



A Beautiful Life

Magazine

**A Hope
for Tomorrow**

**We Belong in
the Light**

The Shift

**Could it be An
Opportunity?**

May 2020

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www.abeautifullifemagazine.com

Love, Light and many blessings to you all.
 Spiritual Journeys are a strange thing I have to say.

This book explores my journey from an insecure kid growing up in Southern England in the 70s and 80s and onwards through several layers of Self-induced Bullshit to the present where I can happily say I have attained a somewhat higher state of being.

It is important to understand that everyone is wounded in one way or another Yes, that includes you!

....

But it is as equally important to understand that you are not alone and that each and every one of us is so incredibly powerful.

Not only do I share my story, but I also share some interesting tid-bits I have learned along the way to becoming a Spiritual Life Coach that will help you understand what is happening within you.

Are you ready to take a step towards a higher state of awareness?

Are you ready to truly understand how freaking powerful you are?

If so, pick up this book, have a read and enjoy.

Love and Light,
 Gerard

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*My New Book is out
 now on Amazon!



GERARD HIBBERT

THE UNIVERSE ISN'T
 OUT TO GET YOU

IT'S OUR THOUGHTS THAT
 FUCK US UP

From the Editor's Desk

Happy May, everyone! The rains of April are lightening up, and the flowers are starting to bloom. Yes, things are a little different this year, but I am choosing to focus on the flowers. And the carrots, radishes, strawberries (can you tell I'm growing a lot this year?) I had already planned on starting a fruit and vegetable garden this year before the craziness started - and I'm so glad I did. Nothing is better than forgetting all your troubles in some dirt, and caring for the plants. If you haven't already, and if you can, I highly suggest you grow something this year - even if it's one plant! What's great about gardening is that you can get a tree for 100 dollars, but you can also get a succulent for 3 dollars. Or some seeds for 99 cents! If spending money on plants is not part of your plan either, you can always take some seeds from produce that you buy at the grocery store and plant them.

I've been hearing a lot about "self-care" these days. I totally get it, and I totally agree that during these crazy times, we must take care of ourselves, and our mental health. But what about *others-care*? A few nights ago I was thinking to myself "Man, I'd really like it if someone called me right now." After I thought that it dawned on me: if I'm thinking that, I'm sure many others are feeling that way too! It's easy to get into our own heads during times like these, so I reached out to some friends. They were really happy that I reached out to them, and I was happy too that I took a chance and thought about how others are feeling through this time, not just how I'm feeling. Reaching out to others also got me out of my own head, and helped me focus on something else, which naturally lifted some of my burdens and pain. It was this thinking that made me so happy to take care of my plants. Plants are living, breathing, feeling

entities, and just spending some time focusing on them can instantly lift your mood.

Try saying "Good Morning" to your plant, even the dandelions in your yard! You'll be surprised at how much more you smile!

And, next time you're feeling down, try reaching out to someone and saying "hi" - whether that's through the phone, a video call, or as you see your neighbour passing by. It could make you smile, and make someone else smile too.

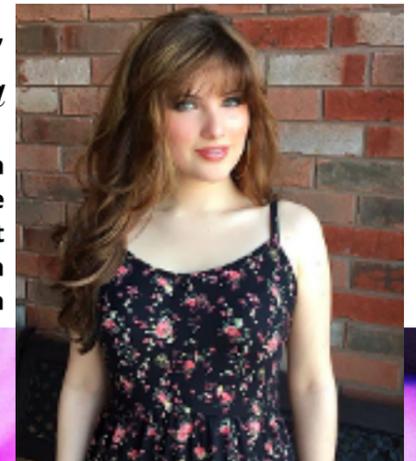
Here at A Beautiful Life Magazine, we are so excited that our Homestead Special Edition is launching soon! If you want to learn about self-sustainability, gardening, growing your own food, and using what you have to make home remedies, as well as find some delicious home recipes, make sure to subscribe and get the digital issue straight to your inbox (for free!) Go to abeautifullifemagazine.com to subscribe. We are also now publishing A Beautiful Life Magazine online EVERY month! So be sure to subscribe so you can get this magazine to your inbox too!

And, one more thing: For the launch of our 'A Beautiful Life Magazine Special Edition Homestead Issue', we want to do a feature on great recipes you can easily make at home! Do you have a recipe you'd like to share? Send it to krista@atfacevalue.ca, with the name you want printed, your picture, and pictures of your final result (if you have them)!

Wishing you all the best this month,

Krista

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THE SHIFT

THE SHIFT

People are confused about the state of our world and the unrest around us. We question our economic, political and social models. This questioning is making us rethink and wake up to a different consciousness, a realization that we have outgrown our current methods, and need change. This change is the **'SHIFT'** and it is coming from within. It may be tough for many, as it is shaking up our core beliefs. We know it is inevitable, yet, we are scared of embracing it.



We were provided evidence about the coming of this shift in consciousness through scientific laws, ancient knowledge and spiritual confirmations.

It's not a matter of **'if'** this is happening, but rather, **'when'** we are willing to accept it.

From a scientific angle, we were earlier governing our lives by the Newtonian Law, based on survival of the fittest. The discoveries of Quantum Physics changes how we look at things. Quantum Physics states we are all made up of energy. We are made of atoms that are vortices of energy which constantly vibrate. Everything in the Universe, radiates energy. At its core everything is made of energy therefore not physical, and is connected to every other thing at all times. This means, when you affect one thing in the Universe, everything else is affected. If the energy in one atom is shifted, it affects the other atom creating a chain reaction. If we all collectively move our energies in the positive direction, raising our vibrations, we will automatically impact others around us.

The ancient Egyptians and Mayans used astrology to determine world cycles. Their knowledge is now verified through today's advanced technology. They stated that every 26,000 years or so, the earth moves into a new World Age. You can read more about it in Greg Braden's books. Previous world age ending in 2012 was characterized by separation, scarcity, survivalism and materialism. Notice the similarity with Newtonian concepts. We have stepped into the beginning of a new world age which they called 'The Aquarian Age' characterized by peace, unity, community, and harmony. Thus we get acquainted with the knowledge of quantum physics teaching us how each of us effect the other, therefore, our survival now depends on collaborating, communicating and uniting.

Let us now look at the spiritual aspect. The spiritual aspect is sometimes more challenging for people. Spiritual understanding of what is happening is realizing we have an awareness beyond the physical body and the mind. One of the great transformations

we are going through is the process of reawakening to our true self, our soul or our intuition. Instead of letting a preacher tell us how to live, we're learning to trust and live by our personal truth. Going within and finding out the truths for ourselves. We don't have to look outside for answers that may be tainted with bias. We are awakening to the realization that the answers we are looking for are present within our own selves, in the safest possible place. We can connect to this wisdom within us by simply meditating and going within. With practice, the inner wisdom guides us unveiling the truth of who we really are, giving us purpose and direction.

I have gained much by going within, trusting the inner wisdom and guidance. Yes, I have taken outside assistance through books and courses, to help me connect to this inner wisdom. This connection led me to Reiki. And Reiki helped me understand how I can assist the world around me just by changing my own vibration. It was subtle yet powerful. The positive changes that Reiki helped me with created my passion for teaching it. More and more people can benefit from learning it and incorporating it in their lives.

Reiki has helped me think of everything in terms of energy. Every action and thought creates a vibration. Be mindful of what vibration is being sent out. If I am complaining about something, I am giving boost to that vibration. If I am judging something, I stop and think what should be changed within me to change this reality that I observed. How do I change that energy to something positive? We can make a difference and to do that we simply have to work on ourselves, and raise our own vibration. This way, we benefit and so does everyone else.

It is a thought process that may be new or even difficult for some to accept. It is not my place to force my way of thinking on to anyone. What I can do is sow the seed and hope that it germinates in some corner of their thought, helping them to be more aware. Just by doing that the seed given time may blossom into a nice shaded tree sowing more seeds just like I once did.

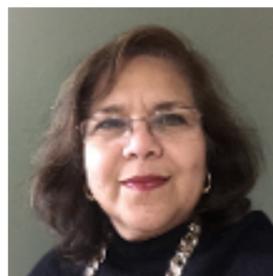
Nisreen Mama Foda



Certified Hypnotist and
Reiki Master

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Metabolism Boosting Vitamins and Minerals

While we're stuck at home, it's important to make sure we are keeping our bodies healthy. Keeping our metabolisms working at maximum capacity can help us ward off colds, fatigue, and depression, and a high metabolism can help keep our hair, skin and nails glossy and strong.

Try incorporating or adding more foods with these vitamins and minerals to your diet to get your metabolism working at maximum levels:

- 1. Protein - Protein is your best friend when it comes to metabolism-boosting foods. High protein foods such as chicken or nuts are your best option to not only burn more fat, but they also help maintain muscle mass and keep you fuller longer.**
- 2. Iron - Your body needs iron to maintain proper function of your thyroid gland, which controls your metabolism. A diet rich in seafood and meat will keep your thyroid in good shape.**
- 3. Vitamin-D - The body needs a certain amount of Vitamin-D to keep your metabolism working like it should. Foods like mushrooms and tofu are perfect for getting in this vital vitamin.**
- 4. Omega-3 Fatty Acids - Eating foods with omega-3 fatty acids, such as fish, can speed up your metabolism and keep it your levels normal.**
- 5. Calcium - Having some yogurt or a glass of milk daily can help the body to metabolize fat. Calcium also helps strengthen and repair muscles.**

If you add these vitamins and minerals to your diet, along with exercise, good sleep and plenty of water, and you may find yourself with more energy, and a healthier body.

PERSPECTIVE IS THE KEY TO A GOOD LIFE



Perspective is the Key to a Good Life

It is funny how we all talk about not having enough time. Not for work, for kids, for life, for dinners, and so on. Now, some of us have nothing but time. It is a problem. The perspective here is to have a good balance in your life of what is and what is not important. You can determine a lot of things, you can change a lot of stuff in your life, but you must have perspective to know what that should be.

Time stands still for no one. This has been a saying from years and years. It is true. However, when you have nothing but time, it seems to take forever for it to go by. A life well lived is what makes it worthwhile. A love well loved is what makes it last and most of all, the presence of mind to want what you have and to have what you want. Seems very easy, but it is not. We all want more we all want to have bigger homes, bigger cars, great careers and a lifestyle to support it. DO WE? During this pandemic, I have had the opportunity to speak to people who realize now that what they have/had before the pandemic, is what they want. They want to return to a life of normality and to have peace again. I know that we all understand that the way it was will not be the way it is for a long time. But, the hope of a return to a somewhat more normal life is what we all seem to be so much looking forward to.

