

A Beautiful Life

Magazine

Special Edition

Love,

Romance

&

Relationships

Volume One



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A Note from the Editor

Welcome to this special edition of A Beautiful Life Magazine! I am so excited about this love-inspired issue. The articles and stories in this issue are fun, inspiring, and heartfelt. Our goal with this magazine is to bring warmth and happiness to our readers in a world that can sometimes be less than warm and happy.

This magazine is a kick off to our new love and relationship division. Along with more volumes of this edition, we will be building into a roster of romance novels, videos, book clubs, and more.

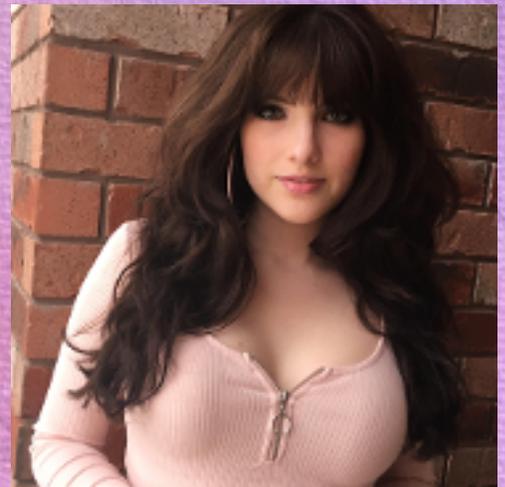
I am passionate about this project because love and romance have always held a high interest for me. Not only as a feeling, but the psychology behind why we do the things we do in love.

I hope you enjoy this issue, and if you do, please subscribe to get future editions right into your inbox.

<https://www.abeautifullifemagazine.com/abldigital>

Lots of love,
Krista

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LOOKING INTO THE EYES OF MY DESTINY...

A Short Story by
Ronnie Swais

Chapter 1

Sitting in her room staring into space probably isn't the best use of time, but Mary couldn't seem to stop the thoughts racing through her head. Sitting still helps her gain back some of her equilibrium.

There are worse things in life than deciding if she should keep seeing the guy she is seeing, but right now it felt like the biggest decision ever and she wasn't a hundred percent sure why there was this nagging voice of doubt in her head.

After all, Neil was amazing. Good looking, charming and kind; brought her little gifts and flowers. Called her daily and always showed up on time for their dates. But something was missing...

Her mother told her to give the relationship a chance to develop, but still, something was off. It was like the Universe was trying to tell her something and if she sat still enough, she would find out the answer.

The blaring ring of the telephone knocked Mary out of her trance and she ran to answer the call. Pamela, her friend since the forth grade called to see if wanted to hang out.

Tall and athletic, fun loving and adventurous, Pamela always made Mary feel better when she was down. Something told her to get up, get dressed and go out. So, she said yes. It was the yes that would change the course of her life forever.

There was strange electricity in the air as Mary got ready for the night out.

She and Pamela were headed to the Unicorn, great place to listen to live music. Loud enough to be fun, but not enough to curtail conversation.

Taking her time to style her long dark hair, she was starting to look forward to having a girls night out. A final dusting of blush to enhance her dusky skin tone that she inherited from her Middle Eastern Father, and she was just about ready to go.

Jeans and her favourite sweater would work just fine for the casual pub atmosphere. A spritz of perfume and she was done.



As she sat behind the steering wheel of her car, Mary hyped herself up, determined to have fun.

"Here I go..." She said to no one.

The Pub was hopping, and they were lucky to find a table off to the side of the stage. The way the pub was set up meant that they had to take a few steps down into the pit area just below the main entrance to find a seat. The entrance way created a balcony effect when looking up from their table.

Pamela and Mary were enjoying the band, talking about nothing of importance when Mary felt like there was someone staring at her. She looked around the crowded pub, skimming the bar and the dance floor. As she directed her gaze to the entrance way, she locked eyes with a tall, gorgeous guy. Dark hair, broad shoulders and what can only be described as dreamy eyes.

It felt like the time just stopped for a moment. She couldn't hear the music, or a word of what Pamela was saying. It was such an unexplainable reaction to a complete stranger that she had to look away.

But not for long...

She couldn't help but look again to see if the moment was real. Maybe he wasn't even looking at her or he might have already left. So slowly she began to scan the room again, and *yeah...* he was real and he was *definitely* looking right at her. She couldn't help but smile as she quickly looked away again and had to acknowledge that her heart fluttered a bit when out of the corner of her eye she saw that he was smiling too.

At that moment, Pamela decided that she had enough of the pub and wanted to go dancing. Though Mary was disappointed that she would no longer be able to peek at her mystery balcony hottie, she couldn't say no to the friend who spent weeks listening patiently to her guy problems and who wanted so much for Mary to have fun tonight.

To reach the exit Mary and Pamela had to pass right by mystery hottie. It gave her one last chance to see him and one final smile as she passed him by.

Outside on the street, Mary turned to Pamela and said "That guy was so cute!" As the last word exited her mouth, Mary heard "Excuse me," She slowly turned around, and there stood mystery balcony hottie. She knew the moment their eyes met, that she had met her destiny.....

To be Continued



Building Blocks

In 2013, I wrote an article on the state of dating at that time. After it came out, I felt like Piers Morgan – some people loving it, other people having strong opinions on my piece. In it, I talked about how when I first got to high school, I thought it'd be like a John Hughes movie, and boy was I wrong. The high school experience, of my friends and me, was not a time of holding hands and making out at the movies. It was a time to wade through late night texts, booty calls, “let’s not give this a name”s, and requests for pictures that you wouldn’t want your mom to find.

It was a shock to my romantic soul. And I can report, as I’m finishing my university studies that not much has changed and hook up culture is still alive and well. I took a couple of years off from university to work on other projects, and honestly, I hoped that things would be different when I came back. And yes, I do see people happily in love, but for many, that scenario is far from their reality.

