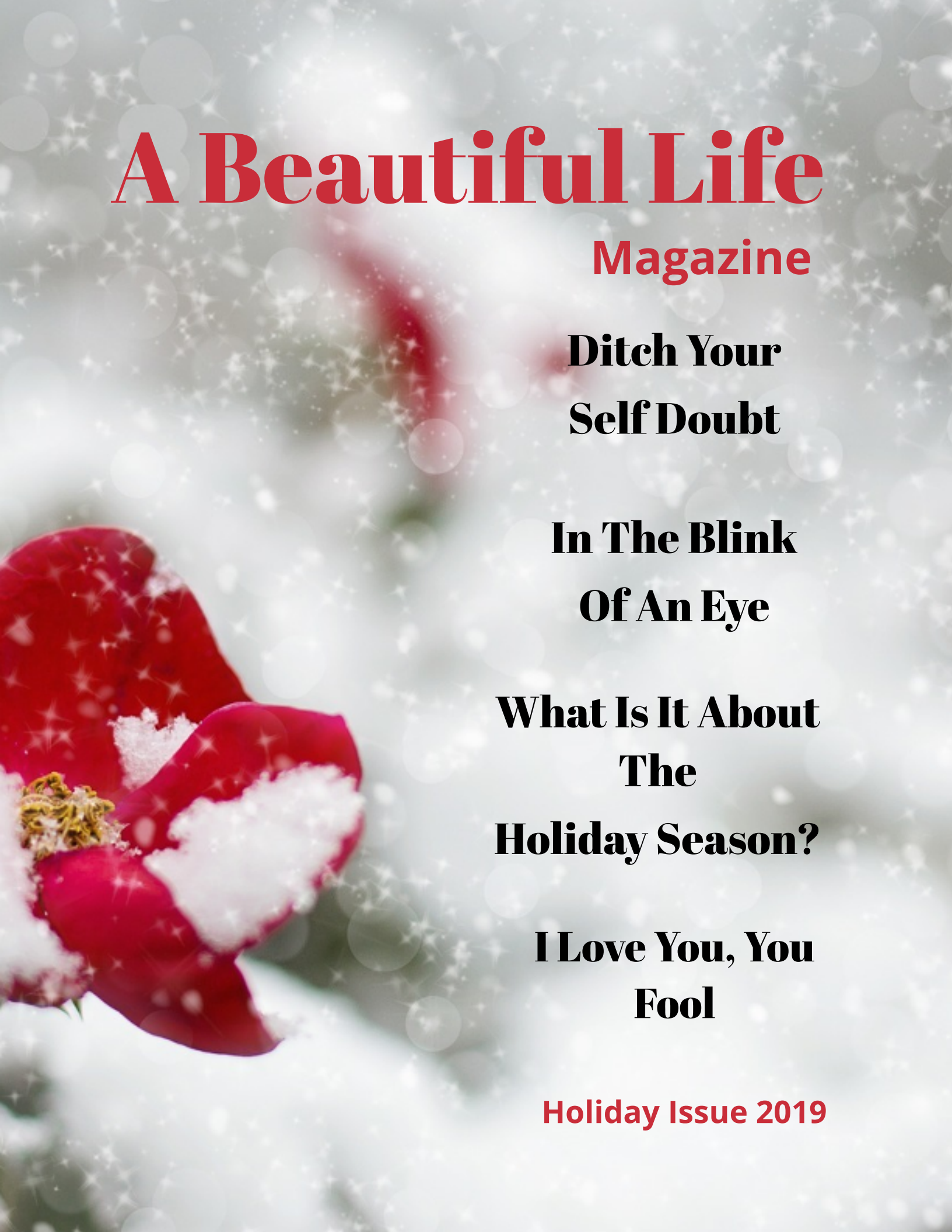
A Beautiful Life

Magazine



Ditch Your Self Doubt

In The Blink Of An Eye

What Is It About The Holiday Season?

I Love You, You Fool

Holiday Issue 2019

A Beautiful Life Magazine Presents...

LifeCon™ Tour 2020

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Peel Region

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LifeCon™ is our Magazine coming to life!

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JUST A THOUGHT

WRITTEN BY:
RONNIE SWAIS

Happy Holidays!

So here we are, at the end of another year! It's always a time of reflection. Did everything you want to accomplish happen? Are your loved ones safe and happy? What is the new year going to look like?

Should I give myself a gift?

I have decided this year to give myself the gift of forgiveness for Christmas.

I went through a traumatic divorce years ago and I realized this year I was still haunted by what happened and it coloured every aspect of my being.

The rage I felt towards my ex husband had to be released... it was eating me alive, colouring every aspect of my life. Fear & self doubt clouded every move and the slightest mistake I made I would metaphorically sentence myself to 1000 lashes. Any criticism, constructive or not would set me on a downward spiral, paralyzing any progress I made.

But this year, I made a conscious effort to work on myself and that started with forgiving myself. Forgiving myself for the choices I made at the time. Forgiving myself for staying, for trying, hoping that it could get better. Forgiving myself when I fall back into despair, self doubt and paralysis.

I also began to make an effort to release the rage and forgive myself for feeling it - that one is hard I will admit - when someone so betrays you, forgiveness takes time, maybe even a lifetime but once you forgive yourself for your feelings... it gives you strength.

So 2020 here I come - a little scarred, but ready to fight, fight for the girl who had big dreams, ready to fight for the woman I am today. Ready to fight for others who may still be where I was. Unlike other years where I thought I was ready, 2020 feels different .....because I'm different.

Wishing you all the very best now, in 2020 and beyond.

Ronnie Swais
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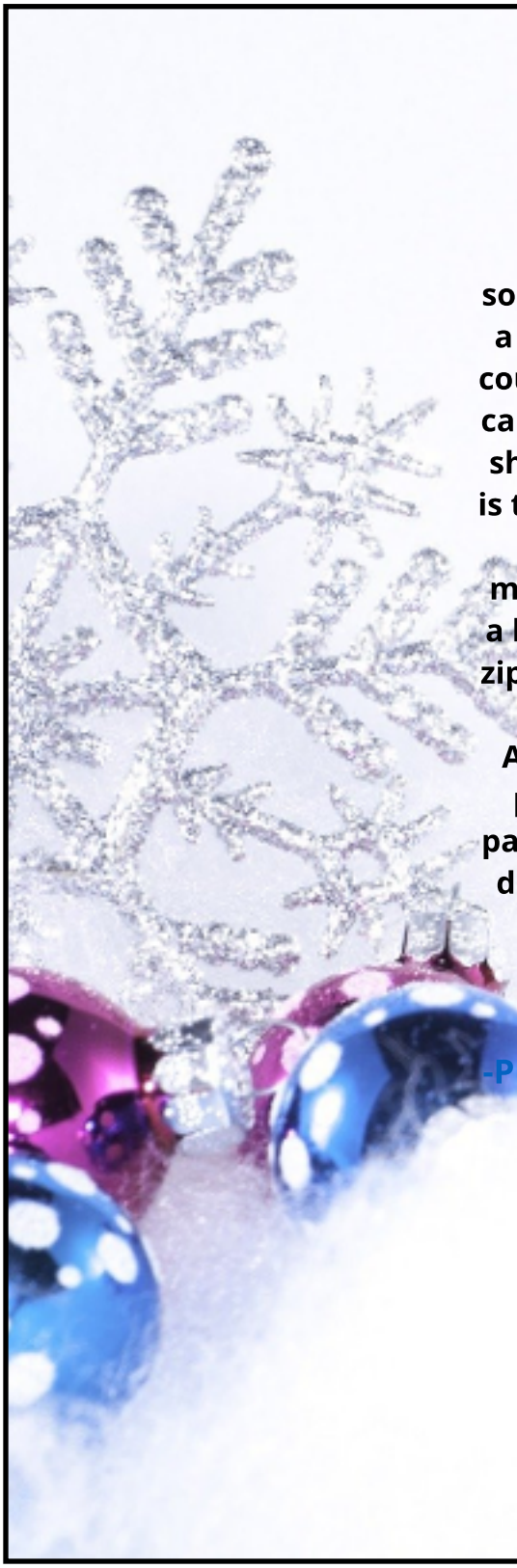
EDITOR'S DESK

