

Small, local businesses value your choice to shop with them. They will help you to the ends of the earth and their communications will always feel human, really human. Local businesses usually hire people with product knowledge, or provide in depth training, so they can help you in the best way they can. These businesses won't blow you off like the big box stores we know too well.

3. Environmental impact is lower

Smaller businesses and shops are providing centralized services and/or products meaning they aren't contributing to sprawl, pollution or habitat loss. Much better than out of town shopping! A lot of local companies have taken action to become more sustainable businesses, a great example is the compostable packaging we've been seeing so much of lately. Supporting sustainable businesses can make a huge difference in helping to normalize expectations for brands small and large to lower their carbon footprints as much as they can.

4 Local businesses invest in their local community

Since the owner's of small businesses live in the community, they are much

more invested in its future and wellness. Small businesses often donate to local charities and partake in local markets, they really go above and beyond to be an important part of the community they reside in.

5. Local businesses provide the most new jobs

This may come as a surprise, but most small local businesses are the largest national employers. Not to mention that the more jobs that you have in your community, the less people are going to head elsewhere – saving on traffic and pollution. Supporting conscious brands means you can invest in products made by people who are earning a living wage, locally.

6. Your values and opinion matters

You may not feel heard by large department stores, but small businesses are highly influenced by your interests and values. These local businesses are there to serve the locals, and so what better way to do that than by listening intently?

7. Vote with your wallet

Sounds obvious, sure. But it's more important than ever in covid times. With more people ordering off of Amazon and other online retailers, local businesses are taking a hit. So next time you need a new towel, bar of soap or shampoo, search in your area first. These local shops are doing everything they can to provide great service, even in uncertain times. By shopping local, you are showing that local business matters.

To drive home the point, you can feel good about shopping local. You're keeping your money within the community instead of sending it elsewhere, or to another country altogether, while also supporting a small business owners dreams of being a positive influence in their community. Local matters, because YOU matter. It's scary to think of what our small downtown cores would look

like without our highly valued local businesses, isn't it? Lower your carbon footprint, support your community, and know you'll be well taken care of through extraordinarily human customer service. Explore your local options before opting for box stores, whether online or brick and mortar you're guaranteed to find some gems!

Our shopping choices speak volumes. When we opt for options that are damaging to our environment, or unethically made, we're showing these practices don't bother us – when they do. We're not saying toss everything that wasn't ethically made and replace it with eco/ethical products, but when looking for replacements for your items try and see what your options are! These sorts of choices influence not only our local communities but global business.

"Going local does not mean walling off the outside world. It means nurturing locally owned businesses which use local resources sustainably, employ local workers at decent wages and serve primarily local consumers. It means becoming more self-sufficient and less dependent on imports. Control moves from the boardrooms of distant corporations and back into the community where it belongs."

– Michael H. Shuman (Author of "Going Local")

Written by Emily Van Dyk

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TRUTH + PEACE + LOVE + YOU

The best things in life are free and in you. If you understand your power and impact and calling, you will be a player in the ever-changing game of life. Life is to be lived and revered. Not feared and not just a form of existence. Too many of us take for granted the chances we have every day to make a difference, the difference, and to be more than we think that we can be. A beautiful life is full of experiences, knowledge and caring. It is made up of trust, love and compassion and, most of all, you. Just as your fingerprints are unique to you, you are unique to life, and when we realize how powerful that is, then we can make the most of all we have to offer, and we have a lot of things to offer. It is not by chance that we live life the way we do, not by chance that we meet who we meet and bring life into the world; it is prophecy. Time is a true test of our will and strength, as most go through ups and downs and struggle at times. The times we struggle are to prepare us for the times we impart our knowledge and our wisdom to others. Life experience is something that can never be valued monetarily. It is different for all of us, it is something that is tailored to us and the situations we go through individually, and it is a timeless reminder of our place in the universe. The truth will allow us to be free. No worry about what we have said or done, no concerns about a lie we tell to get out of something or avoid someone.

Truth is the first step. Peace is the result of understanding the place we all have, and knowing that our place is the place we need to be now. That is peaceful and makes us the best we can be where we

are at the time love brings all of the things we have to offer together. It is like the Christmas of character. Put up a tree, add some lights and decorations, then make a nice dinner, even if it is for you alone. Then know the power of love. Pass that on, and soon it is the way it is and not the way that it could be. We all have it in us to be loving and caring; we all have the gifts to make a difference, have the need to make our world a better place. The best way to heal is to avoid the issues that caused the pain. Accept that you can only change yourself and that what others do is their choice. You do not have to agree; you just have to let them find their path. That is the kind of love we need to give to others at times and that we may need ourselves. The spirit can heal you as you need it to. When you tap into your spirit and power, your energy makes the difference for you. Then give this to others and pay it forward. Everything you need is right here.

Diane Makarowski / Facebook



The Universe Awaits You

In March of this year I was scheduled to be guest speaker at the Georgina Paranormal Society's' (GPS) bi-monthly meeting.

The first part of my talk would entail a self introduction, a bit about what I am about followed by an interesting journey down the road that is my life Lovely stuff.

I was then going to talk about vibrations and frequencies, some inner child stuff and also talk about my book .

Again all wonderful stuff

I have to say however, that if I look at this subjectively from where we sit now in this time space reality I am happy the meeting got canceled .

Absolutely, it would have been a fantastic opportunity to do some networking, to attain local clients and continue to grow my practice but the talk really would not have offered what we know as the truth the justice it merits.

No doubt it would have still made an impact and opened many peoples eyes to a whole new level of existence But It was not time.

You see this whole covid thing has not just been an eye opener for me, it has been an eye opener for billions around the globe. Many are living in fear as well as several other of the lower vibrations.

Many are choosing to rise and exist in the higher vibrations.....Very Very cool stuff.

On a personal level I have to say that it has been a very interesting time for me.

I have been broadening my horizons, watching and listening to Jim Self, Dolores Cannon, Kryon, Paul Selig as well as several others.

The information out there is incredible, such an astounding wealth of universal knowledge and so many opening up the ability to access this information.... We are surrounded by and are ourselves a universal database .

I first started experiencing out of body early last year, moments in meditation, just heading out there and being one with all at the same time.

This year during covid these events have been occurring more frequently. Not only that, I have also experienced serious energy movements through my entire body causing me to do what can only be described as some kind of snake dance. I have experienced my body purging stuff, quite wildly at times and it would also appear I am in fairly close communion with higher self as I seem to be channeling at times Very cool stuff.

However, I am not any more special than anyone else. WE ARE ALL SPECIAL, and we all have the ability to be in complete union with self (not all the time ☺).

Many, many, many are having these kind of experiences around the world as the energies shift and the global frequency rises.... Isn't it fricken exciting ???!!!

There is no real secret here. You simply need to allow, you need only drop the baggage that weighs you down, to release those blockages that prevent flow.

The universe awaits you. It's right there knocking on your door.

- Get enough sleep.
- Drink plenty of water.
- Eat live foods.
- Practice deep breathing as often as you remember
- And open that Crown and let the light shine in.

When it is time and the Georgina Paranormal Society resumes its Bi - monthly meetings My talk will be a little different.

Let the light shine in,

Gerard Hibbert, Spiritual Life Coach

gowiththeflowuniverse.com

Facebook - Go with the flow



Tanshi!



I am Tawny, a Metis business owner who works on the traditional lands of the Lanape, Anishnabeg, Haudenosaunee, Attawandaron, and Huron peoples now known as London, Ontario, Canada. I am a holistic health practitioner on a mission to re-connect people to the Earth through a remembering of the Mind-Body-Soul. I live out my passion by uniting science & spirituality through yoga and plant study while guiding people into holistic living to experience strength, flexibility, and inner calm.

I am a born storyteller here to help with regenerative living by sharing the wisdom of the Earth.

I connect with the Earth and celebrate all of her changing of seasons. This is often referred to as the Wheel of the Year. The Wheel of the Year celebrates:

- Samhain (Halloween)
- Yule (Winter Solstice)
- Imbolc (Groundhog Day)
- Ostara (Easter)
- Beltane (May Day)
- Litha (Summer Solstice)
- Lammas
- Mabon (Fall Equinox)

With my writing, I always leave it to you to take what resonates and to leave the rest behind. I speak of these changing seasons from less of religious dogma, and more from a connection to the Earth. I do not wish to disrespect anyone's beliefs - my intention is to share what feels right to me with each season.

Following the seasons has become a form of self-care for me. I use the Wheel of the Year to keep me in tune with Nature's rhythms and to pause throughout the seasons to offer gratitude for the learning

and growth each one affords.

