



A Beautiful Life

Magazine

**The
Holiday
Issue**

Dec 2020

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In This Issue

Ronnie Swais
Krista Hannesen
Sally Saint
Melissa Downard
Diane Makarowski
Gerard Hibbert
Tawny Stowe
Dr. Oksana Sawiak
Veronika Gold
Tova Gaisin
Jo Leath
Goddess Prachi
Shirlee Rankin
Linda Cooper
Rita Be Still
Tammy Adams
Petra Williams
Ella Balkwill
Ruth Samuel
Tara Myshrall
Judy K Martene
Danesa Lozano
Sally Anne Saint

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



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Publisher's Desk

I want to take this moment to thank all our Readers and Columnists for another wonderful year. This year has been challenging but I am so grateful our magazine's continued growth and that our mission to bring hope, healing & guidance will touch many more lives in 2021. I wish you all Happy Holidays and a Happy, Prosperous New Year!

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Editor's Desk

Hello and Happy Holidays! I Hope everyone is doing well and keeping their spirits up. We all know this time of year is about giving. But giving doesn't have to be about giving money or presents. Giving can simply mean calling up an old friend to ask how they're doing or telling someone they're wearing a nice sweater if you think so. Unfortunately, something that has happened as a result of Covid-19 is the loss of our social lives. People seem to be more reclusive than ever – I read an article the other day that people don't even want to video chat anymore (Hey, I get that).

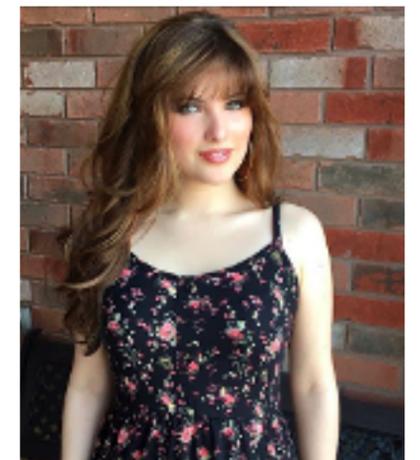
But I think even though it's hard these days, we should each try to make an effort to be extra kind to others. If 2020 has taught us anything, it's to live life to the fullest, and in many cases that means putting yourself out there and tell people how you feel. I think if we all took a moment to let someone know we appreciate having them in our lives, or just call to say hi, those actions will raise the world's vibrations and help make 2021 an amazing year where we see the human spirit shine.

On that note, I'd like to say how much I appreciate all of you – our writers, our readers, our vendors, our experts, and everyone who's part of the A Beautiful Life Family. You all bring a light to the world that is palpable and shines from every member of our tribe. Have a safe, wonderful, and Merry Christmas, a Happy Holiday, and Happy New Year, and I will see you in January!

Lots of Love,

Krista Hannesen

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Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

John 14:27
KJV

Hello From Beautiful Wales

Hello all and I am thrilled to be part of this community that is so beautifully created and held by Ronnie Swais.

I am Sally, I live in the UK in beautiful Wales, with my 10-year-old son, our chihuahua, corn snake and a mouse, all in different rooms so no family fall outs!!! grew up on the family farm with parents who loved me but were terrified, this led to a life surrounded by harsh energy/harsh people and heartbreaking experiences.

Yet life took me on the path of healing and I have not stopped.

This life path has led me to create Wie Woman Guide, the umbrella that all my work sits under but also this is the space where I support and encourage women to connect to the wise one within.

You see for a huge part of my life I was invisible and it was my safety net initially but then it became a cage that restricted me, just like the boa constrictor that surrounds and squeezes the life out of its prey, this was my prison,

Yet like the powerful medicine of snake, it actually holds the power to transmute the poison and so reclaim and gain so much from the experience.

This has been my life, transforming and gaining strength and wisdom from every single restriction/ painful time and something that could have potentially destroyed me has become my greatest teacher.

With my own path I learnt, I studied, I self-healed and with all of this, I am now at the stage to pass on all that I have learnt.

There is no woman on this earth that should live in the shadows, and not fully embody the divine right and privilege of being a woman.

My personal mission is to inspire those women who feel broken, blocked, lost and unsure, As

you walk with me, as you read my words, it will unlock something inside of you, as I share from my heart. I openly share my experiences past and present, I connect with you to remind you of your truth. That no matter what has happened to you in life, you can transform it, you can be free, you can break ancestral patterns, cycles, the inner critic and that which surrounds you and holds you down.

You have THE greatest power inside of you. Don't believe me? Link with me, read my words, let them touch your heart, for your heart knows the truth, you are a divine being with limitless potential.

You have the power to influence many, to rise above current circumstances and see the truth, that you have that inside which will guide you, that which will support you to rise, to grow, to change, to heal, all it takes is the right signposts, the guide on your path home.

This is my offering to you, to you all, to remind you of your truth. YOUR TRUTH

To connect with me and find out more please visit my website

SALLY ANNE SAINT

www.wisewomanguide.co.uk



Why Do We Need 5th Dimensional Healings at This Time?

www.transformational-school-of-essenian-arts-of-healings.com

On December 21, 2012, our planet Earth has begun her energetic transformation from the 3rd to the 5th dimensional energy, and in addition to this the Law of Instant Karma is active on Earth since October 10, 2010, which means that besides the karma we brought with us, before we incarnate on Earth, everything we are creating through our negative thoughts and actions in our daily life are coming back to us much quicker so that we can see it and do something about it right away. So life has become very intense in the negative and in the positive as we move from the 3rd to the 5th dimensional energy. And this energetic transition has a major transformational impact on all living beings including Mother Earth. We are all experiencing difficulties to keep up with this high 5th dimensional energy: Many people are suffering from illnesses, difficult situations that keep happening, again and again, stressful relationships, mental and emotional distress and all kinds of fears. We are also witnessing climate changes, natural disasters happening around the world, global economical crisis, etc

Also through this, many people are feeling the need to make changes in their lives and health, changes in your thoughts, your consciousness, your patterns, the way you treat yourself and the way you treat others, including our planet and the animals that we don't eat in the 5th dimension.

So we all need to make conscious changes and raise our vibrations to keep up with this high 5th dimensional energy, and this could be done by receiving 5th dimensional healings, such as Essenian Healings and Pleiadian Healings, and also through the correct Reiki Initiations.

This is why, Reiki Master and Essenian Master Lisa Lux and Henk Mulder - two complementary souls, have been asked by the Godly Energies: by Jesus & Mary Magdalene to place back on Earth the

Essenian Healing Methods and Pleiadian Healings and to train the new generation of Essenian Masters and Energetic Leaders of Pleiadian Healing circles around the world.

WHAT ARE THE ESSENIAN HEALING METHODS?



The Holy Essenian Healing Methods are ancient high energetic healing techniques that were practiced in ancient Egypt and later over 2000 years ago by the gnostic community of Essenes, by Jesus and Mary Magdalene among others. A lot of their knowledge also came from the ancient Mystery Schools of Enoch.

Essenian Masters and healers have a deep knowledge of the energetic healing power of certain stones and we work with them by laying them in holy geometric patterns creating an energetic field, with some breathing techniques, toning, the help of the Essenian Guide and the Power of the Mind in combination with the Power of Love. Through this, the healing can take place on a deeper level, purifying a piece of your karma.

These healings have an effect on the energy field in and around your body where all the physical and mental functions are programmed.

Essenian Masters, are trained to energetically

communicate as pure and open channels with their Essenian Guides. Through this communication, the Essenian Guide brings the information that it's always checked through Lisa and Henk with Jesus and Mary Magdalene whether an Essenian healing is possible for you or not at this time according to your karmic path.

Besides receiving healings for yourself, if you feel attracted to work with stones and feel the calling to help others right away with these high energetic healings. You could participate in our Essenian Healings Level 1 workshops, in which you will learn the holy knowledge of the Essenes that includes, 3 healings in Level 1 such as Water healing, Mental healing, and Organ & Soft Tissue Pain healing, also you'll learn how to clean and charge stones in the Essenian way. You will receive 17-stones to perform healings and receive a diploma as an Essenian Assistant Healer.

WHAT ARE THE PLEIADIAN HEALINGS?

Pleiadian Healings are also ancient high energetic healings placed back on Earth for all kinds of ailments and problems. They are performed in a Pleiadian Healing Circle by the Pleiadian Masters, who exist in the Pleiades- a 5th dimensional star cluster. Dolphins, the Guides, and a group of people are part of this circle. The people are trained to be only channels of the Universal Energy. There are several Pleiadian Healing Circles around the world, if you'd like to join our group, we could channel if this is possible for you.

None of these high energetic healings are a Religion, they come from the Highest Energy Source that is feminine and masculine energy that people call God, which we are all part of.

WHY REIKI INITIATIONS ARE ALSO IMPORTANT AT THIS TIME?

Reiki is the Universal Loving Healing Energy, and when you get initiated in Reiki correctly by a Reiki Master, your chakras will be cleaned and opened so you can become a channel of this Loving healing Energy. Reiki then will flow into your crown and out of your hands so you can pass it onto yourself and others, including animals and plants.

Although Reiki is not a 5th dimensional healing, it can help you day and night to work towards changing your negative patterns that only create

more karma for you.

Our 2-day Reiki Initiations in the original Usui Shiki Ryoho Tradition, that we also offer to children from 7 years old and up, includes esoteric knowledge that will raise your vibrations and give you the tools to realize why the negative things in your life keep happening and to work on it. During these 2 days,



you'll receive a number of initiations. For instance, in Reiki 1 you'll receive 4 initiations, become a certified Reiki practitioner and receive a diploma.

So if this knowledge resonates with you and you are ready to follow your healing path, raise your vibrations and make conscious changes in your life and health to be able to keep up with this high 5th dimensional energy, you could contact me by:

Phone: (289)541-7803

For more information, please visit us at:

www.transformational-school-of-essenian-arts-of-healing.com

By choosing to heal yourself, you are also helping everyone around you including Mother Earth.

Danasa Lozano

Reiki Master (Teaching), Essenian Master (Teaching) and Energetic Leader of the Pleiadian Healing Circle in Canada



Beautiful Skin for the Holidays

Oksana M. Sawiak DDS. IMD. MAGD. AIAOMT

Beautiful skin for the holidays

Our summers are short. Our winter holidays are never long enough. So we tend to “bake in the sun” sometimes too long and with inadequate protection, or using toxic products as sun blocks. This can leave us with damage that eventually develop into dark spots, bumps and areas on your skins that can turn to Tumours or even cancer.

