



# **A Beautiful Life**

**Magazine**

**The Dawn of  
Awakening**

**The Power of  
the 7 Soul  
Houses**

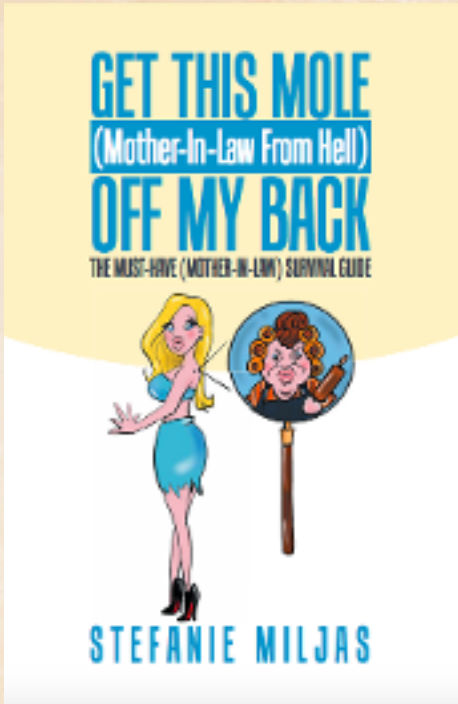
**Transforming  
Our Wants into  
Abundance**

**Aug 2020**



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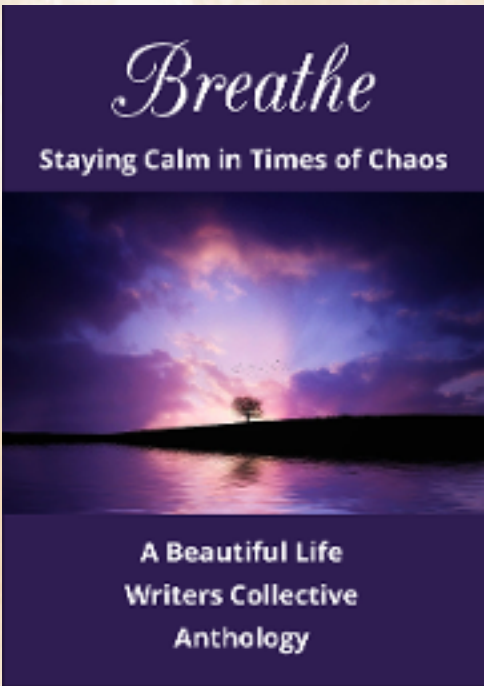
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Welcome to  
another fabulous  
Issue!



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# The Dawn of Awakening!



**The New Age of Peace** is to 'awaken' us to our *True Essence*. What could be more important than whom we consider ourselves to be? The *I AM Presence* is

unwavering in its proclamation that we are Love Beings; a spark of Divinity of God's Consciousness!

Knowing our *Divine Origin* changes how we think about ourselves and those around us! Furthermore; it frees us of the limitations of the human mind~~it opens our consciousness to new and exciting possibilities; it awakens awarenesses long forgotten. It gives us assurance that we are never alone~~for we are part of a vast Divine Family; it allows us to be all that we truly are! In short, it makes all the difference because *Divinity* is not something we evolve into. For we are as *Divine* this very minute as we ever will be!

Every 2000 years~~a *New Age* or a *New Philosophy* begins. The previous 2000 year-period was under the spiritual sponsorship of Beloved Jesus~~ the *Piscean Age*. The current 2000 year period, which began at the dawn of the new millennium is under the *sponsorship* of Beloved Saint Germain~~ the *Aquarian Age*. This devoted Ascended Master began laying the groundwork for the Earth's return to the *Golden Age* in the early part of the 20th century by revealing the Teachings of the Mighty I AM Presence. Saint Germain ruled over a previous *Golden Age* thousands of years ago. He is again determined to return the Earth to that *Heavenly Estate*. He encourages you and me to begin by becoming our own *Golden Age of One*. As we take '*personal responsibility*' and transition from fear to love, together these *Golden Ages of One*, will expand into the *Golden Age of the Earth*! Furthermore, as we begin to live in harmony with all humankind, dis-ease, in its manyforms, will be cease to be! This *Universal Truth* was taught by Hippocrates, the Father of

Medicine in 370 BC. Dr. Hippocrates, Greek Metaphysician and Psychiatrist proclaimed that dis-order or dis-ease is a result of negative vibration or imbalances within some fragment of the whole.

It is essential therefore that in our progressive state, we acknowledge and embrace that our Soul (*the Spark of Divinity of God's Consciousness*) incarnates into a physical body. In this confined state of consciousness, a human being can, nevertheless, achieve self-realization by aligning and balancing the four subtle bodies. When all the 4 elements of our human make-up (*physical/mental/emotional/spiritual*) are maintained at their proper level of vibration and consciousness, there is no dis-ease. In this state of being, the *Radiance of the Soul* can become integrated with our human experiences, whereby we will feel with our brain and think with our heart~~thus integration of our masculine and feminine energy!

**Rita Be-Still,**

**Healer of Broken Hearts & Motivational Speaker**

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A new commandment I give unto you,  
That ye love one another; as I have loved  
you, that ye also love one another.

John 13:34

KJV

## Editor's Desk

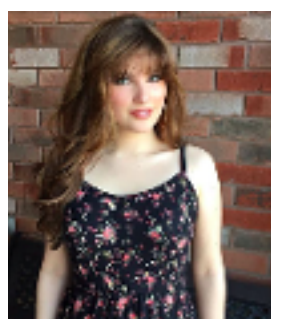
Welcome to the August issue of **A Beautiful Life Magazine**! We are now officially in our 3rd year of production, and we are so happy you're a part of the **A Beautiful life** family.

Our tribe is a group of like-minded people who come together to encourage positivity, light and love within ourselves and others through our thoughts, stories, and advice.

Our mission is to bring healing, hope, and guidance to as many people as possible, especially in these times. We are so excited for our upcoming anthologies to come out, as they are full of inspirational and motivational words to keep the faith and keep going.

Keep an eye out for our upcoming Special Edition Magazine issues as well; they have awesome content you're gonna love. Enjoy the rest of your summer, and remember: have compassion for others and yourself. It's in times like these we realize that kindness and love are the most important things to have, and to give to others.

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# INSOMNIA

## INSOMNIA

Does sleep elude you every night?

Do you have trouble falling asleep, staying asleep?

Would you like to wake up after an amazing night's sleep with no side effects...just get out of bed feeling refreshed and ready to face the day?

Would you like sex to be better than ever?

I have found the answer to the above questions. I would call it a miracle. Cannabis brownies aka pot brownies. I had suffered from insomnia for about five years, ever since post menopause had set in and finding this effective and easy solution was indeed a miracle come true.

It is an amazing sleep aid which has changed my life by allowing me to sleep through the night, every night. I wake up feeling refreshed with no side effects what so ever. It has increased the quality of my life substantially.

The cannabis (marijuana) plants can be legally grown in your back yard with a maximum of four plants per household. The species of plant is important. There are the hallucinative cannabis with higher THC which you don't want. Make sure you get the sleep inducing cannabis plants which has hardly any psychoactive THC. One plant will yield enough buds to produce the amount of oil required to bake a few dozen 9 x 13" pans of brownies. The oil keeps well in the fridge. Anywhere cool, dark and sealed is the best storage method.

You can buy the oil or butter to make the brownies or easily make your own oil. I use the Magical Butter maker (MagicalButter.com) which takes the guess work out of making the cannabis oil for my brownie recipe plus it can be used for producing seasonal oils, butters and tinctures. I've tried using different recipes or straight cannabis oil sublingually under my tongue but I found just eating one of these brownies thirty minutes before bedtime the most effective way of getting a good night's sleep. It may take you a week of experimenting with the dosage until you get it right. Don't give up because it is so worth it once you have the dosage customized to your needs.

It's best to start with half a brownie and work your way up to a dose that will get you sleeping thru the night. Since it can take 30-90 minutes for edibles to kick in I strongly advise that you wait at least 24 hours before taking another dose. Metabolism, diet, sex, weight and tolerance to cannabis can all affect onset time.

The Magic Butter maker comes with all the instructions and items you'll need to get cooking. I prefer the following brownie recipe. It is really important to under bake the brownies rather than over bake them which can decrease the sleep effect of the cannabis edible. Also, it is beneficial to stir the batter really well to make sure there is an even dispersal of oil throughout the recipe. I bake the brownies in a 9" x 13" glass Pyrex dish. After the brownies are baked I cut them into fifty pieces. I store them in an airtight container in the freezer identified very clearly that they are pot brownies.

### Brownies

1 cup butter or oil

1 ½ brown sugar

2 eggs beaten

1 1/8 unsifted all purpose flour

¾ tsp baking powder

¼ tsp salt

4 ½ tbsp cocoa

1 cup chopped nuts (optional)

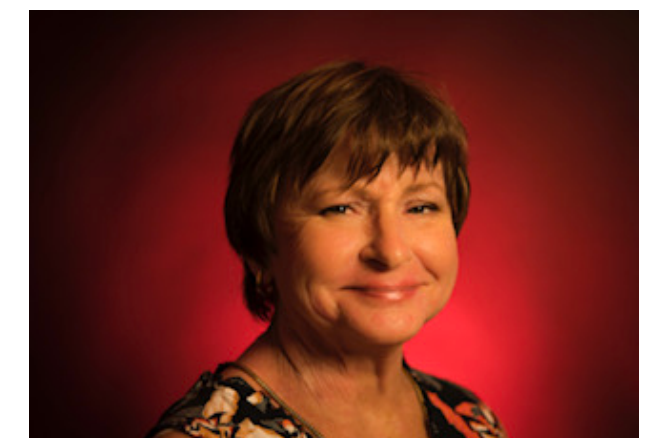
¾ tsp. Vanilla

In a medium saucepan melt butter or oil slowly till warm. Do not overheat the cannabis oil/butter. Remove from heat and stir in brown sugar. Allow to stand about five minutes before slowly adding beaten eggs. Beat well. Add remaining ingredients and mix very well. Spread in greased 9" x 13" pan. Bake in preheated 350 degrees oven for 17 minutes. You can cover with frosting when cooled if you want.