If hooking up is your thing, by all means, do your thing. But what about the rest of us? The ones who want to skip the hooking up and cut to something that sticks? I wrote about this in my song “I Will Wait” – it’s about waiting for something real instead of jumping into something fleeting. Call me idealistic, but I’m looking for someone to share my life with, to be my best friend and partner in life. I think everyone deserves more than being called at 3 in the morning for some “fun.” I think we all deserve someone who is there for us unconditionally.

So many facets of our lives today are transient – fast food, disposable clothing; we “like” a post and it goes up our feed, never to be seen again. Do relationships have to be transient as well? Or can we still build meaningful relationships, even in this day and age?

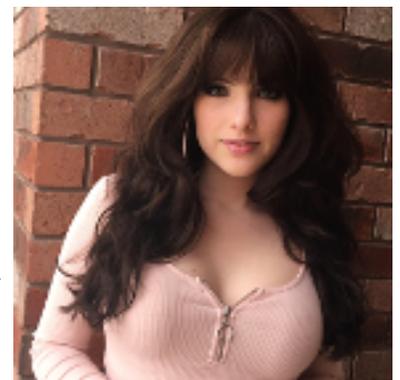
This world seems kinda jaded to me. I feel like many people

have given up on romantic relationships, many people choosing to bow out of the dating game altogether. We are tired of meeting someone new every week, never growing but constantly going on first dates (if you even wanna call them that, most people today prefer the term “hanging out” so that it doesn’t look like you actually want to go on a date with someone).

I’m starting to notice people around me wanting more. More than “hanging out,” more than a swipe, more than talking for a month only to get ghosted. I’m seeing a movement of people looking for something real, and I’m one of them. I think there have been enough years of nothing, now it’s time for something amazing, for all of us. Life may not be a Hallmark movie, but we can have meaningful relationships; fights, miss-steps and all.

All we’re asking for is a foundation on which a life can be built and shared with another person. Someone you can get to know, and that knows you better than anyone else.... building blocks that stack up until you have a home.

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It's a Blappy Kind of Long Distance Love

Whenever I am out, somewhere in public there usually is that one guy that will boldly ask, 'Are you single?' and my confident response is 'No, thank you. I have a boyfriend. He lives in California.' Now I bet you're probably thinking 'Why are you mentioning that your boyfriend lives in California...where do you live?' And my answer to that is 'I live in Canada. I'm in a Long Distance Relationship with an American guy'. All of a sudden there are puzzled faces, shocked expressions and very curious minds that want to know...'When do you see him?', 'Can you trust your guy?' and of course the timeline question 'How long have you two been together for?'

Even in this day of age where everyone seems to be 'too busy' for romance & loving committed relationships, the possibilities of 'falling in love' and being in a trustworthy & passionate partnership is much easier than one thinks. Hard to believe right? Guess what? It is POSSIBLE. That task of having to make plans every weekend to go out to nightclubs or popular social spots and meet many members of the opposite sex, wandering around in crowded rooms, searching for 'the one', is NO longer the norm. All you really need to do these days is go ON-LINE and experience what 'Dating Websites' are all about. As you search through the many profiles of single men and women that are available, you get to discover which ones make you smile with excitement. After looking at his/her pics and reading their detailed profile descriptions, YOU can totally decide if that person will be a 'Yay' or 'Nay' for you. Sounds pretty easy? And you know what? Fun too! The power to decide whether or not you're interested and how close you want to get to this person is totally up to you. The more personal you want to be will all depend on what your needs and desires are when it concerns Dating, Sex, Romance or building a Relationship. Or if



you're like me, just a couple of years ago, you decide to take a chance with NO expectations and allow yourself to 'go with the flow'. As you reply back to a few messages via the dating site, then decide it's time to respond with your phone number, the excitement and the fear of what comes next is what keeps you playing in this 'online dance'.

That's how I found my boyfriend Nate...a sexy, funny, smart American guy, 10 years younger than me and living in one of the best cities in California. The online messages back & forth between us through the dating site 'OK Cupid', gave us the opportunity to COMMUNICATE first with one another before getting physically involved. When I said 'Yes' to going out with him for our 1st date in Santa Monica on June 17th, 2017, I never thought then that almost 2 years later, WE would still be celebrating US together. Our long distance relationship (LDS) continues to amaze me considering the geographical distance between us: living in two different countries in North

America, with two different temperature ranges; especially during the much colder months of our Canadian Seasons and within a 3 hour time zone difference that could separate us too. But with all this against us, how is it possible to truly stay faithful & respectful to one another and find similarities in our lives during the past 20 months?

It's all about THESE important factors...Trust, Honesty, Laughter, Passion, Open Communication, Words of Affirmation, FaceTime Nightly Chats, Packaged Gifts & Snail Mail Handwritten Cards and Travelling back & forth between Canada and the US, gives us MANY opportunities to show one another how much we RESPECT and LOVE each other especially from a far. We value the roles of Best Friends & Lovers as we are as Individuals and as Partners. We do not take any of that for granted. We show & express gratitude that we are blessed to

know each other. And no matter what the future may hold, we live each day to its fullest as we convey appreciation & support to who we are and how important we are in each other's lives. We can 'follow our bliss' and remain 'happy & in love' together no matter what distance there may be between us. And as my boyfriend affectionately created the word BLAPPY from the feelings of Bliss and Happy that we both feel, we can count on each other to be that 'Blappy Girl' and 'Blappy Boy' to one another as we bring a smile to our faces, a laugh to our bellies, a loving touch to our bodies and a passion to our blappy kind of long distance love.

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IS SEX REALLY THAT IMPORTANT TO A RELATIONSHIP?

Isn't love and respect more important? Did you grow up being told "sex isn't everything"? They were right, it isn't everything but it sure is an important thing in a relationship. It can be the source of a whole lot of joy or an enormous amount of pain.

How is your sex life? Does it exist? Is it an occasional thing you indulge in once in a while once everything else is taken care of? Is it fun and exciting, resulting in amazing orgasms? Now don't get me wrong, orgasms aren't the end all and be all of sex. Some people have trouble orgasming for different reasons and THAT'S OK. But did you at least really enjoy it?