This on its own, speaks of perspective, we all have had to get it whether we liked it or not. I know that many of us are going through the days and are not sure if it is Monday, Friday or if we slept through the week. Truth of

life is that it is not able to predict what we will have to deal with when we have never experienced it in our lifetime. Lessons learned, lives changed, perspective has been gained. Now what we do with it, is up to us. The best part of a lesson is that it is up to you what happens next. Do we learn for a bit and then go back to the ways we lived before? This pandemic is here, the last one was 102 years ago. I do not know anyone personally who was alive for the last pandemic. That alone tells me that we are all in this together, dealing with something we have not ever experienced in our lives before, and we are all just as lost and scared and vulnerable as the next person, someone I do not know. I will tell you this, we know each other now, we are all soul mates in this event, we are all living the same reality and we all have everything to lose if we do not do the right things.

Perspective, it is the one defining and compelling common thread. It is the one known element that binds us together and can tear us apart. How we deal with our lives daily, how we see things, can and will change us. When this passes, and it will, we need to keep this close to us and really understand that what we have experienced is a lesson that was meant to be. Change what we can change, appreciate the life we have and most of all, live the life, use the time, love the people that matter to us, and love those around us in a way that shows true humanity and compassion. Let the perspective you gain, be the guide to the future you want and the life you will live.

A beautiful life.

STAY SAFE EVERYONE

Diane Makarowski

Facebook



TREAT ANXIETY & PANIC ATTACKS WITHOUT MEDICATION

Treat Anxiety and Panic Attacks without Medication

The greatest paradox defining humanity in the 21st century is, without any trace of doubt, the alarmingly increasing levels to which anxiety, depression, panic attacks have been part of our daily life despite all the elements of comfort constantly created, designed and redesigned to satisfy us as a species.

Instant access to news, to information and to people from the remotest parts of the world is no longer a luxury, but a human right, a commodity. Our innate curiosity, unquenchable thirst for knowledge, and the desire to connect with others can be satisfied within seconds, thanks to technological advances that seemed impossible just a few decades ago.

And despite all that, today's most prevalent health issue seems to be anxiety and/or panic attack, due to individuals' increased sensitivity to traumas that previously occurred in their lives. With medicine continually evolving as well, patients get to treat their anxiety and panic attacks with a whole variety of medicines, some well-established, others still in their experimental stage, but all with worrying side effects.

So can one treat anxiety and panic attacks naturally, without any medication?

Yes.

The essence of this approach is realizing the importance of understanding how we store emotions in the physical body, and also in the unconscious mind where all memories of all events and experiences are kept. The ability to release all the negative emotions comes from the way we address both the physical body and the unconscious mind.

When a person experiences a traumatic event like a car accident, the loss of a dear one, abuse or victimization, the central nervous system of that person is deeply affected. As a result, a sensorial trigger can bring back memories of that trauma and its negative feelings. It is enough for that person to feel a certain smell, or to hear a particular song, or just a word, to recall that traumatic experience through automatic reactivation in the central nervous system. Naturally, the person reacts to this recollection, more often



than not in a highly-emotional manner which may eventually result even in physical pain.

So in order to get rid of such an emotional reaction, we need to go to the core of the problem and release the tension that was created in the first place at the central nervous system (at the brain level, so that the limbic system does not react) and at the unconscious level.

An experienced holistic healer may be able to develop methods that help patients release those negative emotions both at the physical and unconscious mind levels, through breakthrough sessions and combo therapies that help achieve a healthy balance.

Luciana Stan

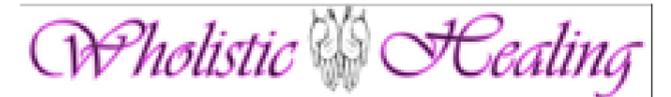
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Instagram: **lucianastan_wholistichealing**

LinkedIn: **LucianaStan—WHOLISTICHEALING**

YouTube: **Luciana Stan - Wholistic Healing**



The Trap We Fall Into – and the Beginning of an Awakening

Guilt and shame, trapped in a vortex of doubt and fear.

At first blaming others but saving the most blame for self. We created this.

You just want out of the cycle. To be free from it. How did I get here? Where did it start?

How can I get out?

Victim questions.

So you numb, push it down and away, trying to get comfortable again.

So you don't have to feel the yucky, messy, ugly feelings and acknowledge the truth.

Ah, there's the key! The truth with get you there.

You've got to go through the muck to get there and take extra care of yourself along the way.

This is otherwise known as 'The Inner Work'.

It can take as long as you want. Dip a toe in, "Oh wow, that's cold! Nope, going back to sleep and try tomorrow."

It's a head game, if you let it be.

Or you can focus on your heart.

Listen to it.

Talk to it.

Ask it questions.

What would it be like to not live in guilt and shame? I wonder what a world without fear would be like?

Follow that. Feel that. BE that. It will lead you to your truth.

The world is beginning to do the inner work, individually and collectively.

We are awakening.

Lorree Appleby, Radical Living
Master Coach

www.ourpurposefuljourney.com

www.souladventuregame.com



MYTHS ABOUT CONSCIOUS LIVING

Myths About Conscious Living

Myth #1:...once we are awakened, we are always happy, and we live happily ever after!

Living consciously is not static or a steady state of joy without ups and downs. If our perception of living consciously is "child-like", whereby we have been taught by the many different mediums that if we believe in God, if we have what appears to be the perfect life, perfect career, perfect relationships, etc., we should always feel happy, we are just fooling ourselves! Challenges are an essential part of life, which enable us to continue to evolve or transition, and discover our own unique path to enlightenment.

Myth #2:...when we live consciously, life shows up the way we want it to.

This too is unrealistic. Life rarely shows up the way we want or expect it to. To be happy, we need to be able to roll with the punches; let go of our expectations, accept and work with the reality at hand. When we accept what cannot be changed, we become peaceful. On the other hand, when we bring judgment to the situation, we can become bitter and resentful.

Myth #3:..when we live consciously, we think we are unbeatable, therefore, ignoring our needs or the needs of others.

This is not possible. Living consciously means being aware and looking at life with our spiritual eyes, rather than judgment or criticism of self or others. Genuinely happy people recognize the error and make correction without guilt or shame.

Myth #4:...do we know how to be happy?

If we knew how to be happy, we would not be reading this article or read books about life. Most of us do not know how to be really happy. We need to learn. Learning and growing never stops as long as we want to live and not *simply* exist!

The two biggest obstacles to real happiness are;

- 1) perfectionism (*being too hard on ourselves and others*).
- 2) Our inability to let go of the poor choices we may have made, and the poor choices those in our lives may have

made--for in reality, there are no poor choices, but simply opportunities for personal introspection.

Real happiness

Means the ability to honour ourselves, be kind to others, and able to weather the ups and down of life with acceptance and compassion. There are two primary areas where happiness is found: **Relationship with Self**--genuinely happy people know or are learning how to: accept, nurture and love themselves, unconditionally. **Live honestly and authentically**; make their own decisions and accept

responsibility for them; develop their talents, and discover their passion and purpose in life.

Furthermore, genuinely happy people know or are learning how to:

- 1) love, respect, and accept not only themselves, but others who may have different views about life.
- 2) empower others to make their own decisions, and to take responsibility for their choices;

3) support others in developing their talents and stand in their power,

4) encourage others to be open to change and personal growth.

Transitioning is an essential part of life. If we become stagnant or stuck, we can become bitter or resentful. One of the most important accomplishments in life is to experience *emotional freedom--the gift of personal responsibility!*

Rita Be-Still, Healer of Broken Hearts, Author, Poet & Motivational Speaker

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KISSES FROM HEAVEN

Kisses From Heaven

"I will shine, because the Universe is mine!" Affirm it to yourself. How does that make you feel? Does it make you feel protected, confident and safe? Does it instill love and faith in your soul? In truth, the entire Universe is ours.

We create our very own waking reality from the emotions we feel, the thoughts we think and the beliefs we hold.

Kisses From Heaven is a sweet reminder that we are not alone. Kisses are those miracles and energetic rays we receive from higher sources and dimensions, such as God, Archangels, Spirit Guides and Spiritual Beings. They come in the form of heavenly signs, feelings, messages and healing modalities.

Now, more than ever, we have all the tools we need at our disposal to find happiness, improve our well-being, and receive guidance to navigate through difficult times. The variety of tools which we have are endless.

One of the most powerful tools is the power of healing modalities. We incorporate the benefits of these modalities into our soaps and products. The main modalities we use are Reiki and Aqualead Healing Energy, Unicorn Energy, Crystal Therapy, Chakra Therapy, Sound Therapy and



Colour Therapy. The results have been profound in that they have provided energetic shifts in people's lives, lifting them to higher vibrations.

Let us tell you a story of a woman who was going through a transitional period in her life. She was experiencing sudden turbulence in her relationship which caused her anxiety to spike and drown her with emotions. There was so much change happening around her that she was afraid for what that meant with her relationship. The same evening when things felt like they were falling apart, she received our amethyst crystal soap. She felt it was special and didn't want to use it right away so she tucked it away in a cardboard bag on her dining room table. Upon awakening the next morning, the bag on her dining table rustled and began to flicker. At first she was shocked as she was home alone but then the feeling of safety followed. It was her Guides reminding her that the amethyst soap was in the bag and she needed to use it. While using it in the shower, as the soap began to dissolve, releasing the

crystal energy, she immediately felt in perfect alignment and synchronicity with her emotions. That moment gave her the strength to let go of her fears, and to trust, in knowing that no matter what happens she's divinely



guided. As she let her guard down and released her fears she allowed herself to feel joy and experience laughter despite the tension at home while carrying the crystal that was divinely put in her possession. As her guard came down the conflict resolved and put them on a new trajectory. The transformation she was experiencing was for her higher good and she felt more clarity in her vision.

Our purpose here on Earth is to shift ourselves into a higher vibration. Our soaps do just that. The palmful of energy we transfer into our soaps promote further healing to overcome the challenges we face.