**Ella Balkwill**

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**Art By Ella Balkwill/artwork archive.com**





# Why the Law of Attraction isn't Working for You



Why the Law of Attraction isn't Working for You

The Secret, Abraham Hicks and now Gabby Bernstein are probably the global leaders in the Law of Attraction. And what wonderful and life changing teachers they are. But as glorious as it all sounds, for many the law of attraction doesn't work because they're missing one piece.

And that one piece is COMMITTED PRACTICE!

I discovered Abraham a couple of years ago, and like many, have been dabbling in it with some success. The little stuff was coming easily enough but I wanted the big stuff, and it wasn't coming. This angered and frustrated me immensely.

I thought I wasn't studying the material hard enough and so I hit their books, audios and seminars again, and again, and again. I'd talk about it to anyone who would listen. In the beginning things would manifest and once again, little changed. What was I doing wrong?!

It was only when I interviewed Elizabeth Pfeiffer for The Red Hot Truth podcast that I realized that the missing piece was consistent, long term practice in changing my mindset. It's easy to talk about the Law of Attraction but actually living it is another thing.

As you know, the Law of Attraction method is dead simple; focus on what you want, the Universe answers, and you allow it to manifest. Couldn't be easier right? (Sure, that's why we're all sunning ourselves in the Bahamas drinking cocktails). What stops us from manifesting what we want is our story.

That narrative that we keep running in our

mind telling us that it's really all hogwash this energy thing. And if it was real, it's not for us because we're not worthy. As besides as spiritual beings, we're not supposed to be abundant, part of the spiritual experience is suffering. Money should not be the focus.

Sound familiar?

What's important to remember is that the negative story in your mind is not actually yours. It's the product of what the world has been telling you since you popped out of your mother's womb. To be honest, the story is a blatant lie because you are here to be abundant and thriving so anything other than that is not your birthright.

The reality is that the story is well engrained because you've been telling yourself the same one for zillions of years. And no matter how often you tell yourself that the law of attraction works, your mind is going to sabotage you, lower your vibration and killing off any prospect of abundant manifestations (so really it is working but not the way you want it to).

So how to you change the narrative?

Before I tell you what Elizabeth Pfeiffer shared with me in The Red Hot Truth interview, I want you to know that this is a 24/7 gig until you get it right. If you're not willing to put in the consistent practice, you'll fail.

So are you committed? If YES, YES, YES, then keep reading.

Elizabeth suggested the 'What If' game. When you hear your mind playing a horror movie, 'what if' the story.

What if this story is a lie?

What if I sold this to myself and it's false?

What if I'm actually a powerful manifestor?

What if I can create anything I want and desire?

What if I can receive right now?

What if I can receive power?

What if I can easily get into alignment?

What if I can instantly feel joy?

What if I can make a million dollars tomorrow?

And you keep going until you feel that negative hole in your stomach be replaced by a feeling of hope, joy, anticipation or even enquiry. The game works and the more you do it, the better you feel, the better you feel, the more you manifest.

The trick is not to take score too early. You can't ask the Universe after two days to cough up because you'll fall of the band wagon until you get the hang of it (trust me I know). When you keep at it for six months, one year, five years, it'll become so automatic that the manifestations will simply pop into your experience effortlessly.

Now the only way you'll know if this works is if you give it a go – a committed go. As Rumi said, "Everything in the Universe is within you. Ask all of yourself."

To listen to the full interview with Elizabeth Pfeiffer on Conscious Money, head to [www.theredhottruth.com](http://www.theredhottruth.com).

Your time is now!

Petra Williams

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

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# The Power of the 7 Soul Houses

## The Power of the 7 Soul Houses

We live in a world of the unknown. A space full of possibilities and opportunities, and it is sad to know that us human beings are not conscious to the gifts which we have been given to work within our bodies, and that is the ability to 'HEAL' and to 'LOVE' ourselves.

What if I were to say to you that you hold the "KEY" to your Health, Wealth, Happiness and more? What if I ask you what do those three simple words mean to you? Most people would say; "I want to be healthier", "I want more money and a great relationship". What if you did have that now in your current life today, the day you are reading this and what if you still feel empty and lonely inside, for you were not in 'ONENESS' with yourself? What if I say to you that I may have one of the answers for you, however it is for you to be open-minded for there is some work involved, would you be willing to do it to find this oneness and peace I am speaking off? Here is one of the secrets to your *Success and Happiness*, and it is the Power of your 7 Soul Houses also known as your 7 Chakras or the Qi (Energy) Channel. It is all about the Shen (Soul, Heart, Mind), Qi (Energy) and Jing (Matter) in your spiritual and physical body.

The Soul is the boss for it stores the information which is then sent to the Heart which receives it and then the Mind processes it. The Qi takes action of the information and Jing then transforms the information and then manifests it so it is referred to as the manifestor.

The 7 Soul Houses are;

1stRoot Chakra (also known as the Lower Dan Tian located at the base of the spine) is the most important of all the 7 for it is your foundation where you want to store your energy. This is the soul house that will send the energy straight up the Qi Channel (7 chakras). When you work on the energy here you will build more confidence, stability, finances, relationship, immune system, heal gentile's

blockages, ease mensuration pain and more. Please note that you have to do 50% of the work and Heaven will be happy to do the other 50%.

2ndSoul House or The Sacral Chakra, is located between the belly button and the root chakra, it is very powerful to increase Stamina, Endurance, Vitality and Longevity. If you have any issues in your small intestines, then you should focus on building this Soul house.

3rdSoul House or The Solar Plexus Chakra is located behind the belly button. Hint: If your nails are broken or have lines then I suggest that you look at boosting it. You have frustration, anger then work on this area. It will also help you rejuvenate and transform the blockages connected to the stomach.

4thSoul House aka Heart Chakra (Message Center) is located between and behind the sternum. It is extremely powerful and important if you want to clear most of the blockages in your life. Relationship, finances, anxiety, depression, sadness issues then focus on this chakra. It helps rejuvenate all the systems i.e. circulatory, respiratory, digestive and lymphatic.

5thSoul House or The Throat Chakra has a very powerful fist size energy center. This chakra is connected to "Will Power" and allows you to act and work with confidence. It is the gateway for you to be self expressive in a proactive and compassionate way. It allows our body to connect and communicate with the world. It is known that when you stop to listen, speak and express yourself from a place of truth, belief, faith and understanding, your Throat chakra is open.

6thSoul House or The Third Eye is not actually between the eyes, (for that is the Pineal Gland aka the Zu Qiao, pronounced Zoo Chow), but behind the area in the Qi Channel (The Energy Channel). If you would like to increase your intelligence and intuition abilities, then focus on building this channel. If you would like to open your Third Eye,



then focus on building your Kundalini which is below your tailbone in the anus area. It can also help transform the nervous and endocrine systems.

7thSoul House or The Crown Chakra is located on the crown area of your head. When you strengthen the other 6 chakras that you will reach to this enlightenment state which keep in mind is in direct alignment to Heaven.

I have briefly described the importance of developing this 'Wheel of Energy' which is referred to in several ways and may have many names. As note that there are other elements and centers in the body that work together for example the 5 Element Centers, The Jiao Organs, Acupuncture Points, or Ming Men Point. Please keep in mind that there are many more characteristics and functions of the 7 chakras not mentioned for this is a simple outline and I suggest that you study them in greater detail. This is to bring to the consciousness of the power within you for as

Dr. & Master Zhi Gang Sha says, "I have the power to heal me, You have the power to heal you and together we have the power to heal the world!"

Love, Peace and Harmony and Blessings!

Dianne Ojar is a ISO Certified TAO Hands Practitioner (International Organization for Standardization) and has the gift with Heaven's Guidance to work with individuals in any and all health, relationship, challenging situations and more in person and remotely.

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## Self Care & Higher Self Connection Tips

Here are some suggestions; to keep moving forward commit to doing at least 1 of these a day and when you feel down or are going through tough times that should increase to as many as you can.

**We must take care of ourselves first, we are no good to anyone, especially ourselves, if we don't. IT IS NOT SELFISH TO HAVE LOTS OF SELF-CARE AND SELF-LOVE.**

- ✓ Journaling (this is so helpful and the first step to finding your voice and speaking your truth while feeling good about it).  
*Ideas for journaling (practice daily) Record your thoughts, feelings, dreams, boundaries, ideas, things you want to change, forgiveness list, gratitude.*
- ✓ Keep track of evidence of signs and messages, intuition, abundance, positive momentum – (we like proof).
- ✓ Set Intentions: visualize how you want an outcome to unfold – imagine it happening, tap into the feelings when it does and then let go of any expectations, the Universe may have a different plan for you. Trust the process.
- ✓ Think about and make a list of your core values. These values are your compass. Make decisions aligned with them.
- ✓ Epsom Salt baths are great for any aches and pains.
- ✓ Bubble baths are relaxing.
- ✓ Read a good book.
- ✓ Mani/pedi (treat yourself or do at home).
- ✓ Do your hair and wear your favorite clothes.
- ✓ Take up a hobby (anything self-expressive and relaxing).
- ✓ Drawing, colouring - relaxing and creative.
- ✓ Listen to your favourite music - sing and dance around like no one's watching (you can do this alone, it's fun!).
- ✓ Meditate for 5-30 mins. (practice daily) - this is how you connect with your higher self; when you quiet your mind you allow creativity, ideas and solutions to come to you with ease.
- ✓ Go for a walk in nature, connect and appreciate it then have your favourite beverage when you get home.
- ✓ Anything that makes you happy, light and at peace.

It's important to do things that make us feel better, even when we don't feel happy.  
It helps us not go too deep into unhappiness, which leads to the rabbit hole of victim hood.



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# Love Yourself First

## Love Yourself First

Have you heard the phrase, relationships are for healing?

I had not until I experienced the euphoric qualities of divine love. It was when I trained in Atlanta for 10 days to become a Radical Forgiveness coach with 20 strangers who I knew deeply after it was over.

We learned and healed together, practicing on each other, we witnessed profound healing taking place with all of us doing the forgiveness work. It was miracle after miracle as we worked through it together. We got raw and real and I had not done that before in my life.