WRITTEN BY:
KRISTA HANNESEN



The Gift of Caring

What to Put in a Holiday Care Package

A holiday care package is a beautiful way to show someone you care this season. A care package is not only a great gift for the homeless, but also for someone who could use a little extra help this Christmas. You can give a care package directly to someone in need or to your local shelter, where they can give your items to a person who is there. Remember to put everything in a clear zip bag so the items are easily identifiable. Or, like morewithlessmom.com recommends, place the items in a backpack. If you are giving anything liquid, place it in a zipped bag by itself before placing it in the bigger zip bag, so it doesn't break and get all over the other items. Adding a Christmas card (or handwritten note) to your package adds a nice touch, letting the receiver of the package know that someone is thinking of them during a difficult time. Customize your care package with any of the pieces below:

-Wool socks* -Mittens -Beef jerky -Water bottle
-Pudding/applesauce -Lip balm -Coffee shop gift card
-Tissues -Feminine products (Pads)* -Pet Food
-Baby wipes -Lotion -Travel coffee mug
-A heartfelt, handwritten Holiday Card

***Most needed products**

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I LOVE YOU, YOU FOOL

WRITTEN BY: SABRINA GOELDLIN

Yesterday, I found myself in a place I didn't think I'd still find myself in after all this time of healing and all the amazing self realizations I have come to. I found myself back in a place where I usually would fall into after being in relationship with someone for a couple of months. I was experiencing emotional triggers, but this time, I no longer overreacted from a place where I couldn't understand myself. Today I know who I am and I remember what I've gone through in my life, so instead of throwing my hands up and my towel in, I was expressing with my words to describe how I felt and why I thought I may be feeling that way. Honest and raw emotions expressed in a clear and focused way. I'm proud of myself to be able to do this because for most of my life here on this planet I had no ability to speak up and express myself. I didn't know my truth until I was 36 years old and had to relearn how to express feelings. I explained to my partner how I felt and what I needed. I hated what I was saying because it was showing me a pattern I used to fall into, one I had worked through enough but here we go again. I had a fear of commitment and would try to escape and remove my shackles when I felt I couldn't be open with what I was experiencing. When I get triggered, it opens a flood gate to unresolved and stuffed away issues.

My cache of unresolved stuff had been slowly and carefully worked through over the past four years and there isn't much left that's untouched. Except my issues with men and close relationships. I treasure my freedom and need time to be with myself. If I can't do the things that are vital to my wellbeing because there is too much going on around me, I drop it all suddenly and remove myself without explanation. I've always done that. But I want to make this work so I learned to be more expressive, problem with that is that sometimes I may be too open, or something could be misunderstood. It used to be so, that if I was honest, my feelings would get rejected and I'd be blamed to be abusive for simply expressing myself. When really, I just tried to be authentic. Often I was told not to talk about any of it and turn it down, so I ended up repressing and suppressing my feelings and even memories to make others comfortable, this only led to miscommunications, me feeling misunderstood and experiencing sudden anger outbursts with a myriad of shame and guilt following afterwards. In truth, I wasn't allowed to express my feelings openly because the men in my life always were highly immature and refused to deal or at least hear out my feelings and issues. Many men don't want to deal with "drama", every time someone says they are "drama free" or want a "drama free relationship" it tells me that this is a person who can't deal with life and reality. Highly immature and definitely not relationship ready. Every relationship deals with issues, and it's amazing to be with someone you can share your deepest issues with and discuss it, with tears and laughter, all of it, and still come out with hugs and kisses. That's true love. True love doesn't tell you not to talk about how you feel or what you remember from your childhood, true love knows that we are there for each other no matter what, without judgment and with an open heart.

So when I spoke, as hard as it was and as much as I thought I'll be again left behind for what I say, because that was simply the pattern; *"when I speak too much I'm gonna get abandoned",* but it didn't happen that way, I was somewhat surprised but not really. I know this person is different, he listens and communicates, allows me to be open and honest and tells me when he feels triggered, but still, in the end tells me; *"I love you, you fool",* I know, I'll never get abandoned again.

We fear abandonment and often portray to be the ones in charge of a breakup to not again feel like a victim, which we will feel like anyways once we realize we became victims again of a pattern of self-fulfilling prophecies.

It is time to break through that pattern of repetitive cycles, it's the only way to free yourself from your past, but you can't do it alone, find people you can trust. By speaking openly without holding back, you'll automatically weed out what is not healthy for you. Trust yourself.

Read about finding your true self in Living Your Truth Anthology.

Sabrina Goeldlin

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MYRTH

WRITTEN BY:
GRACE BARKWELL

Myrrh (/mɜːr/; from Aramaic, but see § Etymology) is a natural gum or (sap-like substance) resin extracted from a number of small, thorny tree species of the genus Commiphora via cuts in the bark. Myrrh resin has been used throughout history as a perfume, incense, and medicine. Myrrh mixed with wine can also be ingested. - Wikipedia

As Christmas quickly approaches we look at its significance in the Nativity.

Myrrh being commonly used as an anointing oil, frankincense as a perfume, and gold as a valuable. The three gifts had a spiritual meaning: gold as a symbol of kingship on earth, frankincense (an incense) as a symbol of deity, and myrrh (an embalming oil) as a symbol of death.

Matthew 2 tells us that the magi, or wise men, traveled from the East in search of the Christ child (whom they would have reached when he was approximately 2 years old). They inquired of King Herod where they might find Him, saying, "Where is he who has been born king of the Jews? For we saw his star when it rose and have come to worship him" (Matthew 2:2). Upon finding the baby Jesus, “they bowed down and worshiped him. Then they opened their treasures and presented him with gifts of gold and of incense and of myrrh” (Matthew 2:11).