Sometimes dry spots turn into flakiness. That is often a precursor to Basal Cell Carcinoma. “Beauty spots” can be a precursor to Melanoma – a malignant cancer that can turn nasty.

With the COVID pandemic many visits to dermatologists are cancelled or indefinitely postponed, while we worry or just feel uncomfortable about the “unknown future” of a dark spot or bump.

What can we do?

If it is just an age spot, sometimes they will fade with rubbing the area with the

inside of a banana peel or lemon or applying a good quality coconut oil. It takes time, but works for some people.

There is an herb that is used in Eastern Europe called Clear Skin (translation). It is sold in pharmacies over the counter or made into tinctures at home from a common “weed” called Chelidonium. When applied to a spot it will burn away whatever diseased tissue there is. It will not damage healthy tissue. If there has already been some damage to underlying skin layers, you may end up with a whiter spot but certainly not the damage that surgery or burning or radiation cause.



The other method we use to clear up skin issues from pimples to shingles, Basal Cell Carcinoma to warts is ozone. Ozone is triple oxygen. In nature it is created from atmospheric oxygen by the action of lightning. Being a very unstable molecule, it wants to give off its negatively charged electron, so it seeks out a positively charged particle like infection, toxin, cancer cell or inflammation, and ZAPS it, neutralizing it on contact. That is how the pollutants and toxins we spew into our atmosphere are dealt with, that is how water is purified. That is how medical and dental instruments are sterilized. That is how operating rooms are cleaned.

In our clinic we have a machine that mimics lightning and makes ozone from a pure oxygen feed.

That is one of the therapies we use to treat cancer, pneumonia and many other problems..

It can be applied to skin with Ozonized oil, Ozonated water or Ozone injected. Ozone is triple oxygen. It is nature’s “wonder drug” because it clears infections, inflammation, pulled muscles, arthritic joints, heals injuries, reduces scar tissue, and removes any and all skin issues including liver and age spots like this



and cancers such as Basal Cell Carcinomas



Or even a common wart



can be dealt with by more simple modalities than surgery, burning or radiation,

So before you panic, or resort to surgery or other invasive procedures, why not investigate methods that have been tested by time and success.

Many of our clients will tell you they are happy they did, and are amazed how simple and quick it is.

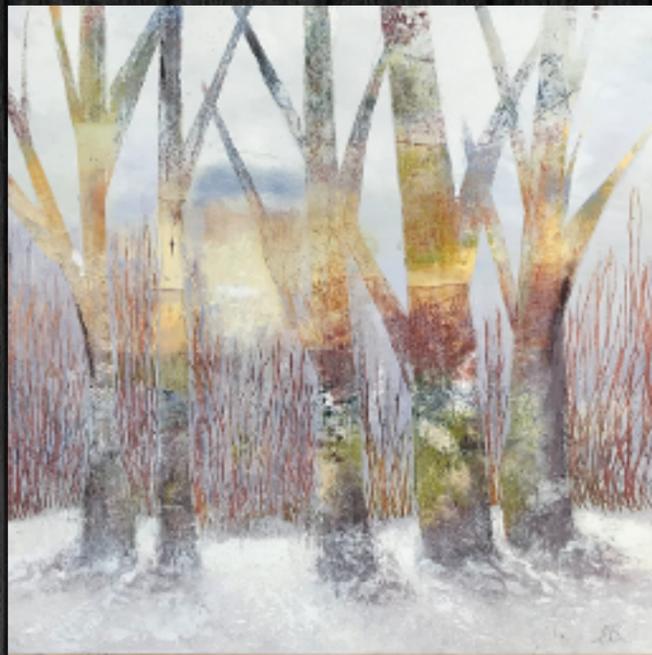
Have a healthy and happy Holiday season.

For further information go to www.drSawiak.com

and sign up for her monthly updates.



Art by Ella Balkwill



Winter Solstice



Fire and Ice



Stepping into Autumn

Art by Ella Balkwill

<https://www.artworkarchive.com/profile/ella-balkwill>



Walking into the Light



Incoming Storm

*Click Image
for more details*



Deep Sunshine





Keeping Holiday Traditions

Holidays are a funny thing. Anytime after November 1st, the brain seems to go to Christmas, Yule, Hanukkah, Diwali, Kwanza, etc. Thinking about holidays in the summertime may mean something different. Growing up, any reference to the holidays at this time of year meant (and still means) Yule and Christmas to me.

There were many traditions that we had in my family that I didn't realize at the time had such deep roots. We had a tree that was full of decorations, decorated pine cones, lit candles, put lights on the tree, went for long walks, and made a lot of wonderful, yummy food (including special cakes).

Yule is a midwinter festival celebrated by Germanic people, a celebration to the Norse God, Odin and a Pagan holiday called Modraniht. Yule is about gratitude, self-reflection, and hope. Traditionally, no work other than the gathering and cooking of food

was to be done during this time of introspection.

Yule is celebrated for twelve days, with a different virtue celebrated each day. Historically it began on the Winter Solstice (December 21st), but, in more recent times the twelve days start on Christmas day and end on 12th night (January 6th). Trees and pinecones are decorated, candles are lit, and gifts are exchanged with loved ones. The Yule Log is burned in the fireplace (not the symbolic cake version).

In the northern hemisphere, the tree that most symbolizes the season is the evergreen. Staying green and thriving through the winter cold has made it a symbol of strength, long life, and hope. The pine cones that are such a big part of the decorations have a pattern known as a Fibonacci (Golden Ratio) spiral. This spiral also exists in our pineal gland, which is associated with the third eye (enlightenment and spiritual awareness). This is

another connection to the introspection of the season.

In many cultures, this time of year celebrates light and the rebirth of the sun as the solstice marks the longest night and shortest amount of daylight. Solstice means 'sun stand still', and this is the time when the sun seems to halt in the sky. It is a celebration of rebirth as the days become longer and the darkness recedes.

Because our ancestors lives were governed by the sun and the turning of the wheel of the year, it is easy to see the importance of the Solstice. It would do us well in the 21st century, to cultivate a better relationship with nature as natural laws will be with us always.

There are easy ways to connect with nature and celebrate the Solstice and Yule:

1. Go for a walk and see if you can find a yule log that you can burn in your fireplace or fire pit or if that's not possible, bring home branches and pine cones.
2. Light a fire (safely), candles, or oil lamp.
3. Feed the local squirrels, birds, and other friends in nature. You can take food with you on your walk and leave an offering of thanks for all life.
4. Talk to each other. Trade stories of holidays past. Tell stories of myths and legends.
5. Have a feast. Have your favourite (remember, the Yule log can be cake!) and forget about the diet for a night (or two if you make a big feast). It can be a feast for one or two, as well.
6. Burn the Yule log (remember, not the cake!). Traditionally, it was a big piece of wood that burned throughout the entire season and a piece of the last year's was saved to light the current year.
8. Make a wreath.
9. Make a list of what you are grateful for. Gratitude is the opposite of the rampant consumerism that is around throughout the year.
10. Make gifts for your loved ones.

For each of us, there are traditional food treats that make us feel very special and help us

celebrate the season. A lot of the things that we made were richer versions of dishes, or things that took longer to make, or things that used more expensive ingredients. Cinnamon and spice were big in my house, too. The scent of mulled cider and spice cookies after a brisk walk outdoors still bring back fond memories. A slice of Yule Log cake with coffee while sitting by the tree is another fond memory.

Winter Solstice by any name or religious belief offers a perfect opportunity to get together with family and friends to reflect on the year that has gone and anticipate the year to come. It's about being thankful for what you have, giving to others, and cherishing each other.

May your holiday be filled with love, family, and friends.

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

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

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

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The Story of Chanukah as told by Tova Gaisin B"H

The Story of Chanukah as told by Tova Gaisin B"H

During the time of the 2nd Temple in Israel, people who hated the Jewish people ruled the Jewish people. These bad people destroyed our property and rob us.

Everyone was afraid and nobody would stand up and save the Jewish people. There was a brave man named Mattiyahu who along with his sons stood strong and helped to drive the bad people away. The Chanukah lights remind of the strength and bravery of those men. Those men were named the Maccabees.

The same bad people did not understand the Jewish people and banned us from learning and everything Jewish. All the good deeds (Mitzvot) we regularly do was not allowed. The Maccabees risked everything to keep our traditions alive.

There was another Miracle and that is the Miracle of Light. The Holy Temple had no more oil left and the Maccabees found enough oil for one day. They lit that oil and the miracle was it lasted for eight days. They realized it was from a G-dly force.

Our holiday of Chanukah is a joyous one it is always during the months when darkness falls early and the light fills our life with joy. We have Chanukah parties with dreidels (spinning tops), Latkes (potato pancakes) and Chanukah gelt (Gelt means money which is usually chocolate).

Each night of Chanukah we light a candle in our Menorah with the special lighter candle which is called the Shamesh (pronounced Sham-esh). The Menorah is a special candelabra which is only used for Chanukah no other time of the year.

When my children were small we were living in a non-Jewish area and they went to a regular public school. Each child in their class asked them about why did not celebrate the same holiday as them. I

would make Potato Latkes (potato pancakes) and bring them to the school. They are served either with sour cream or applesauce. The potato latkes are fried in oil to remind us of the oil that burned 8 days. I would also bring dreidels for the entire class and taught the children the dreidel game.

We also eat Sufganiyot (pronounced Suf-gan-e-yot) (which are donuts) they are also fried in oil and it helps us to remember the miracle of the oil that lasted eight days. My favourite are jelly filled sufganiyot.

Each and every Chanukah is magical and little children gather around and listen to the story of the Maccabees, they play dreidel games and get Chanukah gelt. Everyone sings Chanukah songs and dance. It is one of my favourite holidays. Wish your Jewish friends a Happy Chanukah it will put a smile on their face.

Recipe for Latkes

6 potatoes

1 small onion

3 eggs

½ flour

1 Tbsp oil (I love olive but canola or vegetable is good)

2 Tsp baking powder

oil for frying

Optional cinnamon (this is for another day – I love cinnamon)

I soak the potatoes in cold water for a minimum ½ hour. I grate the potatoes by hand (cheat method is using a food processor) the key is to not cut your hands. Drain well. I grate the onions finely. Check the



eggs for red spots (throw out eggs if there are red spots (for Vegan's you can use an egg substitute). Then mix all the other ingredients and blend them well in a large bowl. Preheat your fry pan with oil. Using a slotted spoon drop into the hot oil browning on both sides of Latke. I like thin crispy latkes (you may only need to turn once). I put the hot latke on a paper towel and so they are not dripping. Serve hot with applesauce or sour cream. I have a large platter. Enjoy!