My relationships are healthy now, and no longer dysfunctional. I can now feel gratitude and love for others and I know it's because I practice daily self-care and self-love; because my happiness depends on it.

When I look back on that life changing experience I can see one common thread between us all, everyone had issues with love and it started as a child. We somehow disconnected from our loving innocence and forgot how to love ourselves.

Love is our true nature and feeling love for our self is the most important relationship we can have. It sets the precedence for all our other relationships so if you didn't get modeled this as a child then you're going to want to read this.

Our very first relationship is with our mother, we feel her love from within the womb and when we enter the world we are comforted by her voice and her touch. Or maybe that wasn't the case.

We are born innocent and full of love and as we grow older we begin to feel the pressures to conform and be like the others to fit in.

We have lots of relationships throughout our life, all different types and they all have something to teach us about ourselves. If we notice we have a pattern with how we feel about certain relationships there's a lot of growth available in looking deeper to uncover core wounds (beliefs).

It also takes courage but I promise you, the risk is worth it. We start out resistant or not feeling worthy or deserving, and we don't want to take the chance to have our feelings hurt again.

Unfortunately most people who struggle with self-love are either over-givers or jaded and closed off, either way there are walls of protection to keep our hearts safe.

**The antidote is to Love Yourself First.**

I, like so many others, have an underlying resistance to this idea. Somewhere along the line this important lesson got

missed for so many of us.

It's one of our main reasons for being here, to learn to love ourselves first, with compassion.

We must feel safe and be willing to get a little vulnerable to discover who we are from all aspects, and learn to love all parts of ourselves.

This is why I created the Soul Adventure Journey to the Real Me game, I saw how we needed daily reminders of our truth and how amazing we are, we need to gently bring each wall of protection down and when you do it's a beautiful feeling of freedom and joy!

Playing daily doesn't take long, it works so well because it's the small, consistent action which creates new neuro-pathways in your brain. Self-talk improves because it's repetitive and relevant to the player. You also receive confirmations of what your intuition is trying to get through and this is empowering.

Your divine connection to yourself is the gateway to having loving and fulfilling relationships. Heal yourself first and others around you will heal as well.

If you would like to learn more about the Soul Adventure game, a transformational game for finding your answers, clarity and wisdom, please visit: [www.souladventuregame.com](http://www.souladventuregame.com).

Self-care and self-love doesn't have to be difficult, it's important to keep it simple and consistent so we are recharging ourselves to be our best selves.

If you resonate with me so far, keep this **Self-Care and Higher Self Connection Tips** list and do something from the list every day and gradually increase it. You can add your own ideas and mix it up, just have fun and remember to love yourself first!

Lorree Appleby

**Radical Living Master Coach, Intuitive Energy Healer, founder of Our Purposeful Journey and Creator of the Soul Adventure Journey to the Real Me game.**



**Our Purposeful Journey**  
Start Living Radically with Lorree Appleby



# Grieving Must Be Witnessed

## Grieving must be Witnessed

For many of us, the society we live in encourages conformity and stomps on individuality. When we experience a loss, is it any wonder we attempt to fit ourselves into the predesigned grief outline of “one size fits all”? In our Western culture there is little room for individuality in our grief and few opportunities for our grief to be witnessed and respected as our own.

As a Grief Recovery Method Specialist, I have observed what typically keeps us trapped in our pain is our inability to be heard and to have our feelings witnessed and respected. Anything less than this, we receive the message our feelings do not matter. When we are uncomfortable or feel unsafe in sharing, we do what we have been taught to do in order to maintain acceptance by our family and friends; we suppress and bury our emotions.

Where does our grief come from? It could be any change in something which was familiar. Or it could be an emotional loss such as the death of a pet, a broken relationship, or a missed promotion. These can all stir up negative emotions. Or it could be the conflicting emotions of a move, a change in our financial situation, graduation, or even the birth of a baby. While typically positive situations, they still have the capacity of leaving us with unresolved emotions of grief.

We can also experience grief based upon situations we wished had been better, different, or more. It could be for unrealized hopes, dreams, and expectations. We can grieve a missed vacation, a violation of our personal space, unemployment, retirement, even bearing witness to or experiencing a trauma.

There is much misinformation surrounding grief. Many times, when we attempt to share our emotions, we are told to “get over it” and others may imply our loss is not a big deal. We quickly realize our emotions

do not matter, and the safe place we thought we had has suddenly vanished.

Our relationship to the person or the event, which caused our sadness, is personal and unique to us and only us. Even members of the same family will bring different experiences, beliefs, and perspectives to the death of a family member based upon their personal relationship with this person.

Our process for identifying the emotions of our grief should be just as unique as our fingerprint. Unfortunately, time after time we are expected to grieve following a prescribed format labeled “The Stages of Grief.”

At The Grief Recovery Institute, we do not believe the emotions felt by a griever would be universally similar to another person who is grieving. We understand grievers may experience common symptoms of grief, such as exhaustion, lack of focus, a change in eating and sleeping patterns, coupled by a roller coaster of emotions. However, there are no definitive stages which must be experienced in order to move through our pain.

Even when the impact of our loss appears to be understood, the need to conform and grieve in a predictable manner prevents us from having our true and honest emotions witnessed. Grief becomes even more challenging when we are expected to act in a certain way.

Grieving is not a “one size fits all” experience. No one else can possibly know what we feel or how we think about the loss we have experienced. When we compare our losses and our reactions to other losses, we rob ourselves, and others, of the intimacy of their unique relationships.

As humans we tend to see life from an either/or perspective. We are right or we are wrong. We are tall or we are short. We are dead or we are alive. This too can lead to misunderstandings of how death affects us. While the person we cared about is no longer physically present in our lives, we do continue to have an emotional relationship with them: We remember things which we may wish had been different. We may ponder the loss of a particular dream or our vision of the future with this person. While there is the need to complete what has been left emotional unfinished, the memories remain forever.

When you witness the words and sharing of another’s heart break you give them the gift of being heard. When you are able to listen without judgment, criticism or offering advice you become a safe place where their emotions are respected. During this time, your thoughts and opinions should be kept to yourself; especially if they are negative. When you provide a safe place where the griever is able to fully express, present with honesty, the emotions they are feeling you support them completely. Healing happens when we are given the opportunity to feel and acknowledge our grief; honoring every loss has meaning to the one who has lost.

The journey of recovering from grief is an inside job. This does not mean we do not appreciate company along the way; someone to hold our hand, to offer a home cooked meal, or to sit in silence as we express how we are feeling. You can support a griever by inviting a conversation: ask them about the person; how this loss happened; what their relationship was like; what were their special attributes; what were their special attributes; allow them to understand you cannot begin to imagine how devastating this must be for them.

Most people find there are things which have been left unsaid. When they have the opportunity to say them aloud to someone listening, it allows those words to be heard. It is through the witnessing of these emotions we are able to begin moving forward through our pain.

**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](http://www.tadams.ca)





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## A Moral Compass for Our Life's Journey!

Be a light unto the world, and hurt it not  
Be a shining example, and act only with Love!

Forgive every offence~heal every heart~~

For there's no greater gift!

Honour every person's truth~

So that your truth may also be honoured!

Walk in every person's shoes~~

Embrace every circumstance

Share every joy~~

For love is your gift to the world~~

A reflection of our Creator's Light in the human race!

Bring peace to the earth by bringing peace

To all those whose life you touch~~for it is

Through our love, our compassion, & our kindness

Our fragile planet will slowly, but surely heal,

Making it possible for us to unite our

Consciousness with the

Creator of ALL thing

*Rita Be-Still, Author, Motivational Speaker, Poet, Metaphysical Teacher*

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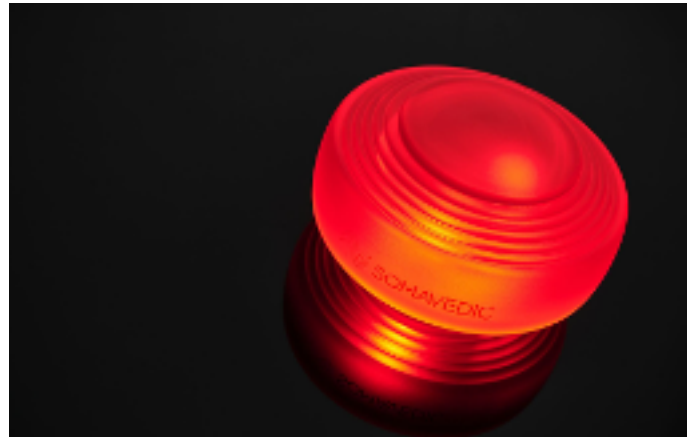




# Twins from Somavedic Family

Let me introduce you Ruby and Cobalt

Somavedic Medic Ruby



has all the features and properties as Somavedic Medic, plus on top of that has all the advantages and properties of the Ruby crystal.

The intention was to create a model, which would, apart from the standard functions of the proven model Medic, also support spiritual growth, encourage kindness and open hearts. Rubin is popular especially among women, who

can feel its potential immediately

- Ruby - promoting spiritual growth
- Stimulating heart chakra activity puts the heart in balance
- It evokes positive dreams and clear visual images
- It encourages pineal gland activity
- Thanks to the protective effect of this stone, you can work harder during arguments and clashes.
- In emotional life, the ruby appears as a dynamic stone.
- It stimulates desires and enthusiasm in the heart.
- Ruby is a crystal that supports the need to

socialize with humans and induces sexual activity

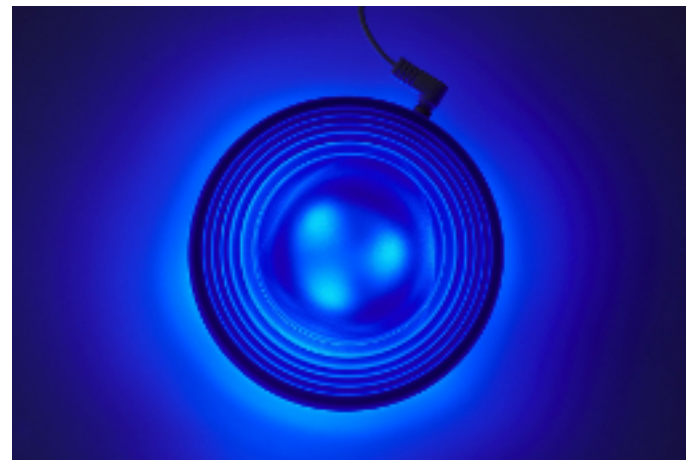
- As for the body, the ruby helps to overcome exhaustion and lethargy. It impersonates strength and energy. On the other hand, it dampens hyperactivity.