Myrrh was also a product of Arabia, and was obtained from a tree in the same manner as frankincense. It was a spice and was used in embalming. It was also sometimes mingled with wine to form an article of drink. Such a drink was given to Jesus the Christ when He was about to be crucified, as a stupefying potion (Mark 15:23). Matthew 27:34 refers to it as “gall.” Myrrh symbolizes bitterness, suffering, and affliction. The baby Jesus would grow to suffer greatly as a man and would pay the ultimate price when He gave His life on the cross for all who would believe in Him.

- Got Questions

Who was in the manger that first Christmas morning? Some say he would become a great moral leader. Others, a social critic. Still others view Jesus as a profound philosopher, a rabbi, a feminist, a prophet, and more. Many are convinced he was the divine Son of God.

Who was he really? And how can you know for sure?

The Case for Christmas written by Lee Strobel invites readers to consider why Christmas matters in the first place. Somewhere beyond the traditions of the holiday lies the truth. - Amazon

How can Myrrh be beneficial to us today?

Many individuals may recognize myrrh by its unique fragrance, often described as spicy and pungent. Myrrh is widely used for its natural antiseptic properties. Before modern medicine, individuals would use myrrh to clean

wounds and prevent infections from taking hold, similarly to anti-bacterial cream. Its calming scent also made it popular as an incense, commonly used in homes and businesses to freshen the air. Today, we continue to use myrrh for a wide variety of purposes. Thanks to modern science, we know even more about the substance than ever before, helping us learn more about its usefulness. Take a look at the most common health benefits for myrrh in the modern age now.

It is an antioxidant which will help to reduce the physical signs of aging and increase an individual’s lifespan, making it a valuable addition to anyone’s daily intake both topically and internally. It is recommended to use a food grade essential oil such as is provided by Young Living Oils.

Myrrh contains two primary active compounds that make it a useful supplement for healthy immune response support. These active compounds, sesquiterpenes and terpenoids, are

found in different types of food and plant sources. Studies indicate sesquiterpenes and terpenoids help the body soothe inflamed areas, simultaneously helping to protect it from cell damage.

These benefits make myrrh a useful hay fever treatment for individuals living with allergies. Myrrh's anti-inflammatory compounds help the body reduce pain, swelling, and itching associated with hay fever. It may be used internally to treat symptoms like sneezing, itching, or headaches, or topically to treat rashes. If using myrrh essential oil topically, patients should be sure to

use a carrier oil so the product does not cause skin irritation.By using myrrh as an antiseptic for wounds like minor scratches and injuries, patients can reduce the chances of infection. Myrrh also works as an astringent to help strengthen the body's cells, making it an even more useful treatment for wounds.With the power to boost white blood cell function, myrrh can hasten the healing process for small wounds. Before using myrrh as an antiseptic for wounds, patients should contact their doctor to learn more about the potential side effects, because while myrrh is generally safe, there are some minor risks to consider before using it for the first time. Applying myrrh directly to the skin is a great way to promote skin rejuvenation and good complexion. Myrrh's antioxidants give it noticeable anti-aging properties and using it may help rejuvenate and moisturize the skin. Many individuals use myrrh to create homemade skin care products, like lotions and creams. It's important to always use myrrh (and other essential oils) with a carrier substance to reduce the risk of allergic reactions or irritation. When using essential oils on the skin directly, a carrier oil can be purchased from Young Living Oils and helps them absorbed transdermally without additional side effects. myrrh has been shown to be effective at ridding the body of several types of dangerous parasites, including S. haematobium and S. mansoni.

Generally speaking, myrrh protects against various factors that contribute to infection, putrefaction and toxicity included. By supporting the repair of cells throughout the body, myrrh effectively wards off infections without causing serious side effects. Myrrh also helps individuals fight fungal infections, like ringworm or athlete's foot. By applying myrrh to the afflicted area or ingesting it orally, patients can use it to help their body recover more quickly from a fungal infection. - Health Benefits of Myrrh by Health Prep

Myrrh is used for indigestion, ulcers, colds, cough, asthma, lung congestion, arthritis pain, cancer, leprosy, spasms, and syphilis. It is also used as a stimulant and to increase menstrual flow.

Myrrh is applied directly to the mouth for soreness and swelling, inflamed gums (gingivitis), loose teeth, canker sores, bad breath, and chapped lips. It is also used topically for hemorrhoids, bedsores, wounds, abrasions, and boils. - WebMD

Young Living embraces a rigorous quality control standard to help ensure our products meet strict specifications. Seed to Seal is our set of standards that helps ensure that with every pure essential oil and Young Living product your family uses, you're enjoying the benefits of our global resources, industry leadership, and over two decades of innovation.

Compiled by Grace Barkwell

Budget Like A Boss

Here is my link to Young Living Essential Oils so you can enjoy the benefits of Myrrh too!

https://www.youngliving.com/vo/#/signup/new-start?

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WHAT IS IT ABOUT THE HOLIDAY SEASON.....

WRITTEN BY:
RON FINLAY

What is it about the holiday season what makes people happier, more full of joy and high spirited? After all, it's cold, snowing, slushy, gets dark early and still, people take delight in Holiday Festive lighting, the same songs they've heard a million times, echoing from every storefront. There's just something magical about this time of year as we crunch through the snow on our daily trek.

Is also a time of year specifically Christmas, New Year's and the soon to follow Valentine's Day that makes this an important time of year for couples of all ages to become engaged. With no surprise there's a plethora of bridal shows seeking to lure the young lovers into spending a fortune on their wedding day.

I've been in the wedding business since 1981. I run a DJ service called Perpetual Rhythms Entertainment Services. I also do bridal shows, but not the big mega 3-day shows. I find they are a desperate attempt to "book the show special", before even knowing, or caring, about what the couple wants. I can only imagine the overwhelm the couples feel.

Instead, I do smaller 1-day boutique style shows, where I can offer more personalized conversational help for couples who pass by interested in having a truly unique wedding. I know everybody says that, but how many actually vendors can actually deliver?

Here's how I can help, a lot. Most DJs settle for the 8 standard highlights in a wedding reception. I have long since surpassed that, and for many years we have been custom creating up to 38 highlights - amazing, one of a kind moments, that create memories to last a lifetime. Pretty unique, eh?

As their DJ I arrive to see the result of their planning. As an engineer, I notice... everything. I started making a list based on what I've seen just this summer, and it's over $33,000 worth of mistakes that happened over and over. So I'm not sure they're weddings are as unique as the couples had hoped. Why does this happen? The same wrong advice, from the same flawed sources. I'd like to change that.

My best friend taught me: "If you fail to plan, you plan to fail." So let's make a better plan.

Every couple dreams of a fairytale wedding and a beautiful life. Many struggle for two years after just to pay for a wedding that wasn't even their dream day. This happens because they get the wrong advice from people who do not have the experience that I am delighted to offer. As a certified wedding planner, and an engineer, I have taken a very different approach to planning weddings by creating the wedding planning workshop to help couples save $5-$10,000 and have a better wedding. Now that's the beginning of a beautiful life.