With each season I lean into birth, death, and rebirth in ever-changing ways that humbly remind me of my spiritual existence in this Earthly body. The Wheel reminds me to be present. This presence aids me in caring for my body by eating seasonally and allowing my energy levels to ebb and flow as one with nature.

I was raised Roman Catholic until one day, my opinions and beliefs didn't align with the Church's values. The more I grew, the more I questioned until eventually, these questions led me away from the church. Eventually, I began to see God in other religious faiths, in other people, and especially in Nature.

The more time I spent in nature the freer I felt to question the spiritual teachings throughout humanity's past. The more questions I asked the more one I felt with God. Time in nature became my spiritual practice and it helped heal my mind, body, and soul.

The more I embarked on a self-healing and self-growth path the more curious I became. I started to define my self-care with spiritual living and I studied to become a Reiki Master (teaching me the chakras), a Medical Intuitive (learning from Caroline Myss and the 7 Chakras) and I learned about Earth medicine through Shamans and Herbalists.

When I became a yoga teacher I learned about the One divine God through his many aspects as shown through various deities in the Hindu faith. Many devotional practices intertwine with mantra and prayer in Yoga. This understanding of aspects of God has brought me closer to recognizing the divinity in the many aspects of all of us.

Today I celebrate the beauty in many faiths. I call myself spiritually curious, because I am. I play with words like sacred, reverence, Faith,

and spiritual. And, the road before me continues to wind, always nourishing my mind, body, and soul. On this winding road of Faith I bend, I bow, I am humbled and brought to my knees. The journey is always evolving and requires me to surrender in pure trust.

I believe that we do not need to divide over our answers or over our beliefs, we simply need to love the diversity it brings out in our varying definitions of Faith.

I know that faith is crucial to our well-being, faith is one of the highest forms of self-care. The diversity in our faith weaves together the most beautiful tapestry of humanity, living beings as expressions of God. As we wind our way together over the next many months, I invite you to weave your beliefs alongside mine or interweave wherever it resonates.

Being spiritually curious has taken me on a journey of yoga and holistic healing that sometimes intersects with religion. Exploring my faith has helped me unleash the wisdom within. Although religion comes up from time to time reading and working with me seldom takes you there directly. If you are feeling spiritually curious, I invite you to travel the seasons with me as I explore the Chakras through the lens of the seasons as found on the Wheel of the Year. As I weave a tapestry of many faiths, my hope is to share my love of the Earth, chakras, and the human capacity to heal from within.

Nurturing

Curiosity,

Tawny Stowe

tawnystowe.com

Relationships & Your Health

It takes stamina, time and energy to take part in meaningful, satisfying relationships. You want to be able to spend time together.

You need to have energy to do things together.

You must have the mind set to be present for each other.

When you are tired, stressed or in pain, you will not be able to give the relationship your all.

So let us start with proper, restorative sleep.

Of course it is important to have good sleep hygiene. If we go to bed at 1 am, it does not matter how much we sleep in, it is not going to be as restorative to our body as getting to bed before 11 p.m., because if you look at the Chinese body clock you will see the body functions that restore during the night start at 11 p.m. How many night owls do you know who have had gallbladder issues?

So you say "I'm too worked up to go to bed, or my muscles are tense, or I just cannot fall asleep when I go to bed." Sleeping pills are not the answer. But you may try some of the following:

Take some melatonin. This is a hormone that gets depleted, as we get older and is needed for health and sleep. You can start with 3 mg, and increase to 30 mg if necessary to get you to fall asleep.

Another good supplement is Ornithine. Magnesium (Citrate, Glycinate, etc.) helps relax muscles that have tensed up throughout the day so you can relax. We need magnesium for many body functions. Sleep is one of them. A good brand is Natural Calm.

Some Lemon Balm or Chamomile tea is a great relaxer at bedtime.

One of the things that robs us of sleep is screen time in the hour before bed. Yes the blue light tends to stimulate our brain and disturb the circadian rhythm of our body, preventing us from

falling asleep when we go to bed.

Reading from a print book rather than onscreen is more conducive to sleep. The blue light of a screen can disturb sleep cycles significantly. As a matter of fact avoiding T.V. watching or computer work for an hour before sleep will help with sleep.

Removing all electronics from your bedroom such as TVs, cell phones, electronic alarm clocks and wireless phones is important not just for sleep but also to reduce exposure to harmful EMF radiation. As a matter of fact, turning off the WiFi in your house for the night will help you sleep better.

Parasites are a common sleep deterrent. Getting a microscopic plaque analysis can diagnose parasites in your mouth and a live blood analysis or a stool sample test can test you for intestinal parasites. They are much more common than we like to admit because we eat sushi, raw tuna, cuddle and kiss our pets, travel to tropical countries, sit on beaches, eat certain foods and drink certain water (Montezuma's Revenge). Parasitology is a very neglected branch of medicine. I find parasites are often a hidden clue in the symptoms that clients come in with.

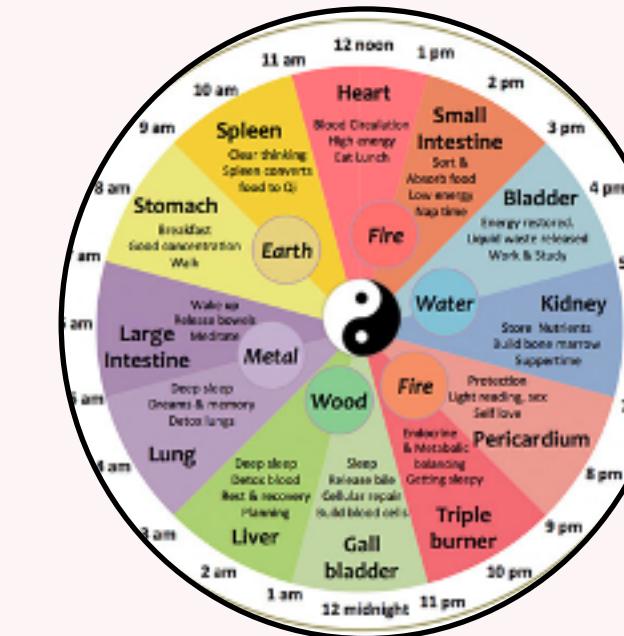
Your energy level of course will be determined by what you eat, what toxins you are exposed to, how much exercise you get and your stress levels.

If you have been exposed to every vaccine going, have used antiperspirants, or have had "silver fillings", your heavy metal levels are probably very high.

If you sit behind a desk at a computer all day working at a job you hate, you will not have the oomph to go dancing all night or going on a hike with your partner.

Coffee, alcohol and energy drinks will just deplete your stores much faster.

So a walk in the woods, adequate E protective devices and learning stress reducing techniques such as self hypnosis and EFT will go a long way in keeping stress from interfering in your



relationship efforts.

Pain is one of the greatest energy robbers of all. Whether it is a whiplash injury, or Migraines or Fibromyalgia, or carpal tunnel syndrome, there are natural, non-surgical, non-invasive therapies that can eliminate the pain. Seek them out with a practitioner trained in modalities such as ozone, Pulsed electromagnetic Frequencies, Polychromatic Lights and Soft laser, to eradicate the pain and give you a new lease on life and relationships.

And of course if you are incompatible, no amount of sexual attraction will keep your relationship satisfying and vibrant, for long. Differences in your attitudes about money, religion, traditions and lifestyle will eventually interfere in your satisfaction with your relationship. Divorce is very hard on all involved but especially the children. That is why the traditional engagement time before marriage created much more stability in relationships and reduced the frequency of divorce due to surprises such as gross incompatibilities. Now there is testing available not just for genetic issues, but psychological and personality compatibility. Psychologists who do personality and compatibility testing for careers also have tools for personality compatibility. Why not do all you can to check things out before you move in together?

The old adage of "an ounce of prevention is worth a lb of cure" applies here very suitably.

Oksana M. Sawiak DDS. IMD. MAGD. AIAOMT

Author, Lecturer, Wellness Consultant

Dr. Sawiak practiced family dentistry from 1966 to 2008 and for the last 30 years focused on mercury-free/biological dentistry.

Today she lectures in biologic dentistry, non-surgical natural gum treatment, pain control, wellness and detoxification and has authored 2 books.

Dr. Sawiak constantly adds to her vast knowledge in order to serve her clients ever more completely. In 1989, she was the first woman in the world to achieve a Mastership in the Academy of General dentistry and in July 2011 attained her Doctor of Integrative Medicine. Dr. Sawiak practices as an Integrative Wellness Consultant at the SawiakIntegrative Wellness Institute in Georgetown Ont.