Elimination of influences: 3G,4G, EMF, Geopathic Zones, viruses, bacteria, molds

Environment: Everywhere where there's a need to "open hearts"- family houses and apartment blocks, rehabilitation centres, spiritual centres, meditation rooms, etc.

Body: Hand-blown crystal with an admixture of rubies (sanded)

Somavedic Medic Cobalt



has all the features and properties as Somavedic Medic, plus on top of that it has all the advantages and properties of the Cobalt crystal.

- Cobalt - psyche support
- Used in Egypt
- Royal blue color (chakra of the third eye)
- B vitamins are for protecting nerve tissue and have a beneficial effect on the overall psyche

Trace amounts of cobalt are important for many living organisms, including humans. The concentration of several tenths of milligrams of cobalt per kilogram of soil has been shown to improve the health of grazing cattle. Cobalt is also part of one of the important members of the B group vitamins, vitamin B12.

This model is built on a strong and proven foundation of the model Medic. Its core has been enriched with additional stones, which have a positive influence on psyche, intuition and concentration. Cobalt should also help with finding a way out of depressive states and mild psychological disorders. Especially men who work on themselves will like this model.

Elimination of influences: 3G, 4G, EMF, GPZ, viruses, bacteria, molds

Environment: Everywhere where there's a need for the balanced psyche - family houses and apartment blocks, workplaces, office spaces, shops, etc.

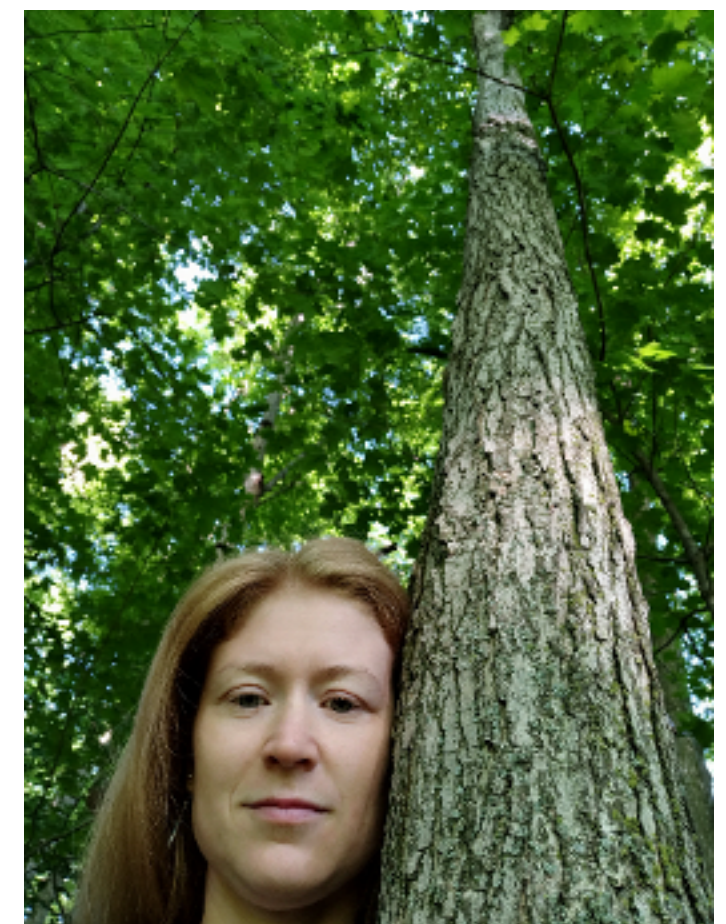
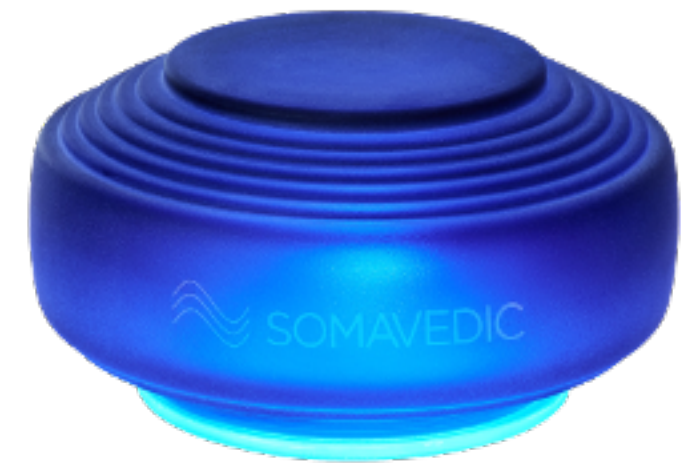
Body: Hand-blown crystal with an admixture of cobalt (sanded)

**Presented by Veronika Gold from Somavedic in Canada**

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# Releasing Judgment & Expectations to Live Your Best Life

I am currently writing from my vacation in Wasaga. We all have experienced changes the past six months since the outbreak. It is now time to recollect our thoughts and channel our energies into something we love to do. Many of us may have lost jobs or faced difficulties in our businesses and maybe watched people close to us going through those changes as well, some were affected more than others. Strangely enough, the minute everyone began to retreat I felt a relieve coming over me.

I found that I generally do not function well under the air of expectations of others. No contact meant not having to live up to anyone's expectations either. For some time, I felt the need to retreat and write more about my experiences or share my thoughts and wisdom on other channels. Just the other day, when I felt like nothing is moving and everything has hit deep stagnation, I turned on my sons Wii game and it was frozen right at 11:11 am, something I used to encounter a lot in the beginning of my spiritual awakening.

The numbers 11:11 mean that we are fully aligning with our life purposes and that we are in the flow. It dawned on me that I need to pay attention. Sure enough, shortly after I came across an app for podcasting. It was easy to set it up and a perfect channel for me to share my inspirational messages, psychic insights and greater understanding of life and past experiences. When I was just a child, I used to wonder how I could ever contribute to the world and how I would ever be able to share my messages, back then we just did not have the technologies of today.

It was a true mystery to me, but everything happens in perfect divine timing. When it is time for each of us to share our divine light codes, the channels and opportunities will simply pop into our awareness, it will unfold effortlessly. It is never a struggle when we are aligned with our true greater self, all flows with ease and grace. *Energy always goes the path of least resistance; this means that we need to be aware of what is flowing with ease and brings us joy and excitement.* This is how we can recognize what is meant for us and which way we need to go. I just talked to my partner the other day about this, how we used to wonder when we were children, how we will ever figure out life and what to do or where to go.

I was so worried about making the wrong choices that I

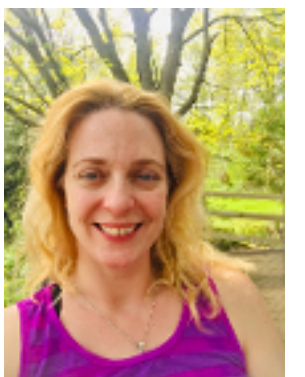
used to visit psychics over and over again, hoping to gain insights that could lead me into the right direction. Until one day a psychic told me; *"You ARE your own psychic, why do you keep going to other psychics? You know everything you need to know."* Sometimes its not easy to trust yourself, especially if you had been made to feel insecure about who you are during your life and your insights were consistently belittled. Today, after years of intense self work post awakening, I have come to a place where I feel secure and in tune with my greater self. This definitely was quiet the journey I tell you what. But it was absolutely worth the trouble, to get back home to myself and tune into alignment with my true self. If you are trusting who you are, you can be whatever you want to be.

I found that the biggest issue that kept me from really fully be myself was judgment. Judgment towards others and myself. I had many rules, ideations, and judgments towards me because of my upbringing. As long as we are judging others for expressing themselves, we will always carry judgment towards ourselves and vise versa. How we respond to our outsides is a mirror of how we feel about ourselves, as soon as we are able to resolve inner issues, the conflicts resolve and releases all the judgment that has been holding us back from living our best lives. *Our own judgments and expectations are the prison bars that keep us feeling unfulfilled.* We all carry our own light codes of wisdom uniquely aligned to who we are. Its just a matter of recognizing that and expressing them uninhibited.

*I challenge you today, to go within and ask yourself; Who am I? Where am I holding myself back and why? How can I bring more joy into my day and how can I make my work more fun?*

**Sabrina S Goeldlin – Essential oil advocate & specialist, MLT, Reiki Master & Angelic Medium, Writer & Blogger / Visit**

[www.theangelhouse.ca](http://www.theangelhouse.ca)







## Seeking Out & Appreciating Pain

You may be puzzled by the headline thinking why would people seek out pain?! For this issue, I closely looked at August for the energy it will bring and pain will be a common theme permeating human superconsciousness. We all know we can't avoid pain, because it comes in various levels of discomfort because it's there for us to learn from it. We can only avoid pain for so long... especially if you were adversely affected by an event or experience that was brought on by another person. It's when we choose to disassociate or repress discomfort that our situations gradually become more uncomfortable. Whether it be in relationships, in the community and in our physical bodies. When we don't face our pain, what we are telling ourselves is that I would rather gradually suffer and become more tolerant than to seek and

resolve it. Resolving it would inevitably bring healing, peace, understanding and the energy to begin rejuvenating us. So pain is not the enemy, pain is our friend and tells us when we have to move through something difficult to gain a more precious reward... Liberation

Pain will always be intrinsically part of life. Choosing to be receptive to it through service of holding space for others and seeking the grace understanding brings wisdom to our soul. Here are a list of questions we can ask ourselves and others who are feeling discomfort.

What Emotion(s) are surfacing from ourselves?

What questions do these feelings foster within us?

Are there other experiences in our lives that relate to the present moment?

Can we see a pattern emerging?

Where do we think it began?

What thoughts or beliefs does it reinforce?

Do the conditioning or programming originate from our upbringing?

Did those who raise us express the same patterns of behaviour?