The biggest challenge couples face is that they trust the Internet, that everything they read is true, that they read very little seeking instant gratification from the snippet, and have little or no experience planning a wedding. In fact, every wedding book, magazine - you know, the ones with the checklists - has a $15,000 mistake in the checklist, and it's been that way since before I started in 1981!

Planning a wedding is actually more complex then building a house on the vacant lot. It turns out that both of these projects involve about 30 vendors or subcontractors. Imagine the windows showing up the day they're digging the foundation hole. Sounds like they've arrived a little bit too

early. And why are my counter tops in the mud?

Planning a wedding is about hiring the right people in the right order and having the right amount of budget to get the results you want. In our experience, shopping on the price assumes that the vendors are the same. Nothing could be farther from the truth. Wedding vendors are not a commodity, like a TV. Some stores simply sell the exact same TV for less... or is it last year's model... for less? Hmm.

Without thorough research and truly understanding the value proposition and how that vendor's services will make them "feel" on their special day, couples risk hiring the wrong people in the wrong order for the wrong amount of money. Worse, they hire low value services and run out of money for other things that actually will more significantly impact their day so they cut corners to try to make up the shortfall, DIY their wedding day, hoping for the best or they simply go over budget and fight and argue over the money. I've even seen couples break up and not get married at all just because of the financial stresses associated with planning their wedding. This is not the beautiful life they thought they were going to have when they became engaged.

So if you, or someone you know is of an age, in a relationship that is ready to be taken to that next level, is engaged or soon may become engaged, especially with the festive season coming, I would truly appreciate the opportunity to help them create their dream wedding and save a lot of money, time, stress, hassle, but most of all risk. I've made it my life's work for nearly 4 decades to help couples have there most perfect wedding day: one that I truly believe they deserve.

As we look back on 2019, and forward to 2020, a new decade, and the biggest new Year's Eve in 20 years, I wish all of you associated with Beautiful Life Magazine, the joy, peace and even tranquility amongst the hustle and bustle that makes the festive season wonderfully exhausting as we take time to relax, at last, with friends and family, and take pleasure in the beautiful lives that this country allows us to live. I wish you all the best of the holiday season.

Ron Finlay, B.A.Sc., P.Eng., WPICC

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IT IS WHAT IT IS...OR IS IT?

WRITTEN BY: PAUL LITWACK

*For more on this strategy: harness the **Be Your Best Self** leadership series, a key resource in my proven **GetUNstuckNOW.org** Breakthrough coaching system).*

Welcome my valued readers (and new ones too)! Starting now, let's go on a deeper dive together, harnessing combinations of the 20+ guaranteed-result, empowering strategies and tools I've introduced earlier in this leadership series.

As the saying goes: *"Where your focus goes, your energy flows."* And so, with that in mind, now let's turn our focus towards... focus!

Or, more specifically, how to auto-adjust our *Depth of Field* to serve us better. That's right, our mind can do more than we think!

Here's how our mind's *Depth of Field* function works: Think of taking a photograph of a lovely flower garden, seen through a chain link fence. When you choose to focus your lens directly on the fence itself, anything in front or past it, including the garden ...will be a blur. And though plenty does exist (out of focus), it all becomes non-visible. Similarly, when you focus your lens just past that same fence, the desired garden is now clearly in focus... and the previous, view-blocking fence is a blur, even non-visible.

In essence, without exception, *"What you see ... is ... what you get!"* Everything else that is out of focus, becomes non-visible. This is a powerful life lesson too: you can indeed create and manifest the more compelling life you desire. And it is truly your choice what you make of it. For yourself, and for those who matter to you. That's right.

Why then do *Limiting Decisions* ("LD"s) exist ... *and what to do!* Including eliminating each and every one ... even *before* you are tempted to create/fuel one in any of your 90,000+ decision opportunities per day!

I believe they exist (like this article image shows), to show us that different possibilities can appear, when we shine light from a different focus point. This three dimensional object can project light as a simple triangle, circle, or square. Or be complex, as projected in its shadow.

That's why harnessing the 'Thank You' Awareness Strategy tool is truly key to seamlessly changing gears, in the moment, to reframe/write/edit the focus of your self-story to what serves you best. Consistently.

This strategy is the difference that makes the difference. That's why I empower my coaching clients to harness this 'Thank You' Awareness Strategy tool *in their very first hour* of their **Get UNstuck NOW!** Breakthrough coaching.

When to harness it: *Each time* something 'different' happens than you expected (recall anything out of focus is a blur, even unseen. So, when (your) results seem 'off', do note that it is just the focus in your 'story', the one ... you can write/edit for yourself, consciously 90,000+ times/day.

Here's how to harness it:

Physically write (yes, by hand!) this 'Thank You' mantra at least three times, each on separate pieces of paper:
"Thank you UNconscious ... for bringing this to my attention. Now I know what to DO."

Place each piece of paper in a visible, handy place for ready reference (ideas: in your purse/wallet, on the mirror, fridge door, monitor/TV). Keep them visible until this strategy becomes natural for you (usually a day or so). Many find it helpful as their mobile home screen image.

Then, any time something occurs, different than (you, in your 'story') expected, say the mantra out loud (to yourself) ... and DO whatever your *Inner Truth* guides you at that moment, without delay.

Harness this strategy consistently from now on to serve you best. Naturally.

How soon will you decide now to experience this kind of positive, empowering focus shift for yourself? The key is to DO it, consistently, as it truly serves you best! Why not apply it for 7 days and track your own results. My treat.

Consistently, ALL my Breakthrough coaching graduates confirm that this strategy is key to their continuing Breakthrough achievements. That's right, and this is one of many hundreds more proven ***Get UNstuck NOW!*** Breakthrough strategies to empower you to create consistently improved results.

Next Step: Who do you know desires to harness these strategies for themselves now (do share this with them). And how soon will you confirm a quick empowering chat (most leaders need under 5 minutes with me) to apply these strategies for yourself or for your group too. My treat: call me (905) 764-8525 or via a handy form at: www.bit.ly/askcoachpaul

Sending you positive energy for creating improved health, wealth and happiness for yourself and for those who matter to you. Now, as we approach the holiday season... and into the New Year.

Paul

Since 1976, harnessing successful leadership assignments (from the 'back room' to the Boardroom on 4 continents), Paul Litwack empowers leaders ready for a change to create improved, measurable results. Guaranteed in writing. Community-minded too: a week after 9/11, he volunteered at Ground Zero.

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THE ART OF ACCEPTANCE...GREATEST GIFT OF ALL

WRITTEN BY:
DIANE MAKAROWSKI

THE ART OF ACCEPTANCE..GREATEST GIFT OF ALL

IN LIFE, WE NEED TO TRULY UNDERSTAND AND ACCEPT OUR BOUNDARIES, OUR IDEALS, OUR THOUGHTS AND OUR ACTIONS. WE ARE TOTALLY ACCOUNTABLE FOR ALL OF THE ABOVE, WE HOLD OUR FUTURE IN OUR HANDS AND WE NEED TO RECOGNIZE OUR LIMITATIONS, OUR FAILURES AND OUR SUCCESSES IN THE SAME WAY.