Dreidel Game

Dreidel (also known as a Sevivon) a dreidel is a four-sided spinning top and is made from wood, play and clay. Each side has a Hebrew letter from the Hebrew alphabet which means

Nun (pronounced n-eh-n)(you get nothing)

Gimmel – You get the entire pot

Hey – You get half the pot

Shin – You put something into the pot

These four letters are an acronym for Nes Gadol Hayah Sham "A Great Miracle Happened There" in Israel the last letter is "PO" which means "here"

Starting with some jelly beans, raisins, chocolates or coins each has a pile. A fun game and who cares who wins.

TOVA G





Gift A Child

Gift a Child a Book for the Holidays!

Your purchase of a Book will be distributed to local Shelters, Toy Drives & Places of Worship all to help make a Child's Holiday brighter during these challenging times.

Click the link to purchase



**Author
Ruth Samuel**



*Gift A Child
Click here*



I'm Picking Up My Ball & Going Home

A warm hello to you all and trusting that you are all doing well .

Some Q&A for you before I begin .

Will we see an end to this situation we all find ourselves in ? The answer is a resounding yes !

Will things return to the way things were ? In reality do you really want them to ?

Is this present reality everything it appears to be? The answer is a resounding no !

I , as many of you who are reading this publication are on some form of awakening journey and as you are all very much aware , this process has many peaks and valleys .

We reach certain levels and often (especially in the beginning) believe that we have made it , and that we have attained everything that we need to learn .

Well as the more seasoned reader can attest , this is most assuredly not the case .

Truth is , we will hit highs , maybe to the level of mastery and then something will give us that proverbial kick in the arse (you really do learn to start appreciating these , I can assure you of this) .

I would like to share with you something that happened to me very recently, something which has expanded my consciousness to another level .

Firstly I would just to clarify that I have always had my own feelings regarding the whole flu thing we find ourselves embroiled in at the moment and even in my earlier days before I knew about energy , consciousness and all those other wonderful things , have always felt that there were others above the umbrella we find ourselves under that are running the big show .

That said Recently I subscribed to Into the light news, a wonderful publication that consists of channels , forward thinkers and other such enlightened souls as yourselves .

One of the latest publications included a docuseries that had been taken down from youtube but had been introduced to the Into the light platform , I believe it is also on Bitchute .

The docuseries was created by a woman called Janet Ossebaard .

This lady had taken two years out of her life to put this series together .

The series contains in depth research regarding the Templars the Masons the Jesuit order the 13 Phoenician families (including the Rothchilds) the Papacy , our

political leaders , Hollywood and all the deep sadistic evil and corruption that has been so deeply entrenched in all of this for well over a thousand years .

Trust me when I say that not everyone is ready to hear this , however hear this they will as the truth is beginning to emerge through all of the little cracks and crevices .

I watched this series intently , and as I said prior , even though I " knew " I did not "Know" the extent of how deep this rabbit hole actually went !

Viewing this series affected me for a good day and a half Lower vibrations , the feeling that it was all fruitless , a sense of defeat

(I am literally pissing myself laughing right now and that Mona Lisa smile just came over me . As I finished that last sentence I looked down at the word count of this article ... It read 555 . Out with the old and in with the new . Love it)

Onwards After my day and a half of lower vibrational emotions I suddenly felt a wave of love and knowing .

As big as all of these things may seem" THE LIGHT IS WINNING , IT IS SHINING EVER BRIGHTER "!!!

When the individual heals the ego will fight like a !!!!!!!!!!!!!

This is inevitable in any healing and is no different with the collective healing of this planet and it's human inhabitants .

The light is shining ever brighter . This is the reason we are seeing more and more attempts at controlling us .

They are scared . The more they try to grip the more we will slip through their fingers... inevitable .

Hold those that try in the highest light you can for they are not separate from the Divine , they have simply lost their way .

Turn off the news and do not feed into the fear.

Keep things simple and hold the light . Meditate and breathe just say " I'm not playing anymore , I'm picking up my ball and going home " .

Love and Light Gerard

Gerard Hibbert

gowiththeflowuniverse.com



A Christmas Message for Humanity!

Be a light unto the world, and hurt it not

Be a shining example, act only with Love

Forgive every offense, heal every heart

For there's no greater gift!

Honour every person's God

For God is everywhere, and

He/She lives in everyone!

Honour every person's truth so that,

Your truth will also be honoured!

Embrace every circumstance

Share every joy~~

For love is our gift to the world

A reflection of our Creator's Light

In the human race!

Protect every person's rights;

Walk in every person's shoes

For it is through our life's challenges that

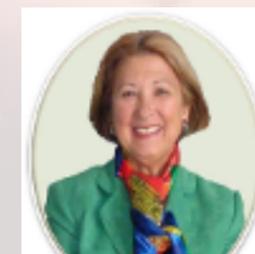
We are awakened and transformed

Radiating our Light, our Love, and our compassion

Into our fragile planet

Uniting our consciousness

With the Creator of all things!



Rita Be-Still, Healer of Broken Hearts

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705-515-1000

Ethical Yule Tide Giving

A warm beverage, a cozy blanket and maybe your favorite book. This paints the scene for a fabulous way to settle into a cold winter's day. As the daylight hours are fewer we make our way towards the shortest day of the year (northern hemisphere) known as Yule or Winter Solstice.

In my last article, I talked about feeling rooted in rhythm as a way to combine the feelings of the root chakra with the changing of the seasons around Samhain (falling near Halloween). I tossed around the possibilities of going inward in the time of Autumn when many things settle into a deep slumber for the upcoming winter.

Samhain is a deep time of release and it invites us to embrace a part of the eternal cycle of life and death beyond the literal sense and into the metaphorical sense. Through this release or slow down we can really tune in to our inner self as a place of belonging. The root chakra is all about our felt sense of safety and belonging and sometimes releasing what doesn't serve. It takes us closer to true connection.

How do we know what doesn't serve?

This is a process, or as I like to say, a practice of checking in with our true inner knowing. Our inner knowing is more than thoughts, it's feelings that surface with the whispers of our soul. We must slow down to hear our true feelings which then allows us to get cozied up to what we truly value.

Taking time to understand what we value helps us determine how we choose our relationship with others. Relationship is at the core of the second chakra!

Although Winter Solstice is depicted by red, green, silver and gold and seldom is orange seen,

to me, it also symbolizes the transition from the root chakra to the sacral chakra. The Winter Solstice is a time of rebirth when Gaia (Earth, Mother Goddess) is birthing the daylight to return.

There are many legends and deities that tell this story and my favourite is the Oak and The Holly King. We deck the halls with boughs of Holly as the Oak King defeats him and reigns until Summer solstice when the battle resumes and the Holly King reigns once more. Throughout both of these battles, it is the Mother who births each King which to me symbolizes the reproductive capacity of the Second chakra. The second known as Sacral or Svadhisthana in Sanskrit, is represented by the colour orange, the water element, and is about partnerships, creativity, and unity, emotional boundaries, abundance, and our ability to flow through life.

In our mainstream lives, these spiritual thoughts and natural rhythms surface in many ways. As we settle into gift-buying for the holidays we choose what relationships matter, what partnerships with businesses we wish to have (yes shopping is an exchange and thus a partnership of sorts) and often illuminates our sense of belonging through family gatherings and our feelings of abundance through food, family, or gifts.

Should we choose to settle into the season of transition from dark to light (Winter Solstice) by encompassing our relationship with our Root Chakra (safety within and belonging) and the Sacral Chakra (partnerships, abundance and fluidity) we may choose to look at shopping from a place of what we value.

To do this fully we need to spend that time under that cozy blanket getting clear on what matters to us.

Some guiding questions may be:

1. When I shop am I part of a problem or part of a solution?
2. Am I caring for people and the Earth in the process?

Taking these steps of evaluation prior to shopping creates abundance (Sacral chakra) of joyous feelings for the buyer while ensuring that the Earth is cared for and we continue to have a place to belong to (Root Chakra).

I believe with the right tools, guidance, and curious exploration people can begin stepping up from making "less bad choices" (sustainable at best) to "regenerative choices" (helping the world generate more beauty, more health, more wellbeing).

There are many aspects we can explore to try and shop "better" and I broke down 5 main categories:

[BE - BIPOC Entrepreneuers Anti-racist reality](#)

[IB - Indigenous Businesses](#)

[SC - Systemic Change - Powerful mandate and legal action](#)

[RP - Regenerative Practices - Clothing, Farming, Food and Alcohol](#)

[HH - Holistic Health - Crystals, Teas, Essential Oils, Body Products](#)

Some businesses will check off multiple aspects of regenerative living, and some will be just a beginning part of the solution but are definitely on the path to helping you be conscious of your connection to the Earth and your community of fellow human beings.

As you find your flow with decorating with Holly, burning a Yule log, or admiring the crisp calm and quiet snow day perhaps you will ponder these seeds of curiosity on where the connection of the Root Chakra, Sacral Chakra and conscious shopping collide.

I invite you to visit my [Ethical, Sustainable and Regenerative Gift and Shopping Guide](#) this holiday season to provide you with some insight, inspiration, ideas as well as an opportunity to support some small businesses that contribute to the categories of ethics and sustainability of our planet and the people living here.

**Nurturing
Curiosity**
Tawny Stowe
TawnyStowe.com





Shining My Light This Holiday

Shining my lights this holiday.

With so much out of our control during these difficult and challenging times, there's never a better time to take your well being and vitality into your own hands.

Finding your inner peace, especially since the holidays are around the corner.

Allow the holiday's spirit motivate you, guide you to find inner peace and joy from within you, after all, that what holidays should be, this is the time when we should put a pause on the hustle and bustle in our life that distracted us from focusing on our true happiness and joy so we can reflect it to other. If we can take that time and make it into a meditation time to connect with God, the divine to Channel what we are in need to be in alignment with ourselves and the universe. To learn to love the people that are important to us and around us, how to communicate and share happy times together. To learn to appreciate all that we have, and to be thankful for that.

Let's start with learning to center the light inside by imagining the brighter stronger divine light coming directly to us and around us, take that light in a circular motion and clear any darkness you feel inside and around you.

Learn to always focus on what you can control in life and never waste your time on what you can't control (like what if, the why..., waiting for an answer great advice will give you here, if the answer doesn't come voluntarily don't waste your time waiting and focusing all your energy and tension in waiting, move on, it will come in the right time. And don't look into the future).