Does this condition extend from Leaders our neighbourhood? Culture? Faith?

Is this something we wish to continue and if not; do we have the courage to work towards discontinuing the cycle?

These questions bring incredible insights to the pain that needs to be resolved. By identifying it, we can learn from it and realize how we can limit the pattern from repeating itself. Hopefully summon the courage towards dissolving the pattern and/or mastering how we respond to it.

Once we have sought out the pain, found assistance to investigate it, realized the gifts it had to bring us, released the contributing energy and discovered alternative actions that would serve us; we can then engage in physical activities or therapies to accelerate well-being again. Such as Body/Emotion Code Energy psychology, Acupressure, acupuncture, massage, energy work among others. These modalities will get your field and your body working together in improved harmony, which will get you primed for the rest of month so you can harness the power of your intuition, have dreams that can bring guidance, instead of nightmares that remind us to resolve what we often ignore. We always

want the good opportunities to come, but if we are not in energetic alignment with it, we aren't the right fit yet. The end of August brings much opportunities that may bring great risk but also great reward! However if we are not answering the call of Pain, we may remain blocked in unresolved self-sabotage and miss out on opportunities to co-create from an empowered state. Choice is power and making sound decisions come from sound balance of intuition/ logic, body/ mind, physical/ spirit is necessary to fulfill our potential for the life we want. Instead of the life we have become accustomed to or settled in.

In conclusion, I would like to thank pain, because if it wasn't for it, I could have never have known what stands in my way from experiencing the gift of living a dynamic and beautiful life. Thank you for reading this article and if you are interested in a free remote healing and empowerment session; please don't hesitate to reach out to me. As a passionate Body Code/Emotion Code Practitioner I devote myself to in-depth understanding of emotional intelligence. I also deeply investigate the most sophisticated divination systems to understand the details of your energy blueprint. So that I can provide a comfortable and efficient healing process. Provide insights into the depths of your Biofield and provide tools that assist you in mastering how you respond to discomfort. Helping you transition from patterns of survival to patterns of empowerment.

Let's find pain and transform it into the power you know you have, but may be afraid to channel and express.

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# Transforming Our Wants into Abundance



Yesterday I was working on a webinar I will be offering in the upcoming months, and I was reflecting on the word Want.

I think this word sometimes has negative connotations for women. It's a word that can make us feel uncomfortable.

Maybe we were told that we should strive to have our needs met, and that wants are frivolous luxuries. And yet many times our needs are even set aside as we play out our roles as caregivers and nurturers.

Maybe we were made to feel selfish for having wants. A scarcity versus an abundance mindset also dramatically influences our beliefs around our wants or desires.

Others might have, intentionally or not, encouraged us to focus on their wants and needs at the expense of our own.

We certainly live in a world that gives us a myriad of messages about what we should want.

A certain kind of body.

A certain kind of romance

A particular type of lifestyle

And yes, there is some flexibility in all of this. We, as a society, are becoming more and more open to individual differences.

But the influences remain. And if we are not careful and aware of these, we begin to integrate other people's ideas of who we should be or what we should want into our lives. And as we do, we bury a part of ourselves, our True Self.

Identifying our wants, and taking responsibility for them is one of the most empowering things we can do.

I'm reminded of the song by the Rolling Stones.

No, you can't always get what you want.

You can't always get what you want.

You can't always get what you want.

But if you try, sometimes you find

You get what you need.

Mick Jagger is right; you can't always get what you want.

But I believe that as women, we too often dismiss our wants.

You can't always get what you want, true. But if you don't know what you want and you never try reaching for your dreams and aspirations out of ignorance, well, you'll never get what you want.

You see wants, in my opinion, are the next step on the

path to self-realization. We all have needs, and those needs are very similar.

Maslow identified these needs according to three categories. The two most basic needs are physiological and safety needs. These are similar to all of us; they are essential to our physical survival. Not having these needs met puts us at significant risk.

Then we move towards Esteem Needs and Self-actualization. These categories of needs are where individuality, and True Self reside. If we want to fulfill these two categories of needs, we must, in my opinion, identify our wants.

And how do we do this?

We ask ourselves and reflect on some fundamental questions such as:

Who am I?

Who do I want to be?

What are my core values?

What are my passions?

What legacy do I want to leave?

What meaning do I assign to life?

As you reflect on these questions, your wants should begin to unveil themselves. You will gain clarity on where you are today and where you want to be tomorrow. You will start to create a vision for yourself, and from that vision will emerge your deepest desires. Do not be intimidated or overwhelmed by these. Working towards wants aligning with our True Self is an empowering and inspiring journey.

Our wants, in the end, are where our wildest and most delicious dreams reside. They bring meaning and enthusiasm into our lives as we make a conscious decision to honor them. And when we take the next step and take full responsibility for turning those wants into abundance, magical things begin to happen.

Joanne Shank

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# He Will Never Disappoint

Has there been a time in your life where you are just tired of everything and everyone.

I know I have been like this in my life. Maybe it's because I was so disappointed in people I keep putting my trust in.

I believe that people will improve my life but I keep getting let down.

Most of my life I got disappointed or let down from people I trust and care about hurt me badly.

I just only put my trust in no one but God myself.

He will never disappoint at all.

Stacey Walcott / Facebook



# BE REAL, BE YOU, BE AUTHENTIC

WHEN YOU LIVE A LIFE OF AUTHENTICITY, YOU NEVER FEEL THAT YOU ARE NOT WHO YOU THINK YOU ARE. THIS IS PRETTY SIMPLE RIGHT? MANY PEOPLE LIVE LIFE IN A WAY THAT DOES NOT SPEAK TO THEIR TRUE PURPOSE OR WHO THEY THINK THEY ARE. ALIGNMENT IN THIS ASPECT OF YOUR LIFE IS NEEDED TO HAVE A HELTHY, HAPPY AND OPTIMISTIC APPROACH TO THE DAY TO DAY OF OUR LIVES. IF YOU ARE NOT ABLE TO SEE WHO YOU ARE



AND WHAT YOU DO, THEN THE PICTURE YOU THINK YOU PRESENT TO THE WORLD WILL NEVER MATCH WITH YOUR INTENTIONS. THIS CREATES INSTABILITY AND DOUBT AND FEAR AND SO ON AND ON.

THE TRUE BEAUTY OF LIVING YOUR LIFE IN ALIGNMENT IS

THAT YOU FEEL LIKE YOU, WHAT YOU SAY AND HOW YOU PORTRAY YOURSELF IS ALIGNED AND MOST OF ALL, HOW OTHERS SEE THE YOU THAT YOU WANT THEM TO SEE. LIVING YOU PASSIONS, DOING WHAT YOU WANT TO DO AND SEEING LIFE THROUGH EYES THAT HAVE THE POSSIBILITY OF BRINGING FORTH NEW IDEAS AND NEW WAYS TO BE, OR JUST BEING WHO YOU REALLY AND TRULY ARE. THIS IS POWERFUL STUFF. IT IS THE STUFF THAT DREAMS ARE MADE OF. IF YOU CANNOT SEE IT, YOU WILL NEVER BE IT.

TO GET TO YOU PATH, YOUR DESTINATION, YOUR TRUE PURPOSE, YOU MUST FIRST KNOW WHAT AND WHERE THAT IS. THEN YOU DECIDE HOW TO MAKE THE JOURNEY AND THEN YOU START. YOU MAY FALL OFF THE PATH, YOU MAY CHANGE COURSE AND GO IN A DIFFERENT DIRECTION, BUT AS LONG AS IT IS WITH A MINDFUL APPROACH, YOU WILL BE OK. BEAUTY COMES FROM WITHIN INSPIRATION COMES

FROM WITHIN AND FROM EXTERNAL FORCES. WHEN YOU ARE IN ALIGNMENT, YOU ARE ABLTO SEE THE BEAUTY AND TO UNDERSTAND THE MESSAGES. IF YOU ARE NOT ALIGNED, YOU WILL PERHAPS SEE THE MESSAGE, BUT YOU WILL NOT BE ABLE TO INTERPRET IT IN THE WAY THAT BEST SERVES YOU AND HELPS YOU TO GROW AND FLOURISH. THIS IS THE TRAP, THIS IS WHAT WE ALL NEED TO AVOID.THIS IS TRULY THE ENEMY.

BEAUTIFUL LIVES ARE ABOUT THE ENERGY WE POSSESS, THE ABILITY WE HAVE TO MAKE LEMONADE OUT OF LEMONS AND TO TURN FAILURES INTO OPPORTUNITIES AND SUCCESS. IT STARTS WITH THE KNOWLEDGE THAT YOUR PURPOSE IS KNOWN, YOUR LIFE IS A SERIES OF CHAPTERS IN A NEVER ENDING STORY. YOU HAVE THE CHANCE EVERY DAY TO MAKE THIS DAY THE BEST EVER. WHEN YOU LIVE IN TRUE ENERGETIC ALIGNMENT, YOUR HEALTH IMPROVES, YOUR MENTAL HEALTH IMPRVES AND YOU STRUGGLE LESS WITH BEING REAL. YOU FEEL BETTER, PEOPLE DON'T QUESTION YOUR INTENT AND MOST OF ALL, YOUR RELATIONSHIPS FUNCTION ON A HIGHER LEVEL.

DON'T WAIT FOR ANOTHER DAY, JUST ALIGN YOURSELF WITH YOU AND LIVE AN ENERGETIC AND AUTHENTIC LIFE. YOU WILL SEE THE DIFFERENCE AND SO WILL OTHERS. YOU WILL BE ABLE TO SEE IT AND ULTIMATELY, YOU WILL BE IT. DO IT FOR YOU AND BE MORE THAN YOU IMAGINED.

BE AUTHENTIC AND LIVE WELL MY FRIENDS.