WHY IS THIS THE CASE? BECAUSE A LIFE WITHOUT ACCEPTANCE IS A SERIES OF MISSTEPS, CALCULATED RISK AND INEVITABLY, DOOMED RELATIONSHIPS, BUSINESS VENTURES AND LIFE. LIVING A LIE, NOT UNDERSTANDING WHO WE ARE AND WHAT WE ARE REALLY ABOUT, JUST GIVES OTHERS POWER OVER US AND DOES NOT ALLOW US TO CELEBRATE THE UNIQUENESS OF WHO AND WHAT WE ARE. IT IS JUST THE COOKIE CUTTER APPROACH TO A LIFE, NOT A COOKIE. IT IS THE EASY WAY OUT, IT IS THE DEATH OF TRUE AND REAL THINKING AND CAUSE AND IT BENEFITS NO ONE.

PEOPLE WHO ARE ABLE TO ACCEPT AND UNDERSTAND WHO AND WHAT THEY ARE ABOUT, ARE THOSE WHO WILL COME INTO THE PLACE THEY SHOULD BE EASIER AND FASTER, THEY WILL SEE SUCCESS AND REALIZE THEIR POTENTIAL BECAUSE THEY KNOW WHAT IT IS. THIS DOES NOT EVER MEAN THAT YOU DO NOT IMPROVE AND GROW, IT MEANS THAT AS YOU DO, YOUR ACCEPTANCE OF YOUR PLACE AND YOUR SELF CHANGES. AHHHH...THE KEY TO GROWTH, HAPPINESS AND ACCEPTANCE IS CHANGE.

TO LIVE A BEAUTIFUL LIFE OR A NOT BEAUTIFUL LIFE, TAKES THE SAME AMOUNT OF EFFORT. YOU NEED TO CHANNEL DIFFERENT ENERGIES TO GAIN THE RESULT YOU ARE LOOKING FOR. THE RESULT YOU NEED, THE RESULT THAT YOU CAN ACCEPT. NOTHING IN LIFE HAPPENS BEFORE IT'S TIME, AND THAT INCLUDES THE GOOD AND THE BAD AND THE UGLY. THE ART OF ACCEPTANCE AND THE ART OF LIVING ARE TRULY ONE AND THE SAME. IF WE LIVE THE LIFE WE HAVE AND NOT THE ONE WE THINK WE SHOULD HAVE, IT IS EASIER FOR US TO TRANSITION TO BETTER CAREERS, BETTER LOVES AND BETTER LIFE. BETTER TO ME, IS A SUBJECTIVE TERM, IS ME AND US WHO DETERMINES WHAT IS BETTER.

AS WE APPROACH THE LATTER PART OF THE YEAR, WE WILL CELEBRATE CHRISTMAS AND NEW YEAR AND HAVE THE SAME RESOLUTIONS AND HOPE WE HAVE HAD IN THE PAST. TO BE REAL AND MOVE ON THIS YEAR, WE WILL NEED TO SEEK AN UNDERSTANDING OF WHY WE DID NOT LOSE WEIGHT, SAVE MONEY, FIND THAT SPECIAL PERSON. THE ANSWER IS SIMPLE. WE DID NOT AND DO NOT ACCEPT WHO WE ARE AND WHERE WE ARE RIGHT NOW. HOW CAN WE POSSIBLY EXPECT TO MOVE ON TO THE NEXT LEVEL WHEN WE ARE STUCK IN THE PRESENT OR THE PAST?

THIS YEAR AS WE DECORATE THE TREE AND BAKE COOKIES, LET US ALL JUST ACCEPT WHERE WE ARE IN THE MOMENT AND TRULY LIVE IT. THEN WHEN WE APPROACH THE NEW YEAR, DO NOT MAKE RESOLUTIONS THAT NEVER MATERIALIZE, JUST ACCEPT THE TIME YOU LIVE IN, AND MAKE A PLAN TO MOVE TO A NEXT STEP. TO CHANGE SOMETHING THAT IS POSSIBLE AND TO ACTUALLY MAKE A LIFE CHANGE THAT BENEFITS YOU AND DOES NOT MAKE YOU FEEL INADEQUATE FOR NOT BEING THE PERSON WHO MADE THE RESOLUTIONS.

GIVE YOU THE GIFT OF YOU. ACCEPT YOURSELF AND YOUR LIFE AS YOU ARE IN THE PRESENT. THEN AND ONLY THEN, WILL YOU BE ABLE TO ACCEPT THE CHANGES YOU WILL MAKE AND HAVE THEM STICK.

Facebook/ Diane Makarowski

THIS CHRISTMAS

WRITTEN BY:
STACEY WALCOTT

This Christmas

Life is a give and take

Though it can seem like there are a lot more takers than givers.

God is a giver, not a taker, we must follow his example

The world we live in is filled with anger, divisiveness and getting so violent and out of control

We need open hearts, to be more kind, be more supportive to each other.

Positivity & Love

Stacey Walcott
Facebook / staceywalcott

ibo.sunrider.com/site/staceyking

A Beautiful Life Magazine's

GIFTS

You Definitely Have to Give this Holiday Season

LOVE

HOPE

FRIENDSHIP

HELP

KINDNESS

FORGIVENESS

EMPATHY

COMPASSION

ACCEPTANCE

TIME

abeautifullifecanada.com

Join the Movement!

IN THE BLINK OF AN EYE

WRITTEN BY:
MELISSA BRANKIEWICZ

In the Blink of an Eye, Channel July 10, 2019

In the blink of an eye. It takes us there. Through the past. Through the night and awaken us to the brand-new day and timing of the ones we are missing and rejoicing in. Please take my hand and take heed to the messages and reminders that we bring forth to you today. Please remember we love you. Please be kind to one another.

Please take stalk of where you are, who you are and all your loved ones all around for this is what truly matters now at this time. In the pinpoint of your life. It is there. Can you fathom the time being kept up till now? The time keeping, the clocks, the workings of it all measuring up now to lead you where you want to go.

Can you take the messages and lessons of the past to help you keep your foot hold tightly on the ground now where you are? Can you bring forth the best version of yourself, the best behavior known to mankind now? It is in this that we will participate in the next moon phase of your life now.

Tick tock, tick tock, can you feel it, and hear it. The vibrations are soaring off the chart. It is in the many now that are feeling this and will take care of the necessary emotions and means of getting where you want to go safely and tightly woven into the space and time network of your beings now.

It is in this, the trying, the doing, the moving forth and casting out of the old shell and paradigms that you are in and all of that you can remember now. From the brotherhood and the sisterhood of lifetime passing's. We are here now all together as one to help format this union of one and night now, in the heart of it all now.

Feel the synchronicities, feel the love, feel the joy. Its all in the making now. It is what is driving you forth now. Can you feel it, in your consciousness being shared all around the world now? We are one and we are all together here driving you forth the with great effort and ease to set the clocks to the time zone of the next. The Netherlands if you may. The next point in history that will be making a comeback and a difference in all your lives now.