Learn to live in the present moment: Don't dwell on the past (on what you had, what you were.) or overwhelm yourself with the future. Don't think what should have been done yesterday! or what's gonna happen tomorrow.

Focus on the present time, take each day as it comes that way you can enjoy each moment much more and learn to appreciate those moments as they happen.

Learn to forgive: the ability to forgive is crucial for you to move on from the past. Not being able to forgive others will be heavy as a rock on your heart, that will be stopping your stream of love and joy in your life, that will lead to a dry unhappy life.

Forgiveness is part of the letting go, that is the most important lesson. By letting go it will open you up to healing, growth and possibility.

Learn to accept: There's things, situation, people around you, You need to accept them as they are, Even if you trying to change them, as much as you want and trying to change them but no change happening. Sometimes you need to accept their well and it is up to them not you. You do the best you can, do your part and let it be. accept that not always things are in your control.

Learn to believe in yourself, to be proud of who you are, recognize the beauty in yourself. And you must understand that you and only you have the power to change anything in your life and only you have control over your life and never allow anyone control your life.

Let's make this holiday all about shining the lights on ourselves and finding inner peace, love, spiritual growth, and having a joyful time with those you love. And to be thankful for everything you have in your life and who you have in your life.

May peace, light, love. Joy, spiritual growth be your way this holiday.

With peace,

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Grief & The Holidays

GRIEF AND THE HOLIDAYS

While the holidays can be cause for reunion and celebration, they may also be a reminder that those, who were close to you, are no longer present. While it is normal and natural to miss their absence, here are a few suggestions to help you cope with your grief during the holiday season.

Don't Isolate Yourself

You may not feel like you want to associate with people during the holidays. Even if you must push yourself, do your best to participate in at least a few of the activities going on around you. By first acknowledging you don't want to go out, or do something, allows you to validate your emotions and diffuse them rather than bury them. Then, by choosing to still do a few of those things, this allows you to push through and take back some of your personal power.

Don't Get Too Busy

Getting out during the holidays is important but it can get a bit hectic. Be careful to create a manageable schedule, especially if you are not used to being extremely busy. Choose the activities you will enjoy most. Being over active can cause undue stress. Enjoy yourself!

Be Mindful of the Misuse of Alcohol or Food

As a young child you may have been conditioned to believe you could use food to cover up or push

down your feelings. When you were upset you may have been told not to feel bad and were given a cookie or a mug of hot chocolate to help you to feel better. This distraction was most likely an unintentional teaching by those who loved or cared for you. We teach what we know and then learn from what we have experienced, observed, or heard from those around us. As you get older there may be a chance you might replace the cookie with overeating or the hot chocolate with drugs or alcohol in an attempt to mask your feelings of loneliness and sadness.

Talk About How You Are Feeling

Grieving people are not broken. They do not need to be fixed; they just want to be heard. In North America, many of us are very uncomfortable talking about death and grieving. As a result we want to empathize with our own stories, offer advice, or change the topic of conversation. It is very important, during the holidays especially, you have a friend you can trust to let you talk about your memories and feelings; a heart with ears.

Don't Dwell On Talking About How You Are Feeling

While it is important to talk about how you are feeling, telling the same story over and over is not helpful. In fact, telling the same story over and over strengthens the peptides which crave this feeling of sadness. Take a moment, with a friend, to acknowledge how you are feeling, for example, "I really miss Bill right now" and then make a conscious effort to talk about something else. Your emotions want to be recognized but it is not helpful to dwell on them.

Recall Happy Memories

It is normal and natural to focus on the loss and the sadness of your grief. If you find you are focusing in this direction, take a movement to recall a positive memory of your loved one. For example a time they made you laugh, a special trip you took, etc. This allows your sad emotions to be

replaced with a happier memory.

Identifying Your Sadness

During times of grief you may find you identify your sadness in time segments such as "I had a bad day" or "I had a bad week". When you notice you are feeling sad try to realign the time frame. For example, "I felt sad this morning" or "I had a rough evening". This allows you to be open and to recognize other times, that day or week, where you did have an experience other than grief.

Grief and the Passage of Time

The first holiday after a loss can be the most painful for many. For some, the most difficult holiday can be two or three years down the road. Individuals who are waiting for time to ease the pain of loss may find the pain of grief increases with each passing year.

While Grief is Natural, It Does Not Have to be Permanent

The holidays provide a good time for you to monitor your grief. Whether it is the death of a loved one or the breakup of a romantic relationship, it is important to find helpful tools to assist you to discover, and recover, from your loss. Time can lessen the intensity of your pain. However, it is the actions you choose to take, within the time you have been given, which will allow you to move forward.

We have been socialized to "get stuff" and we are ill prepared for how to cope with "loss". If the resources available to you have not helped, it is not because something is wrong with you. It is simply because of a lack of incorrect information.

The Grief Recovery Method® has successfully supported more than a half million people, around the world, in dealing with the impact of grief, offering a variety of resources: *The Grief Recovery Handbook*(all types of grief); *Moving On*(relationships); *The Grief Recovery Method for Pet Loss*(animals); and *When Children Grieve* (supporting children when they grieve). Having the support of a trained Grief Recovery Method Specialist assures you face these emotions with guidance: You are not alone.

Whatever method you choose, it is important to be aware....recovery is possible!

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

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

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

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

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





2020

By The Numbers

2020 By The Number

2020 has been unlike any previous year.

As it draws to a close, there is much to recommend an examination of the experience we are living through. I find the Number Cycle is the best framework for making sense of anything.

One is the Energy of Being.

2020 has required each of us to adapt to new ways of living and working, and in some cases, a new world in which to function.

Look at who you knew yourself to be at the end of 2019, and you will soon recognize how 2020 has shifted your self-understanding and altered your way of expressing yourself in the world.

Two carries the Energy of Relating.

Living in proximity with our households and bubbles has greatly impacted our lives. Maintaining distance from our broader social circle has affected friendships and work life, as well as extended family relationships. The technology of conferencing software and video calls has taken the place of many in-person activities. Learning to use these systems has been part of 'relating' this year.

Three is the Energy of Inspired Creativity.

When we solve new problems, and figure out

how to deal with peculiar situations, we are accessing our creative selves, and finding positive use of this inspiration. Over the year, especially since March, the limits of restricted travel and movement have provided possibilities for writing, painting, cooking, gardening, carpentry and other pursuits. Parents isolating with children are witnessing naive genius.

Four Energy supports a foundation.

Four helps set down a platform on which to build the future. As the year has unfolded, many changes have had positive results, and are worth retaining. We have developed innovative systems that will endure and provide the base from which a new future can flourish. Travel reductions in favour of online events serves on multiple ways, and will continue.

Five is the Energy of Expansion and Growth.

The need for safety and preserving health shrank the options for movement in the physical world. Technology allowed for a blossoming of alternatives. Online courses proliferated. New skills could be learnt through video tutorials. Meditations were facilitated with an array of teachers. Stepping out of physical busy-ness made space for expanded self-understanding and deeper appreciation for Human Experience and Soul-Growth.

Six is the Energy of Service.

The lockdown prompted an immediate proliferations of Care Mongering websites.

Neighbourhoods found numerous creative and practical ways for people to come together and serve their communities. Ensuring that everyone was able to access supplies, showing novices how to use delivery systems, using social media sites to engage and connect these in solitude brought carers into the lives of those needing care.

Seven is Teacher Energy.

No one has made it to December, without learning from 2020. There have been lessons in adjustment as we dealt with oft-changing, sometimes contradictory regulations and requirements. We have seen problems that appeared solved resurface in different forms. We have also taught through example, showing others how our personal strategies succeed or fail. We have learnt to expect the unexpected.

Eight is the Number of Flow and Balance.

Eight brings us all sides of life. It has brought difficulty and ease, sickness and health, life and death. We have benefitted from the newest software and from old-fashioned recipes. Finding support and equilibrium is not easy while the world continues changing. Our personal coping supports us, as we balance our energies in the physical, mental, emotional and Spiritual planes.

Nine is the Energy of Unity.

Interconnectedness means that all things are aspects of One Thing. The virus is a clear illustration of how much the human family is one family, how many people and places we are linked to, and how unnatural it can feel to live in isolation. The ingenuity of Human Spirit has revealed itself in the generating of new and unified communities.

2020 will be forever the year that changed our experience of the world. Each of us can look to the energies and aspects of life. We can see where we have personally evolved, and where else we might need to adapt.

As 2021 begins, our priority must remain keeping

ourselves and our dear ones safe and healthy. We are also in position to envision and design an amazing, progressive future building on the groundwork that the past year has allowed us to formulate.

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

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MY JOURNEY WITH LORD SHIVA #6



At the end of the last article we were looking at the events that brought awareness of Lord *Shiva's* existence in *Sati's* life. As Lord *Vishnu's* statue had stalled at the doorstep of the temple, the crowd started to express concern and confusion. When the *Saptrishies* glanced at the statue, they immediately knew the reason why the statue had stalled. As mentioned in earlier articles, the *Trinity* is a divine principle and absence of Lord *Shiva* from the *Trinity* was unacceptable to Lord *Vishnu* and Lord *Bramha*. One of the *Saptrishi*, Sage *Kashyap*, approached *Daksha* and voiced his opinion to include Lord *Shiva's Shivling* in the Statue. He warned *Daksha* that should the statue not enter the temple, his followers and people at large may lose faith in *Daksha's* principles and ultimately cause huge disrespect for him. Hearing Sage *Kashyap's* request to include Lord *Shiva* in the statue flared his ego and anger. He stopped Sage *Kashyap* from uttering Lord *Shiva's* name further and refused to give any attention to his

request.

Filled with overconfidence and his staunch devotion towards Lord *Vishnu*, he then decided to perform a special *Yagya* (Homa: Fire Ritual) for Lord *Vishnu* to overcome all obstacles. This *Yagya* required a peculiar kind of flower, amongst others, to be offered to Lord *Vishnu*. This flower was called '*Parijat*' and was found at a place that was very close to Mount Kailash, Lord *Shiva's* abode. When other sages asked if *Daksha* could arrange for these flowers, *Sati* came forward and requested *Daksha* to allow her to get those flowers. *Daksha* was hesitant to send *Sati* in that direction as he feared that the energies of Mount Kailash might affect her, however, *Sati's* other sisters insisted *Daksha* that he allows *Sati* to go in search of those flowers as she will be safe with them. *Daksha* allowed *Sati* to go with her other sisters and servants in search of these flowers.