**Diane Makarowski /Facebook**







# MY JOURNEY WITH LORD SHIVA

## Part 3

**Goddess Prachi**



### MY JOURNEY WITH LORD SHIVA -3

Before we move ahead in this beautiful journey of Lord *Shiva* and Goddess *Shakti*, it is important to have some understanding of other important Gods and Goddesses and deities that contribute to the creation and functionality of the universe and the life forms. In *Hindu* culture a special significance has been accorded to the concept of Trinity. There are three major Gods and Goddesses (their consorts) that have a key role in creation, operation and destruction of the universe that we know. They are Lord *Bramha* (the God of Creation), Lord *Vishnu* (the God of Operation) and Lord *Shiva* (the God of Destruction). As mentioned in our earlier articles about the concepts of physical and non-physical, and the masculine and feminine, Lord *Bramha*, *Vishnu* and *Shiva* are all incomplete without the energy forms that would compliment and supplement their powers. Accordingly, the feminine energy manifested itself in three different forms that would complete the process of life in this universe. These are Goddess *Saraswati* (Goddess of Knowledge and Wisdom), Goddess *Lakshmi* (Goddess of Wealth, Beauty and Prosperity) and Goddess *Parvati* (Goddess of Power).

It is known that Lord *Bramha* needed the energy form to be infused in to the physical form to create Life. So, he prayed to Goddess *Shakti* to attain the non-physical form and used her powers to create life in this universe. Life that we speak of included everything that we see as living, humans, trees, animals, insects, micro-organisms, fruits, vegetables, and everything that we feel, heat in the fire, current in the water, force in the air, genetics in the soil and emptiness in the space/ether. Once Lord *Bramha's* work of creation was complete, he vowed to return the physical form of Goddess *Shakti* to be reunited with Lord *Shiva*. Even though everything including the Trinity manifested from Lord *Shiva*, their physical forms were attained for different and specific purposes. Presence of Goddess *Shakti* in the physical form was important as she was the Goddess of Power and controlled the use of power in this universe; which included helping Lord *Shiva* in destruction of negativity and to punish *Asuras* (the Demons) who misused these powers.

The reunification of Goddess *Shakti* with Lord *Shiva* was being conceived and coordinated by Lord *Bramha* and Lord *Vishnu* because the absence of Lord *Shiva* from the physical world due to his *Samadhi* was hindering the process of Life in the universe and in order to fully complete the proper functionality of the universe Lord

*Shiva's* and Goddess *Shakti's* active participation was necessary. Also, one of the main reasons for the reunification of Lord *Shiva* and Goddess *Shakti* was the birth of their first son, *Kartikeya/Murgan*, who could slay the ruler of the *Asuras*, *Tadkasur*. *Asuras* were warriors with mystical powers and believed in unethical warfare practices. They were using their boons and powers for the destruction of the good in the universe and had grown out of control. Goddess *Shakti* was the only goddess who could control their power and punish them for the misuse of the boons. It, therefore, became pertinent for Goddess *Shakti* to manifest in the physical form, reunite with Lord *Shiva* and put an end to the atrocities of the *Asuras*.

In order for the non-physical to manifest in the physical form, Goddess *Shakti* had to take birth in a human form. Lord *Bramha* asked one of his sons, *Daksha*, to pray to Goddess *Shakti* and ask for a boon that she be born as his daughter so that he could marry and reunite her with Lord *Shiva*. Goddess *Shakti* then incarnated herself as *Sati*, one of the daughters to King *Daksha* and Queen *Prasuti*. *Daksha* was nominated by the Trinity to be their representative in human form to develop the humanity and give it a shape to be an ideal society. He was bestowed with powers of the Trinity to carry out his duties and functions. He laid the first laws, rules, regulations, spiritual practices and principles for living an ideal life that would lead to the attainment of *Moksha* (ultimate Liberation).

To be continued...

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Goddess Prachi

Clairvoyant Angel Therapy Practitioner, Lightworker and Spiritual Healer

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For Bookings please contact me at 647-893-5338 (text only), you can also email me at [angels.are.always.around.you@gmail.com](mailto:angels.are.always.around.you@gmail.com)

Instagram account: angels.are.always.around.you



# Flickers of Light

Now In the time of beginning, it flickers off and on. Like the streetlights. The flickers of light bouncing on the pond. The butterflies, the birds singing, speaking their truth of their belonging. Of light and night in their forest and their trees of light, in their life time, it is the belonging, the breeding, the feeding that carries them forth, this can be cherished, and encouraged with one another now, deep within it all within our hearts, it's what we desire. Its our truth.

We must speak our truth to find kindness and caring to give to one another and help us belong. We do belong in this night passage. We are one together now. In our times of trying and succeeding. Becoming one, together forth we can go to share our one path of deliverance now and on it goes what we start to share, that flicker of light. We can light that candle. That candle will burn. Please pass that candle and light on to one another, it's that shining light within each of us we want to shine out to the world. Giving us hope and kindness.

To be free of fears. To be full of wonder, it is now, we can shine. It takes us farther down this road and path, don't stop now, it will be grand, it can take you farther then it has ever been before. The fret of it all, don't fret. Its not needed. Fear is not needed, it's of hope and blind courage and faith, have it all now, it will serve you well and it will serve its purpose of kindness now and in delight, the oneness now, to share it all, it's a one jump up of that true strength of believers now, twinkling on and shining far.

Don't release too quickly. Slow like a summer stream, sailing down, away and away. Let the fears go away. Bring the peace, bring the courage, bring the times of belonging now. From the earth to the sky, the sky is the limit, no there is no limit. It is before us now, the trials we face. We must share the strength everyday to move forth, jump up, move through, enjoy.

The passages of hope are strong with the young, the young ones will sing. They will glide, they will soar, pass it on, the dandelions of hope. Plant the seed, it will grow, in our minds, in our bodies, in our souls. In our hope to the next consciousness, the next conscious being to evolve to of light and light mass, lifting higher up. Even higher, through



the rainbow. It is there, we are there, we are here with you now. Expansion, breathing, breeding and now bleeding through this passageway, the journey, do not falter, do not worry of falter. It will be fine; it is of strength and giving.

You will seek out and find your comrades and comrades to join in this vast knowledge of true

purpose and hope and light, belonging in our community. We shall not drift apart, we shall merge, join our paths, carry forth the flame of night and light. In the beginning they will need your guidance and your help to take that step of the stairway on our journey up as one to be involved in our one true purpose on this earth we call home.

The light it flickers, it is stronger and stronger, breath forth your passions and delights now, carry it on that horseback ride of strength of the stallion, moving forth, saddle up, it's a mighty one out there. We are here helping and joining. You are not alone. Strike forth with passion and kindness, it is all around you, that beauty you see.

We are there, we are here, you are there, and you are here. With the birds soaring high and soaring low. Don't miss a beat, keep on that path, keep on the journey. It's like a jungle but you will find your way and when you come to the other side you will be in awe of the delights waiting for you then.

Please cast away all your doubts and fears and join us in this passage of night and light .Love with kindness and caring .Strive forth and believe it is one, you are one , you are love, kindness, we all believe in you, please shine and share your light with all who needs and requires assistance on this world you call home and the people , the humans that you love that need to come together and rest assured we will be together.

Resting now with light and love, peace, and a willingness to carry on and the flicker of hope, night light and love of Jesus and mercifulness amen. Cast forth forward and be seeking the seekers of light. amen and follow amen.

**About Melissa Downard Owner and Founder of True Beings of Light Intuitive Healing In Georgetown On.**

**Welcome to my sacred space where I offer you the opportunity to connect with your loved ones, spirit guides and angels.**

**Melissa is a true healer, physically, energetically and spiritually. For many years, Melissa sensed her angels and guides around her and has received channeled messages which she has recorded and published. This work has helped many receive comfort and light while on their Light Path Transition. No one is alone and it is Melissa's passion to ensure that all who are in pain, know that there is always someone whether, here or beyond that is helping them heal at a soul level.**

**Melissa is a Spiritual Channeler, Intuitive Healer,**

**Teacher, Reiki Master, Psychic Medium, and Essenian assistant healer. Melissa has been trained as a Reiki Master and Registered Practical Nurse and has recently trained in medical office assistant. She is also a contributing writer to A Beautiful Life magazine and speaks on many topics to spread the knowledge that we are all one and we are all connected within our heart opening awareness.**

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**Instagram:** misslissad

**Twitter:** kisslissad

**Linked in :** Melissa Downard

**Mobile:** 905 866 7424

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

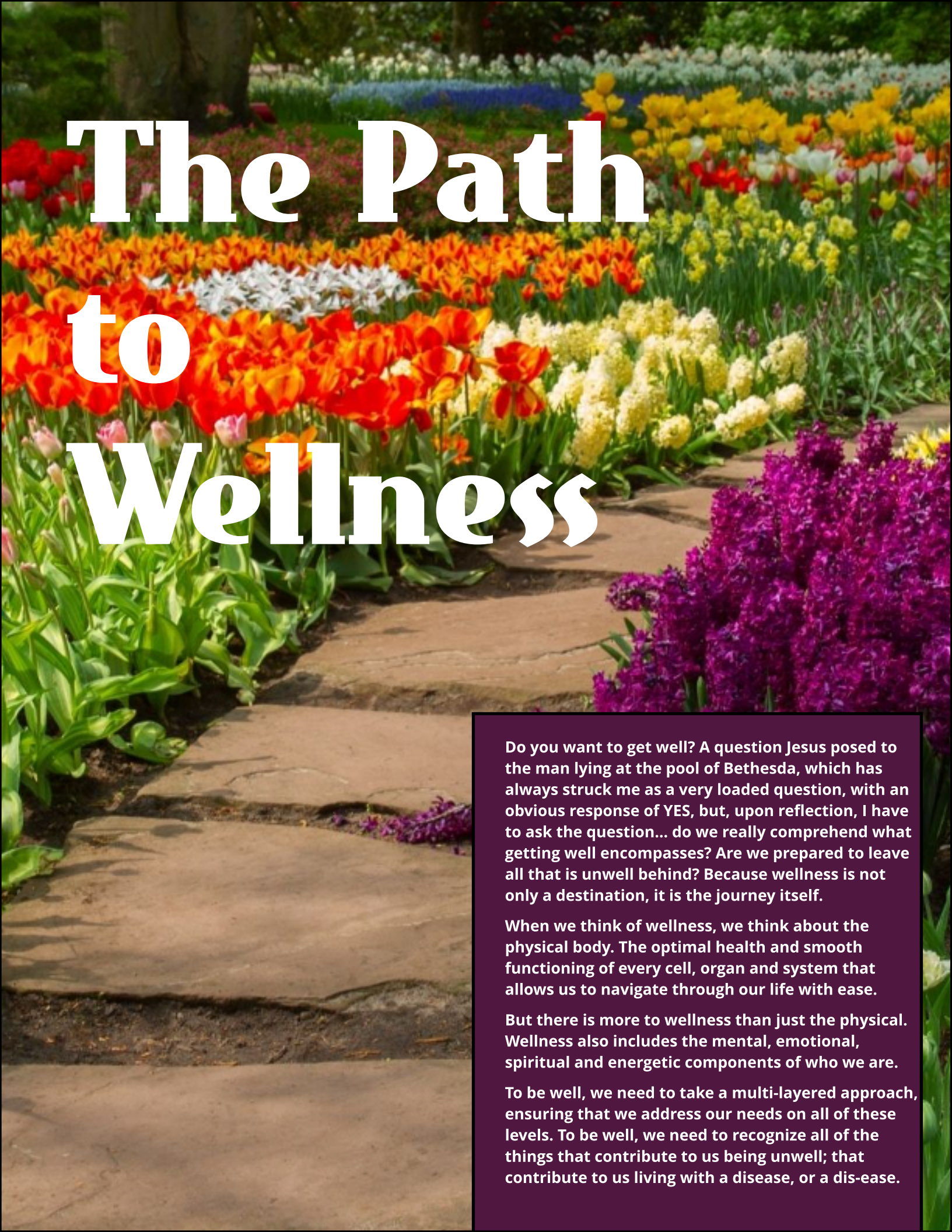
**I AM OFFERING A SPECIAL PRICE FOR READINGS AND REIKI ENERGY HEALINGS AT THIS TIME.**