In order to receive these Kisses From Heaven, we perform a sacred ceremony led by us combining Reiki, Aqualead and Crystal Healing Energy. We call upon the ArchAngels for added protection, grounding and healing to be infused within each and every product. To begin the ceremony we illuminate candles around the energy grid, introducing the element of fire. The luminous flames embrace our soaps with inspiration and manifestation. We conclude with a prayer and set intentions that each person who uses them, with the energy carried forward, will receive an increased surge of blessings for their mind, body and soul.

Kisses From Heaven not only heals our physical and spiritual bodies, it elevates the frequency, and also shares our intention for positive energy through our Earth. As the soaps trickle down the drain and transfer through our water system, this carries forward the healing for the bodies of water, which carries forward to the wildlife and ecosystem, healing our Planet.

Our purpose here is to spread healing to Earth and all of its inhabitants. If and when we find ourselves in a place of confusion or despair, there are several ways to help lift us up. We can rest assured that we are never alone. This is our mission at Kisses From Heaven to uplift you and to remind yourself that, *"I will shine, because the Universe is mine!"*

Farrah Suleman and Chiara Dias are the Founders of Kisses From Heaven.

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Somavedic is designed on the principle of *controlled release of energy from minerals*. These include primarily semi-precious or precious stones in a special configuration, which form the core of Somavedic.

Specific minerals are used for setting up Somavedic devices based on the frequency range in which individual minerals “vibrate”, radiating this vibration to the surrounding environment, influencing it in a particularly beneficial way.

This is, to a certain extent, the basis of the therapeutic or healing use of precious stones, which is, however, usually limited to the use of individual stones only which is not the case with Somavedic.



www.somavedic.ca

NEUTRALIZES HARMFUL EFFECTS OF:

- electrosmog (EMF, 5G, etc.)
- geopathogenic zones
- psychosomatic zones
- water crosses
- Curry and Hartmann lines

PHYSICAL BENEFITS:

- detoxifies the body
- harmonizes blood
- improves sleep
- reduces fatigue
- eases headaches
- structures water (also in our cells)
- restarts natural regeneration processes
- helps eliminate the root causes of long-term diseases

References: <https://somavedic.ca/effects-overview-according-to-our-customers/>

♥ 99.9% satisfied long-term customers

🔄 90 days money-back guarantee

🛠️ 5 years warranty

📦 1-5 days shipping to North America

🇨🇪 handmade with love in the Czech Republic

📄 5 certificates, scientifically proven by 3 independent laboratories

METAPHYSICAL BENEFITS*:

- energetically clears and protects your area
- activates, balances, and charges chakras
- helps with removing energy blocks
- boosts and supports energy healing
- empowers one to face karmic lessons
- deepens hypnosis in hypnotherapy
- reinforces life synchronicities
- deepens meditation

* Supported by references from our more sensitive customers

Somavedic Atlantik, Medic Green Ultra, Medic Amber and Medic Gold charge and structure water and other liquids. Since most living organisms are largely composed of water, everything alive simply thrives around Somavedic.

More information at: <https://somavedic.ca/about-somavedic/structured-water/>

† Laboratory photos of crystals of frozen water samples before & after 10 minutes near the Somavedic Atlantik.

Darkfield - drop of blood analysis

Altered blood:
Red blood cells in stacks, known as "rouleaux formation"

Healthy blood:
Red blood cells moving individually, and not forming stacks

Before Somavedic treatment:

After 90 minutes near Somavedic Medic:

For more information, visit our website at www.somavedic.ca or contact us at somavedic@somavedic.ca

THE TERRAIN OF TRANSITION

Change occurs from an inner circumstance or an outer circumstance. It is welcomed or not welcomed, it can be small or large. Either way, it begins with an ending of our known reality into the abyss of the unknown.

We are in a time of tremendous change, bringing with it fear, uncertainty, and anxiety as we face into unknown territory. Feelings of powerlessness can set in as an outside circumstance weaves its way into our daily lives, into our psyches, our perceptions and routines.

We move through a multitude of thoughts and emotions, searching for a place to land, for a perspective that grounds us, that gives us a sense of control at a time when everything feels out of control.

We are in a collective transition. There are three stages to transition: The Ending, the Wilderness and the New Beginning. When a circumstance suddenly brings with it an external change, we experience an ending. We find ourselves in the wilderness of the unknown, where our tendency is to grasp for the familiar, and for answers that may not be available to us at this moment in time.

When faced with the darkness of the unknown, there are tools that we can reach for. Tools that can help us to weather the storm and to navigate our way through to a new reality... **Truth, Power, Acceptance and Love**

Firstly, we can tell the **truth** of how we are feeling, to ourselves and to others. When we are able to name and express, through conversation, or through journaling, we release the grip an emotion may have on us. We acknowledge it, give it a voice, and ground ourselves in our truth, whatever that may be.



Also being aware that our truth can change from day to day, moment to moment depending on internal and external influences.

It is ok to say 'I don't know'. Our mind can be on a perpetual search for answers, for understanding, for something to attach itself to that will give us a sense of security. It is also ok to say... "I'm not ok". We need to be most authentic during times of transition, to bring truth to our new beginning.

So what can we do when living in uncertainty? We can reach for our **power** tools. We decide where we don't have power, and where we do. In naming where we are powerless, it states our truth, and it also shifts our awareness to where in fact, we do have power.

When moving through transitions, discovering where we *can* empower ourselves, helps us to take mindful action steps, to support ourselves,

and to gain a sense of power over what we can control, which is, ourselves, our responses and our actions.

During the phase of the Wilderness our reality is dismantled, and even though it can feel very unsettling, the breaking apart has the potential to come back together and take form in a new more beautiful, productive way. It is within this stage of the wilderness, we co-create a new beginning.

We can reach for the tool of **acceptance**. Life is ever changing, and our ability to adapt to change will greatly influence both our experience within

the darkness of the wilderness, and our ability to harness our personal power to affect a positive outcome.

The wilderness is both a dark and a most creative phase. As we unravel and let go of the old way, we create a new way to evolve. Bringing along with us, those things that serve ourselves and humanity in the best possible way.

Through all change, to **love** ourselves and others through it, lays the foundation from which the new can emerge. Working together in unity, in connection, in purpose for a more positive, sustainable new beginning.

We are collectively in the wilderness. Let's take this time to get in touch with what is most important to us. To see ourselves, not as

separate, but as a significant expression of the whole.

Within the wilderness, see the opportunity asking to be made manifest through you. How your piece/peace can contribute to the whole.

Ask yourself, who do I want to be in a new beginning? What reality do I want to emerge into?

In the transition framework, it is not known how long the wilderness phase will last. We will experience moments of confusion, along with moments of clarity. Most important is empowering and supporting ourselves and each other within the process.

Building in routine to our day can help to ground us in familiarity when our outside world can feel most unfamiliar. Whether it be dedicating a time for journaling, conversation, meditation, exercise, connecting with nature, or a form of self-care. Plant that garden, and nurture those seeds of possibility!

Linda Cooper

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WE BELONG IN THE LIGHT

We Belong in the light!

Channel April 10, 2020

IN the times and the beginnings, we are here, we take the time and we watch you and take care of you and comfort you .We provide the guidance ,love and assistance to you that is required at this time. Please take hold and take stalk of where you are right now. For in this beginning and in this time, we are here to remind you of the great new plays taking part in your lifetime now. The times, trials and tribulations appearing in front of you all now is at a point at what it takes and what it will take in the fourth coming days and nights now. In your times and in your beliefs and in your system of beliefs, you will and may suffer the consequences of your action now, in the realm of one and now. The action that you take and require to take are of to be of the only purest of hearts now. This feeling of oneness and newness will be the way to get you there, in the purest of thought forms and purest of hearts.

The geek must fall away. It is a tyranny in the minds and the masters of that be in the required time system now. Be and bring forth the kindness and gesture that will allow the other people in this world and jungle , to see past the illusions and the facades and the many will come down and conquer the dark forces and release the negativity from this and our world now.

It is in these communications that we will wish to bestow this knowledge and enlightenment to you now. Take courage and take heed now of the messages coming across to you now. We are and will shine forth the true illumination of your planetary occupancy of your planet earth now. In these readings and channelings is the key to unlocking the doors to the next one. The next dimension, other worldly places and up to the rooftops of the world stage to allow you to

shine and share along the other lightworkers in this time and jurisdiction, the oneness, the ownership required to stand firm and stand steady with a strong foot hold on this planetary body of earth you call home.

Please sign, seal and deliver these messages on of one and hope now to the masses of people, it is needed and required for you to step up in this game of life and game of chess you are playing now. It's in the true believers now that will cast away any negativity and unnatural forces that are entwining on to your heavenly bodies now. We stand tall with one another and in our groups as well as we blend and meld within the Christ consciousness of light that is spreading far across the lands of space and time now.

We belong, we will deliver this momentous message to all of you listening out there now at this time. Please keep your ears open, the messages and downloads are coming in fast and furious as to speak, the lessons, the learnings that have brought you up to this place of your existence now have streamlined you and your attention to the details to pay attention to at this time. The timely matter of things of now is what



has been kept under wraps, the kind details, the information of the liberation of your planet and fellow light beings, is on its way.

The lightening and casting forth of the divine feminine and masculine energies are colliding around and ricocheting of true forth strength and whispering

around and away the combining in forces that will be in the undertaking of the liberation at this time. From the curtain beings drawn and the veil being lifted, please stand with one another. The company and the companionship that is at the level of your beings now will be of witness soon with our hands being outstretched to yours, in grandness and in kindness and in friendship now. Be safe with one another, love one another, be kind to one another. The seeds that are being planted now will flourish and be what will feed the souls of your children and future families and generations to come .This will be melding with the divine energies in the light and on the surface of your planets and moons and other

worldly places of existence which were once thought of as only myths. The stories will come alive off the papers! The newness will become one with all. The everlasting tribulations of courage and strength will all be overcome and in the divine oneness on our

great path on our journey in life. We stand tall and we stand connected, in our everlasting collective consciousness of beings now.

We are one, we are with you all now in this triumphant time in all of our histories now. The reverence will come, we will sit together and kneel with you all in our prayers and in yours in everlasting hope, peace, love and abundance to you all. This is your time to take charge and take heed in these great times now. Stand together and firmly now with both feet planted firmly on the ground of this wonderful beautiful planet of yours and of ours in our collect consciousness now. In light and love and peace, Amen.

Melissa Downard
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Welcome to my sacred space where I can offer you the opportunity to connect with 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.