Can you feel it. The beating of your hearts now. The triumphant in the sharing of our guidance and wisdom now. Please share with them the teachings. Remind them of there grass roots. The energy balancing, the healing that can take place now and will continue to take place in the hearts and minds of many now.

It is in the shining and basking in the glory of the witnessing of the miracles to come land on your doorstep. To show you and offer up that gift of one and all as we all shine forth in this divine masterpiece in this world and all around to the next world which is in the foreseeing future of men and women now.

Please keep your children close and safe to your heart. For our energy will energize them all within the embraces of your loved ones and children now. Please feel it ricochet and streamline all around you. Feel the deep depth of the dimension we are leading you though now. Feel the truth for you know it is in kindness and gratitude within your kingdom now that will catapult you up the next level and accomplishments now. Up to the next. The 5d, the next dimension, in the vibrations and the hearts of one.

Please carry forth your kindness to them all, help them open up and guide them to the path of holy and love. In the guidance and characteristic needed to guide and blend in in this wonderful majestic time now in our lives. It is in the casting out of your shyness and humbleness that we see you and cherish you.

Please follow through with the promises of hope peace and guidance now. Its in this miraculous times that the beings that you seek out, will show themselves and offer up the great conclusions to the mysteries of your past and we will help all strive forth for the new beginning that you are about to embark on now.

Today and tomorrow, go forth and show the world your love and deep forth strength and wisdom now., in the hearts of many we can feel you now. Please take hold of our hearts and hands now. It's the purest and of peace and grace. Be kind and share your light and words to the world within your kingdom now. Forever amen and peace amen.

True Beings of Light Intuitive Healing

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Welcome to my sacred space where I can offer you the opportunity to receive messages from your loved ones, spirit guides and guardian angels. I can help you to connect to true beings of light through channeled, mediumship, psychic messages. I offer Reiki Energy Healing, Meditation, Mediumship and Intuition classes.

DITCH YOUR SELF DOUBT

WRITTEN BY:
VERONCIA HISLOP

Ditch Your Self-Doubt Boost Your Self-Esteem The Entrepreneurial Path Towards Success

Are you an entrepreneur who is starting up a new business?

Do you struggle with a persistent sense of self-doubt that you can't or won't succeed?

You know you have the knowledge; you know you have the experience; you know you have the ability; yet, on some level you still question your skills and worry about your potential to succeed in a loud and busy entrepreneurial world.

Although these doubts can be confused with low self-esteem, they're very different in how they factor in to results.

Self-doubt is a normal feeling and tends to creep in when you're faced with something new or different. Even those who have been in the business long enough to have gathered a reputation of success can have doubts about their abilities to bring their businesses to the next level of success.

Self-esteem comes from knowing and owning your capabilities. It comes from relentlessly using your positive self-talk to brand yourself as a person you can believe in to achieve the outcome you want.

The world of entrepreneurship is all about promotion. It does not matter just how good you are, and whether you are good at what you do, if you are a well-kept secret.

Marketing yourself and your services takes surety and confidence and that is all related to your self-talk.

In the world of entrepreneurship, you have to be ready and willing to put the time and effort behind your ideas. You have to be willing to put yourself out into the world and promote yourself, promote your product, and promote your services.

Yet self-doubt can crush all of that if you focus on your past failures, and faultily compare yourself to other people doing the same thing and give in to those fears. This is when Imposter Syndrome feelings can kick in and take over.

One way to fight self-doubt and let your self-esteem take over is to act. That's the only way you'll ever gain the experience you need to reach the goals you've set for yourself. You'll gain confidence as you progress through the smaller goals to reach the larger ones and this will boost your self-esteem and push the self-doubt into the background.

Relying on your self-esteem to push aside your self-doubt when it threatens to paralyze you and ruin your plans for the future is as simple as calling in on past success and accomplishments, along with your mental acumen to get things done. After all, you've succeeded with many things in the past and can do it again.

That is why keeping track of success is vital and necessary to propelling achievement. Even calling on successes that you have had in other areas of your life can be helpful, as it reminds you of the mindset habits and steps that you had to have in place in order to get the results you achieved.

If you are able to transfer this process to what you need to do now you have a blueprint at your fingertips that can guide you in your next steps towards success.

Commit to learning, get out of your head and invest in some coaching or mentoring.

Silencing the self-doubt, you may feel when starting a new business venture can be put to rest by taking continuous, focused action; using past success as a validating guideline and blueprint; and investing in continuous learning and support. These simple actions can send you on the way to getting the results you want.

And guess what else it will do?

It will add to and boost your self-esteem.

Are you plagued by self-doubt as an entrepreneur that you feel is interfering with your self-esteem and productivity?

Are you an entrepreneur who is starting up a new business?

Imposter Syndrome - Your Kickass Guide to Recovery is now available as an online course.

To find out more, click here.

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FROM CLUTTER TO BLISS

WRITTEN BY:
ANN POWELL

FROM 'CLUTTER TO BLISS'

Hi, I'm Ann Powell, The Wellness Decorator, founder, visionary and guiding spirit of Home Healing Hues, your not so traditional interior decorating company. I'm happy to be back continuing from my first article. I was decluttering my physical space in the basement and creating my own healing space, 'My Blissful Space', which I am happy to say is complete.

CLUTTER

First of all, clutter is nothing to be embarrassed about. Millions of people are clutterers and have clutter somewhere; the basement, garage, closet, their living space, but you know what- who cares! One day you will get to it when you are 'mentally ready,' like I did when I walked into the basement and instead of just passing by the clutter everyday like before, it finally registered with me and I said, "That is enough, I need to clear out this space." I was finally 'mentally ready' to get rid of things and my husband felt the same. We took on the task together which was great, because half of the clutter was his and I wouldn't have had a clue what to do with all his hunting and fishing gear!

Now the hard part when you start decluttering is being able to get rid of sentimental things. This is a challenge for a lot of people. You have things that belonged to your parents, toys your children had when they were kids to pass along to your grandchildren, keepsakes of things that were given to you and the list goes on.

Think positive. Decluttering my basement gave me extra living space to enjoy. Decluttering your garage (for example) would mean you can actually put the car in it! As another example, one of my clients would like a day bed in her office for extra sleeping space. Her closet is filled with untouched clutter so I suggested we clear it out and add shelves and boxes to organize her paperwork since there is not enough room for filing cabinets as well as a day bed. Maximize the use of space that you have with what you need, don't max out your space with anything extra.

HOW YOUR CLUTTERED SPACE AFFECTS YOUR ENERGY

Whether you recognize it or not, walking into a cluttered environment and living in it every day impacts you mentally, emotionally and physically. Frustration and stress can come not only from the clutter, but also from the thought of doing the decluttering.

When the task of decluttering is finally undertaken, everyone makes progress at their own pace. Some people might take an entire summer to clear out the garage (perhaps with a yard sale in the middle), or multiple weekends to organize the closet. When I decided to create 'My Blissful Space' out of my cluttered basement my husband and I went full force ahead. I wanted to finish quickly and we worked approximately six hours a day for four days. We also had to get rid of stuff in other parts of the basement in order to organize his hunting and fishing gear in one spot and still keep all of my decorating accessories. He made dump runs, I made donation runs. The pile of things to keep was edited until it was manageable.