**Always in the light,,**

**Melissa Downard**







# The Path to Wellness

Do you want to get well? A question Jesus posed to the man lying at the pool of Bethesda, which has always struck me as a very loaded question, with an obvious response of YES, but, upon reflection, I have to ask the question... do we really comprehend what getting well encompasses? Are we prepared to leave all that is unwell behind? Because wellness is not only a destination, it is the journey itself.

When we think of wellness, we think about the physical body. The optimal health and smooth functioning of every cell, organ and system that allows us to navigate through our life with ease.

But there is more to wellness than just the physical. Wellness also includes the mental, emotional, spiritual and energetic components of who we are.

To be well, we need to take a multi-layered approach, ensuring that we address our needs on all of these levels. To be well, we need to recognize all of the things that contribute to us being unwell; that contribute to us living with a disease, or a dis-ease.

We have heard the saying “a chain is as strong as the weakest link”. How does this translate into ourselves? Into our wellness? Where is our own individual ‘weakest link’, that serves to undermine our efforts to be well? And looking at wellness with a wider lens, how do we contribute or not contribute to the wellness of the planet in which we inhabit?

Wellness lives within an intricate inter-relational design. If we become out of balance in one area, it affects the whole. This applies to both our individual wellness and on a global level as well.

We are experiencing un-wellness in our environment. Within the inner environment of our mind, body and spirit, and also the external environment in which we live.

Wellness begins with us. It begins with each one of us taking responsibility for our own choices that either add to or take away wellness.

On the physical level, what food do we ingest to fuel our body? Do we move our body to maintain strength and flexibility? Do we give our body enough rest? Do we engage in a physical practice to move stress out of our body?

On the mental level, what kind of thoughts do we think? What do we listen to and watch on tv or social media that contribute or take away from our wellness?

On the emotional level, how do we process our feelings? Are we reactive or proactive? Do we have a good support system in place to come along side us in challenging times?

On the spiritual level, are we part of a spiritual community? Do we practice viewing the circumstances of our lives from a higher perspective? Do we read uplifting, inspirational material to support us in our journey?

On the energetic level, are we practicing ways of raising our vibration? Are we raising our energetic body by practicing loving-kindness, and acts of kindness to ourselves and to all other sentient beings on the planet?

As human beings, we seem to be searching for ‘our purpose’. Is not the *human experience itself* the purpose? To strive for wellness of life, not at the expense of others, but for the good of ourselves and the whole? To fully engage in those thoughts and actions that support well being.

On the path to wellness, we have two choices: to change our circumstance or change our perspective.

Let wellness be the lens through which we examine our lives, and life itself. Looking with compassion for a deeper understanding of where and why we are feeling un-well, and having the courage to make the changes needed.

Becoming aware of the impact of our thoughts and choices on ourselves and others, allows us to widen our perspective. It paves the way for conscious living, where well-being is at the forefront, not from an egocentric perspective, but rather from a responsible human being perspective, actively participating in well-being for all.

When we engage in wellness from a personal to a global community perspective, we no longer feel isolated and alone. We recognize that we are a significant piece/peace of the whole and that our actions can have a positive or negative ripple effect.

When we know that we are doing good, we feel good. It brings a sense of wellness to our mind, body and spirit. And this is the energy, the vibration that we create within our own bodies, as well as sending it out into the world.

Being well is an act of bravery and commitment. It asks of us to be responsible, disciplined, and kind. It requires the mind and heart to work together, walking the path in wellness. And so we are asked...

Do you want to be well?

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## Want to see my tattoo? Look at my new nose ring!

*Want to see my tattoo? Look at my new nose ring!*

*Summer is here so we “show off” more of our bodies. In the last 20 years, body art in various forms has been a popular expression of individuality and adornment. Tattoos and piercings are now commonplace and in many cases cover a wide area of the body.*

*A tattoo is permanent, unless you have it surgically removed. Besides the dye, it also scars the skin and causes some blockage of the acupuncture meridian it is on.*

*A piercing – even if the ring is removed- leaves a scar.*

*So, what about the health consequences of Tattoos and Piercings. Could they really cause chronic fatigue, memory loss, poor digestion, brain fog, infertility even cancer?*



*We rarely think of the consequences of these decisions, until we pay the price. In some cases we do not know what we are paying the price for? The attitude that “millions of people have tattoos and they seem fine” does not address the fact that we have an explosion of chronic illness and*

*autoimmune problems in younger and younger people.*

*Tattoos:*

*The bottom line is: every brand and color of tattoo ink has different ingredients, according to a [Northern Arizona University study](#), see and since the makers don't have to tell you what's in their products, it is clearly a case of buyer beware. You can take steps to uncover the ingredients by asking for the MFSD sheet on the different tattoo inks. The new “glow in the dark” inks are untested so they have not had any safety studies.*

*Tattoo inks may be made from titanium dioxide, lead, chromium, nickel, iron oxides, ash, carbon black, and other ingredients. Some of the pigments are industrial grade - used as automobile paint. According to an [Environmental Health News report](#), [www.environmentalhealthnews.org/ehs/nes/2011/tattoo-ink-face-scrutiny](http://www.environmentalhealthnews.org/ehs/nes/2011/tattoo-ink-face-scrutiny) an ingredient found in black tattoos inks—benzopyrene—has caused skin cancer in animals. It also noted that tattoo inks have migrated into the lymph nodes. Our lymphatic system carries away toxins and keeps us clear and healthy. When heavy metals plug this “sewer system” our immune system gets challenged and we all know that when our immune system is not working well, we become more prone to everything from flu to cancer.*

*Carrier ingredients may contain dangerous substances such as antifreeze, [formaldehyde](#), <http://naturallysavvy.com/live/why-is-formaldehyde-used-in-personal-care-products>, methanol, denatured alcohols, and other aldehydes. Among the most popular pigments are those made from acrylonitrile butadiene styrene (ABS), a type of heat-resistant plastic that is used to make luggage, pipe fittings, appliance parts, and, when ground down, tattoo inks. These inks are popular because they produce vivid colors. In fact, you can usually tell if ink contains ABS because of the color.*

*If you have your heart set on getting one, do your homework and choose the safest tattoo inks available and licensed professionals who disclose all the ingredients in their inks proudly.*

*The safest advice of all regarding tattoos? Avoid them.*

*If you already have them... detox, detox, detox for the rest of your life.*

*Piercings*

*Piercings of ears are an age old practice.*



*Ear stretching- a tribal custom in some cultures- has gained in popularity lately. People who decide to do so say it is to assert their individuality. I have seen ears stretched to grotesque proportions of 3' diameter.*

*Since in that area the ear has acupuncture points for mouth, teeth and tongue –problems with those organs that become difficult to diagnose and dental anesthesia may be difficult in these people.*

*Multiple piercings of the ear lobes and tragus of the ear can cause issues with the various meridians that have points on the ears such as digestion, sleep, heart rhythm, spine, kidneys, liver, lungs, joints etc.*

*The most harmful piercing are those on the acupuncture meridian called the central governing vessel. This acupuncture meridian includes: tongue, nose, lip, belly button and genitalia. Belly button piercings have been implicated in infertility.*

*I will share one case I saw in my dental office:*

*A beautiful teenage girl had her tongue pierced. Within 2 months she came down with full blown chronic fatigue and depression. Mono was ruled out. Infections were ruled out.*

*EAV testing showed a high level of nickel in her*

*body. What had happened?*

*Reviewing her history it was found that she was exposed to nickel from braces a few years previously ( N.B. all stainless steel contains nickel and nickel is a toxin implicated in depression and fatigue) and then the stainless steel tongue ring going into an open wound caused a significant and fast absorption of further nickel. The nickel toxicity made her sick and depressed. Nickel is implicated in teenage suicides.*

*The piercing, located on the governing meridian (which regulates energy ) blocked her chi- the vital energy flow of the body.*

*It took 2 years of detox and acupuncture to regain her health. She lost 2 years of teen life because of an uninformed decision.*

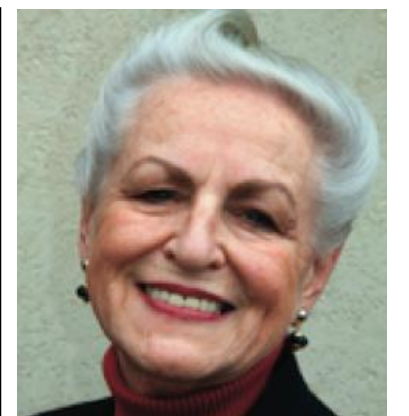
*Even the remaining scar (when a ring is removed) causes interference with the meridian. Depending on which meridian is pierced or poisoned, it can affect any organ, muscle, vertebra or tooth on that meridian.*

*I have seen a toothache developing in a virgin tooth. When the organ or muscle on that meridian was balanced, the toothache went away.*

*I have done some things in my life I regret. Had I known what I know now, I would have made a better choice. That is why I am sharing the knowledge with you, so perhaps you can avoid making a mistake for your health.*

*Dr Oksana Sawiak*

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# Faith

What is it that assists us to 'cross the line' from a disease to wellness, from a race to the finish line, from a catastrophic event to freedom. I believe it's a combination of your intention to do so, total focus on the goal you have set, and faith that you can.