As they were looking for those flowers in the forest, *Sati* got distracted and separated from rest of her sisters eventually landing in an *Ashram* of sages who worshiped Lord *Shiva*. These sages appeared very different from the sages *Sati* had known and seen in the past. These sages wore *Rudraksha Malas* and *Bhasm* (Ashes) on their bodies. As she stepped into the *Ashram*, the sages saw her and started to bow before her in devotion. All this came as a big surprise to *Sati* and she couldn't understand what was happening (because of her ignorance that she was the physical manifestation of Goddess *Shakti* herself). When she asked one of the sages where she was, the head sage of the *Ashram* approached her introducing himself as Sage *Dhadhichi*. He told *Sati* that her visit to his *Ashram* in search of *Parijat* flowers was predestined and that she was here at the *Ashram* for a purpose. He introduced *Sati* to the cultural practice of the sages at his *Ashram*. He informed *Sati* about the

significance of wearing the *Rudraksha* and the *Bhasm* (Ash). He told that the *Rudraksha* is a Seed that signifies the birth of life form and the *Bhasm* (Ash) identified the death of the life form. Wearing these both signified that we should never forget that every life has a beginning and an end. These are two divine truths that human being should never forget. It implies that none is immortal and that who was born shall die, and this journey from birth to death shouldn't be taken for granted but to be realized as a gift, an opportunity, to be utilized to its full potential to attain *Mukti* (the life purpose of every soul).

All this information was absolutely new to *Sati*. She had never realized this aspect of life in this manner from her previous teachings. This was very revolutionary for her and made her more inquisitive. She got involved in a deep conversation with Sage *Dhadhichi* as they walked around the *Ashram* eventually arriving at Lord *Shiva's Shivling*. *Sati* had never seen a *Shivling* before in her life. Sage *Dhadhichi* told *Sati* that the failure of *Daksha's Yagya* to please Lord *Vishnu* was also predestined. This made *Sati* furious and asked Sage *Dhadhichi* to tell her if he knew the reason for the statue to stall and not enter the temple. Sage *Dhadhichi* showed her the way to the *Shivling* and asked her to touch it and think of the statue. Reluctantly, however, *Sati* approached the *Shivling* and touched it. As she closed her eyes and started to think of the statue, she saw powerful visions about the statue. The vision showed that *Shivling* was missing from the statue and without the *Shivling* the statue was incomplete and therefore, Lord *Vishnu* and Lord *Bramh* are fused to accept *Daksha's* offerings. *Sati* opened her eyes in a shock. She questioned Sage *Dhadhichi* about the truthfulness of this vision and claimed that she strongly believed in her father's principles and that his father would never do something that goes against the divine principles because he is the one bestowed with divine powers of the *Trinity* to perform their duties on this planet.

She told Sage *Dhadhichi* that she got distracted and separated from her sisters while looking for the *Parijat* flowers that led her to his *Ashram* but she had not distracted from the teachings imparted by her father. As she walked away from the *Ashram*,

Sage *Dhadhichi's* wife approached *Sati* and gave her *Parijat* flowers. *Sati* thanked her and proceeded towards the temple where *Daksha* was waiting to start the *Narayan Yagya*.

To be continued...

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Chatter Matters



Words have power. Power so great that they influence everything we do and even the outcome of our experiences. They can even help set us up for success or failure. It's the law of attraction in practical, everyday terms.

Quite often we undertake "positive self-talk" that we think will be enough to override the "negative" that we perceive is surrounding us. That's great and certainly important. However, there are sneaky little bits of negativity embedded into many seemingly positive phrases.

We may say things such as "It doesn't matter if I make a mistake". That can translate to the subconscious as "I make a mistake". The subconscious is so cooperative that before you know it, you've made even more mistakes. We may be struggling with issues surrounding mistakes and so we are reinforcing any negative feelings about mistakes. We could adjust the phrase and say "I am in the process of improving my ability to..." or whatever suits your brain better.

The words we choose to say have influence on behaviour. Saying things like "don't forget" may actually lead us to forget, as it programs our brain to forget. Remember to say "remember" as it programs your brain to remember.

My husband had something to do and wanted to make sure he took a certain thing with him. So for a whole week it was "don't forget the ..." He got all packed up and went off to where he needed to be. Fortunately, it was a short drive, as the next call I got was from him (laughing) saying "guess what I forgot"?

The subconscious is a little like a petulant two year old. It does not have a sense of humour and it does not understand the words "no", "can't", "don't", or qualifiers such as "it doesn't matter if...". The subconscious only understands absolutes

and goes about making it happen for us, since that is what it thinks we want.

In addition, since the subconscious doesn't recognize the word "no", the current use of the terms "no worries" and "no problem" translate to the subconscious as worries and problems. When we say these phrases, we are actually inviting worries and problems into our minds. The subconscious being what it is, will find ways to bring these into being. It's as much a part of the law of attraction as anything else.

Not only that, the best response when someone says "thank you" is to say "you're welcome". It keeps the good vibes going.

It will take some effort to change the words and phrases you use on a daily basis. But, you can do it! There are lots of little reminders you can set, such as the old "snap a rubber band on your wrist" option. Ouch! Or, a less painful and more fun choice could be to have your friends and family listen in and give them the permission to correct you (but, make it mutual for fairness, ok?).

It'll take a little time and you may regress into the previous word patterns. Be kind to yourself. Be patient. You may find that you need to write out alternative phrases. When I first became aware of the "no worries" phrase, I wasn't sure what else to say. It had become such a habit, that I was lost. So, I took a little quiet time and wrote out some options. I tried them out. Sometimes they worked. Sometimes they didn't. Nothing "bad" happened when they didn't work. I only got odd looks from people. Oh, well. We are all on a journey and we are all learning and developing.

Take stock (or make it into a game with your friends and family) of the sneaky little negative or other phrases that creep into conversation and sabotage your subconscious mind. Remember, keep it friendly.

Next thing, start working on changing these phrases. It could be simple - change "don't forget" to "remember", or write out options for "no worries".

Have some fun with phrases! Cook up something different. Take it out for a test drive. Yeah, I know I mixed my metaphors! See what happens. You never know what cool positive phrase you might come up with.

Have fun and enjoy the new positive changes that come with a cooperative subconscious.

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

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

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

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The Gift



As the last leaves are falling, and a chill in the air sends us rummaging through our closets for that cozy sweater, as we close the door and turn on the heat, we say goodbye to the vibrant colours of summer and fall and move into the quiet colours of winter.

In winter, we go inside for warmth, for comfort, for nurturing. We turn to the warmth of hearty soups and cozy blankets. It is a time for some of our furry friends to hibernate, to go deep within the earth, to rest, to protect from winter's harshest fury.

And what of the trees? They remain dormant throughout the long winter, and during this time, their metabolism, and internal processes slow down. The trees do not need to consume as much energy and by doing this, they stay alive during the winter months.

Winter signals for us, a time to retreat, to go inward, to release the year, as the tree releases its leaves. A time to reflect and release.

But, this year, in particular, I wanted to hang onto

the summer and fall season a bit longer. I wanted my world to stay green and lush, and vibrant. The quietness of the impending winter felt lonesome in my heart, before winter even arrived. I was not ready to go inside, not ready for the silence, and the thoughts that would bounce against my four walls.

So, I had an idea. I would bring the green outside, inside.

I filled my living room with Ivy, ferns and palm trees, herbs, jade plants, and many other plants of all shapes and sizes. I wanted to build a relationship with them, to take care of them, to know them, each one with a different temperament, with different needs, different characteristics. I wanted to create a circle relationship, to feed and nurture them, to watch them grow, and study those that became quiet during the winter months. I wanted to be a part of their world, as they were now in mine.

I would learn, sometimes by trial and error, where they loved to be. They would give me signs that they were not happy in a certain location, and they would let me know how much water they required to flourish. They told me when they were outgrowing



the pot they were in, and the temperature they preferred. They talked to me, and I talked to them.

The plants warmed my heart on those chilly nights as I learned to speak their language, to slow down and listen, to be mindful, careful and respectful. We created a symbiotic relationship meeting each others needs. I learned to give and I learned to receive.

Being in relationship does not always mean being in a romantic relationship, or in any kind of relationship with another person. We are in a relationship with everything around us, but unfortunately, we do not recognize it, and therefore do not tend to it as such.

We live in an interconnected, interdependent relationship with absolutely everything on earth and beyond, and yet we know very little about the relationships we are involved in.

If we learn about how everything is connected in this brilliant ecosystem, on this amazing planet we share, we can begin to take steps to acknowledge and nurture all the relationships we are indeed a part of.

We need not feel alone in the darkness of winter, when we realize all of the relationships we are a part of, that we are a significant piece of the whole, and our actions do make a difference.

It doesn't need to be a big thing. It can be a small thing, like bringing home a plant to house and nurture through the winter. It can be putting out some food for the birds and watch your yard come to life. It can be giving a smile and a nod to the squirrel as he runs

past frantically searching for those nuts he hid in the fall.

It can be you, looking at yourself in the mirror, giving yourself a nod and acknowledging the beautiful person that you are. With all of the ups and downs of life, smile at that person in the mirror, because your most precious, intimate relationship you have is with you.

This winter, nurture yourself as the plant, as the tree, slowing itself down to take care of its needs, to be strong and resilient through the winter months. Take care of your inner world, as you slow down and grow roots deeper in relationship and connection to the earth and to the gift of you and your life.

Linda Cooper

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Keep Shining Your Light

November 20, 2020 Keep shining your light

In the timing and the dwells of the way, we are here. We are in congruent terms with you all now that this has been the most unprecedented years of all years in the days of present past. In oneness and in light, we come to you and sing to you the uplifting beats. We shine sun rays of hope and love into your hearts once again. In the times and the moments, you are in we have felt how deep this passion goes within you. We wish to help decipher the codes at which have been present to you in the many ways of the media, the politicians, and the channeling groups on your world now.

These times and passages have brought forth many messages and they have been creatively strung up for all to hear, see, witness and bear to the truths of fallacies of which have been uncovered and unburied. The lives given and the lives taken are of a monumental pasture of rebirth and strength in numbers. The delight that so many people are coming together with a new and worthy cause has strongly affected the masses and those who channel have brought forth new knowledge of kindness and strength and reverence given. This exemplifies our true message of oneness that has been ricocheted around your planet at this time.