Having that basement cleared out, before it was even decorated took a load off. It was an amazing feeling to see it go from clutter to a completely empty space. I don't think that people realize the mental, physical and emotional toll that clutter puts on our lives until you declutter and feel that weight lift off.

I still have a lot of decluttering to do elsewhere but feel so grateful and happy in this 'Healing Space' I call 'My Blissful Space. I now have a healthy space with good energy where I can dance, meditate, journal, write articles like I am now doing. Start with something small like a closet- or even smaller, like a desk drawer. All you need is one space finished for the motivation to snowball.

I would love to see your own pictures of taking spaces from 'Clutter to Bliss.' Send me an email at ann@homehealinghues.com.

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GRIEF- WE HAVE A CHOICE

WRITTEN BY:
TAMMY ADAMS

I am continuously amazed at the intuitive wisdom of nature; how nature innately follows the guidance hidden deep within. It is similar for us humans, as it is for many of life's creation, with one main difference: choice.

Let us consider the wisdom of an avocado seed; its ability to sense the water gently caressing the underside of its shell; to know it is the time to awaken to what is within and begin the birthing process. As long as the sprouted seed continues to have access to water, light, and enough room to grow – it flourishes, acting on the internal blueprint coded into the seed itself.

A similar blueprint for our existence is stored within our subconscious. However, unlike the plant, we have the ability to change our minds. We are able to review the information stored within, recognize we have a choice, and realize we can create something different.

Our internal blueprint, which affects so much of our life, is typically formed between the ages of 0 and 8. This blueprint is designed by what we hear, see, feel, taste, and experience during those early years. We are not taught to hit the pause button, review our life experiences, and choose an alternative direction in order to affect a different outcome. Instead we are taught we have no control over our life path, that our destiny is predetermined, and our life is a victim of fate. As a result many may live their life feeling trapped, waiting for time to change the circumstances of their existence.

Like the avocado seed our life unfolds: Subconsciously, habitually, driven by our past experiences. This blueprint contains emotions of things we wished had been better, different, or more; unrealized hopes, dreams, and expectations; and things we never had the opportunity to say or do. We resist the intuitive healing process and we suppress our emotions; hoping they will just go away.

Unlike the avocado seed – we have a choice.

Grief is the normal and natural reaction to an emotional loss. Grief is also the result of a change when we alter something which was familiar to us. Without the correct tools to process these emotions we store them in an emotional backpack and learn to function under this additional weight. As these feelings accumulate our bodies desperately try to get our attention, to nudge us to heal. However, as the unknowing victims of fate, we do what we have been taught; we bury the emotions and carry on.

The avocado plant is not bound by emotions or feelings. It is not limited by obstacles. As long as it has water, soil, and sunlight the plant continues to grow. Humans do not seem to have this freedom. Their lives are consistently driven by regret of the past, fear of the future, and their stored memories prevent them from moving forward. Many forget they have a choice.

The Grief Recovery Method® provides you with, and teaches you how to use, specific tools which allow you to hit the pause button; to take time to discover, for yourself, the pain you have been carrying. It teaches you the small and correct steps to take to heal the wounds of your past, allowing you to step back fully into life.

When you choose to begin to heal your pain, your subconscious mind will present the events and relationships in exactly the order for you to heal. Ironically, in most cases, you may not even begin with the significant loss you initially thought was the issue. There are always surprises and many are shocked at what lies beneath the surface. Even more surprising is what chooses to present initially.

Human beings are intuitive. We have the same innate wisdom the avocado seed possess. When our species was young, void of technology and distractions of our modern lives, we trusted our inherent wisdom.

The Grief Recovery Method® allows you to clear away the fog. To eliminate the replay button and move through your pain to the other side. To find yourself in a place where you are open to receiving the life which is in front of you. To bloom where you are planted. Free of the pain of your past. Trusting and following the process is essential for success. You have a choice.

Imagine living from a place where you are open to growth, plain and simple, like that of the avocado seed. Imagine being able to respond positively, without triggers, to your environmental stimuli by choice.

The avocado seed grows where it can, based upon external stimuli. You, however, are able to flourish no matter where, no matter what the stimuli – all you have to do is choose.

Tammy Adams

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HYPNOSIS FOR CHILDBIRTH

WRITTEN BY:
SHIELA SCOTT

A Peaceful Birth For a Peaceful Earth

Would you like to have your baby naturally, easily and as comfortably as possible without the use of drugs or surgical interventions? Please read on.

Pregnancy should be a time of preparation, relaxation and looking forward to the birth of your child, but it is sometimes a time of worry and anxiety. The good intentions of friends and family can create fears and doubts about what to expect during pregnancy, labour and delivery. Hypnosis can help!

What is Hypnosis for Childbirth?

Hypnosis for childbirth, sometimes called hypnobirthing, is based on the concept that utilizing hypnosis can reduce and sometimes eliminate the perception of pain associated with labour. It teaches the expectant mother to relax her body fully and thus release fear and resistance to the natural process of birth. The deeply relaxed state that is achieved during labour helps accelerate the birthing process and create a natural and positive birthing experience.

But isn't labour supposed to be painful?

Well actually no. During labour a woman's body produces endorphins that are at least 18 to 20 times more powerful than morphine. Nature intended that women give birth joyfully, even ecstatically. However, fear during labour produces catecholamines that counteract endorphins leading to a vicious cycle of fear then tension that causes pain that increases fear that leads to more tension and so on.

The good news is that self hypnosis, if practiced before the onset of labour produces a deep level of calm and serenity therefore eliminating the fear - tension - pain cycle.

In the 1930's Dr. Grantley Dick-Read, a British obstetrician first documented the fear-tension -pain phenomena in a book called "Childbirth Without Fear". His philosophy was that women should be prepared for labour through education, to counteract the negative images and misinformation about childbirth given to women from family, friends and medical staff.

Hypnosis during Childbirth:

a) *reduces* or eradicates fear, tension and pain before during and after your labour and delivery,

b) gives you control over your labour and birth,

c) *reduces* or eliminates the need for pain medication,

d) allows you to be conscious and cooperative with your midwife or physician,

e) allows you to speed up or slow down your labour,

f) increases your confidence about birthing naturally,

g) unlike medication, hypnosis does not cause extra stress on the circulatory, respiratory, hepatic or renal systems,

h) reduces or eliminates fatigue during labour and after delivery,

i) shortens labour time by approximately 2 to 4 (or more) hours for most mothers,

j) eases delivery,

k) requires no elaborate education, only a willingness to use it,

l) allows for faster healing time and recovery,

m) significantly decreases the risk of mothers becoming depressed after birth (postpartum depression).

*Please note that total pain elimination cannot be guaranteed with hypnosis as each pregnancy and labour is unique. *

Who should use hypnosis for childbirth?