THE GREAT UNCOMFORTABLE PAUSE

THE GREAT UNCOMFORTABLE PAUSE

Repressed Emotions and Cabin Fever by Nelson Delgado
CECP, CBCP

It's been a number of weeks now and we remain at home. If you have family it could be getting more challenging. Buttons are getting easier to push, triggering is occurring more frequently. We are slowly becoming unhinged because there is something trying to bust through the door of the Subconscious and Unconscious mind. It's hard to sleep at night because the anxiety keeps resurfacing asking us to prepare for something we need to do or get on with it.. Confusion and deep questioning ensues. Then depression starts to shroud over you because either you're afraid to ask the deep questions or are avoiding the call to action.

Most of us have lead busy lives, keeping busy trying to accomplish as much as possible. Trying to make the most of this life, belong to something greater than ourselves, achieve greatness, gain honor & recognition from those we revere. We have been reaching so far outside of ourselves, we have lost the connection to ourselves that we feel like a deer stunned in the headlights. The situation has never happened in our history... THE GREAT PAUSE.

Pause is awkward because we have been so conditioned to be busy and fill our schedule. It's also convenient because it distracts us from the inner work that whispers to be done. Yet, we are afraid because when we close our eyes we know what's coming... those incessant thoughts of sabotage, self-criticism, pressure to do the next thing, uncomfortable emotions from the past memories we have forgotten to process and fear of the unknown future. We were handed a world were we could neglect our spiritual agenda, our responsibility to co-create a better world for a false sense of security and numbing sense of existence.

We allowed for the mystical to be labelled heretical, we allowed others who craved power and control to dictate how we should live our lives and *pursue* happiness. We allowed the shaming of ancestral teachings, allowed divine knowledge to be nearly destroyed from record and now have a choice to either accept continued

modern enslavement or to take our power back. However the power we seek is not that we can see from outside of us, but can be felt within.

To tap into that power, we must cut through some



uncomfortable terrain of: repressed emotions, disharmonious mental energies, annoying offensive energies, allergies to ideas that restrict you from opportunities in the unknown, phobias, karmic attachments and last but certainly not least take down the wall we built around our heart to protect us from unconscious people.

As a Body Code Practitioner, I understand this, because I went through it. I suffered through depression, I prayed for divine guidance with all my heart and I got a response. I studied and searched for those who could help me and I found the way. I did it on my own, but I didn't to do it alone. I discovered a way to do the same for people on a one to one basis with energy testing. This takes the effort out of waiting or thinking about what needs to be resolved.

With an advanced catalogue and an experienced practitioner, the subconscious can provided yes and no answers to what needs to be isolated, gained wisdom from, released, who needs to be forgiven and what physical engagement would best serve the process of completion. This isn't a new process, it's thousands (maybe billions) of years old but it was abandoned so that you can give power of your redemption to another. Another person is not meant to be your redeemer.

our stillness and sink into the warmth of our core. Have our minds at peace, courageously vulnerable to the channel of divinity what never stops fuelling us. We can then transcend what we were conditioned to be and become the beacon of hope and light for others who are suffering. Together we can turn the GREAT UNCOMFORTABLE PAUSE into a GREAT DIVINE AWAKENING of global consciousness.

WARM REGARDS,

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I am here to serve as your guide and to remind you that another opportunity will come as you heal and raise your field of resonance with what you were meant to attract. Healing contributes to the preparation of the life you came here to live, so you can be empowered to express yourself naturally. Repressing who you truly are will only bring you suffering.

We are all feeling the pressure build within us and are afraid. Yet we don't have to be... because when we face it together, we can cry without shame, release the repressed emotions, gain insight from their intelligence, discover the wisdom we neglected all this time. We would be able to sit in



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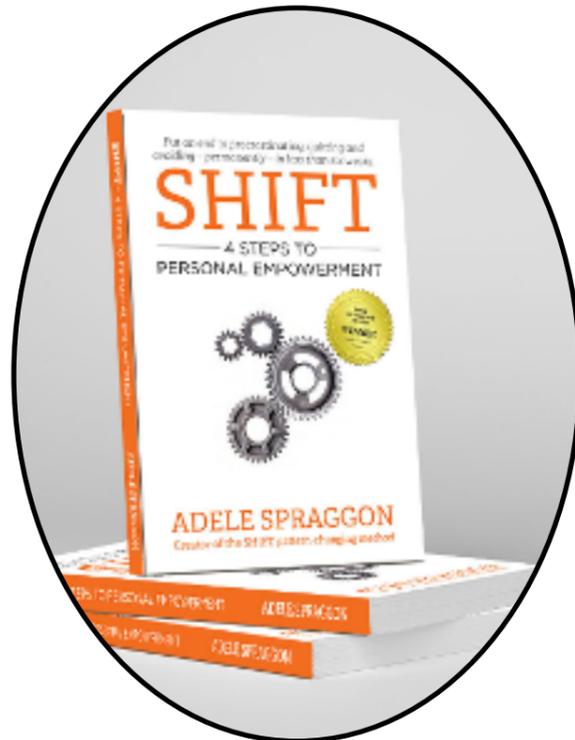
Current brain research proves that you are not in control of your choices. Instead, your decisions are the result of decision-making patterns that were created early in life and that continue to control your life.

To take different actions, you need to change your patterns.

That means no blame in your past, no shame in your future, and nothing to fix in your present. There are only patterns and patterns can be changed.

This award-winning book provides the necessary knowledge, along with step-by-step instructions, to change any of your behaviours, actions, or beliefs – permanently – in less than six weeks. So what are you waiting for?

Adele Spraggon is an international speaker, trainer, facilitator, and award-winning author. She has guided thousands of people, around the world to lead happier more fulfilling lives, as well as helping CEOs create multi-million dollar businesses by showing them how to act, rather than re-act to important decisions. Her deep knowledge of the human condition comes partly from her Master of Arts in Humanities, as well as her years of experience as a Certified Meditation Facilitator. The technology Adele teaches is now backed by the latest findings in neuroscience.



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SHIFT

4 STEPS TO
PERSONAL EMPOWERMENT



ADELE SPRAGGON
Creator of the SHIFT pattern-changing method

adelespraggon.com

COULD IT BE AN OPPORTUNITY?

COULD IT BE AN OPPORTUNITY?

The world as we know it abruptly took a big turn in March. Our normal, what we used to do on autopilot and the things we took for granted, will be changed forever. There is a lot to digest and we have to adapt to many new realities. This is not an easy task considering how our modern world gives us easy and mindless freedom to access an abundance of everything and anything, at any time. Who would have thought all of it would become so abruptly limited?

But would it be possible that this frightening event acts as a wake up call? Is it perhaps a necessary disruption in an attempt to save humanity from being deprived of all moral values, giving us a chance to regain some back and give the future generations the opportunity to understand and embrace the importance of human connection, love and compassion? Could it bring us all closer to the Source?

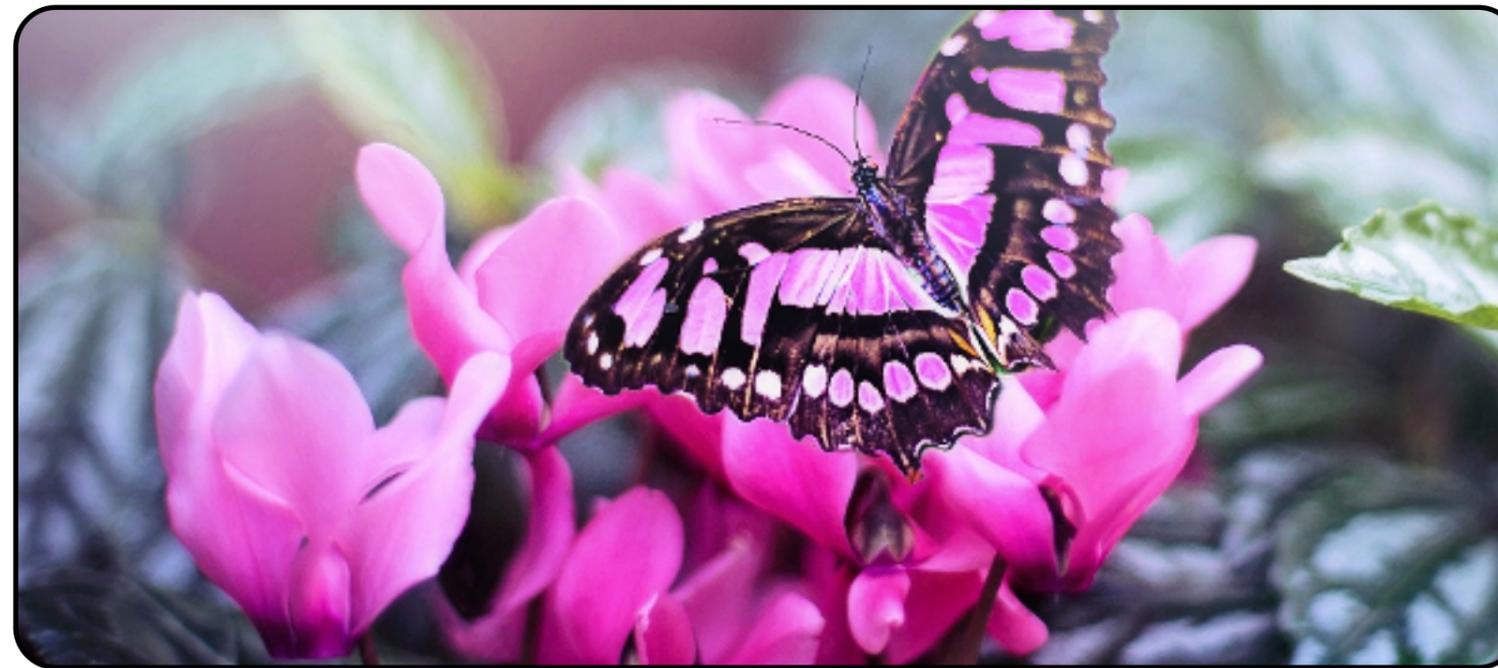
This is undeniably a challenging time for all of us. A time when symptoms of mental health issues are heightened for so many, when fragile souls are on the verge of collapsing, when stress and fear want to take over, when grief for loved ones is amplified by the ferocity and speed this vicious virus is taking lives.