We have been guided to send out the rays of hope and light codes to the masses to those who will listen and open up their hearts and intuition and allow these messages to come through. Thank you for being in the for front of these lines to collect this new knowledge and developments which have been coming in from the other side, the outer limits of space and time. The light patterns are shining through and you have received these with loving arms and open hearts.

In this message itself you are showing strength and bravery and kindness by spreading the words of love, grace, and peace and hope to all who have listened. Reverence given to those who are unsure and on the fence of what to learn, what to listen to and what they can receive in their hearts space.

The masses have been in conjunction with what they hear on the radio and the news and the politicians. There is so much to take in, to consider, to understand. What is the important information

to take in and what is unnecessarily talked about and repeated over and over again? The choices and decisions to listen to all this with an open heart stands true and rings true to the people. You can choose to listen or not, you can choose to turn off the news, turn off the radio, quiet the mind.

Ease the heart in tranquility and sit in meditation to truly tune into your own intuition and discover what truly rings true for yourself. What truly rings true for your children and for your spouses and friends. In your community you have your neighbors looking out for one another, please keep your eyes open to what is going on within your town and cities at a community level. For this is your circle, your true circle of how we are all surviving and thriving in these unprecedented times.

We have a choice, do we sit in fear, sadness, indecisions or can we sit together and stand up as a single unit of people and cast away fears, and worries of tomorrow. Can we sit in the present moment, in calmness and gratitude for the time we have to spend with our loved ones and neighbors? Can we form a new community of oneness where we can check on one another and offer hope, kindness, and strength to all who are in need right now?

This is where our true strength and power lies, its deep within our hearts and souls where we draw our power from, the connections that go so deep, into our joint consciousness with one another, where we are all shining our light and our glory out into our world and planet now.

The true connections are here and for all to see and bear witness and belong to. Our remembrance of our one true purpose here must rise out into the collective. From deep in our hearts and into the atmosphere. Into our homes, our cities, our countries, and our nations. We must solidify our commitment to one another. We must solidify the strength of our bridges so when the time comes we will have strength and trust that our pathway in front of us will carry forth the strength of a million hearts, brute force of our beautiful nation.

To walk hand in hand and side by side, as brothers and sister and mothers and fathers. Can we all join forces with our fellow human beings and divine

true beings of light. Can we all stretch out our arms and bind the connection that we must make. Can we come together as one as our true selves as oneness in the divineness of our being.

The light boards are shining so brightly now. Please reach out to one and all and do not let go. Hang on tight, with love and prayers and blessings in your hearts to be passed along the way. We join in and thank you for sharing your heart and light with the world, keep shining forward and beyond. In love and light amen.

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

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

Always in the light

Melissa T. Downard



Make It A True Celebration

MAKE IT A TRUE CELEBRATION

AS WE ALL GET READY TO ENJOY THE HOLIDAYS IN OUR NEW NORMAL, LET'S FOCUS ON WHAT WE DO HAVE NOW AND WHAT WE CAN DO. WITH LOCKDOWNS AND RESTRICTIONS, IT DOES NOT SEEM LIKE IT IS THE WAY WE ALL REMEMBER FROM YEARS PAST.

THIS IS OUR NEW NORMAL FOR A WHILE, AT LEAST FOR THE REST OF THIS YEAR. IT IS IMPORTANT THAT WE EMBRACE WHAT WE CAN DO AND SET UP STUFF LIKE WE ALWAYS DID. THIS IS THE WAY TO OVERCOME THE FEELINGS OF HELPLESSNESS AND LONELINESS THAT PLAGUE SOME OF US. IF YOU LIVE ALONE, LIKE I DO, IT IS EVEN MORE IMPORTANT TO MAKE SURE THAT YOU CELEBRATE CHRISTMAS IN THE WAYS YOU ALWAYS DID. DECORATE YOUR HOME, PUT UP A TREE, MAKE SURE YOU HAVE WHAT YOU NEED TO MAKE DINNER FOR YOURSELF AND ENJOY IT IN A DIFFERENT MANNER.

CELEBRATIONS OF LIFE ARE WHAT WE HAVE TO MAKE OUR DAYS SEEM MORE LIVE-ABLE. THEY MAKE US HOPEFUL THAT TIMES ARE BETTER AND WE CAN GET THROUGH WHAT IS AHEAD OF US. I KNOW FOR SURE THAT WE WILL BE ABLE TO GET PAST ALL OF THIS STUFF WITH THE PANDEMIC AND THAT WE WILL ALL BE IN A BETTER PLACE SOONER THAN LATER. IT IS A MINDSET THAT MAKES THE DIFFERENCE AND IF WE DO NOT TAKE THE TIME TO MAKE THE TIME TO LIVE, THEN THE PANDEMIC TAKES AWAY MORE FROM US THAN IT ALREADY HAS.

ONE THING THAT I KNOW FOR SURE IS THAT MY MEMORIES, THOSE OF MY HUSBAND, OUR DOGS, THE PEOPLE THAT MATTER TO ME AND TO US, ARE ALWAYS WITH ME. I AM ABLE TO CELEBRATE ANY TIME I WANT, AND I DO. I WILL MAKE SOMETHING FOR DINNER THAT MY HUSBAND LOVED, POUR A GLASS OF WINE AND REALLY SAVOUR THE CELEBRATION OF THAT MOMENT. THE LITTLE THINGS IN LIFE ARE WHAT WE SOMETIMES FORGET TO BE

APPRECIATIVE OF. THEY MAKE DAYS SEEM BRIGHTER AND LIFE HAPPIER. CELEBRATE LIFE EVERY DAY AND YOU WILL FIND THE ABILITY TO OVERCOME THE DARKNESS WE FEEL WHEN WE ARE OVERWHELMED AND CANNOT BE WITH THE ONES WE LOVE. PEOPLE ARE RESILIENT AND UNDERSTAND WHAT HAS TO BE DONE, HARD DECISIONS NEED TO BE MADE AT TIMES, AND THIS YEAR IS ONE OF THEM. KNOW THAT THE TIME AND SPACE BETWEEN YOU IS ONLY SPACE. IT WILL GO AWAY AND YOU WILL BE ABLE TO HUG, KISS, AND LAUGH TOGETHER.

AS IF I HAVE LIVED, I REALIZE THAT IF YOU CAN CELEBRATE THE BEAUTY IN THE DARK, THEN IN THE LIGHT, YOUR LIFE CELEBRATIONS ARE AMAZING. I LOOK FORWARD TO HAVING CHRISTMAS EVE WITH MY TWO BEAUTIFUL CATS, I WILL MAKE A MEATLESS DINNER BECAUSE IT IS CHRISTMAS EVE, AND I WILL WATCH TV, THINK ABOUT THE DAYS PAST AND SMILE. I DO EVERYTHING THAT WE USED TO DO AND MAKE SURE THAT THE MOMENTS I LOVED AND STILL THE MOMENTS I LOVE.

IF WE HAVE LEARNED ANYTHING THIS YEAR, IT IS THAT OUR SPIRIT AND OUR STRENGTH ARE WHAT WE NEED RIGHT NOW TO GET US THROUGH THE HARD TIMES. WE ALSO LEARNED THAT WE DO NOT HAVE TO BE IN THE SAME ROOM TO CONNECT, AND THAT THE WORLD WE TOOK FOR GRANTED IN THE PAST WILL NOT BE TAKEN FOR GRANTED ANYMORE.

CELEBRATE. HAPPY HOLIDAYS TO ALL.

Diane Makarowski / Facebook



Ways to Raise Your Hope During These Uncertain Times

Ways to Raise Your Hope During These Uncertain Times

In this time of pandemic fear, we have an opportunity to look at this monumental pause in our world and find new ways of being.

We have the perfect opportunity to change our thoughts, raise our vibrations and seek higher ground.

Let fear guide us to hope and belief that a new world can emerge from this chaos.

So how can we do this you may ask?

There is so much stress, confusion, lack, despair and a feeling of hopelessness in our world today.

Every sector of our planet is experiencing some form of this chaos.

Everything in our world as we have known it to be before has now changed and what has remained the same really isn't the same if you look at it with new eyes.

These new eyes are an enlightening and awakening of sorts that our world has changed and things will never go back to the old normal.

And I get it, this causes anxiety and fear in most because we need to have a new perspective, an awakening of sorts.

A new perspective begins with awareness. An awareness that we truly can co-create a new beginning, a brand-new start so to speak.

We can start to turn things around in a more positive, hopeful way.

Changing our thoughts, adding new routines on a continual basis will change our perspective which changes our perception, which changes our reality.

Here are some simple, easy ways to change

your despair into hope.

1. Know that you are always being cared for by a force/energy that is creation.

2. Take some time for self-care every day. Only you know what your body and soul needs to replenish.

3. Being in nature has a healing effect on your mind, emotions and body.

4. Affirmations and prayer connects you to the higher power.

5. Find something beautiful and appreciate it. When you truly open your senses, beauty is all around us, from the morning dew to the evening stars and everything in between.

When you begin to change your focus your perspective, you build more things to be hopeful and positive about. And your life will change if you take the time to purposely change no matter what is happening in your external world.

Build your world into a happy, hopeful place and watch how things will change for you.

Judy is a creative visionary with passion to inspire, teach, connect, and support others. She is a recognized leader, catalyst for positive change, spiritual intuitive, lightworker and successful entrepreneur. Judy K. Martene is an empathetic, creative visionary, with an expansive energetic, and passionate personality. She is a forthright facilitator, spiritual intuitive, lightworker and called "a catalyst for change" assisting her clients to shift and transform their lives from tragic to magic. Her passion is to inspire, share, connect, and support individuals so that they can actualize their dreams. She imparts her inspired teachings in a supportive way that has been well received by her international students and clients. Judy has a deep understanding of the human

spirit. Her ability to understand deep psychological mental, spiritual and emotional health problems stems from her own traumatic past. She has survived abusive relationships, illness and poverty. She has overcome all these challenges by visualizing and passionately designing a life where she has shaped and realized her true potential to live a life where she thrives! Judy is founder and CEO of 2 international companies, Women Living Well and A Living well Expert. She has over 40 years' experience as an entrepreneur, ranging from NPO's to private businesses and in the health and wellness industries

judymartene.com

Judy K. Martene
LIGHTWORKER





Immune-Boosting Ginger, Cinnamon, & Honey Tea

Ginger, cinnamon, and honey are an impressive combination – all three are antibacterial and full of antioxidants. Ginger is also known to clear congestion and help stop fever and chills – so it is an excellent choice of drink for the winter season!