For further information go to

www.drsawiak.com

**and sign up
for her
monthly
updates.**



The Somavedic Gold



The Somavedic Gold

Is the pinnacle of Somavedic Technologies. Not only it can do all that the other models, but it is many times stronger than all the other models. My guess is that maybe even 4x stronger than the Ambers, or 8x stronger than the Greens.

It can structure water even better! If you have one at home, you can try it – put 2 water bottles with the same water next to it and label them (whether physically or simply via intention) to belong to 2 different people. Somavedic Gold then changes

the water to be customized and optimal for the labeled person! This was actually discovered by accident, when a married couple did exactly this and then they accidentally swapped their

water bottles. They realized that they suddenly didn't like how the water tasted. After swapping the bottles back to their owners, they each liked their water again. Somavedic Green Ultra and Amber can do this too, just the higher model, the better it can do it.

The real reason why it is so expensive is however because it is completely customized to the owner. When you order your Somavedic Gold, the inventor uses his clairvoyant abilities to tailor the device to your entire genetic tree! This way the device has a far more powerful effect on you personally and as a side effect also on your entire family – your children, grandchildren, brothers, sisters, parents, grandparents, etc.

Hey what?! A single device can give your entire family a boost no matter on where they are physically located on Earth? Yep. That's the beauty of working with unity fieldDistance doesn't matter.

We have our own Somavedic Gold in Ontario in Canada and since we got it, our families in the Czech Republic started reporting changes in their lives. Of course, if they don't have their own Somavedic at home, it is working with them only on the energetic level, which takes a while until it gets projected into the physical reality. But if they have at least the weakest Somavedic model at home, the entire effect magnifies.



We have witnessed many dramatic changes in our families. Previously ignored long-term issues started bubbling up to the surface even for them and as they faced them and resolved them a bigger sense of peace came to their homes too. We also feel more connected now

How to get you own Somavedic?

You can explore which model resonates with you the most here. If you find your favorite, you can place your order directly in the e-shop or you can contact us. We are always happy to assist with any questions you might have

About the prices

Somavedic is definitely an investment that needs to be considered wisely. If it doesn't resonate, simply forget about it. We see its tremendous value and potential and we believe that those who resonate with it will spontaneously be drawn to it, since that's how the law of attraction works.

It is an investment into a healthy and supportive environment 24/7. The company guarantees 5 years warranty and people can return it within 3 months if they don't like it. But so far, nobody has returned anything to us.

I personally think that the real value is actually much higher than the charged cost. But I appreciate that Somavedic Technologies keeps the price "low". There are far more expensive devices out there which can do only fractions of what Somavedic can do. For me, the value of my health, growth and evolution is priceless and I am very happy that I decided to give it a chance.

Veronika Gold from Somavedic in Canada

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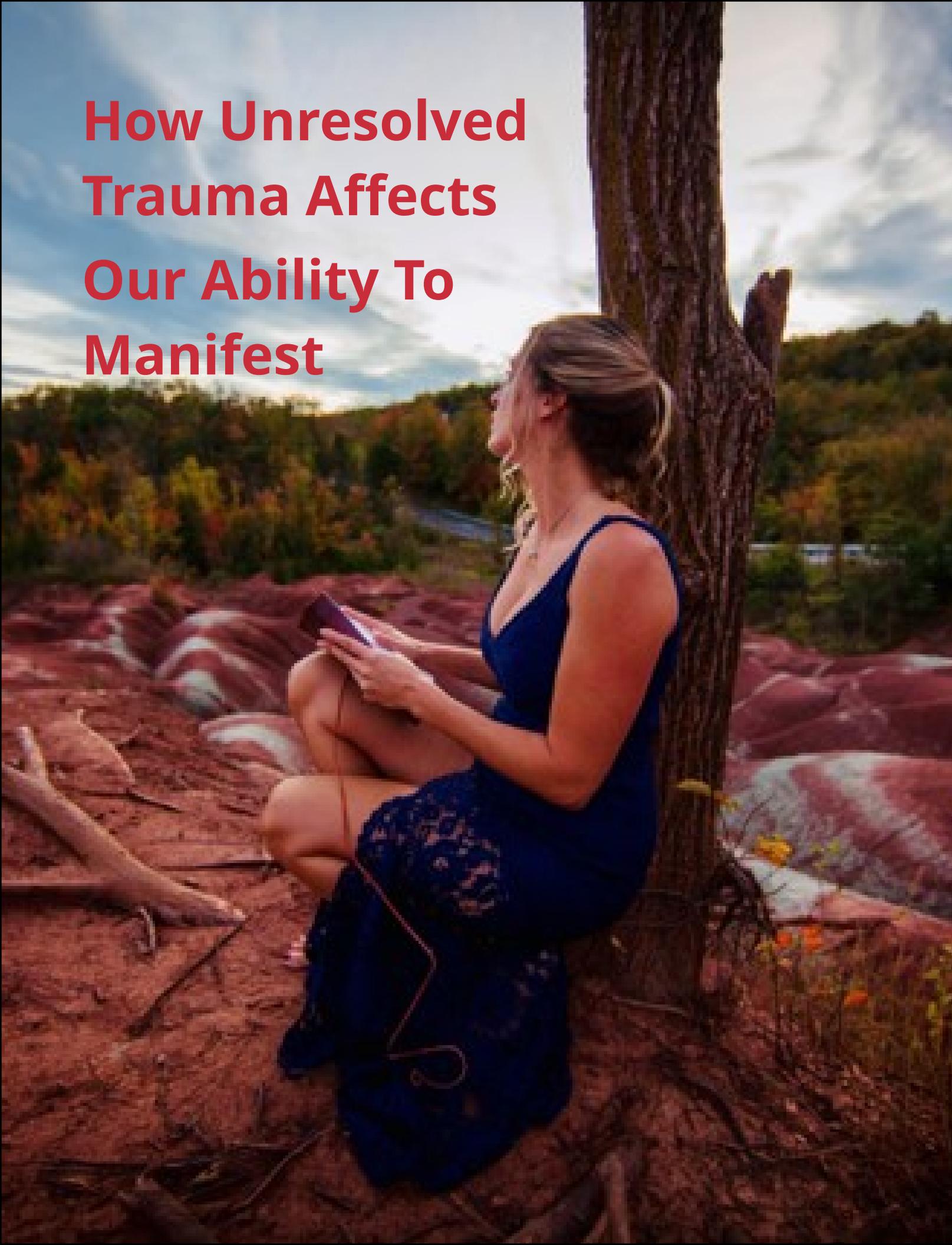
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How Unresolved Trauma Affects Our Ability To Manifest



When I was a child, I was seen as highly creative and inspirational by my teachers and my friends in school would sometimes get into fights for their right to work with me on a project. My greatest aspirations were becoming a writer, a psychologist, or an artist of some sorts. Never did I think I would become a technologist and work in a medical setting.

What happened?

Unresolved childhood trauma can affect us in so many ways, see my previous article. The biggest problem is the low self esteem we suffer from. Our fear of authenticity, instilled by the abuser's words to shut us down and stop us from speaking up, has long lasting effects on our ability to speak our truth and create a life we can be in love with.

All my dreams had gone down the drain thus far and I was just starting a professional training to become a medical laboratory technologist. But I lacked focus from underlying abusive situations that caused me to develop dissociation.

When I moved out, I was able to salvage my professional training and turned things around and graduated, but man, it was a struggle to get there.

I kept wondering; why life was always such a struggle? I felt it was supposed to flow with ease, what was I doing wrong, what was I not seeing that kept me stuck on lower levels of realities?

My insecurities were at play with everything I did in my life, my lack to stand up for what I believed in, being ridiculed by others that were stronger than me and also when it came to love relationships. My ability to bring across my feelings in ways that could be understood, by me and my love interest, was inhibited for some reason. Sometimes, I tried to speak but no sound came out of my mouth. Like I was being smothered; still mentally manipulated by the abusers that told me to be quiet. I never learned how to articulate my feelings, thoughts, and emotions. I was trained to be quiet, like a mouse and simply bypass any problems like they do not exist to keep peace.

I was not the peacemaker I came here to be with this behaviour, in fact, I was pacifying illusions. That is not peace making, it is compliance.

Love relationships were difficult because I

subconsciously was looking for partners that were looking like and acting similarly to my abusers. I was like a sponge absorbing their love bombing and tried to fill the hole inside of me, but it was a bottomless pit and I had no ability to return the affection because I never learned how to do that. Love was always given to or taken from me; I never had a say in it. What I wanted never counted and people would cross my boundaries which I never really had.