Any woman who would like to have a natural birth can use hypnosis. Even women who are planning to have caesarian sections can use hypnosis for relaxation during their pregnancies and to speed recovery after surgery.

Who is in control during hypnosis?

Hypnosis is not, sleep, unconsciousness, magic or mind control. It is a normal, natural state the we go into at least ten times daily. It is the same as daydreaming, meditation, reverie and even prayer. All hypnosis is self-hypnosis, therefore the birthing mother is always in control. Husbands and birthing partners can be taught special techniques to assist the birthing mother to go deeper into hypnosis but ultimately it is the woman who is in control of her labour and delivery.

CLASS INFORMATION

There are five hypnosis for childbirth classes.

The best time to start classes is between 20 and 26 weeks of pregnancy.

However, women can start classes at anytime, even late in their pregnancies.

Each hypnosis for childbirth class is approximately 2 hours in length.

Women and their birthing partners will learn:

a) effective Self Hypnosis techniques for deep relaxation during pregnancy and pain management during labour;

b) How to reduce your chances of medically induced labour by 96%!

c) how to create your own Natural Anesthesia

d) how to birth naturally with the minimum of medical intervention,

e) why women feel pain during labour and how to reduce or eliminate it,

f) how to trust your body and reclaim your natural birthing instincts,

g) how to birth calmly and confidently,

h) the importance of taking Omega 3 fatty acids during pregnancy,

i) breathing exercises

j) positions for easier birthing

.....AND MORE!

Sheila Scott M.Ht. is a Master Hypnotist with 15 years of experience. She has specialized training in hypnosis for childbirth, pain management and medical hypnotherapy. Her websites are www.hypnosis-for-childbirth.com and www.heartandhandshealing.com

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The Mourning Pages **is a guided workbook created to help work through loss. It is a compilation of different tools specially selected to help you navigate your healing as you journey through loss. Each component of this workbook intertwines and supports the others.**

Within its covers, you will find journaling pages. Journaling is cathartic and nowhere will you find more sympathetic listeners than a pen and a piece of paper. Journaling allows us to open up, to be vulnerable, honest and authentic to a non-judgmental audience. At the top of each of the journaling pages, you will find journal prompts to encourage and discuss some of the things that would be left to linger in the air. As well within its pages you will find shares stories. There is solace in a shared story, knowing that somebody somewhere knows how you feel. Honouring us by opening their hearts and sharing their unique journeys, thirteen individuals have shared candid and raw emotion in interviews.

With ease and grace, colour affects the brain and emotions. Using the psychology of colour in this workbook, you will discover how colour can be used as a healing tool as well as which colours outshine the others in helping heal grief. To help you to connect with the healing of colour, you will find colouring pages, as well stories and how they connect with colour.

Lastly, Mantra are words or sounds that aid concentration when repeated continuously. As well, Mantra brings about shifts in energy within ourselves. Mantra is said to induce only positive intentions and actions in the mind and eliminates negative thoughts and emotions. On the colouring pages interspersed throughout this workbook there are mantra prompts at the top of the pages. These help to connect even more deeply with the colours you are using. I hope that you will enjoy this workbook. Its pages are filled with love and gentleness to help us transform on your journey through grief.

Blessings
Susan

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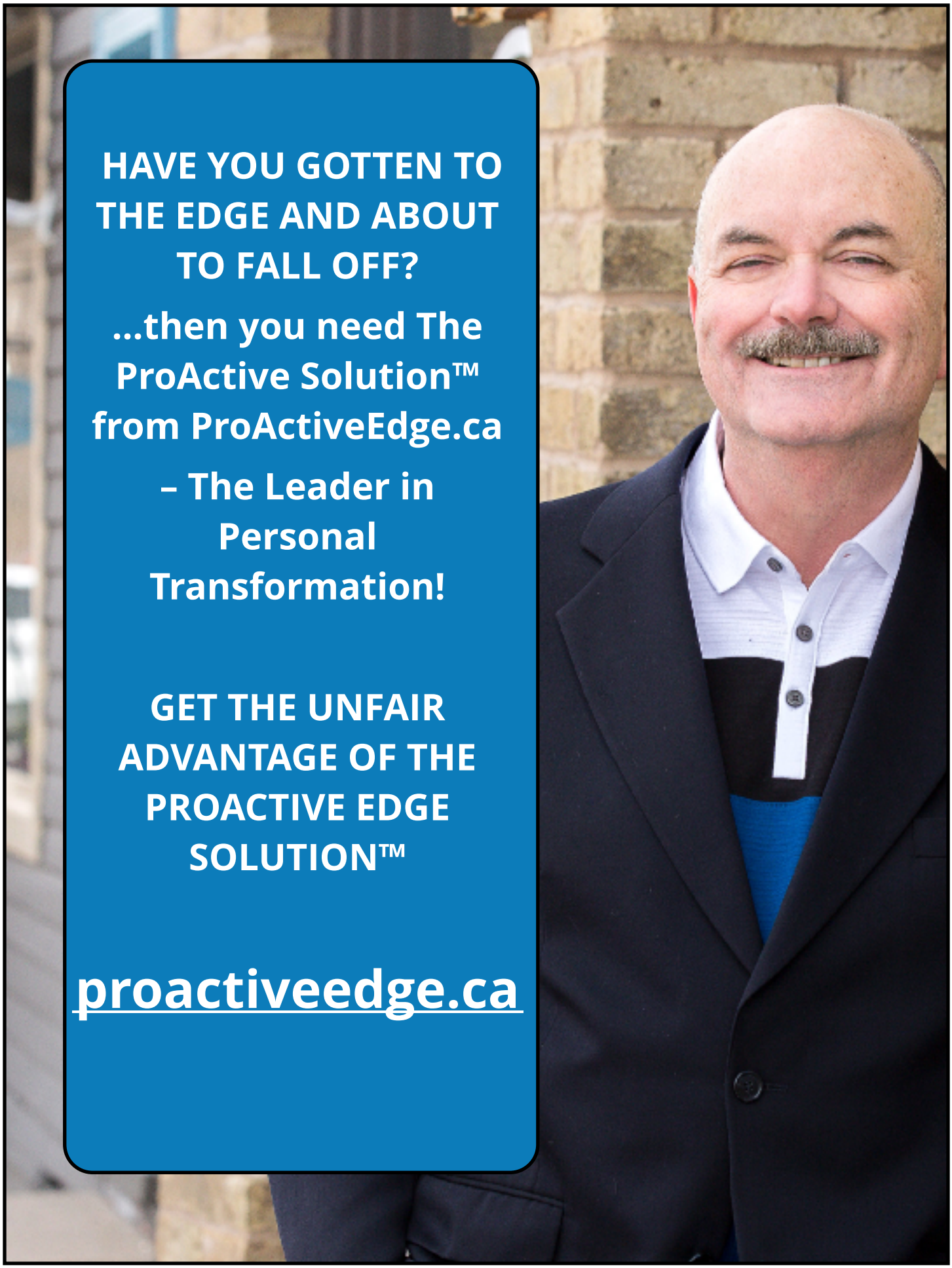
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