Ingredients:

- 2 Cups Water**
- 1-2 Tbsp Ginger, Peeled and Grated**
- ¼ Tsp Cinnamon**
- Honey to Taste, 1-2 Tsp.**

Directions:

Peel and grate ginger. To do this, cut off a node from some ginger. Then, peel the ginger by taking a dinner spoon and scraping the skin off. Then, grate the ginger with a small grater.

- Bring water, grated ginger, and cinnamon to a boil.**
- Let boil for 10 minutes.**
- Add honey, boil for one more minute.**
- Pour, through a fine-mesh strainer, into mugs or teacups.**

Stir to mix.

Enjoy!



Permission To Rise Unleash Your True Potential

Permission To Rise Unleash Your True Potential

By Tara Myshrall

Turbulence

I'm in a small propeller airplane, circling around the largest mountain range in the world. I look into the cockpit and watch as the pilot turns off the red blinking switches. There's six or seven of us, circling, circling through the storm.

All I can see are clouds as I peer out the window, trying to pinpoint something I recognize. The captain comes on the speaker announcing that they are unable to land. That the conditions are too treacherous. That we will have to return to the world's most dangerous airport.

My mind starts flashing. What if we crash? What if we run out of gas? What if we can't land on this small runway the size of a

country road? We keep circling. My mind reminds me of the plane that crashed here two weeks ago.

And I wonder, what I have done? Why did I decide that I needed to leave my safe life in Canada to climb a mountain range on the other side of the world? I took a deep breath and looked out my window at the thick clouds, watching the swirling patterns of the wind and snow. The propellers whirled and I contemplated my life. Was I going to make it? And even if we landed, did I have what it takes? Why did I choose this? Was it all going to be worth it?

Everest: The Journey Within

A few years ago I decided to climb Mount Everest base Camp. It was a life-changing journey (both externally and internally) that taught me about trusting myself, that life will support me, and that I'm a lot stronger and more powerful than I know or give myself

credit for.

The stories written here have deeper meanings and it is my intention to be of service and share with you some of the key lessons that I picked up upon my climb to Mount Everest Base Camp. When you are open to learning and receiving, you never know where or how your lessons will show up, but I can guarantee you that they will.

If we've never met and you don't know me, I'm the kind of person who decides that she is going to climb Mount Everest on a whim, books the trip, and then actually does it. I am a fighter, a survivor, in the words of Maya Angelou, I am a "phenomenal woman."

But a few years ago, I had this feeling inside of me that something was wrong. It was this nagging sensation that I just couldn't shake. I would wake up in the morning with this sense of unease and discontent, but I just couldn't put my finger on it. And at night, in the quiet of my own mind, I heard this small voice whispering that things just aren't the way they are supposed to be. Something was wrong.

I listened to this voice and in the sacred moments of silence, I heard this longing for more in my life, this unfulfilled part of me was calling out for my attention. It wasn't screaming at me, it was a whisper in my ear, that I heard every once and awhile. But the demands of a corporate job and life as a busy mother and partner seemed to overshadow the message.

And yet, it wouldn't go away.

I started listening and I got curious. I decided to examine my life. I believe in the power of self-reflection, so I looked at my life to try to put my finger on it.

My career was flourishing, my son was doing very well. I had supportive relationships with

my friends and family. From the outside, everything looked good. From an external perspective, people would think I had my life together. I did have my life together, but something felt wrong and I just couldn't seem to figure it out.

When you are ready, the path will arrive and you will know the next step to take. As the Buddha says "No one saves us but ourselves. No one can and no one may. We ourselves must walk the path."

Synchronicities Appear

I was at a conference for work and I serendipitously heard a speaker who had climbed Mount Everest describe her journey. I listened intently to her speech, not thinking too much of her story. Then a few hours later, a travel deal arrived in my inbox, offering a package to climb Everest.

Something inside me clicked. I could feel it in my body. This was the answer I had been searching for.

I booked the ticket that day.

I was going to climb Everest. Apparently my path was climbing the world's largest mountain.

To read more of Tara's inspirational journey - log on to taramyshrall.com and download her free e-book Permission to Rise.

www.taramyshrall.com



THE LORD OF THE RINGS AND THE POWER OF MORDOR

A Special Holiday Issue Submission from Veronika Gold

THE LORD OF THE RINGS AND THE POWER OF MORDOR

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In the environment of modern technology and science, it is important not only whether something works and helps people, or on the contrary does not work or harms, but also whether you can get paper for it. The situation and the battle in the area of "invisible" frequencies is particularly confusing...

In addition to progress, new technologies, discoveries and ideas bring with them fear and mistrust in the beginning. Especially when, in the eyes of astonished viewers and users, they inexplicably fly somewhere between heaven and earth. When revolutionary inventions such as light bulbs, telephones, or even automobiles appeared at the end of the 19th century, their faster development was hampered not only by technical complexity and high cost, but also by fear and prejudice. There must be some lines in that, people thought. Some even called electricity, the most important invention on which our entire civilization stands, perhaps because of the sparks that flew from divorces - the work of Satan. There were regular reports in the daily press that the reader could go blind while reading books in the light of a light bulb.

For example, the famous writer Robert Louis Stevenson, the author of Treasure Island, considered this light disgusting, extraterrestrial and suitable only for nightmares. Today, thanks to massive technical progress, people are much more open to new products, so one unusual hi-tech ring could become the latest hit. Although at first glance Oura Ring looks like a designer piece of jewelry, it has great power. Not as big as Milášek, a glittering artifact that bestowed invisibility and helped its holder blunt the tooth of time and gain immortality, power, and rule, and with which the ugly Golum was constantly caressed in the legendary Lord of the Rings. However, if its owner did not have a clear intention and was not a good person, he intensified his dark sides and posed a great danger to himself and his surroundings. After all, it was not for nothing that Glum looked the way he did. Even so, Oura can do more than enough, and if the hobbits saw her, they might prefer to throw her into the hot lava of the Mountain of Destiny and put their feet on their shoulders. This miniature miracle of modern technology is riddled with sensors that constantly measure your physical activity and can, for example, measure how long and well you sleep. But also evaluate when you have to go ideally on the corner and how relaxed you are in a new day, how much or how little you will be tired during the day or what activity would be most suitable for you

to "tighten" it energetically. One of the specialties of the ring is the measurement of the phase of deep sleep, which is decisive for whether we jump out of bed the next day, like a small fish, or settle down as after a coal wagon. The titanium ring, which has won the heart of more than 150,000 sleepers in the world in its two years of existence, has now moved to the top of the World League, receiving \$ 28 million from investors for further development and research. Oura wants to focus on deeper cooperation with academics from the medical sphere, who should provide the company and its customers with the most useful advice on sleeping and health habits and overall lifestyle. The first results have already come from studies in collaboration with the Rockefeller Institute of Neuroscience in West Virginia. Testing by 600 healthcare professionals has shown that Oura Ring can predict the onset of the dreaded covid-19 up to three days in advance, with an accuracy of 90 percent. But thanks to reliable monitoring, it will certainly let the user know about another upcoming "rhyme". Thanks to that, the ring made it to the American NBA, the best basketball competition in the world, which concluded a contract to supply rings for each player. And the sweet sleep with Oura Ring is closely affected by the story of another technical delicacy of the new age, which has been produced in Lovosice in North Bohemia for 11 years and which for a change focuses on the harmful effects of geobiological faults, electromagnetic fields and other disturbing elements that adversely affect functioning. of our body. One of the most promising benefits of Somavedic devices, whose name could be translated as Knowledge of the human body, is the "cleansing" of the environment, which affects not only the quality of rest and regeneration, but also the proper functioning of our cells. While the Czech product helps to prolong the deep phase of sleep from the usual half-hour to three times, the Finnish one can measure it, advise you on how to improve the results, and project them on a state-of-the-art and smart application on a mobile

phone or computer screen. A similar path will soon await the products of Somavedic Technologies, which, in addition to the Czech and European countries, are increasingly thriving in the USA, but also in Russia, the United Arab Emirates and Japan. One of the people who fell in love with him is Navin Hettiarachchi, director of the entire division, which takes care of the health, fitness and performance of NBA players at Washington Wizards. Now he is testing it in a promising combination with Oura Ring. And such projects are constantly increasing. Somavedic, which aims to harmonize body, soul and environment, including mitigating the harmful effects of Wi-Fi, 4G or 5G wireless networks, has an incomparably more difficult way in this regard due to the fact that it is not so easy to measure its invisible work in such a way that it was not an easy target for corporate scientists and the media, who, for business or political reasons, sided with telecommunications and other industrial corporations. As long as it was only the fourth generation of mobile networks, it was quiet and no one minded, but after the mention of 5G on the manufacturer's website, a sudden reversal came and unexpectedly "tightened". Who's crazy here? During the summer, remarkable articles suddenly began to appear in the Czech corporate media, which ridicule people who have greater or lesser reservations about the introduction of 5G networks. "Fifth-generation networks are a big scarecrow for many people. Especially on social networks, various alarm messages (hoaxes) are spread, which in this context warn, for example, against the mass extinction of bee colonies or birds. According to conspiracy theorists, the onset of 5G will affect all sorts of living organisms on Earth, including humans. Even on the basis of these hoaxes, many people are afraid of launching fifth-generation networks, "reads the very beginning of one of the texts, which sends a single message to the public: Everyone who thinks that 5G can harm the human body is crazy.

Surprisingly, Somavedic also served an

indiscriminate attack on all people who are afraid of harmful types of radiation from next-generation wireless networks, which is increasingly visible thanks to its success in the market and the popularity of its users. On the one hand, the texts try to give the impression that electromagnetic high-frequency radiation of this type is completely innocent, and on the other hand they suggest the idea that if something is harmless, there can be nothing that helps against what does not harm. Spicy is the fact that the first article of this type was published just a day before the first 5G network was launched in the Czech Republic... They did not look for, did not find... Arguments such as "the manufacturer does not offer scientific evidence that his invention works, and therefore it is clear that it doesn't work", but it brings with it one very important and striking paradox. It's as if a doctor was being dragged and caded to try to save a heavily bleeding patient, instead of the killer who shot him. In this case, who should primarily demonstrate how its technology affects the human body is the one who introduces 5G and does not give people the choice of whether to participate in it or not, because the transmitters will be everywhere and you may escape them in the rainforest. . So it is not up to any of us to prove the harmfulness of 5G, but rather to the suppliers of this new technology to prove that it is safe. The usual mantra of all proponents of potentially dangerous, controversial things, such as modern vaccines or genetically modified foods, is: they have not been shown to be harmful. Similarly, according to them, there are no signs of harmfulness of high-frequency electromagnetic radiation Wi-Fi, 3G, 4G or 5G. This is partly true, but mainly because operators or regulators are not even looking for one. Although studies are very expensive for normal mortals and researchers and can only be afforded by default by the largest players, whose interest is often the opposite, a few exceptions that have tried to enlighten would still be found. The problem is not in the

electromagnetic radiation itself; after all, a certain level on our planet is natural - it comes from the Earth itself, as well as from the Sun and other cosmic bodies. But as the award-winning American journalist B. Blake Levitt, who has been focusing on scientific and health issues for more than a quarter of a century and has long contributed to the New York Times, according to research comparing electromagnetic radiation in major European cities, was his level up to thirty times higher than 10 years before the research.