I never experienced having privacy nor have I ever been told to say no to someone who wanted or needed me. I was trained to be a giver. This left me severely depleted. Emotionally and mentally. But also, physically, as I was losing weight and starving myself; bulimia and anorexia became a way for me to control the physicality the only way I had the power to, which was a false sense of power. I never had any power nor courage to create what I wanted. There was no I, me, or myself in my reality.

What is insecurity and low self consciousness? They are an aspect of fear. It is our fears that keep us away from creating an inspiring and passionate life of purpose and success. It is the programming from your abuse that still keeps you entrapped in this lower reality.

Fear stops us from taking actions on our inspirations; *what if I am exposed? what if I fail? what if people knew my darkest secrets?* "What ifs" become the rocks on your path. Greatness comes through dissolving the fears and expectations created by the programming we got exposed to.

Resistance within us creates a block to manifesting life. Resistance either tells us what to work on or to choose a different direction. Resistance can be an indicator of a problem or it can be a guidance to take on a different direction.

All you need is courage; the rest will follow when you begin to take inspired action. Resolving the underlying issues we all carry within our being can help us dissolve the illusions of the past and its effects on our being, which will open us widely to the flow of life.

Sabrina Goeldlin / Reiki Master / Angelic Medium / Essential Oil Advocate & Specialist / MLT / Writer & Blogger / www.theangelhouse.ca

Relationships

Trust is a big problem in relationships. With love there should be trust. A lot of people have a big problem with trusting others. I know i had a hard time with that in my past and I am learning to deal with it in my future. I am taking it one day at a time and I have a lot to learn. It's especially hard if there are 2 people in a relationship we have trust issues. Relationships are hard because in the world we are living many people are dealing with trust issues an many relationships are having problems with trust issues everyone around me says that they don't trust other people and it's a really big problem. How do we look pass past all of these issues and move on from it?

I have to talk to God more about it and he will guide me in the right path so that I can trust better in my relationships

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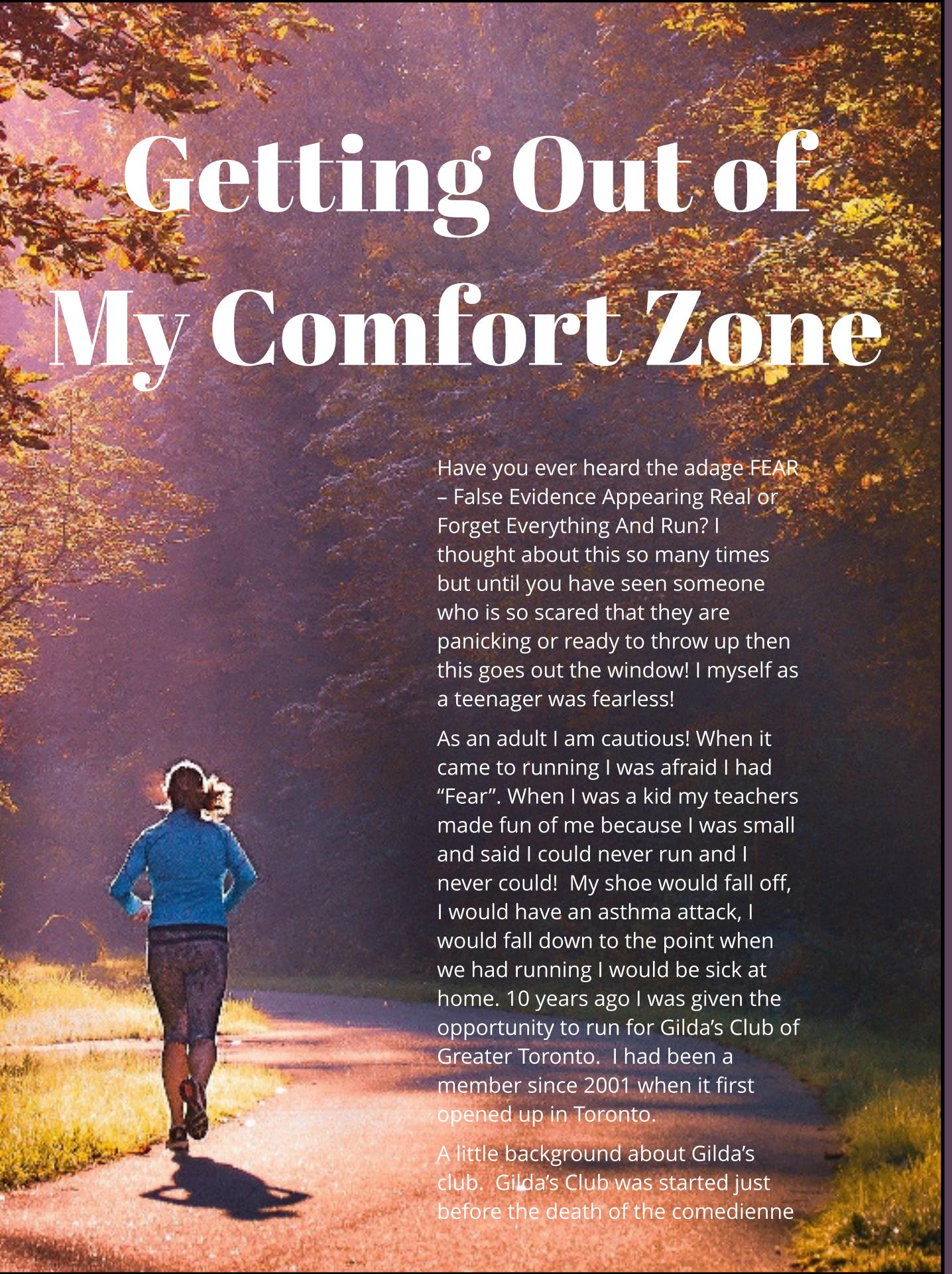
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Getting Out of My Comfort Zone

Have you ever heard the adage FEAR – False Evidence Appearing Real or Forget Everything And Run? I thought about this so many times but until you have seen someone who is so scared that they are panicking or ready to throw up then this goes out the window! I myself as a teenager was fearless!

As an adult I am cautious! When it came to running I was afraid I had "Fear". When I was a kid my teachers made fun of me because I was small and said I could never run and I never could! My shoe would fall off, I would have an asthma attack, I would fall down to the point when we had running I would be sick at home. 10 years ago I was given the opportunity to run for Gilda's Club of Greater Toronto. I had been a member since 2001 when it first opened up in Toronto.

A little background about Gilda's club. Gilda's Club was started just before the death of the comedienne

Gilda Radner of Saturday Night Live in the hopes that anyone who is touched by cancer should never have to face it alone! I was a recipient of the love and kindness from Gilda's Club GTA and I felt the need to give back. I was asked to run and get sponsorships which would 100% go back to helping people/families touched by cancer! I knew it was way out of my comfort zone.

I had watched my children struggle over the decades with certain fears which I helped them to overcome! The usual ones fear of heights, the dark, spiders, snakes and there were many times I had to help them through really scary public shows of those fears! I always wanted to be the best role model ever for my children, my grandchildren and hopefully my future grandchildren as well! I want to make sure I could leave my footprints that they all could follow in my footsteps!

I was easily able to para-sail, I did diving, I was even hit by lightning twice in the same night! Running why was this becoming my biggest fear? I already had cancer several times, this should have been an easy decision.

My head was throbbing and my heart was beating too fast I could not do this! I would fail and those teacher's voices in my head were telling me I could not do it! I paused and in that moment I knew I had a purpose, I was a cancer survivor and I could show other people going through cancer that they too could beat it! I was going to be a different role model and never let the "Cancer" word overtake my life! My run was going to be a good one and I would start out small do a run a 5 km. I was like the story "The Little Engine that

Could", I think I can, I think I can, I thought I could wow! I did it, and I got a medal too!

Every year I still get out of my comfort zone to run this race and some years it is a huge struggle, but I know there are always others far worse off than me, so I race for the one's I have said goodbye to, the one's still having the struggle and the one's who it is behind them hopefully forever! Unfortunately we all know someone with a story! But this is a feel good story we all can make a difference! Make the difference, you know you can!

Some years I raise a lot of money and some years even more! It is my passion to help every single person who has been touched by cancer either as a survivor or a caregiver get through this as easily as possible! It is not easy and that is why every year I do the Scotiabank Marathon in October in honour of everyone who has had heard the word cancer in their life. I believe in the people going through it, "I think I can make, I thought I could. No matter the set back there are people and places to help you! Should you want to sponsor me or learn more about Gild's Place please contact Elana Shapiro at <https://gildasclubtoronto.org/> and tell her you want to get out of your comfort zone and help!