If you're in a committed relationship and you don't have sex at all or seldom, is your relationship still strong? Are both parties ok with the lack of sexual intimacy? Do you at least cuddle and touch and kiss?

Are your sex drives compatible? Is one stronger than the other? If so, don't worry about it. Sex drives, like life in general, ebb and flow depending on what's happening in the rest of your life. The most important thing to remember is that you need to talk to each other about how you're feeling, what you want and if there's a problem that you can't resolve on your own, seek help!

Speaking of communication, how is your communication with your partner? If there's a disconnect between your sex drives, do you talk about it? Do you reassure your partner that it isn't them? What if it is them? Do you talk about it to ensure that they're aware that they are doing something you don't like or not doing something that you like?

Is your libido tanked? Are you just not feeling it? It may be your hormones are out of balance and you need to improve your health? Stress is a huge factor for both men and women when it comes to desire. Let's face it, if you're stressed out and exhausted from all the demands on your day (of which there are many I'm sure), sex can seem like just one more thing on your long list of "to do's" and that's so wrong.

Ladies ... this is more common for you than for your counterparts. Do you ever not feel in the mood but if you just "go through the motions" for a few minutes, you get into it, enjoy it and feel much better afterwards? That happens a lot. I've talked to a lot of women who say the same thing so don't feel like you're alone.



Make time for playtime. Yes, I said playtime. Sex should be fun and exciting, not something you HAVE to do. Be silly with each other, laugh, relax and enjoy. I promise you'll have a better experience. Sex isn't a job, a chore or an item on your to do list. It's an amazing experience shared between two people (at least ;)) and should be thoroughly enjoyed. If something has to give, then so be it. How much time do you spend reading or watching TV? Head to bed before you're actually tired so you can enjoy some playtime.

Which brings me to my next point. Sex doesn't have to take hours. It doesn't have to be a big production. Why not have a quickie in the kitchen while dinner is simmering? Try taking a shower together and wash each other's backs ;) If you have kids (or parents) that can be left alone for a bit, tell them you need some alone time and unless the house is on fire, don't disturb you, then slip away for a little

afternoon delight.

Get out of your comfort zone ... seriously. Do you or your partner want to try something but the other party has been resisting? Why are you resisting? Try something new, even if you don't think it's something you're into. Try it once ... if you like it do it again and if you don't like it, then you don't have to repeat but at least you've been open minded enough to try. You might be surprised and discover that you enjoy something you thought you never would.

I'm a nutritionist so of course I'm going to talk food. Did you know that what you eat directly impacts not only your overall health but also your sex life? If you're living on a diet of sugar, refined carbs, very little fibre and next to no pure water, how on earth can you expect to have energy, to go all day and then play at night? Your hormones will be out of control, your energy tanked and the desire just won't be there. So drink your water, eat your veggies and protein and move your body!! Exercise, journaling, meditation and spirituality all contribute to a healthy, vibrant life.

In summary, communication, fun and adventure are all part of a fabulous sex life!

Sandy O'Shea

Stepping Stones Wellness Inc.

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Headings ONE TRUE LOVE, MAYBE MORE THAN ONCE

The belief that true love happens only once is false. It is unreasonable to think that you only feel true love once in your life. That only one man or woman can take your breath away and make you feel like you have lost all perspective. That tingly, warm, laughter infused love that gets a hold of you and leaves you wanting more. No one can possibly live up to that, no one should and no one knows why we would think that way and put pressure on ourselves that we don't need to do.

Anyone who is lucky enough to have had that type of love in their life knows that it is hot, intense and real. It is also possible to have it with someone else but we do not think of that when we are in love. You meet, you glance at each other and you realize that you want more. You flirt, talk, make a second date or meeting and cannot wait for it to happen. You find yourself smiling and taking more time with your makeup and grooming. WOW, you are in love my friend, or at least, lust.

As the time goes by, and you see each other more, you sense that there is more than just sex, great sex to be sure, but you have similar interests, you like her cat and she likes your music collection. It is getting serious and now, you have the realization that you do not feel guilty or sad about the fact that it is not with him, or her, the first true love of your life. It seems you could have fallen again. What are you going to do. Enjoy your lives or back away because you should not feel this way and you do not want anyone to know that you feel great and in love again.

Believe it or not, we do this out of fear, the societal pressure we know is out there and most of all out of the guilt due to finding passion, great sex and orgasmic happiness and a soul who matches us again. No one likes to admit it, people say that it is not true in this day and age, but I know, I had the greatest love of my life and he

died. Now I admit, I want that again, the love, the time, the sex, the package. But to be honest, I have not done much about it for the last couple of years. If you know what you want, you know what to look for. You know what and who makes you go aahhhh. Everyone wants that moment when you lose control, don't care about perspective and you go for it. The ride is wild, makes you hot, happy, sexy and complete. You are back in the game. You didn't settle for a comfortable ride, you chose the Porsche.

There are many of us who like the Porsche and those who settle for the Impala. Whatever the vehicle of your life is, remember this. Your life, your love is priceless and special. Make sure that you get the most out of every kiss, touch, glance and chance to be in the moment. If you choose to settle for the safe ride, then know that it is your choice and you are happy. But, if you want the wilder ride, go for it, do what it takes and get back to the moment of surrender that only happens when you bite off more than you can chew or do.

DO NOT ALLOW anyone, even you, to stop you from love and loving more than once. If you still wait for your one special first love, then get on with it. You deserve it and you need to feel it.

Love and only love can change your world. Love makes you smarter and stupid at the same time. Think less and love more. Allow you and your special talents to make that special someone go WOW

Diane Makarowski

[Facebook/ DianeMakarowski](#)



February the 14th is, for many around the globe, a day to celebrate love, all in the name of St. Valentine. It is known as "a day to wear our heart on our sleeve. (The phrase is used casually, to mean exposing our true emotions, making ourselves vulnerable and letting it all hang out.)"