However, it doesn't directly affect all of us equally. My belief is that if we are fortunate enough to be mentally and physically healthy during this crisis, we owe it to the unfortunates - and to ourselves - to keep strong, positive and supportive. To raise above the inclination to surrender and give in to the negativity of it all. We obviously face the same adversity and disruption, along with everything it implies, but while we don't have control on the events happening around us, we have the power to control the way we respond to it. We always have a choice. And the choice we make individually has the power to affect the collective world.

An helpful first approach is to find the silver lining of a situation, and switch our focus towards it. And when we feel sorry for ourselves, we can turn it around by counting our blessings. Because there are always some. We have to breathe, reach deep inside, find them and hang on to them. This process alone replaces fear and desperation with inner strength, peace and hope.

We also have to be mindful of the fact that the energy we project is perceived by the people around us and affects their own. This saying from Dr Jill Bolte Taylor stuck with me a long while ago: "Please take responsibility for the

energy you bring to this space". In a full household as many families experience right now, where everyone's energy bounces off each other, it's even more important to find ways to bring calm and positivity, so the chaos can become a fun welcoming connection. It even might be a good time to practice self awareness, which allows us to realize the role we



play in our environment instead of feeling like its victim. It amazingly opens up the gate for happier and healthier relationships.

With this long lasting confinement continuing to claim a change in our ways of being, I'd like to suggest a few daily Do's that can help elevate spirits and make this experience more bearable, even enjoyable in some ways:

Start with a meditation in the morning.

All it takes is 15 minutes.

Meditation has been scientifically proven to reduce stress and anxiety, increase productivity and focus, strengthen the immune system, promote emotional health, lengthen attention span, and the list goes on! Somehow, modern life has its way of transforming "human being" in "human doing". When we stop, breathe and consciously live in the present for a moment, it allows us to realign with our inner being and stay grounded.

Breathe

There are different levels of breathing exercises. Breathwork is becoming a popular healing modality, some of its benefits similar to meditation, while some levels and styles go deeper into processing emotions and healing emotional pain and trauma. It is such a wonderful way to stay calm and connected. If you haven't experienced it before, now might be the perfect time to try it! YouTube offers many styles of breathwork, from beginners to advanced. It's worth a try, especially in challenging times!

Exercise

Moving your body, even only for 10 - 15 minutes before

breakfast, will energize you for the day, and if you're dealing with emotional eating right now, it's good to know that early morning exercise helps burn fat faster during the day :-)

Set a goal

Goal setting gives a sense of direction, much needed at this time... As small as it is, achieving a goal or completing a task can do so much for your spirits! It could be cleaning out that one drawer you've been thinking of for a long time, a closet full of clothes in need to be discarded, or that pile of paper waiting to be filed. Sense of achievement brings relief and pride, especially when it's been nagging you for the longest time, and it's harder to be negative when you feel good about yourself, right?.

Learn something new

Again, it doesn't have to be big. It could be starting to learn

another language, or a musical instrument, or improving computer skills, or reading about new holistic modalities... Anything you have interest in but never had the time to do. This can steer your attention away from the negative thoughts we are prone to have in moments like this, and opens up some different topics of conversation. Plus, it engages your brain and helps you be more productive.

Surprise someone

If you have a few moments to spare, reach out to someone you haven't talked to in a while. You might make her/his day, which in turn will make you feel happy and meaningful.

Do something you love

Please yourself and do something you normally wish you'd have time to do! Or try to remember what you loved to do on a rainy day when you were young, before "Life" took over, and go for it, just because you can! It will re-energize you and again, help you reconnect with your true self.

We always have a choice. We create our own reality. We cannot control outside circumstances, but we control how we react to it.

My hope is that when this pandemic is over and we are back to our "new" normal, it will be possible to say, for many of us:

This forced life alteration was in fact an opportunity for me to better my life by allowing me to stop, reconsider, learn new ways, create deeper bonds with loved ones, reconcile with my inner being and deepened my love, compassion and respect for humanity. It also made me realize to not take anything for granted and appreciate every moment of every day. I am grateful because it made me understand the essence and the importance of mind, body and spirit balance.

The past and future are irrelevant if we are not meaningful to the present.

Let's make this time worth it! Let's transform Life is happening TO me into Life is happening AS me.

Light & Love,

Isabelle Tremblay

Life Optimization Coach

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THE DANCE OF STORIES

The Dance of Stories



I once attended a weekend workshop. At this workshop, a man from out of town attended. Let's call him Luke. I noticed him right away because he was the awkward Outsider. Having grown up in the story of being the

awkward outsider, I now lock on others that are still in that archetype. Usually, I make sure that they feel more at ease by talking to them, bringing them into conversations, and encouraging them to participate in activities. I did not do any of these things with Luke. I watched him being awkward. I watched him being ignored by others, cut off in conversations, and wanting to join groups but being too nervous to in many cases.

I didn't even notice that I was doing this until the end of the weekend, when I was standing next to Luke, packing our things up.

"I learned a lot this weekend," Luke said. "And I hope they do it again next year. That way I'll be part of the group, like you, and not an outsider."

"What are you talking about?" I asked.

"Well, you all knew each other," said Luke. "I could see that."

"I'd never met anyone here before this weekend."

Then it hit me. "Oh, my God. You had an outsider story," I exclaimed. "And you made me buy it all weekend!"

By this point in my life, I had been doing a lot of energy work, and yet I had become completely overwhelmed during the weekend by his story, because he was so powerfully in it. The moment he felt he could step out of it, because the weekend was over, I stepped out of it as well.

Keep in mind that no one else that had attended the

workshop that weekend tried to help Luke step out of his story. He had altered our thoughts with the skill of a Jedi.

You do this all the time. You buy other people's stories, and they buy yours. And they do not even have to be in the same room. Your control of reality is not limited by time or space. When you realize that much of what's happening in your life is because you've bought other people's stories –your parents', the governments', the media's, your teachers', etc– then you will be able to better identify which of those stories are actually yours and step out of the ones that don't work for you.

I teach people how to recognize and step out of the stories that limit their lives, and many of the stories that have come up are ones handed down by parents even when the child consciously disagrees with it. You can be against a story and still governed by it. You will be amazed at just how many of your experiences happen not because "that's just how life works," but are actually other people's stories playing out in your life.

Stepping out of a friend's story removed a huge debt from my life. Changing some stories for a client on how people see him, moved his business from local to international. Stepping out of her parents' story about money let another client's income almost double in a year.

Note the words you use, the clichés you say. They reflect many of your stories. You many think you're just saying them because they're familiar, but it's your subconscious bringing them up, keeping you in your stories, and reinforcing them each time you say them. You may think you say them because they happened first and you're just describing reality, but I've learned that it's beliefs first, reality second. And stories are just recurring beliefs.

Are you ready to recognize your stories for what they are and step out of them? You are a powerful being, and the stories you create are just as powerful. The only thing that restricts you from creating any reality you want, is the beliefs and stories you are holding onto that say you can't.

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SELF CARE DURING A DIVORCE



More often than not, self-care gets put on the back burner when we are in the middle of divorce and separation. Because of the overwhelming nature of it all, we can quickly resort to self-loathing, self-criticism, or sabotaging behavior.

But getting the support you need, developing the right mindset, and giving yourself every advantage possible can allow you to come out of this experience a better and more empowered you.

True self-care is not merely a list of self-nurturing behaviors; it is a fundamental philosophy by which you choose to live your life. It stems from a conviction that you are ultimately responsible for your own life and are capable of attending to your individual needs.

This conviction can be at best shaky when we are going through a significant stressor or life transition, such as divorce.

So, start by breaking the concept down into bite-size pieces. Examine the following areas of self-care. What priorities come up for you?

Physical:

Are you taking care of your basic physical needs right now? What could you be doing differently?

Social:

Are the people in your life supporting you? If not, what could you do to get the support you need? Could you hire a coach or join a support group?

Spiritual:

Are you living in alignment with your core values right now? What are your core values?

Financial:

How do you feel about your finances? What do you need to do to take ownership of your finances?

Mental:

What could you do to attend to your mental health? What goals could you give yourself in terms of personal growth and development?

Emotional:

How could you support yourself emotionally? How is self-talk contributing to your psychological well-being? How could you be more compassionate toward yourself?

When you've identified your priorities, you can begin to set small attainable goals for yourself.

When you do, you will want to keep in mind the following factors

which can significantly influence your ability for self-care.

Self-sabotaging behavior:

There are certain behaviors you should avoid. Although some of these can make you feel good in the moment, they can sabotage your long-term goals, success, and personal growth.

These include but are not limited to:

Negative self-talk.

Spending time gossiping and bad-mouthing your ex.

Sitting around discussing how bad things are with your girlfriend.

Using drugs or alcohol to self-medicate or numb the pain.

Leaning on any addictive behavior to get through the day.

Seeking revenge.

Jumping into a new relationship.

Meaning and purpose:

There is no escaping the fact that divorce is a tough and challenging time. It is considered a significant life stressor, second only to the loss of a loved one. Attempting to find meaning in the experience can cultivate hope, inspiration, strength, and resilience.

You can ask yourself the following questions to begin this process:

How will you be true to your values through this experience?

What will you learn about yourself?

How do you want others to perceive you?

If you were not feeling scared, overwhelmed right now, what would you do?

Who do you want to become on the other side of this experience?

Mindsets and core beliefs:

You have many ideas about yourself and the world. Some of these beliefs are conscious; some are unconscious. Some of them serve you, and some of them cause pain and suffering. You need to unpack and uncover these beliefs to maximize your ability to thrive and move through this period of your life. For example, if you believe you should be punished for ending your marriage, self-care might be challenging. You will need support in finding strategies for identifying and challenging the beliefs that are getting in your way.

Working with a coach:

Getting the support, you need at this time is crucial. A well trained, professional coach will be in a position to support you in the following ways:

Help you identify priorities for self-care.

Listen and give you the space you need to express your concerns and emotions.

Help you identify limiting beliefs and strategies for turning them around.

Help you view your experience from a variety of perspectives.

Support you in finding solutions and tools for meeting your challenges.

The time leading up to, during, and after divorce is a challenging time. Give yourself the self-love and support you need to not only survive this experience but to come out the other side the strong and resilient woman you are meant to be. *elitir, sed diam nonumy eirmod tempor invidunt ut labore et dolore magna aliquyam erat, sed diam voluptua. At vero eos et accusam et justo duo dolores et ea rebum.*

Joanne Shank

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Your Beautiful Life Starts with Your Beautiful Wedding

As we all learn to cope with COVID-19 and a new frontier for human kind is emerging. Everything has changed. Every aspect of life has been affected and our world will never be the same. Ever.