I running this month
"I thought I could!"

Thank you

Tova G
tovag.ca

6 time cancer survivor



Renewal Through Withdrawal



The cycles of the natural world are more predictable than those of humanity.

In the Northern hemisphere the shortening days and cooler temperatures of October cannot be ignored. Mother Nature herself withdraws from obvious activity, avoiding the damaging frosts and inevitable cold.

Coniferous trees will process light at reduced levels, maintaining themselves during the long dark nights.

Deciduous trees excuse their leaves from duties of photosynthesis, and release them to their role as insulators of the bare earth below.

Grasses, and shrubs allow their ripened berries and fruits to transport the seeds of a new generation into the future. Winds and rain, insects, birds and animals take a part in the process.

Fruit is eaten and digested, the seeds dispersed to new ground, different opportunities and novel conditions.

Sap may cease running in tree trunks, roots may stop digging through the soil, and many animals will stop hunting. In this hibernation there will be resting: focused on the restoration of energy.

Nowhere in the cycle does life cease. It transforms, transmutes, and is always in a state of becoming. For the living layer of Mother

Earth, the quietening season of autumn is preparing for Spring. The continuation of life is assured.

As humans we are part of the web of physical life, and we are affected by seasonal changes: the cold, the winds and rains, the darkness.



Since March of this year, the key to continued health and safe living has been to withdraw from the crowds of our cities and the bustle of workplaces.

Unusually for the entire human family, survival depends on separation. Those who are essential to life are at daily risk of adverse outcomes. Our activities moved into an autumn stillness in the spring, and remain there, while inevitably the wheel of the year turns.

This October we are coming into full alignment: as the activity in the natural world is subdued, we reflect that withdrawal.

We have the advantage of designing our coming season. Will we rest? Will we impatiently wait, jumping at every chance to rush forward into the unknown? Will we elect to meet our obligations in the world and take advantage of the new gaps in our schedule.



For those unaccustomed to personal time, the restricted possibilities for socializing have brought new awareness, and daily habits are questioned as we shift out of the unthinking grooves we have travelled.

Who am I when I cannot go dancing?

What was the appeal of the dance hall?

Why was I drawn to dance?

How much have I invested in dance shoes?

This autumn we have time to deeply examine how we conduct ourselves. Many are asking what they feel called to do. What has meaning? What serves soul growth? What is their Life's Purpose?

People used to travel long distances for the chance to unplug from the demands of routine. Now we can declare ourselves On Retreat and make time for renewal.

We can choose to use our unexpected time of isolation and quarantine for more than remaining as safe as we can. On Retreat we can also find reasons to celebrate ourselves, to honour our accomplishments, and to feel



compassion for the fears and concerns that nestle in our hearts.

We can begin to appreciate our Spiritual essence, and the human experience we are having. This is a great time to ascertain the intentions we brought with us into the physical realm.

Living is a Spiritual Practice, and there are multiple ways to access the eternal Cosmic Wisdom that can guide your practice.

There are many paths up the mountain of self-knowledge, and they all lead to the top. I am biased in my belief that the most effective way to understand our Spiritual Intention is with Numerology. The information encoded in your personal, very individual chart, is a key to unlock your self-discovery.

Jo Leath is a Numerologist, Certified Labyrinth Facilitator and conduit for synchronicity. She guides people uncover their Intentions and fully engage their Journey Into Alignment.

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Mental Health and the link to Balancing Your Hormones

Mental Health and the link to Balancing Your Hormones

As the most recent pandemic could well be mental health, I think it may be time to look at how we can understand how our mental health is absolutely linked to our physical health. I believe our physical health is absolutely linked to how our stress levels have affected our hormone balancing, which in turn can create our mental health concerns.

Why do I know this? Because I used to have LUPUS, an autoimmune disease and by studying the body to find out how I got sick, I have become well naturally. More recently I was told that my thyroid levels were 'out of whack' after the stress of losing my father. I decided to balance the thyroid naturally in 90 days. The doctor was puzzled when I did.

Why I did this is because I get the power of an imbalanced system and the behaviour ramifications including the feelings of 'not being able to cope' or overwhelm. Now as a coach I have discovered that when my clients mention overwhelm, they tend to be overwhelmed in every aspect of their life including home, work and relationships. This can all be rectified by realising that our 'Progesterone' levels may be extremely low because our mineral intake has also been low. It can also happen from carrying negative emotions which are like a toxin to the body because they are acidic.

So not only do we need to understand about clearing away our negative

emotions and beliefs that may have been holding us back, we may also need to understand how our Mental Health is linked to the minerals we are or are not taking because they are responsible for helping us produce 'Progesterone', the feel good hormone.

So what can I tell you that I have learned about Progesterone that may assist you?

Progesterone is the Feel Good Hormone

- It is produced in the body from day 12 to day 26 (Day 1 is the first day of the period)

- Progesterone means Home for the Egg. When women lack progesterone they may find it hard to have babies or hold onto the baby.

- When women are pregnant they go from producing 15 mgms of progesterone per day to 400 units of progesterone in the third trimester

- When a woman has her child she loses a great deal of progesterone when she loses the placenta, hence that feeling of 'not coping' or thyroid imbalance which then creates lots of other issues.

- This dramatic loss of Progesterone can be the cause of POST NATAL DEPRESSION. Going from 400 units -15 units.

- Women going through early menopause can also be helped with Minerals and a Balancing Cream. Time of Menopause usually relates to time they started their period. It also tends to relate to when their mother

started menopause because they tend to eat the same stuff.

- There are 47 receptors in the body for progesterone, including the heart, thyroid and the brain so when we are progesterone deficient we can have a myriad of concerns

- Osteoporosis is a mineral and a progesterone problem

- Osteo Arthritis is both a mineral and a progesterone problem

- When teenagers have ACNE they tend to have a high testosterone problem that can be balanced the 3 days with balancing cream on the face (My son did this)

I would love to assist any of you feeling that you are not coping because of 'stress'. Both the mind and Body work together to balance you. It's not Mind over Matter because that drains our adrenals. We want the mind and matter in perfect harmony. It's time to balance you. I am here for you.

Much Love to you, Lynda

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MY JOURNEY WITH LORD SHIVA #4

In our previous article Goddess *Shakti* had taken birth in human form as *Sati*, daughter of *Daksha* and *Prasuti* with an intent to marry Lord *Shiva*. While this was happening in its divine timing the atrocities of the *Asuras* (Demons) had grown multi fold and with Lord *Shiva* still in his meditative and secluded state became a growing concern for all deities, including Lord *Bramha* and Lord *Vishnu*. Lord *Bramha* thought that waiting for Goddess *Sati* to grow up and marry Lord *Shiva* will take some considerable time and Lord *Shiva*'s inclusion and participation in maintaining the proper and balanced functioning of the Universe was an immediate requirement. He thought that if he could deliberately cause interference with some core *Vedic* principles of divinity, that would compel Lord *Shiva* to come out of his solitude to fix this and will result in Lord *Shiva*'s active involvement and participation in the maintenance of the Universal workflow.

It is known that Lord *Bramha* had five heads and the divine knowledge that was stored in his mind was transmitted to the Universe in the form of *mantras* or *shlokas* that were spoken from the mouths of these heads. The *mantras* or the *shlokas* were from the *Vedas*.



Vedas are considered the source of all divine knowledge. So, Lord *Bramha* thought that if one of his heads would recite *Vedas* in a negative form, that will cause Lord *Shiva* to attend to this mishapening bringing him out of his solitude because only Lord *Shiva* was the source of all this divine knowledge and it would require his active participation in correcting the anomaly. This plan of action was disapproved by Lord *Vishnu* because he believed that events must unfold at its prescribed divine timing and any attempts to alter this may lead to unfavourable outcomes for near and far future. However, Lord *Bramha* got anxious and decided to go ahead anyways believing that it was his duty to try and bring Lord *Shiva* out of his solitude. Lord *Bramha* proceeded with this plan and started chanting the *shlokas* in a negative manner from one his heads. This caught Lord *Shiva*'s attention instantly and he requested Lord *Bramha* to stop chanting the shlokas in a negative manner. Lord *Bramha*, however, deliberately ignored his repeated requests

with an intention that Lord *Shiva* would engage himself in reviving his connection to the source of the divine knowledge and correct his anomaly. Lord *Shiva* was in a state of solitude and when he saw that his repeated requests to Lord *Bramha* were ignored, he became extremely furious. In anger, Lord *Shiva* used his *Trident* to behead Lord *Bramha*'s head that was chanting the *Vedas* incorrectly. The beheading of Lord *Bramha*'s head also relieved Lord *Bramha* from the ego that had subconsciously grown in Lord *Bramha* from the creation of life in the Universe which he considered to be a marvel that no one else could have manifested. Because of this ego that had manifested in Lord *Bramha*, Lord *Shiva* prohibited the worshiping of Lord *Bramha* by the mankind. Lord *Bramha* realised this instantly and apologized to Lord *Shiva* for this mistake and thanked Lord *Shiva* from relieving him of this negativity.