Anywhere from 150 million to close to a billion Valentine's Day cards are exchanged each year, making this date the second most popular card-sending holiday after Christmas. Individuals are encouraged to purchase flowers for their loved ones. The retail industry witnesses a spike in sales as lovers purchase not only greeting cards and flowers but chocolates, stuffed animals, trinkets, perfume, and jewellery. Restaurants fill with couples swooning across candle lit tables.

At some point in our lives, we approached this date in February with excitement and anticipation. Many of us have also faced this same day with the memory of a love lost. For millions of people this day of romance can mark the first time they have been without the one they love; be it through divorce, a romantic breakup, or the death of a loved one

Why do we feel more comfortable in wearing our hearts on our sleeves for love but not for grief?

Why is it society readily supports the emotions of love but not those of grief?

Most of us have loved and lost, and even so, go on to love again. It is a cycle like so many others in our life.

When we are in love, we tend to throw caution to the wind. Even those who tend to be emotionally guarded can find themselves floating above the ground, thoughts jumbled, focus interrupted, with a feeling of eternal optimism as they somewhat disconnect from the world around them. Cautions are cast aside as we blindly enter the courtship of love.

If we deny the end of love, or push the resulting emotions deep within, we place ourselves in a tenuous position. Since we continue to filter any new experiences through the pain of the past, we make it difficult to fully engage with the next partner.

The emotions of love can be polarizing. Those ecstatic emotions which are felt at the beginning of a romance can be balanced equally by the emotional pain felt at the end of love. For those who have experienced the loss of a loved one, February 14th can be a painful, if not unbearable, reminder of what has changed in their lives.

We are reminded of things we wished had been better, different, or more; we face unrealized hopes, dreams, and expectations; and we revisit things we said that we felt were never heard, things we wished we had said which we did not, and things we would like to the opportunity to say one more time.

Grief, like love, is an emotional experience. When we are dealing with loss, our emotions of grief can be overwhelming, confusing,

and sometimes paralyzing. We can feel like we are in quicksand, surrounded by a pain so heavy it keeps us sinking deeper.

Valentine's Day can magnify these emotions, reminding us of what is missing in our life. Below are a few techniques which may aid in making this day a little lighter:

Be aware and allow yourself to feel. When you are honest with your emotions you allow the healing to begin. Being aware of your emotions, rather than ignoring them, is a great tool and a start to personal healing.

Never compare losses. Your pain is unique to you and the relationship you had with your loved one. When you compare your loss, it minimizes your feelings. It also encourages you to find someone who has experienced a bigger loss (in your opinion) in order to lessen the pain you are currently feeling. Identify your loss, your feelings, as being what they are - nothing more or less.

Avoid the use of distracting behaviour. When someone does not wish to acknowledge their emotions, they may choose to bury themselves under an avalanche of activity: shopping; video games; binge TV watching; excessive

drinking or eating, etc. If you notice yourself engaging in distracting behaviour, stop and write down what it is you are trying to avoid. You may be surprised at the revelation.

Talk so someone who will actively listen; someone who will allow you to express your true feelings without criticism, judgement, comparison, or opinion.

If you find yourself alone on February 14th, you may feel sad, melancholy, even depressed. In spite of the reasons for your feelings, for personal recovery to happen you must understand the responsibly for your healing is yours, and yours alone. You are 100% responsible for how you are feeling regardless of the cause. With ownership of your emotions, it is possible for you to find emotional completeness.

Becoming complete with your emotions of loss allows you to remember past relationships with fondness. Completeness allows you to step back into life with optimism and hope. It is possible for you to be happy! And you may just find yourself open enough to love again!

Tammy Adams
intuitiveunderstanding.com

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Valentines Day & The Cycle of Love

Dance & Romance

As a professional DJ, I play music and MC weddings, so I see love in it's finest moments, when the world is perfect, couples embrace, family and friends cheer. Then the blissful honeymoon and then... normal life resumes. More on that in a bit.

As a Dance Teacher, I share my passion for ballroom and latin dancing with people who want to learn to dance for their wedding or just for the fun of it. The latter group, find a loving rekindling in the process of this embrace.

Now, I'm not a Love Coach or Life Coach, but I do think I know a bit about what it takes to be in love, really loving the person you're with, or meant to be with, and I wanted to share some insights, from my own experiences and observations, to help you get a warm feeling of joy or even hope in your quest for happiness as you create your beautiful life.



In this special Love, Relationships and Dating Edition, I wanted to inspire you to learn to dance. I will speak from two perspectives - male and female, but not to ignore or disrespect the LGBTQ community.

As a man, when I learned to dance, my whole world changed. I was of an age when dating for the purpose of seeking a life partner was paramount. My clock was ticking too. My age, desire for children, and being young enough when they were young adults to have an active time with them drove me. Without getting into the particulars, it was dancing that made the difference. I was able to immerse myself in many social settings, from singles dances to night clubs, parties and corporate events, because I had a secret weapon - I could dance. I met all kinds of people, and by dancing with them, hold them closer than society would allow under any other circumstances, smell their perfume, their hair, sense their body's muscle tone, their sense of rhythm, their fashion sense, their ability to follow my dance lead, interpreting my intentions and expressing their drive for precision in their dancing... all from taking them in my arms.

It was like love at first (sight) hold. So for me, and for any men reading this, learning to dance was a powerful social tool, an incredible skill and according to many women - a desirable attribute in a man/partner. It's been said that "How you do anything is how you do everything." By learn gin to dance, you will walk taller, smoother, prouder, and even dress better. Why? Because tailored shirts look better and showcase your newly improved posture and strut. I've even had total strangers ask me

- "Do you dance?" simply because of my posture. So I know this works.