In January of 2008 I set my usual two goals. One was to have a charity I could get my 'teeth stuck into'. Another goal was for my Company to go Global.

I arrived in Shanghai China on May 12, 2008 only a few hours after the Earthquake of 2.28 pm in Sichuan Province. People had felt the shockwaves in Shanghai and as far north as Beijing. It was not only the talk of the town but the talk of China. The TV stations had dramatic pictures of the areas they could get to and the devastation was immense. The loss of life was catastrophic as it was whole villages and schools that were consumed by this monster in the middle of the day.

I was again in Shanghai, China to train coaches in Neuro Linguistic Programming (NLP) Certified Practitioner Certificate. I was now staying with the organiser of the trainings, Miss Hong Pan from Hong Pan Consulting. This was my second trip as a trainer and I just had this 'weird feeling' I should be here to help. Something inside of me grabbed onto the idea that I was sent to China now, on this day for a reason, and I could not let it go. Is that faith?

The TV sets were all about the earthquake after the trainings. One day I saw, in English at the bottom of the TV, that they were looking for coaches to go into the earthquake area and assist these people through their

recovery from such a mental trauma of so much loss. I had a sudden thought at that point that both I and the class of trainees could make a difference because we were trained as coaches and could instantly put our training into effect. The intention to go to the earthquake zone and help was very clear.

I put the opportunity to the class the next morning and asked Hong to listen to the radio in the taxi and tell me if they mention the need for coaches again. They did mention it and my ideas to help became quicker and quicker. I wanted to know;

How many people in the group were interested to do this?

What organisations could we go through to make this happen?

Who would be willing to translate a book that I have written called '*Good Grief...What a wonderful life I had*' from English to Chinese. Hong Pan immediately put her hand up for that.

I had faith we could make this work and our training and learnings became more purposeful every day. We were not only teaching and learning for ourselves, as we now had a mission to accomplish. Every day we were interested in the earthquake and what was happening. One of the students said to me "How could you help as you do not speak Chinese?" I was actually shocked by this remark as it never occurred to me that there would be any obstacles, only possibilities. I replied "Wow! isn't it interesting how sometimes we are so quick to find the reasons, the circumstances if you like, as to why something would not work?" I know that

body language is 55% to 75% of us and at no time did I think I could not do this. I thought about that after class. Why did I think I could make such a difference? Where did I get this undeniable faith from that I could make a difference against all odds?

Joe Dispenza, D.C in his book *Evolve Your Brain*, says on page 359-360 "Maybe faith operates when we hold a particular intention in our mind for an outcome, and we trust and believe in that outcome more than we believe in what the external world is telling us. If so, then FAITH can be defined as believing that the only real thing is thought – independent of the circumstances.

I became fascinated in the rescues and survivors from the Earthquake. Two rescues were great examples of FAITH Expectation. One man said "I saw a bottle in the dirt around me and I knew that in order for me to survive this I would have to have water. I reached over very gently from the underground position I was stuck in and grabbed a bottle. I urinated into the bottle and drank it and was rescued around day seven". A second man, on day 8, who was the only person rescued in that one day, said when he was rescued that "I absolutely had faith and expected that the communist party would rescue me, so I stayed calm and waited for that to happen". Both these men were brilliant examples of their faith and expectation. So I had faith that I should continue with my project to help in the earthquake zone because I knew I could despite the external circumstances.

My faith that I could make a difference attracted others that wanted to assist me including a graphic designers that helped put the book together with the help of an Australian living in Shanghai, Kristian Page who worked with the graphic designer and spent days and nights making this book happen. After knock-backs from organisations who turned down the opportunity to sponsor us, we offered opportunities to the general populations to be a part of this little book and big effort to get this book and some trained grief counsellors into the earthquake zone.



Things moved very quickly. Word had got out about the project and now Shanghai Radio was keen to interview us in English as they have over 100,000 keen listeners who speak English and Chinese. We were so excited because the more people who got to know about the project, the more monies we could collect and the more books we could print and disseminate...that was our thinking at the time. The radio station interviewers were keen to learn about how we could help and more keen to learn how a "Westerner" could help an "Easterner" with their grieving process. At the end of the day we are made up of the same cell structure and have extremely

similar basic wants and needs so it never entered my head that this would be difficult. There were too many similarities in my mind to think that this could not work. With a psychology background, the radio interviewer wanted to continue discussions after the radio interview as he found our thinking very interesting.

Three of us (Hong from Shanghai, Beate from Germany and myself from Australia) all flew out of Shanghai on Wednesday 18th June to Chengdu laden with the '*Good Grief*' books. This was 3 hours west of Shanghai. We arrived at our hotel and immediately got to action together. We walked around the town and could feel a sense of people wanting to move on even though the 10,000 aftershocks were a real occurrence for them on a daily basis. We invited voluntary organisation leaders to come and meet with us that night to see how we could work together as we still did not have any confirmed plans to go right into the epicentre of this disaster.

One leader (June Wang) was so happy about what we intended to do and the book we wanted to give out that she went away from our meeting very excited, not promising anything, but offering us hope. She told us of the many security checks we would have to go through but nothing was to dampen our enthusiasm or our faith and we expected her call the



next morning. She had organised with another voluntary worker in the 'tent city' area to take us to the school where only 100 children are alive today after 17,000 people were buried in that town.

The car trip alone was a real eye opener. Tents were along the sides of the roads as people were too afraid to go back inside their houses while the aftershocks were happening daily. It was like the people were living on the footpaths. You had an immediate sense of the effect this was still having on the residents on the outskirts of the area.

The driver told us many stories about life after the earthquake. He told us of many nights they did not sleep until they were so tired they had to. He slept with fear of not waking up for many nights because it was the collapse of the buildings that killed most of the people. He told us of the buildings shaking and moving. He told us of the 10,000 after shocks, none of which have been below 4 on the richter scale. He told us of the arm on a statue that was moving so much one day he thought the statue was waving at him until he realised what was happening. He told us that it's not what these people have been through themselves but also what they have witnessed. Bodies were everywhere as were parts of bodies as were limbless bodies. They have been through more than anyone could ever imagine in their lifetime.

It was time to go and distribute the books and we were driven to the opening of the 'Tent City' where a volunteer dressed in army uniform came to see what we had and check us out. Hong was sitting in the back seat with me saying "we will never get through the China Army". I reminded her of the FAITH that got us here so far and it will take us further if she would just give it a try.

He was so impressed with our mission he hopped in the car and assisted the driver to show him directions of where to take us. We drove through so much devastation. We drove through the village where a whole kindergarten was simply rubble and where all the children were crushed to death by falling building pieces. We past house after house where only bits were standing. We past schools where children were buried alive. It was very quiet in the car where everyone had their own thoughts of how this was for them.

We arrived at the roadside near the make-shift

school at Shi Quan Village, Nine Dragon Zhen (Town), Mian Zhu City, Si Chuan Province and walked through a mud track, up a slope to a flat muddy area that was covered in straw. A Chinese lady from the village came out to hug me and chatted away in Chinese like I was her long lost friend.

Army tents surrounded this muddy "play/assembly" area and tables and chairs were in a line under a canopy as one of the make-shift class rooms. We were met by volunteers, teachers, police and children. There was a voluntary band that had come over from Hong Kong to entertain the children and they were about to start a big birthday. They had decided that this day June 19 would be the beginning of the rest of their lives and it was time to celebrate new beginnings. Our book would be the birthday present. I was shocked to see only 100 children from 4 years to 14 years old. That was all there were left in this village. It was a stark reminder of how many people they lost.

I looked at the rows of children and focused my attention on one little girl. I said in my thoughts "I am not sure why you were saved but I believe you will grow up and do great things for China" At that moment she left the group and came over and hugged me. I will never forget that moment. This all happened from a thought.

We all speak the same language it's just the words that are different. The language of faith and love is universal. The tears began from everyone. Some of the teachers wept openly and I remember a little girl going up to one teacher and wiping her eyes for her and giving her courage.

I felt the loss of these children and their teachers. We then became actively involved in cutting cake, distributing the cake and singing Happy Birthday. The head teacher, also a volunteer, continually came up to us saying "Very thank you" in his limited English. He is a very special man and these children are blessed to have him with them. I watched him cradle a crying boys head to give him love, while always keeping his eyes on the whole school. He would smile at the children then turn his head to openly let out his own emotion.

He then did something unexpected. He started to paint my face with the cream off the leftover cake. He painted other faces. He then came back, and put a whole handful of cake in my face to get the children to laugh. He told the children to go paint the faces of the police as this may be the only times in their lives that this would be possible. What could only be described as mayhem and chaos and laughter with cake throwing and cake painting



added in, then took place for about 5 minutes.

We then took this amazing army volunteer back to his headquarters at 'Tent City'. His boss was upset with him for being with us so long. He said he enjoyed it all and believed in what we were doing and said he had nothing to lose. He was not afraid to face his boss. He told us he had given all his money to the earthquake victims so they could buy food.

It was a huge day with mixed feelings of getting our book to the people who needed it most and the emotion of what they had been through. My head ached with pain for the loss these people had been through and from holding back the emotion felt by the whole experience. Above it all though I really got the incredible power of having a belief and faith that we are so capable of doing whatever we choose to do.

I believe that THE UNIVERSE WILL NEVER GIVE US ANYTHING WE ARE NOT CAPABLE OF ACHIEVING so we can take those ideas and with faith MAKE THEM HAPPEN. You can simply make up your mind that you would like to do something, regardless of the environmental feedback and with absolute faith, it will happen.

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