This incident also caught attention of Lord *Bramha*'s son *Daksha*. Being the son of Lord *Bramha*, *Daksha* came furious, seeing this as an insult of his father by Lord *Shiva*. He thought that Lord *Shiva* was only one of the three Gods in the *Trinity* and that none was above the other and that all three were equals so Lord *Shiva* being his father was misunderstood as a portrayal of Lord *Shiva*'s supremacy over Lord *Bramha* and Lord *Vishnu*. *Daksha* could not bear this and he vowed to take revenge on Lord *Shiva* for this wrong doing to his father.

Daksha was a staunch devotee of Lord *Vishnu* because he was representing Lord *Vishnu* and was executing his duties on Earth. As a revenge on Lord *Shiva*, *Daksha*

vowed to destroy Lord *Shiva*'s position as a God from the humanity and to displace him from his position among the *Trinity*. This led to the creation of separate sects within the humanity based on the followers of Lord *Shiva* and Lord *Vishnu*.

Since *Daksha* was responsible for the development of human behaviour in the society, these attributes of emotions and feelings of revenge were passed on in to the founding principles of the humanity and the society.

To be continued...

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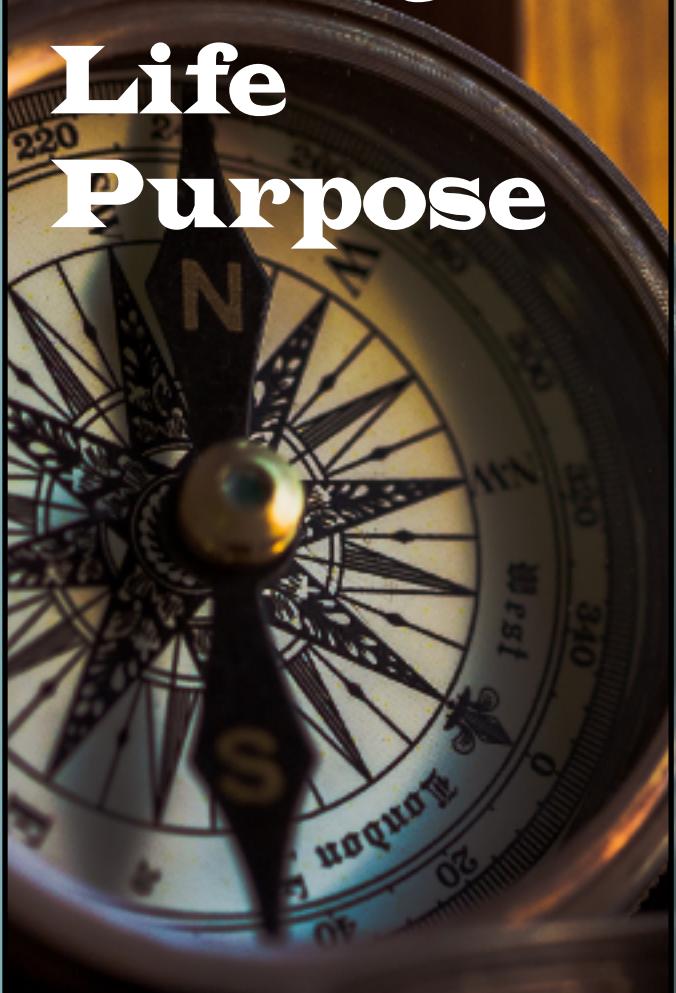
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Finding and Living Your Divine Life Purpose



The question that many people are struggling with is how they can find and live their life purpose. Are you living or working in a job or life situation that fits your sense of self and belonging?

As adults, we can find ourselves in (usually work-related) situations that a client of mine described as "I feel like I'm in handcuffs." We ask ourselves "How did we get to this place?" A better question would be "How do we change it?"

If you feel "off", or not on purpose, lost, or unclear, you are not aligned with your soul and who you really are.

As a child and later as a young person, I was often asked (as many of us were) "What do you want to be when you grow up?" The problem is that we get attached to titles and jobs but miss the point of who we really are and what our soul strengths are.

I think that what happens is that we are schooled and expected to choose a path. This path typically has a label or job title attached to it. For many of us, making the choice happens even before we begin to explore our talents, interests, or even what makes us happy. For me, I loved animals and wanted to be a vet. I had very little natural affinity for the hard sciences and no one offered me any other suggestions for how I could work with animals. It was just crossed off the list and that left me feeling empty.

My other thought was that I wanted to be a teacher. Sounds good, right? Well, not exactly. Circumstances weren't compatible with me being able to go to teacher's college. So, I got a regular job that paid the bills, but left me unhappy and unfulfilled.

My love of animals, teaching, coaching, and learning never left me.

I discovered that there are more ways to become a teacher than teacher's college. I started teaching dancing as soon as I was able. After that, I learned more and more wonderful things and discovered that I was

able to teach anything I have learned. What could this mean for you? What do you love to do? What gives you the most fulfillment? I can help you figure it out.

No matter where you are on your life journey, there is still time to make a change to get you onto the path of your divine life purpose. If you are wondering what happened to my love of animals, I have been able to add various elements of pet care into my life and metaphysical practice. This was all possible through Soul Realignment™ and finding my own Divine Life Purpose through this modality.

I've attended seminars and workshops and the question often comes up "What is your purpose?" Invariably, the answer that is often the most quickly delivered by one or two people is the word "service". Used in the abstract, I don't understand what this means for most of us. You know, the creative artists, accountants, bankers, police officers, teachers, counsellors, car wash attendants, veterinarians, baristas, and more. You know, it's you and me.

Your Divine Life Purpose isn't a job, at title, a noun, or even a verb. It is who you are at the soul level.

Do you sometimes wish that people understood you? Do you wish that you understood yourself and your own choices better? Do you wish that you could help your children find their Divine Life Purpose and make better choices sooner than you did?

As a Soul Realignment™ practitioner, our session will show you exactly who you are at your soul level and what your divine life purpose is. I can give you an empowering clearing exercise to help remove negativity from your soul story. Soul Realignment™ is an intuitive healing modality focused on assisting spiritual seekers in living their Divine self-expression within this human experience.

Remember, finding your Divine Life Purpose is not a job finding club. Understanding who you are at your soul level will give you that "Ah-ha" moment you've been looking for to truly understand the depths of who you are at your

innermost self. This helps to empower you with your decision making, business, health, wellness, and relationships.

Your Divine Life Purpose is what you'd "go to the mat" for. The thing that means the most to you, that you'd keep no matter what. It could be your vocation, your hobby, or your personal mission.

It would be my privilege to help you find your Divine Life Purpose through Soul Realignment™ and help you bring more joy into your life.

Rev. Shirlee Rankin has been a therapist, educator, and speaker for over 30 years and is an Advanced Soul Realignment Practitioner, Ohana Generational Healing Practitioner, Reiki Master, Crystal Practitioner, Animal Communicator, and is an Ordained Metaphysical Minister.

Through years of dedication and study in various physical and metaphysical streams, she is dedicated to helping people discover their Divine Life Purpose and assists couples and families with Soul Realignment, Relationship Readings, Healing family traumas, and performs crystal and reiki treatments for both people and animals.

Shirlee is now called to help in a new way by becoming a metaphysical minister and offering her services as a counselor, wedding officiant, and celebrates life transitions.

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With Gratitude



With Thanksgiving just around the corner, a day to give thanks, a day shared with family and friends. I wonder if we can widen our circle of thanks, to encompass not only a day, but to strive to live a life with gratitude.

When we are in times of stress and uncertainty, we can feel low and depressed. One tool to shift from this feeling, is gratitude. This is not to bypass, or deny the challenges that we face, because part of healing, and a sense of accomplishment, is facing into our challenges with honesty and bravery.

When in times of turmoil, we do not need to live in the perspective of, either/or, rather we can choose the perspective of, both/and. We can be amidst uncertainty, and we can still reach for the goodness that surrounds us. We can focus on all the manifestations of life here on earth.

My heart can be breaking, and at the same time, I can feel the joy inside watching a sunset, hearing a bird sing, seeing the beautiful colours of the leaves that fall provides us on a vibrant

canvas of reds, oranges and golds.