From a woman's perspective along with the social confidence, you too will walk taller, prouder, with more poise and grace, strutting your stuff, even around the office. You learn to buy sensible heels (real dance shoes are so amazing, my mom wore hers to work - as a bank teller !). Proper heel height and size helps avoid damage to the bones of the feet and ankle stress while walking or standing. Once cheap shoes have worn heels, the ankle is in a constant battle to keep you moving, a great long term cost to your ankle and feet. All this from the conscious awareness of how the feet move when you dance.

In 2002, I was teaching a dance class. One male student met "someone", at a singles' dance that New Year's Eve and called me in 2012 to hire me for their June 2013 wedding. How cool is that. All because of dancing. I then taught them as a couple for their First Dance "Fascination." A beautiful Waltz.

How all this translate into this month's Love, Relationships and Dating is how this social progression is instigated, or initiated by the social activity of dancing, the closeness of

the partners, the chemistry and how other aspects of one's personality are expressed. What type of music do you like? What gets you excited? What song's pick up your day? For me, and hopefully for you, it's the relationship and love of music, the expression from dancing that led to my dating, and in due course, meeting my wife Shirlee. I never get tired of dancing with her, as every song, every step, reminds me of the joy of the first time we met. An endless supply of wonderful memories, just press Play..

Love is a feeling that comes for internal joy of self, enhanced by those around us. When you can't wait to see your partner, to dance, to touch, to smell, to feel the emotion that exudes when you dance, that's love.

In a world in on-line dating, you just can't beat real live human interaction. So follow my lead: Learn to dance, go to places that have weekly dances, meet real people, and perhaps, like me, your perfect partner. Love to dance, and dancing will bring you love.

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Lifestyle Love Story

Every love story starts off with two people in search of love, in search for their better half, the one that completes them, their till death do us part person. The twist to this love story is that it's 1 person, already whole, falling in love and embracing the feeling of romance in every experience and finding a way to live her life till death does she part as her best self in all she does.

This is a story about a match made in heaven ... a match made by the creator, herself, a match that tells the tale of The Lifestyle Love Story.

"Im having a love affair with the world" I said to my friend " the entire world and everything in it!!". I exclaimed. You can imagine the eye brow raise and the slight smirk as she gently rolled her eyes, more as if to say " oh boy here's Lisa and her I love everything rant".

Feeling this much connection and appreciation to so many things most of the time was intoxicating, drunk on joy to say the least. Life made me smile, people pulled energy from me that made me buzz, ideas were foreplay to the intimacy of manifestation. But like so many romantic tales, there's usually a break up. A heart crushing, spirit killing, sad song marathon, hide under the covers Im never coming out again phase. You know until the next 'I found the one!' " fish in the sea moment is caught.

I thought this cycle was normal. I was becoming quite the pro actually at the roller coaster ride of life romance but what I wanted, what I needed, was to understand heartbreak more for what it was showing me, how I was expanding and not breaking and how I could embrace the let down stage and still glow.

I struggled with the highs and lows of loving life. How I felt is what showed up. I was always attracting the vibe I was putting out, which can be awesome, but watch out for who and what you "pick up" if you're in a negative space. When it was good it was real good but yikes when it was bad, boy was it bad. I was behaving like a psycho girlfriend of the world and I needed to chill first before allowing myself to love every part of my life. I truly wanted to love every day that I lived, for better or worse.

I started by making a list of what qualities I knew weren't healthy in any relationship:

co-dependency, smothering, restricting, isolating, boredom, manipulating,ignoring

Then I made a list of the qualities that make a relationship magical: appreciation, acknowledgment, respect, kindness,

honesty, trust, partnership, fun!!

Soo I decided to role play in every area of my life and become a "power star" in my life's movie.

When it came to my food, I dated my diet, when it came to my sleep I gave up one night stands and committed to a bedtime routine, when it came to my career I celebrated every little success, like monthaversaries and not just big ones like anniversaries. When it came to my appearance I accepted my own compliments and believed them, when it came to my friendships I set healthy boundaries, when it came to sex I chose connection and quality over quantity. When ever I felt like I'd be stood up and felt defeated or nor good enough or something wasn't fair I reviewed both of the relationship qualities lists and started choosing to align my behaviour with only the healthy list. Sure there were some break ups, some epic arguments, some "it's not you world, it's me" moments but what would a love story be without some drama of growth experience in life?

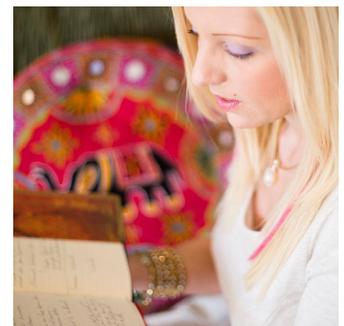
I remember the moment when it become clear why I always felt so crushed, even devastated, when what should have seemed like small things got to me. I realized that when I experienced any of the qualities on the not so healthy list for any reason at all it felt like I was being cheated on. It was sooo far off what I knew my path was. It felt so out of alignment that I simply couldn't operate from the place I knew to be right. That place is Love.

Every day we step out into the world is like a blind date. Yes there is the unknown however when you show up all fancy and sexy and hoping for the best, just as you would on your date, you attract a match and the rest will fall away. What you don't want doesn't deserve a second date. Focus on what you want, love and appreciate what brings you joy.

Writing and living your own lifestyle love story is about holding hands with your heart as you travel through life.

Sharing your lifestyle love story is about opening other people's hearts to the love which is all around.

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A Toast To True Love!

Picture this, late 1940's a young dashing handsome young man is attending his cousin's wedding (bride) and on the other end of the room a beautiful young lady, also attending her cousin's wedding (groom) when the young man's gentle loving eyes fell on her. He asked the question, "Who is she?" He later found out that she lives with her mother and the sparkle in his eyes was for her. He was a young teacher and she took care of her siblings, all of them while her mother went to sell in the market. He visited her house and asked to marry her on the spot, the rest is history and here I am today because of that love at first sight.

I read a story today that a friend searched through 35 years ago in the telephone book for this stunning, beautiful girl's telephone number because she would not give it to him and of course she had one of the most common Indian surnames. It turned out that there were 2500 listed but he found her and they have been married for 25 years this year. A true case of boy meets girl and again love at first sight.