Today, this level is at least 1,000,000,000,000,000,000 times (this number corresponds to one billiard) higher than the natural value. Assuming you're not on the phone - the ambient radiation is even stronger. And this number was valid long before the introduction of stronger 5G radiation. In the internal environment of the human body, there is its own unique system of natural electromagnetic fields, in which cells communicate with each other using bioelectric signals. These natural phenomena help all sorts of biochemical processes that ensure balance in the body. After the unprecedented expansion of wireless devices, however, the pollution from electromagnetic radiation has multiplied dramatically, and so the cells not only communicate with each other, but also "talk" to them from frequencies from mobile phones, antennas and transmitters. In the book *The Body Electric*, the American physician Robert O. Becker explains that if we want to stay healthy, it is absolutely essential to maintain this internal system. "Artificial" electromagnetic radiation does not only spread around, but literally through us. Human bodies (and objects in general) tend to adapt to the frequency of vibrations from the environment. Strong radiation is able to damage the natural fields inside a person, thus suffering the balance of intercellular communication systems. And that then causes chaos on all levels. Already in 2003, neurosurgeon Leif Salford from the University Hospital in Lund, Sweden, undertook an experiment on laboratory rats, which he exposed to electromagnetic waves from mobile phones. When rats were pulsed for two hours a

day, they experienced irreversible damage to up to 2% of nerve cells after 28 to 50 days. That's why Salford called - with little interest from corporate scientists and the media - the mass use of mobile phones "the greatest biological experiment on people of all time." A ostentatiously overlooked study from 2012, also carried out in Sweden, specifically at the University Hospital in Örebro, suggests something. She concluded that ten years of intensive mobile phone use resulted in an average 290% higher risk of developing a brain tumor. Until now, information of this kind has concerned either the general effects of high-frequency electromagnetic radiation or older mobile networks. But what about research on the effects on the human body in the latest 5G networks? Who's looking... The latest study, published in January in the *Toxicology Letters* journal of the renowned Dutch publisher Elsevier, was very clever. Before focusing on the effects of non-ionizing invisible radiation from mobile phones and Wi-Fi, she looked at the experiments done so far. The authors noted that previously published studies to show how safe wireless radiation is have not been conducted in a real operating environment. In the real environment, unlike in the laboratory, the signals overlap, combine, interact, interfere and break. And this is what has a negative effect on human health. Biological systems are very sensitive to various pulse breaks and any signal inconsistency. This disparity is not in harmony with nature, which works in harmony. The sun provides more or less constant radiation at natural levels. When there are some unusual eruptions on the Sun, the weather forecast immediately warns us that we will feel worse. But we find virtually nowhere that our health is affected by disparate wireless radiation. "In addition, the vast majority of studies do not take into account the synergistic, adverse effects of other toxic stimuli, such as chemical and biological, that act in concert with wireless radiation. The combination of these adverse effects further reduces the amount of radiation

that people are able to absorb safely. The study also shows that emerging 5G, IoT (Internet of Things) and mobile networks not only affect the skin and eyes, but have major adverse systemic effects on the functioning of the entire human body, "writes an international team of scientists led by Ronald N. Kostoff of the Institute of Technology in Georgia, USA.

And scientists add: "Neither 4G nor 5G has been tested for safety in plausible real-life scenarios. How is it possible that this happened? But even in the aggregate of many studies conducted in unnaturally clean environments, the harmful effects of this radiation are shown. Our study summarizes the medical and biological studies that have been performed on the effects of wireless radiation and shows why these tests are insufficient in terms of safety. However, even in the absence of missing components in real life, such as toxic chemicals and biotoxins, which tend to exacerbate the adverse effects of wireless radiation, there appear to be many legitimate concerns about possible adverse health effects caused by 4G or 5G technologies alone. According to some doctors, electrosmog, among other things, confuses the immune system by "awakening" it. He then tries to defend himself against the invisible threat, but starts too much. This generates too many free radicals, but they have nothing to attack, and thus causes "collateral damage." Because the latest 5G network requires a much denser network of more powerful transmitters, as it only works over short distances, the planet will probably be literally crammed with them. And proportionally, there may be more people with health problems that the rise of so-called electrosmog will bring. Maybe that's why the transition to 5G isn't going as smoothly as manufacturers who have invested hundreds of billions of dollars in technology would have imagined. There are protests in Belgium, Germany, Switzerland and Austria, and as early as 2017, scientists and doctors from 36 countries signed a call to stop building 5G until "industry-independent scientists investigate potential hazards to human health and the

environment because 5G significantly increase exposure to radio frequency electromagnetic fields, and these fields have been shown to be harmful to humans and the environment. " In the United Kingdom, but also in Ireland, New Zealand and France, there are even dozens of cases where people ignite installed transmitters. However, the citizens of the 11,000-strong Jeseník also protest sharply. There is also a livelihood in Switzerland, which is the furthest from European countries with the introduction of technology and where people have also begun to revolt. In February, the Financial Times reported that the Swiss Federal Office for the Environment had sent a letter to individual cantons in Switzerland, suspending the installation of 5G in a so-called moratorium due to health risks, but the office itself immediately denied the 5G ban in the country. that the instructions to the cantons do not contain any recommendations for stopping. Swisscom, the largest telecommunications company, immediately said it understood concerns about the new technology, but that "there is no evidence that radiation adversely affects human health." Classics. Either way, wireless technologies are an integral part of our lives, and unless there is some intervention from above, nothing can be expected to change in the foreseeable future. Not only business, but also private life and almost all interpersonal communication are based on these technologies. After all, I also prefer to be able to write this article on a computer, and when I want to send a message to someone, I don't have to call a carrier pigeon. A man in a cage? Rather than crying over spilled milk and naively believing that there is a chance that these technologies will disappear from our lives and technical progress has stopped, many people are looking for a way to survive in today's world with the least possible scars and consequences. The Czech innovator Ivan Rybjanský, who in 2011 gave birth to the first Somavedic, thought similarly. He himself is a

big technological fan who uses the most modern devices, tests news and progress is not only not hindered, but he supports it and actively seeks it. After all, a 5G antenna rises on the roof of his house.

As a man who suffered from health problems and escaped the gravedigger from a shovel only because he found a way to natural medicine and reevaluated his life so far, he is also aware of the dark side of progress. Ten years ago, therefore, he understood that the question was not whether the construction of all those 3G, 4G and 5G could be prevented, but whether we could somehow protect ourselves from electromagnetic pollution, which would be even stronger than we could have imagined so far. Therefore, for almost a decade, it has been perfecting its device based on the principle of controlled release of energy of semi-precious and precious stones, which are assembled in a precise mutual arrangement. Each particular mineral "vibrates" at a certain frequency and has the ability to radiate this vibration to the surrounding environment, and thus influence it in a certain way. The minerals in Somavedic, which are assembled and "activated" in correlation with others so that their energy multiplies, generate, among other things, a large amount of negative ions, which neutralize free radicals. As many of you know, the Code keeps you informed about how the device works and what your experience is with it. And they support him on his successful journey to the world market so that he can boldly stand alongside the technology giants. Undoubtedly, he has the potential to do that. "But because they scratch me everywhere, I downloaded any mentions of 5G from the web. They are afraid that it will not turn out like in countries where people started setting fire to their transmitters. That's why they release those stupid articles, "Ivan Rybjanský takes it with a view, who is slowly getting used to such dark attacks. "Fortunately, at least they printed my sentence that if I go into the rain, I'll take an umbrella," he laughs. According to him, this sentence is the key one. Of course, Somavedic does not turn off or interfere with electromagnetic radiation, I would not even turn on the computer with the device behind my back. It's like nonsense to say that you can protect

yourself from the rain just by "turning off" the rain. Somavedic only harmonizes the environment with its frequencies and helps to "compare" high-radiation intercellular communication systems, for example by generating these negative ions, which are important for the elimination of harmful free radicals. Therefore, after all the unfortunate experiences, Mr. Rybjanský understood that he needed to take the device to a new level and have, as they say, "black on white". The device has many certificates and successful measurements, but the mainstream cannot hear about it. And so comes a new stage. The company signed an agreement with a Czech hospital to cooperate and conduct a clinical study. According to the funds obtained, it will depend on how many people participate. Similarly, an epidemiological study should be carried out in the Czech branch of a foreign corporation, where the effect of the device on the working environment will be measured. It is also important to cooperate with the Czech biotechnology company Aiomica, which works with computer-generated artificial intelligence and can scan blood samples and make a "view". In other words, "compare the input data with the expected development and determine what role the favorable effect of the device played". "A similar study is being agreed with Synlab, but he does not know that outlook. This is important to me, because after a month you will see the changes that are taking place. In addition, Aiomica can measure free radicals in the blood and understands all the contexts, "says Ivan Rybjanský. "And if the state of the body and the outlook change, and it will be with the stamp, then even those people who claim that they do not feel anything about Somavedic will have a clear control over what is happening in the body." technical university. Their leading engineer will create a mathematical model of Somavedic, which will monitor the overall operation, surface tension of the material and the impact on the environment, as well as the analysis and testing of negative ions, as well as the impact on water and blood. An increasing number of scientists and academics are in favor of new technologies and this is a new

challenge for them. It will also be studied in an American laboratory and at a Japanese clinic. After this dirty campaign, this is probably the only way to prevent similar sub-belt attacks, where today there is practically no chance to defend oneself effectively. This is the only way to stand up to Sauron and walk through Mordor, where he does not measure on the same meter. The journey will still be long, but as the example of the Finnish "ring community" has shown, it can eventually bear sweet fruit.

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A Beautiful Life

Magazine

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