One constant through all this change is the love of people, for each other, as families and couples getting married. I've noticed that people pass each other with respect, smile and nod, albeit a couple of metres apart. Still, amazing. People are calmer, humbled and patient in line for groceries and even a parking space. And this "kindness" leads to my message of hope and inspiration for this month's Beautiful Life Magazine. Thanks to Ronnie and Krista for this special edition and opportunity to share my thoughts as we reinvent how we all interact, globally.

From the moment COVID-19 hit the news, businesses became affected and among many, the wedding industry began to suffer with cancellations and postponements. I'd like to share some thoughts and words of encouragement for all you brides and grooms to be.

The most important support I can offer is that you don't settle for a wedding that's less than your most heartfelt dream you've had all this time. You will live to regret it, and COVID-19 wins. You deserve an epic wedding, where you're the centre of attention, not COVID-19. Don't let it steal the lime light. Rejoice not regret. It is better to postpone your wedding than rush just to have it on a date when many guests may still not be ready to be comfortable in such a gathering.

If your wedding is June or later, you will likely be fine as planned. Even May weddings could still be possible, but your vendors, especially the venue will have lots to say about that. If you have to pick a new date, I have a whole process to help you pick your perfect wedding date and you will be pleasantly surprised. In most cases, the venue controls the date, because of their availability, but now, there's a new paradigm in effect and learning this can save you thousands of dollars and get you the perfect wedding date.

First, with this unavoidable delay, comes the opportunity to save a little more money so you can have an even better wedding and who won't be ready to really celebrate? The first question most engaged couples ask us is "How Much?", so we know budget is a big challenge. Having more time enables you to save a bit more towards your dream wedding, reducing the stress that money always brings to life's activities. Our wedding planning services can further help to ensure you get the best value from every dollar you invest in your wedding when ever you are able to finalize your date. In fact, we plan weddings in one day and we can help save you thousands of dollars and create an even better wedding.

So, I recommend you view this as an opportunity to have a better wedding and still get married in 2020. You'll be glad you did.

Second, don't downsize your wedding just to reach some minimum gathering size constraint. Don't exclude family or friends you originally wanted to celebrate with you on your big day. They were looking just as forward to your wedding as you were, so stay in love with the guest list you have and embrace their embrace!

Here's a few tips on how to have an even better wedding !

The most impactful vendor you hire is your DJ/MC. They can make it or break it, so it's important that you really get it right, ask lots of questions and ensure you hire the best, not the cheapest and not a friend of a friend. You need someone vastly skilled and experienced, not a friend/guest who will also be drinking alcohol. We've seen some really bad situations when amateurs try to DJ or MC a wedding. It's more than just music. Hire a real professional and look forward to better results. Ask about our Top 20 list of what to look for when hiring a DJ for your wedding. It will help ensure you get the best DJ you can and have the best wedding you deserve. If you are having a smaller wedding, our experience has been that you need an even better DJ to keep people involved and having a great time right till closing time.

I also recommend you consider having a professional wedding video. The moments and memories will be priceless. The video will capture things you missed, like the ceremony before the bride even came down the aisle, cocktail fun while you're off taking pictures, and all of it is from a different perspective that you have. Imagine watching your entire wedding day unfold, seeing your own wedding for the first time - after your honeymoon!

I believe love conquers all. I wish you the best, in your wedding, in your love and in your beautiful life. I'm here to help you.

Perpetual Rhythms
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ENRICH YOUR LIFE

Pain is an unfortunate side effect of negative energy and thought patterns resulting in blockages that are left untreated, can create dis-ease.

The most known pain pattern is the one created from stress. Stress can be carried in different ways; the most common being the shoulders, mid and lower back. These can end up being very debilitating and sometimes quite painful! When one is faced with stress or pain in the body, it also translates into the emotional and mental bodies as well, which brings about negative mindset patterns that can become a daily mantra.

The mind when in sync, is one of our greatest healing assets in that when fueled with positive thoughts, it helps create a healthier You. By reprogramming our mind by being more "mindful" and our heart by being more "heartful" we begin to embrace our true nature. The trick is that we sometimes have to start from scratch in that "old habits do die hard". It takes dedication and courage sometimes to get to where we want our health & life to be, but once you are doing it the rest comes easy.

It's just practice! Someone once said that if everything came easy, it wasn't worth it. Well that's not entirely true! If we work smart, things can be much easier than we once thought possible. A great preventative or help for stress and pain is to learn relaxing techniques such as meditation and restorative yoga. By using these regularly, you create a more peaceful existence that brings about serenity and harmony in your life.

Once you decide that you are sick and tired of being sick and tired, finding a solution that works for you is paramount to enjoying a healthy life. It is often a trial and error approach that finds you to the right therapy or treatment. With Quantum and Energy Healing, once the blockages are removed, balance is restore and this brings about a healthier balance to the whole. If you've never considered or know about Quantum or Energy Healing, check it out and see how it may be of benefit to your healing journey.

In Gratitude,

Gisèle Brun

(289)815-3619

**Reiki Master, Intuitive & Quantum
Energy Healer www.giselebrun.com
yourpathtohealing@rogers.com**



ELECTROSMOG & EMF RADIATION

ELECTRO SMOG



Electrosmog and EMF radiation

In towns and cities, the technically generated level of electromagnetic radiation, that is typical nowadays, is from ten million up to billion times higher, than the natural electromagnetic relic radiation which is necessary for life. That means we are all constantly exposed to electromagnetic pollution.

The excessive quantity of technical electromagnetic fields leads to numerous nature, animal and human biological disorders, caused by penetration of technical electromagnetic signals in the information systems of our cells and body organs.

We even use these technologies nonstop in our private lives too - devices such as smartphones, Bluetooth, Wireless LAN, remote-controlled garage door opening - all of these technologies are based on wireless communication systems.

This long-term exposure to electromagnetic radiation induces, among others, poor quality of sleep, loss of vitality, headaches, impaired concentration, tinnitus, decreased mental and physical endurance and a higher burden on the cardiovascular system.

Somavedic was specifically designed to harmonize these unwanted influences on our health.

Whether we are talking about geopathogenic zones or electrosmog, their effects and side effects can be harmonized by Somavedic.

About geopathogenic zones and geopathic stress

The word geopathogenic originates from two Greek words:

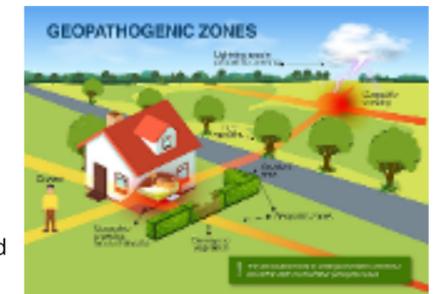
geo meaning "earth" and pathos meaning "suffering" or "disease".

The first mentions of "dragon veins" (geopathogenic zones) come from China and are more than 4,000 years old. Before starting to build a house, the ancient Chinese invited water finders (Dowsers) to the site to determine the location of "dragon holes" (geopathogenic zones).

Geopathogenic zones are caused mostly by underground water currents or shifts in earth crust and other geological causes.

According to official literature staying in these zones is causing geopathic stress, which is a form of permanent stress caused by noxious earth energies, affecting our health by constantly draining our life force. Staying there for longer periods of time can cause cancer, liver diseases, lower urinary tract diseases, infertility, chronic rhinitis and a number of other diseases. A normal person will feel the malignant influence of the zones only when he/she gets sick.

Short stays in these areas are mostly harmless but the most important places to check for a geopathogenic zones are the bed where you sleep and the place of work, especially if you are sitting or standing at the same place, like office work.



Veronika Reckova Goldova

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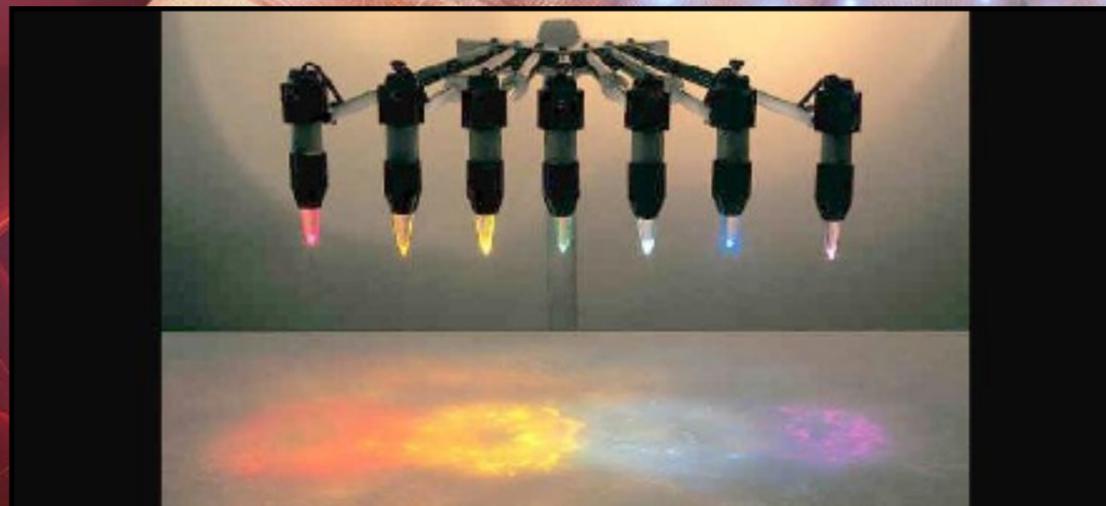
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Wholistic Healing

OUR FAMILIAR HAS CHANGED

Our Familiar has Changed

COVID-19 has brought our normal to a hard stop. Everything we know has changed: going to work; dropping our kids off at day care; hanging out with friends; visiting a loved one in the hospital; buying groceries; etc. We are now asked to incorporate a distance of 6' from each other in everything we do; and for those who have returned from another country, a 14-day self-imposed isolation. Our familiar has changed and this throws us off balance.