Across the street, they have never met or spoken only emailed and they agree to meet for coffee. Not knowing which direction he was coming from they were messaging each other and then he said to turn around and there was a GQ image to behold. Blue suit, white shirt and no tie and as the story is told friends to the end.

So do you believe in soul mates? There are many soul mates and friendships which I call treasured friends, lovers, partners,

destiny and it is cupid's way of saying that there is love there waiting for you. You first have to love yourself to attract the person who would love and appreciate you the way you should be loved. You are a delicate lotus both men and women and I say to the men also show you sweet, loving, delicate, humble self and I assure you that you will never have to be alone.

Who said that it is over after a break up? Think again for it is never to late. Just look at Betty White for she is a true spirit. Second chances or maybe third chances are there to find the one that truly was put on this earth for you! Your soulmate could be in front of you, literally! Your best friend someone who knows you to the core.

I say to you that life is a roller coaster journey and no one is perfect. No one can be perfect however if it was not for a young man attending his cousin's wedding then there would not be a legacy in my family.

This month of Cupid would have been 68 years for my parents and 6 children, 10 grandchildren, 1 great grand to date. A toast to my parents and Happy Anniversary xoxoxo

Dianne Ojar is the President & CEO of Olive Media Network and Founder of International Men's Day Canada.

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The Twin Flame Connection

I was hiding from myself and the world inside a dream state. I was waiting for something to wake me up. I was bored and had lost my passion for life. Being comfortable does not always allow for growth. Why make changes if you have everything you need?

"Remember?" I asked my father during one of his visits, "I once walked away from home and you picked me up on a playground where I sat on top of this pyramid shaped climber, I didn't recognize you, so I pushed you away." My father lifted an eyebrow, "You can remember that? You were not even three years old then." I said yes of course, "I remember a lot of things from my early childhood." My father looked concerned, "You shouldn't go dig in your past, that is not good for you." "Why is that?" "Because we should always leave the past in the past and focus on the moment."

After twenty years of living in a dream state, my twin flame finally woke me up. A twin flame is the other half of your soul. When a soul is born, we split from our mother soul, each following their own path. You will look for a reunion with your twin over eons of time, solely to spark you into awakening to help you remember who you are. Many artists start creating incredible works of art after their reunion with a twin flame. It is not always talked about, but those

connections are significant and destined to happen. It will find you, even if you are hiding in the farthest corner of the world. And so, it happened to me; my twin flame found me. It was an instant recognition, a feeling that I had always known this person. I saw in him something about me that I couldn't grasp, and he felt the same way about me. Twin flames mirror each other, they show each other what is missing, what is not aligned and what needs to change. Twin flames are our greatest teachers. I did not know at the time, that those relationships do not usually lead to marriage. Once a twin starts to awaken, the other one will pull away with a sense that the relationship has run its course. This causes a huge upheaval, especially in the female part, the sleeping divine feminine, which may not always be the woman. The separation causes a void you fall into and there is no one there to catch you. You just fall into a deep bottomless pit. It feels like all your energy was taken, and now you have a deep gaping void left inside your heart. Often, people look for the wrong



things to fill this void. Instead of working on themselves, they drown themselves with outside distractions like drugs, alcohol, smoking, adrenalin rushes, sex or work. After this twin flame connection comes a time of deep inner reflection. It is vital for you in this situation to take care of yourself and to fill your void not with addictions but with compassion, self love and true care. Respecting yourself and having compassion for what you went through is very important. You may also get back repressed memories because your subconscious is going to look for your truth, because, the human mind always needs to make sense of the seemingly senseless. This allows you to go dig for your truth. It is a key to open the dream box, so don't be surprised about what you will find there. The twin flame connection cracks the lid open to that box of unresolved stuff you had put away long ago, things you were unable to deal with. It now needs to be resolved. Why? Because, you are building a new life. But building cannot be done on a muddy foundation. You need to look deep, talk to your soul and dig out all the dusty memories and wipe the cobwebs off them so you can clearly see what you have been hiding in your basement all this time. Each piece you resolve for yourself, allows you to build a step on a solid foundation, one piece at a time. We uncover our life story and learn that we need to be aware of what's going on in our lives. This will give you back your voice and it

will reinstate your personal power. Instead of building a relationship with a person you thought you need to be with, you are working on the relationship you have with yourself. This will allow you to have a true soulmate connection one day, once you are balanced and reintegrated into your life. This is what we call true love. Love is not an emotion, but it is a state of being. Like a butterfly coming out of the cocoon, you are awakening to your true nature and your purposes in life.

Sabrina Goeldlin
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Angelic Medium IAAT,
 Reiki/Energy Healer,
 Med.LT, Cert. Angelologist,
 Essential Oil Advocate,
 Spiritual Life Coach, Mother
 and Author - *Let me guide
 you on your path*



My True Love

I found my true love in my God.

He never lets me down

He is always there for me no matter what

**My faith and my love for him is the best thing I
ever had in my life**

**He brought me my other loves.....my children
including my miracle twins and my Spouse.**

**I had to fight a lot of battles in my life, but every
battle has made me stronger and more powerful**

I put my faith and trust in my God

Happy that he is my one true love.

Stacey King

[Facebook / staceyking](#)



James Albert Whelpley had a thriving speed skate business near the St. Johns River in New Brunswick. It was the first of its kind. He invented the Long Reach Skate in 1859 and made them 17 inches long and low down, so that they would be less likely to cramp the ankle and consequently they were adapted to long journeys. A had hundred mile trips on a regular basis in 7 to 8 hours. They were patented in 1870 in Canada, the U.S. and several European countries and manufactured at Jones Creek along the Long Reach in New Brunswick. In 1886 the main factory moved to Keene, New Hampshire.

Joseph Lyon Whelpley had a branch office in Boston, Massachusetts where the Long Reach Skate was labelled J.L. Whelpley, Boston.