It doesn't always have to be this or that. If we can shift our mindset to include both/and, we open ourselves up to possibilities, to experiencing the fullness of choices. We can be going through a difficult time, and we can make a choice to bring some joy into our lives in some small way. Setting our intention to take notice of something beautiful.

We choose what we see. It is really about what we focus on.

Life holds both the light and the dark. Both are needed, and one cannot exist without the other. If we can hold both of them as equally important within our psyche and heart, we can become more accepting of the ebb and flow of life.

We have been conditioned to think that we just have to work hard enough, and we will arrive in happiness, set up camp and live happily ever after. And when something goes askew, we become unsettled, distraught, depressed. We feel we have fallen into an abyss of darkness.

But, if we can realize that life is both the dark and the light, both playing a significant role in our experience, we can feel an acceptance and move through life with more ease. The light is not a destination, it is not the outcome, it is the integral, interconnected part of life, along with the dark.

When we resist the darkness, our journey through it becomes even more challenging. If we can learn to accept, we know that this too shall

pass. As well as, when we are in the light, this too shall pass, and so it will be until the end of our journey on earth.

We do not necessarily give gratitude for the challenges, but for the lessons and growth we gain through working through the challenges.

When we reach for gratitude while in the darkness, we are bringing in some light. It may not take us entirely out of the darkness, but it will, give us moments of peace and clarity.

Gratitude shifts us from a feeling state of lack into a feeling state of joy and abundance.

Waking up in the morning, having gratitude for the day ahead you have been given. Gratitude for the smell of coffee brewing, gratitude for the softness against your skin as you put on your favourite sweater, gratitude for the farmers that worked long tiresome days to grow the food that you eat.

Living in gratitude is being mindful, and being conscious of all that surrounds you that contributes to your experience of life. Stand with your feet on the ground and look up into the sky, see the moon and realize what an amazing planet we live on. Expand your awareness out to the universe and back, and give thanks for this earth that provides you with so much to see and experience.

Say thank you to the plants, to the animals, and strive to learn how connected we really are to each other. The gift of life is precious, take no moment for granted.

Start a gratitude journal, or begin a gratitude practice. It takes but a

moment to bow and acknowledge the gifts around you. Breathe in the fullness of life, the sights, the sounds, the tastes, the scents, the tactile experience contained on this earth ball spinning in the sky.

And have gratitude for the people in your life, and for the people that you share this earth with. Each one being a significant, unique expression of life.

And when bowing in gratitude, remember to bow to yourself, and know you are a significant piece/peace of the whole!

With gratitude.

Linda Cooper

www.inwardboundcoaching.com

www.notesfromtheedge.live



The Heart is Our Higher Intelligence!



It is imperative that people acknowledge the heart's higher intelligence, for the mind alone cannot tell us who we are! The levels of intelligence available to mankind could be summarized as survival, logic, synchronicity, and love.

1st Dimension of Intelligence Within the Heart is 'Unity'

Where unity is supreme, there is nothing more adaptable than goodness. Unity is also the source of intelligence; for it grants us the ability to integrate knowledge and to correctly define priorities.

2nd Dimension of Intelligence is 'Love'

Love is the power of the universe. Therefore, our greatest defense in life is to protect honour and respect love in its many forms. When we maintain this principle with clarity, our life's purposes will come into view. Love is beyond just a feeling. It is a dimension of intelligence and purposeful living. Above all, it is the essence of who we are!

3rd dimension of intelligence is 'Life'

Life is love in action. The hope of life is meaningful experience, happiness, fulfillment, and continuity. Life has indwelling intelligence. Follow life, serve the living, and fulfill our love by following the pathways that life is revealing to us—for there is great wisdom in that simple process. Dwelling on old mistakes can be very costly!

4th Dimension of Intelligence is 'Respect'

It begins with respect for God, respect for ourselves, respect for others and for all life forms. Respect is a point of honour. Though we are all part of one God, each being is unique in love, purpose and life. Unique qualities belong to each person and endow him with abilities, freedoms, and responsibilities that may not be present for another. What you do not bring to the earth, no one else will.

5th Dimension of Intelligence is 'Honesty'

Without honesty, there is no such thing as higher intelligence. In many ways, honesty is the summation of other dimensions of intelligence. For

how may intelligence even be accessed except through the practice of honesty? How can intelligence be applied to life unless a situation is honestly evaluated? It is unfortunate that honesty is regarded primarily as a guideline for morality rather than an aspect of intelligence. Honesty brings solutions to every problem of life, as well as science, law, and social management.

6th Dimension of Intelligence is 'Justice'

Justice is the intelligence of exchange and balance. When balance is maintained, health prevails. Through the practice of balance and fair exchange, we will develop wisdom in our discourses with life and with others. There is a special dimension of intelligence in the heart, which allows this to happen.

7th Dimension of Intelligence is 'Kindness'

Through acts of kindness our own abundance increases, for we have multiplied the ways in which our giving may be returned to us. Kindness is the heart of living. It is what makes life bearable, meaningful and delicious. In order to develop the intelligence of kindness, we must discover the joy of truly giving and forgiving—no strings attached, not even so much as for glory or recognition!

Rita Be-Still, Healer of Broken Hearts~

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Our Greatest Passions Hold The Secret to the Meaning of Our Life

Sometime earlier this year, I felt unsure about a project I had been working on for months. I questioned whether I was on the right track and wanted reassurance that my goal was worthy of continued effort.

I was having some serious doubts. This was by no means the first time this had happened to me, and I'm sure it won't last. I can be in a state of heightened enthusiasm for months when working on a new goal, and then all of a sudden, I wake up one morning and can't seem to access any motivation or excitement.

Well, on this particular occasion, I decided to check in with my higher self for answers. I'm not sure what that part of me is or where exactly it resides, but I have, over many years, learned to trust it. When I feel confused or unsure about something in my Life, I slow down, meditate, and ask for guidance. Once I do this, I let go of the issue and trust that an answer will be revealed.

My question that day was simple.

"If I continue on this path, if I keep putting time and energy into this project, will I get a positive outcome?"

The answer I received came faster than expected. Within minutes, actually. I never know what to expect from my higher self. Sometimes it surprises me and answers my questions immediately after I ask them. The answer to this particular question was the following.

Joanne, there are no guarantees' that pursuing this project will give you an expected or desired outcome. But, one thing is guaranteed if you give up now, you will never know.

I realize this answer can seem quite obvious and simplistic. But there was a bit more to it than one might appreciate at first glance.

I realized that day that when we are compelled to act on something from our gut, to start a new project, to set a goal for ourselves, we never know what the outcome will be. That's why it's essential not to make it all about the result. First of all, if we have a strong desire to do something, something that comes up again and again, in my opinion, that is a cue to act. Those passions and dreams that seem to pop up out of nowhere are gifts from the universe. And we need to grab on to them with gratitude and awe.

We are not born with a life map. That would defeat the entire point of LIFE!! Life is an incredible opportunity to create. Victor Frankl said that we should not expect Life to give us meaning. We need to understand that we are asked by Life itself to provide it with meaning. How powerful is that!! We are master creators. The seeds of that meaning are hidden deep within our desires, passions, and individual talents. They are patiently waiting for us to respond to that knock on our heart's door, saying, "Hey, you, you need to do this." "This is important!" "I'll just keep showing up until you pay attention!", "Helloooooo!!!"

You undoubtedly know what I mean. You've heard that voice.

When we act on those dreams and those goals, we have no idea whether they will turn out exactly as planned. We nurture the seeds without knowing precisely what the fruits of our labor will be. And the process can even get pretty scary and messy at times. But that process is filled with emotions, experiences, wisdom, and potential. It holds all the precious gifts that make Life such an incredible journey.

We must remember that we are always creating and giving meaning to the greatest gift we will ever receive, LIFE.

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Myths of Grieving COVID



Our world has changed. What initially felt temporary is now beginning to feel more permanent. There is a collective grief being felt by many. Additionally, with feelings of an uncertain future, many are experiencing anticipatory grief which can take our minds to the worst scenarios.

Grieving an emotional loss, or a change in something familiar, is normal. We have been taught to distract ourselves from the emotions we do not wish to face. Burying or ignoring these emotions only delays our healing and leads to increased feelings of exhaustion, anxiety, and depression. Once we find the courage to confront what we have been avoiding, we can begin the healing process.