When we experience a change in what was familiar, we may be left with conflicting emotions which are challenging to understand. We may feel confused, frustrated, bored, overwhelmed, grateful, hopeful, and perhaps even a bit scared. We may feel a loss of safety, control, freedom, or even faith. These changes may also bring up feelings of grief, dredging up buried emotions we may not have been aware were there.

Since there is so much misinformation on the subject of grief, we cannot begin to know what to do, how to be, or how to cope with all of the changes we are experiencing. Here are 6 do's and don'ts to help you through the days ahead.

Don't isolate yourself.

Do: I understand we are practicing physical distancing but you are still able to text, call, email, Zoom, and Skype. Reach out and feel connected. Take advantage of social media platforms to stay connected with friends and relatives.

Don't be strong for others.

Do: Be aware of how you are feeling and put those feelings into words. Be honest with how you are feeling. Share openly the emotions you are experiencing. This is NOT a time to put on a brave face and to pretend you are OK. If you are scared, say so. Your emotions begin to lose power when they are acknowledged and spoken aloud.

Don't be too busy.

Do: Yes, as we self-isolate it is necessary to find activities to fill our days. The house still needs to be cleaned, laundry washed, and meals prepared. This is a great time to take the personal development course you have

wanted to take, to learn how to meditate, finish a project which you started, etc. I caution you not to busy yourself



so much you don't check in with yourself. These are challenging times and ignoring your emotions will only increase your anxiety.

Don't tell yourself, or others, your feelings aren't important.

Do: Reach out and talk to one another. Allow each other to share our feelings without interruption, advice or analyzation. Simply be a "heart with ears". Be a sounding board, a safe place where words can be expressed and heard without judgement.

Don't compare.

Do: Understand everyone's experience and reaction to this situation will be unique. There is no rule book. Silencing your emotions because you feel someone is worse off than you does not allow you to be honest with your own emotions. Everyone's grief is relevant to their situation. There is no right or wrong.

Don't replace the loss of the familiar with a distraction.

Do: Understand it is normal to want to distract ourselves from what is happening. Short term drinking, eating, working out, etc. allow us to escape but be aware of the changes in your usual way of being. It is much easier to have control over short-term-energy-relieving-behaviours (STERBS) if you are aware you are doing them.

We have been given clear instructions of how we can help: Stay 6' from another person; cough into our

sleeves; wash our hands; change our clothes; shower; wipe down areas we touch often; keep our hands away from our face; buy only what we need; stay home; rest; check on a friend. These are all very concrete ways we, as a community, can work together to move through and past this.

And most importantly, let those you care about, know how you feel. Trust your intuition. If a friend or relative pops into your head pick up the phone and call them, send them a text, or look them up on Facebook. This is not the time to leave anything unsaid.

Concentrate on what you have control over. This virus is unpredictable and we cannot know the outcome. However, we can control how we act and react. Focus on what you have. Express gratitude openly. When you feel anxious talk to a friend. Honour your current feelings and then choose how you would like to feel instead. Remember laughter is the best medicine so access sitcoms, comedies, cartoons, etc.

My final thoughts to you: Continue to be aware of your surroundings and how you can make a difference in your space of this great big world we call home. Have faith we will come out the other side, stronger and more together than we have ever been before.

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





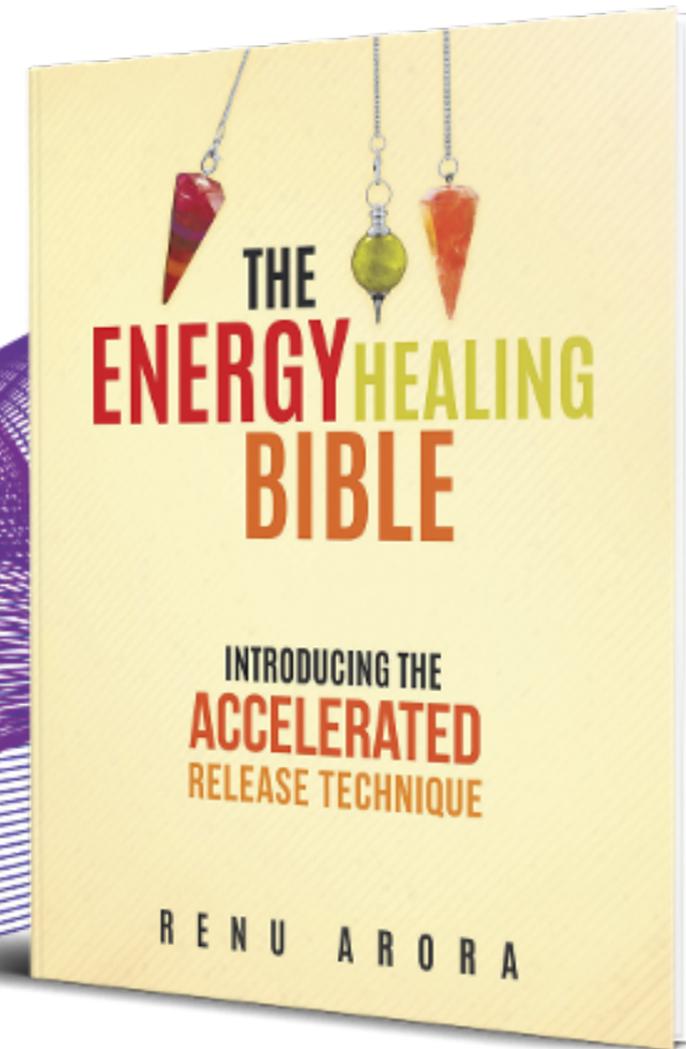
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OPPORTUNITY

Opportunity

These are interesting times no doubt !!!!

Where is your mindset ?

Where are you in the midst of all of this ?

This is no doubt a very scary time for many .

The fear for ones health , the fear over loss of income and worse !

These fears are well founded but are you allowing these fears to dictate your life ?

Fear for the most part is simply a choice .

Intellectually , where do you choose to place your focus ?

Do you choose to focus on fearful scenarios or do you choose to focus on the positives that will undoubtedly arise from the ashes of all of this ?

Our view of the world is purely subjective .

That is to say that the filter that you perceive the world through is different to the filter that your spouse sees the world .

Your spouses' view of the world differs from their Brother

Their Brothers' view differs from the lady working the checkout at lane 5 in the grocery store .

Each and every one of us perceives the world differently How do you choose to view your world ?

We are subjected every single day to the medias' perception of how we should view the world .

We are subjected every single day to the Governments'

perception of how we should see the world .

We are subjected every single day to the masses perception of how we should view the world .

Does that smell right to you ?

I know it does not to me !

Everything is energy.....Everything !

What do you know about the Law of Attraction ?

Simply stated..... If you are driving in your car and you want to listen to 107 on the radio you do not tune into 95.6... Simple isn't it ?

Tune into the reality you wish to see enter your existence .

I've heard those who say " The law of atteaaction does not work for me " !

The fact is that the law of attraction is working for us all of the time .

This is universal law....The question is....

Are you creating deliberately or creating by default ?

Each and every one of us create our own reality .

Now with this powerful piece of knowledge in hand what do you choose to manifest into your own existence ?

What do you wish to see ?

There are many amongst us who are in self isolation and with some time on their hands .

If you are one , what are you choosing to do with this most valuable time ?

Are you watching countless movies on Netflix whilst diving into a big bag of Doritos or are you taking this time to work on yourself ?

A small story if i may ?

During the time of the financial meltdown of 2008/ 2009 i was laid off for 3 months.

I had been through a depression about a year or so prior to the lay off and had come out the other side with a lot of questions .

These 3 months off were a pivotal time in my life .

I began to explore the ego .

I began to explore myself .

I did serious inner work which led to some serious release .

It was essentially my road to a greater freedom .

I shall always appreciate those 3 months off as it lit up the path towards my healing .

These times that we find ourselves in currently offers a perfect opportunity for us to :-

1 Reconnect with Gaia .

2 Reconnect with Family .

3 Most importantly ... Reconnect with our higher selves .

If you are one who is living with this cloud of anxiety hovering overhead just know that all will be well , know that these things work

out and know that it is within your power to help the cause .Some simple steps .

1 Turn off the news.

2 Have soothing music on in the home .

3 Spend those precious moments with family and APPRECIATE what you have .

4 Have those walks in nature but if you cannot spend time in the back yard ... Remember to breathe .

5 Do some serious spring cleaning .

6 And take the time to find yourself . Ask those questions of yourself that you have thus far been afraid to ask . Take the time for meditation.

This is the perfect opportunity to do some serious self spring cleaning ..

These are interesting times but need not be scary .

Actively and deliberately take this precious time to find those things within you that no longer serve you and hold you back .

Once recognized , you have an opportunity to do some powerful quality work on yourself .

You have the opportunity to change your reality !

You have an opportunity to create something spectacular !

You have an opportunity to step into the power that YOU truly are !!!!

Love and Light to you all .

Gerard Hibbert

gerardhibbert@rogers.com



THE GINGKO STORY

The Gingko Story

Five years ago, I went through a divorce which was very emotional and pushed me into an awakening, it dug very deep into my subconscious mind and I began to recover memories from my childhood. After some time of getting more and more pieces of childhood memories back which I didn't realize I had in me all this time, I now was thirty six years old, I began to realize that something was strangely out of place, what I remembered was mostly not confirmed or was even down played. My suspicion grew when I asked old school friends about some situations from my childhood and they readily agreed with me and told me more details about it. I reached out to a trauma specialist and was able to find information about trauma and the effects on children who experienced long term abusive situations and how that affects them in adulthood. I slowly but surely began to trust my memories and worked on putting together the puzzle.

During this very stressful and anxiety ridden time, I was often deeply in meditation trying to find more answers to my situation. My grandmother taught me about the angels when I was very young, she was not around very often and came to visit once every couple of months but usually stayed with us for a week or two. I believe she may have picked up on me being in danger and so she told me about archangel Michael and that if I was scared, I could ask him to protect me. My mother did not like her filling me with that nonsense. Now as an adult going through this stressful time, I asked my angels to help me recover my memories and to help me heal from whatever trauma had befallen me as a child, as I couldn't recall the whole part of that. In a vision, my angels showed me a green leaf and I asked what this means and what leaf it is but there was only silence. So, I took my phone and googled "green rounded leaf" and one of them coming up was ginkgo biloba, that was the leaf I saw in my vision. I googled more about it and found its meaning and where its from.