Rose Whelpley learned how to skate on the river using her Uncle James' Long Reach Skates at an early age. She loved the freedom it gave her to go distant places along the river and make friendships in the winter time. After a long skate she would be happy to sit with friends by the warm iron stove and take in the wonderful smell of the burning wood.

The soft wood of the coniferous trees would crackle and pop in the stove, get very hot and burn up quickly but the hard wood of the deciduous trees would burn slower and eventually make great coals for cooking.

There was nothing like a good meal cooked on a wood stove or fresh baked bread or cake made in those ovens, and her favorite were muffins known as johnny cakes which were made from corn meal. Mrs. Flewelling made them best!

Rose Whelpley also liked to visit and help Mrs. Flewelling around the house because she had a handsome son who was close to her age, although a little older, named Odbur and Odbur grew to appreciate Rose very much. Needless to say, those two fell in love.

Just before Rose turned 18 her Dad, who was James and Joseph's other brother, decided to move his family from New Brunswick to San Jose, California and those were the days of wagon trains and obedient daughters, so Rose joined her family on that long grueling trip.

Odbur missed her and did not pine away too long because he was an alpha male and a man of action so he made the decision to follow them to San Jose, California.

After a long arduous journey Odbur arrived in San Jose, California and began looking for his Rose. After asking around for the name Whelpley he did find her family as there was nobody else with that last name in San Jose, California at that time. They were engaged and it was not long afterwards that they were married in San Jose,

California. Can you find their marriage records?

On April 23, 1893, due to a spring thaw, tragedy hit the Whelpley family in New Brunswick when James A. Whelpley, at the young age of 54 years, fell through the ice and drowned. He had fallen through a shallow area so his body was recovered.

Rose and Odbur accompanied her parents back to New Hampshire for the Memorial Service that his friends and co-workers held at the City Hotel in Keene, New Hampshire to show their respect and express their grief over the loss of their employer and friend. The body was then returned to Greenwich, New Brunswick by train. The casket was accompanied to the railroad by a large number of employees and friends as well as Odbur, Rose and her parents. As the train was

about to leave the station, officers and employees formed in lines upon Main Street and along the side of the train. As the train pulled out, the "lifted their hats and stood with uncovered heads in honor of their late associate, employer and relative.

James A. Whelpley was laid to rest in Brown's Flat United Church Cemetery near his boyhood home in New Brunswick. He left a widow, a son, and a daughter. His wife, Jemima, went on to live another 32 years before she was re-united with her husband in death.

She was buried next to him in the Brown's Flat United Cemetery.

Odbur build a house for he and Rose in Oak Point, New Brunswick and became Captain Odbur Flewelling, the man who captained the Riverboat that took supplies up and down the St. John river from St. John, New Brunswick to Fredericton, New Brunswick. Odbur and Rose had four children; Ernest, Mabel, Elmer and Dorothy who all, in time, had love stories of their own.

Captain Flewelling was laid to rest in the Baptist Cemetery at Oak Point, New Brunswick and his dear Rose was buried beside him.

A clip from the sports newspaper "Spirit of the Times", Jan. 31, 1885, p 5 about: [skating in "Bluenose Land"](#) can be found.

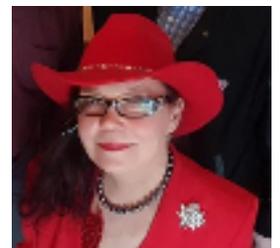
Another clip from the newspaper "Milwaukee Journal", Jan 30 1899, about: [How The Long Reach Skate was named](#) can also be found.s

I saw a Whelpley Long Reach Skate at the Hockey Hall of Fame in Toronto, Ontario, Canada. Have you seen it?

GraceBarkwell

bit.ly/OSCGlobalWithgrace

bit.ly/YLOilsWithgrace



We're Meant

Krista Hannesen

I wasn't looking when I found you
But somehow, when I looked into your eyes, I just knew
You were different from the moment I saw you
Can't explain it and I don't really want to

I gotta make you mine

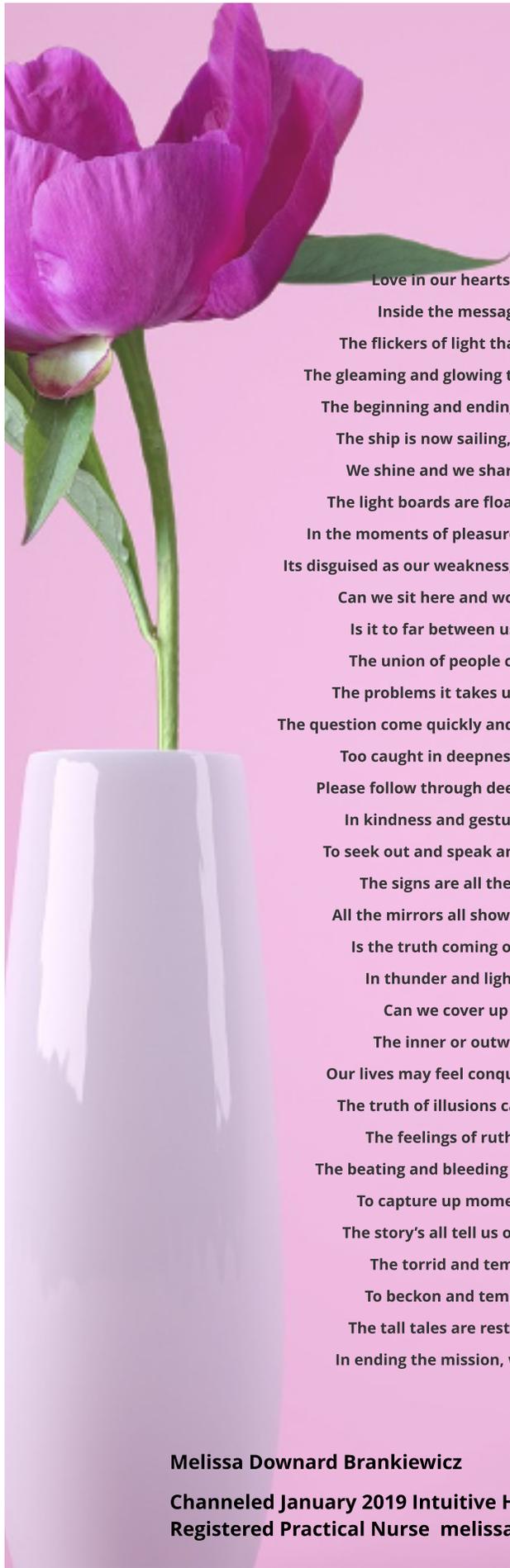
I wanna wake up in that Cheap Trick t-shirt
And I wanna know what it'd be like to hold your hand
And I want every little bit of your heart
And I know you know, baby, we got sparks