The Grief Recovery Institute believes there are myths many of us reach for in an attempt to heal our emotional pain. We have been conditioned to believe our feelings do not matter and as a result many of us self-isolate and grieve alone. We have been taught to be strong for others and in an effort to feel better we replace our loss. We stay busy as we wait for time to heal our wounds. These coping strategies are called myths for a reason. Rather than heal our pain, these strategies keep us trapped in a never-ending cycle of grief.

How do these myths relate to COVID and our current protocols?

Grief can be the result of the death of a loved one. It may be the feelings which follow divorce. Grief may be things we wished had been different, unrealized dreams and expectations, or unsaid communications which need to be heard. Grief can be the conflicting feelings due to a change in something familiar. COVID has robbed us of our familiar - removed our feelings of safety and caused many of us to feel a loss of control and personal

autonomy. Couple all this with any previous unresolved emotions, and we find ourselves riding a never-ending roller coaster of emotional uncertainty.

Intellectual statements differ greatly from those which come from our heart. As humans we are programmed to want to be accepted, to fit in, and will do anything to achieve this. With so much misinformation, confusion, and division surrounding COVID we may find ourselves afraid to share our thoughts and feelings for fear of rejection. When we believe our feelings do not matter, we withdraw, shelter ourselves from the criticism, and wait for the storm to pass.

Waiting for the pain to go away can increase our feelings of isolation and anxiety. Time is not a verb: it is a noun. To resolve any unfinished business, which resides within us, we are the ones who must act.

Uncomfortable with the silence and isolation, many of us reach for short term energy relieving behaviours (STERBs) to distract us from our pain. During COVID, our distractions have become even easier to access. Alcohol and grocery stores remain open. Netflix provides endless hours of entertainment. Phones and computers offer numerous applications to occupy our time. STERBs do provide relief in the interim. However, once we are in the silence, with only our thoughts, we are reminded of what we were trying to escape. Void of effective steps to take, we continue to drink more than usual, eat more than usual, etc. – all in an ineffective effort to reclaim control of our emotions.

When we were upset as a child, we were taught to replace our pain with sweets, or to replace a lost pet with a different animal. In high school we replaced a broken relationship with a new person. As adults we learned to replace our pain and to stay busy.

Finally, we do our best to be strong for others - a futile task since we cannot be anything for someone else. Being strong for someone else encourages us to deny our own feelings.

During COVID we have been encouraged not to share our fear. Media and social media keep us confused. When we hear of a loved one dying alone, we may feel our own situation is less important somehow. When we compare our losses to those of another it gives us yet another reason not to share, or be honest, with how we are feeling.

We may be seeing only the beginning of the mental health effects of COVID. Living in constant fear, loss of freedom, financial changes, loss of career, for some the loss of our own health or the death of a loved one – all this has encouraged us to place our emotions under lock down. Sheltering will not allow us to process our feelings in a safe and effective way.

Unlike other human emotions, grief must be experienced. We must process these emotions to come out the other side of grief. Not being honest, or clearly sharing our pain, can leave us feeling anxious, depressed, exhausted, and unable to set healthy boundaries.

The Grief Recovery Method® is an evidence-based, educational program which teaches how to identify, process, and mend the pain caused by grief. Whether our pain is focused on COVID, a fear of what our future will look like, or the build up of unresolved childhood emotions, there IS a way to feel better. This program provides an opportunity for greater focus and clarity, better sleep, a healthier appetite, and most importantly, we feel lighter as we are no longer carry the emotional weight of grief around with us.

Tammy Adams, offering grief support, in-person or online, Canada-wide.

Tammy Adams is a Certified Coach Practitioner & Grief Recovery Method Specialist supporting individuals Canada-wide in person or via the Internet. To learn more about The Grief Recovery Method please visit www.tadams.ca or contact Tammy for a free consultation.

Tammy Adams, offering grief support, in-person or online, Canada-wide.

To learn more about the Grief Recovery Method process and how to "let go" of the past book a 20 minute free phone consult with Tammy Adams, Certified Grief Recovery Method Specialist. Learn more at www.tadams.ca





Who Makes The Rules Anyway?

Yesterday while walking the dogs, I watched two girls about 5 years old playing a ball game. I was amused at how the one girl simply made up rules that gave her the advantage. The other girl simply ignored the rules and carried on doing her cartwheels, hand stands and occasionally throwing the ball.

Watching them, I started to ponder, who really makes the rules anyway and why should I care?

The second we pop out into the world with an almighty cry, we have to adhere to rules. Rules from our parents, society, government, relationships, school, and on and on it goes.

And these rules are crippling because they teach us that what we want is wrong if it doesn't follow the rules, that we can't trust ourselves because someone knows better than us, and we are not in control of our own lives.

There's even a name for standing up against the rules -**Social Suicide**.

So is it any wonder you find it so hard to follow your dreams? To listen and to trust your soul's calling?

When I first wanted to share my gifts with the world as an emcee, presenter and speaker, I was told that it would be hard because 20 million other people wanted to do the same. I was told that I had to write a book to build authority, that I had to do unpaid gigs to build a reputation and that I had to fight for every opportunity.

From what I was told, following my dream felt like crossing a field of landmines. Holy Moly.

But that wasn't my experience at all.

I started my own online talk show and podcast. I connected with people easily that hired me to present at their events, and I reached out to successful speakers who openly helped me get ahead.

Now, I've interviewed millionaires, celebrities, sports and business people, spiritual teachers, every day people... I've emceed big scale, high profile events; book launches, webinars, retreats and musical festivals.

My rule is to have fun and know that everyone wants to help me actualize my dream – and they did and still do.

So as you ponder what to do next, or how to live your Red Hot Truth, ignore the rules. They were created to give someone else the advantage. Write your own rules and take control of creating your own life.

Have fun!!!

Petra Williams

Petra's a dedicated humanist with an insatiable drive to help people live their truth. An international talk show host, podcaster, speaker, and transformational travel business owner.

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The Psychology of Weight Loss - Act Like You Cannot Fail



Do you want to look better? Do you want to move better? Do you want to live better? Do you want to live longer?

What is your motivation for wanting to lose weight?

Motivation is great, but without discipline it is ineffective. Why? Because you need to take action on a consistent basis.

In order to take action on a consistent basis you need goals and a plan that includes ritual tasks that you will perform throughout the day. In order to create a plan that includes consistent ritual you need a mindset conducive to knowing that you cannot fail. In order for your mind which is your mindset to be at its peak you need to get the proper amount of sleep at the proper time. A High Performance Coach who is also a business partner of mine says that in order to have optimum brain and body function one must have eight to eight and a half hours of quality sleep with no lights and no background music, but make sure that you have a glass of water by your bedside. He also says that the best sleep is from 10:00 p.m. to 6:00 a.m.

In order to act like you cannot fail make sure that you wake up with the thought that you are fascinated with the idea of losing weight and getting more fit as you go on this fitness journey. Say the word "fascinated" over and over as you grab that glass of water that you put by your bedside the night before. Remember that the power of life and death is in the tongue and know that that first glass of water will not only cleanse your body but also make you feel less hungry as it cascades into your stomach. When you stretch and reach your hands to the sky praising your Creator for the life He has given you in doing so you eliminate negative thoughts and declare positive affirmations with GRATITUDE to your Creator who gives you COURAGE to make a COMMITMENT to your routine and to serve others along the way throughout your day so you can be an example and a light so others can find their way as well. Learn from The Light of the World and spend some time in the Holy Bible and in prayer before you start your day.

If you are hungry at this point make yourself a cup of reishi coffee (which is alkaline rather than acidic) or a pot of Red Tea (which will strengthen your lungs) and enjoy some fruit, preferably one that has a high water content such as watermelon. For weight loss do not put cream or sugar in your coffee or tea. You can also

make up a nutritional shake that has ganoderma lucidum in it which promotes muscle build and if you are on the run you can put it in a travel mug and you will be able to continue to act like you cannot fail.

I find that this is the best time of day to exercise if you possibly can but if you cannot make sure you block out time to do so. As you go about your day give yourself time so you can park your car far from the doors of buildings you need to enter so that you will have to walk extra steps and also so you can take the stairs instead of the elevator. Know that every extra move you make will get you closer and closer to your goal. Be of the mindset that things will change for the better over time and you will lose weight as you take action.

Find a Fitness Trainer to help you with your mindset, your goals and your plan, educate you about your diet requirements, keep you on track in your workouts through accountability and give you specific tasks so that you can both lose weight and be in the best shape of your life as you put in the work. If you need one I know of a great one who is doing a program he calls "Sober October".

Act like you cannot fail and take action!

Grace M. Barkwell
Creator of PEOPLE WHO WANT TO LOSE WEIGHT on Facebook

<http://healthwithgrace.myorganogold.com>



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