Apparently, it's a tree that is known as a "survivor tree" and was one of the trees that survived the Hiroshima attack in Japan. When I researched it a bit more, I found out that this leaf was



(The picture is of me from 2016, taken during that time after I received the

gingko message.)

Request an appointment with me to discuss the essential oil lifestyle and how you could benefit from taking the path I took, I will send you "[Thought Leaders, Visionaries & Influencers. the dawn of a new entrepreneurial age](#)" an e-book as a gift, it includes my awakening story I wrote a few years ago.

[Sabrina Goeldlin - Usui Reiki Master, Spiritual & Angelic Medium, Essential Oil Advocate, MLT and Author](#)

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used as an herbal medicine to assist with memory and cognitive function by increasing the blood flow to the brain so it can heal itself. It is also a remedy known to assist with reducing anxiety and assists the body cells with it's self healing functions. Wow, I thought and began to realize that this could be the inspirational answer I was looking for to help myself heal from my trauma. I began to take it as a supplement and over a few months I was recovering much more of my repressed trauma memories and it likely assisted me with my anxiety over those memories as well. It was a miracle to me

and I felt in awe over the power of spirit communication, I realized how most people don't pay attention at all to their spiritual insights and therefore miss out on so many important messages that could improve and heal their life's. All you need to know to help yourself already is there in you, you only need to ask for it. And voila, it is handed to you on a golden platter. Not long after this, within months, I was guided to a lady who introduced me to the [DoTerra lifestyle](#) and when I read that there is ginkgo biloba in their supplements, I was convinced that this is my path to take. Spiritual guidance leads us on the right path, to help us reach self realisations, understanding and healing from whatever ails us. On this journey, I found so much guidance from the natural world and from my own inner world which helped me on my path of coming home to myself and taking back my power as an empath and survivor of childhood trauma.



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"Why am I here"?

This is a valid question.

It took many years and several hurdles to ascertain the answer.

My purpose in being here is to serve you

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MOVING BEYOND 12 DEGREES OF DISCOMFORT

Moving Beyond 12 Degrees of Discomfort

The year is 2020, spring is in the air and the world is in the midst of a global lockdown never seen before in recorded history.

All outward appearances would have us believe chaos, fear and panic are driving humanity into madness.

Chaos, fear and panic can cause people to disconnect from themselves, others and reality. It also ensures our fight, flight and freeze responses are on high alert, immobilizing us, making it more difficult to access our innate inner guidance system. When this happens, people start to doubt themselves and look elsewhere for answers they inherently already have.

When looking outside of ourselves there is no shortage of opinions, experts, or people with suggestions about what you need to do or how to do it. Here lies in the problem.

Their advice may be ideal for their situation, but not so much yours. You are your own best advisor; trust yourself first and foremost.

Humans are equipped with an internal guidance system, an innate knowing of what is right for us individually. The majority of the people have forgot how to turn on and access their innate abilities. We have been encouraged to call on experts to diagnose us or tell us what is wrong with us, as many would not know where to begin to guide themselves.

Now more than ever we need to know how to trust ourselves. Of course, one can seek out the opinion of others, keeping in mind you are the one equipped to make the decisions that affects your overall wellness—others can share their perspective, but you have the controls and the responsibility to make the right decision for you. It Is Our Nature to Nurture

These are troubling times we live in. What was considered normal before does not exist. There was nothing normal about the rat race we were living in. We were too busy to connect to ourselves, others and nature. Humans have been tricked into believing its nature versus nurture which is not true. It is our nature to nurture. We are connected

intimately through natural means, and it is the distractions of everyday life and electromagnetic pollution that has taken us away from our roots. It is by nurturing our nature we can connect to the full spectrum of our organically human capabilities. Unlike AI (Artificial Intelligence) humans are IA; Intelligent Already. People are starting to tap into that. The Dark Night of the Soul.

We could muse about how we were steered so off course from our true selves or we can start to reflect on what is happening now on a global level. The twenty-first century is all about the end of an old era and the ushering in of a new one. An era where we become more aligned with our genuine self. To do so means going through the process referred to as The Dark Night of the Soul. The Dark Night of the Soul usually is brought on by life altering events or when a person reaches a cross road in their life, where the life they are living is not aligned with what is in their heart. It usually involves a deep dive into the very essence of who they perceive themselves to be, in order to see what no longer works for them. It goes much deeper as they examine where they acquired their beliefs, values and ideals. These aspects of self are deeply questioned by the individual during this process.

It can be compared to removing viruses from your computer, scrubbing your hard drive clean and installing the correct program for you, in the realms of spiritual, emotional, relational, and mental aspects of your psyche. This process can be messy as pent up emotions, past traumatic experiences and dysfunctional relational patterns surface to be cleared.

What we are experiencing for some and witnessing for others is exactly that—we are seeing an incredibly large number of people have their beliefs, values and ideals questioned by themselves and others. Some people have already gone through the process and are holding space while others embark on the journey. There is no right or wrong place to be on this path, as we all have to go through the process, it just is what it is.

So, rest assured, if you feel there is something wrong with what is happening in this or your own world. If you relate, you can simply sit with the question. What is it you want to know? When I am looking for an answer, I ask three questions pertaining to what I want to know regardless of the topic;



- Is it real?
- Is it true?
- Do I need to know the answer at this time?

If you have not done so already, start journaling and writing down your questions, thoughts and ideas and reference them as you connect the dots. This is a great way to connect with your inner guidance. You have everything you need to start to access this system.

People often ask me why I am so optimistic. That is easy; I have gone through my dark night of the soul. Do I have more room for growth? Of course and I hope I always will. It is easier to feel optimism and hope when you are free from emotional pain and suffering—I understand the fear and anger people are experiencing, but if our society is going to grow, we have to heal, we have to connect inside and acknowledge both the feelings that leave us feeling good and the ones that don't.

The Future is Looking Bright

The future is looking bright because we have turned the corner on the old, archaic system. It is falling away. We are liberating ourselves from a system that no longer serves us. This has opened a portal for creating opportunities to build a world founded on principles of love, compassion,

creativity, kindness and collaboration; restoring hope for all. This new way of living in harmony calls us; it beckons us to elevate our integrity, morality and intentions while we once again strive to becoming our best selves both individually and collectively.

We've got this; we just have to dig in and to do the work. So grateful to be part of the changes we are seeing on the planet and so excited to observe how we all evolve into our true destiny of greatness.

What inspires you? What can you do to bring out the greatness in you?

Sandy Glaze

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How To Survive and Thrive During Crisis

There's no doubt COVID 19 is the talk of the day, but we're gonna beat it.

It's brought all of humanity to its knees, with massive closures, layoffs and certainly great concern for all, especially small business owners, who may not have "day job spouses" with benefits, EI and so on, or the financial cushion to last months or even a year without making a single sale. Take heart, I have some thoughts I hope will help you and resurrect your beautiful life.

Let's talk crisis. Let's emphasize it: CRISIS. Let's create an acronym: C.R.I.S.I.S. Let's spell it out:

C: Calm, cool, collected, control, creative, communicative.

R: Rethink, Respond, Retool, Refine, Rejuvenate

I: Insight, Invent

S: Systematize, Sort, Streamline

I: Implement, Inform

S: Savour the Results, Success, Survival, Surthrival !!! (OK, I made that one up).

Let's recap. You can't make smart, rational, business decisions, if you're flying around with your head cut off, reacting to partial information, doom and gloom, and thinking it's the end of the world. Stay **calm, cool and collected** and **control** what you can and don't be overwhelmed by what you can't control.

Become **creative**, in how you offer what you do, and even **create new offerings**.

How To Survive & Thrive During Crisis

Communicate via all your channels that you're open, in a new way, to keep servicing your clients. You need them as much as they need you, so just let them know.

Rethink your business, products, services, options/packages and methods of delivering value to your customers. They still need you, so it's about how you respond to their needs. That will take care of yours. **Retool:** Time to make what are probably long over due changes, find new and more efficient ways to do what you're great at. **Refine** your processes, to save time, even though we seem to have nothing else to do all day, but, let's get better, so we can grow faster when this thing is conquered. Create new products, services, perspectives and ways to deliver them - **rejuvenate** how your business exists - thrives.

Look back, with an **insight** to how it's been, what people bought, or didn't, what they like or didn't and really **reinvent** what you stand for. I found of the 40 things that set my DJ services ([Perpetual Rhythms Entertainment Services](#)) apart from all others, that financial stability floated to the top of the list. People need to know that we are not going to be wiped out if we can't do weddings for months until we get to their big day. We have 5 years of reserve cash to run the business without booking a single event. The next day after I did that calculation, two bookings came in for September. We should long since be out of COVID 19 territory and into the new normal of life. Clients' confidence was bolstered by our commitment to be there for them, so they could celebrate their life moments.

With all this time stuck at home, it's time to put into place the systems you should have long since had. That's where I can help you. As part of my other company, [Matrix Business Training Workshops](#), I teach small business owners how to get more organized, **systematize** and **streamline** their everyday business activities - we call the "stuff" -

that chokes the "thing" you love to do. You may want to look back through Beautiful Life editions to March/April 2019 - "Are You Wearing Too Many Hats?", where I talk about my Matrix Process, and how I developed my DJ business from scratch, and used a system I call the Matrix to create the business by design. Let's face it, we're not great at everything, and some struggle with certain tasks, business operations and suffer burn out doing things the hard way. What if there was an easier way, with nothing to buy, no software to download, no subscription to pay for, just a better way to finally get organized? You have the time, so let's do this. I now offer group and private consultations, via phone or skype to help others do the same. Call me.

Once you have a new 2020 game plan, it's time to **implement**, try and test, step and repeat to fine tune into the new normal. You just have to hit the GO button and let 'er rip. Sitting still never works, and all this time we have can really kill the energy entrepreneurs live on. So, GO.

Inform your past, current and future clients of your plans to stay vibrant and in business. Leverage their confidence in YOU, not be overtaken by a virus. Be that great beacon you are, and let them know. They'll be happy to tell others and your business could thrive. We predicted a doubling from 2019, which was already double of 2018. Then February & March hit us. Just when we thought 2020 was a bust, we did what I'm suggesting and now, we expect to triple last year. We will win. You can, too.

Finally, know in your heart you're going to survive and even thrive, You 2.0. Better, stronger, smarter, even more valuable and living the beautiful life you we born to create. Be well.

When the going gets tough, the tough get going.

Let's get going.

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