I'm freaking out
'Cause I got this feeling you're the one for me
And I need you now
I don't wanna lose this feeling

I gotta make you mine

Baby we're meant
You're everything I never knew I wanted
And I've got no defence
Guess love happens when you least expect it
You're bringing something out in me
That I didn't think I needed
Nothing's making sense
All I know is

We're Meant



Love for What Does it Truly Mean?

Love is challenging

Love is a means to an end

What is love

Can we all truly have love

Yes

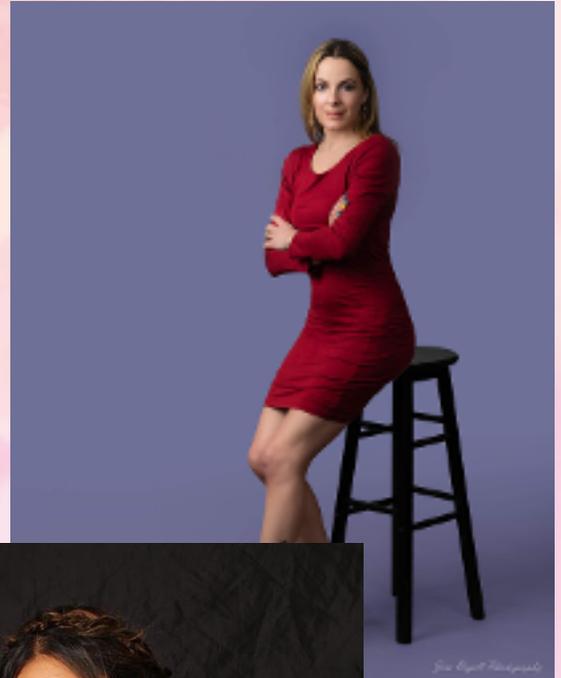
Love in our hearts now we need it to mend. Giving us reason for things we can send.
Inside the messages of joy in our heart, we seek to find it and climb out of the dark
The flickers of light that can flow in and out, its whippers of passion or expressed as a shout.
The gleaming and glowing that comes from our eyes, are witnessed in gestures and bonds that we tie.
The beginning and ending all come from the start of the binding connections that will never part.
The ship is now sailing, and we are falling in love. To speak of the moment from angels above.
We shine and we share as we flounder around. All tripping slowly without making a sound.
The light boards are floating and grasping us in. Can we make it out safely, can we actually win?
In the moments of pleasure, it flays all around. The passions are burning, and we land on the ground.
Its disguised as our weakness, its all covered in grime. Can we come to the surface and not waste our time?
Can we sit here and wonder if this is our fate, can we truly speak up now and open that gate.
Is it to far between us to join in as one? Or can we come to discover that this can be done.
The union of people can set one on fire, and cause complications that are driven in desire.
The problems it takes us to learn from our past, can we move past this and make this one last.
The question come quickly and are too much to know when the answers come knocking will they make it so.
Too caught in deepness, the true ones may miss. The one bit of hope and a piece of the bliss.
Please follow through deeply with words that may catch, a piece of the puzzle that truly do match.
In kindness and gestures and flowers to be given, as seen as a motive and passionately driven.
To seek out and speak and be honestly fair, can we sprinkle in sweetness and show that we care.
The signs are all there now in such our delight, together we lie in the darkness of night.
All the mirrors all show us of who we can be. Will the passions be blinding to what we can see?
Is the truth coming out now? Will this set us free. Or keep us together to uncover the key.
In thunder and lighting it comes in a blast. Can this be a warning of a curse to be cast.
Can we cover up gently the hurts that we feel, or quietly wonder if this is all real.
The inner or outward approach that we take can help to uncover to see if we break.
Our lives may feel conquered and we can end up alone. Being unnoticed and seeming unknown.
The truth of illusions can pin someone down. Can make one feel useless and run out of town.
The feelings of ruthless, spin out of control and leave us in turmoil and in a dark hole.
The beating and bleeding of our winding hearts can lead us to slumber and be blind from the start.
To capture up moments of memories of pain, can shatter our world and drive us insane.
The story's all tell us of first true loves kiss, but we go in all bended and think we can't miss.
The torrid and templates that we all follow, all leave us empty and feeling so hollow.
To beckon and temp us we know what to do but are we ready to be in something new.
The tall tales are resting and waiting to view, should we hit enter or delete what we knew.
In ending the mission, we quit what was told and lay down in knowing our souls can't be sold.

Melissa Downard Brankiewicz

Channeled January 2019 Intuitive Healer, Teacher, Psychic Medium/channeler, Reiki Master, Registered Practical Nurse melissa@truebeingsoflight.com truebeingsoflight.com



Romantic Style



Suzy Tamasi

suzyqjewels.com

Best Love Songs

Can't Help Falling In Love

- Elvis Presley

Be My Baby

- The Ronettes

I Can't Fight This Felling

- REO SpeedWagon

Heaven

- Bryan Adams

Love Is Your Name

- Steven Tyler

Go Ahead and Break My Heart

- Blake Shelton & Gwen Stefani

Darlin

- The Beach Boys

Born To Be My Baby

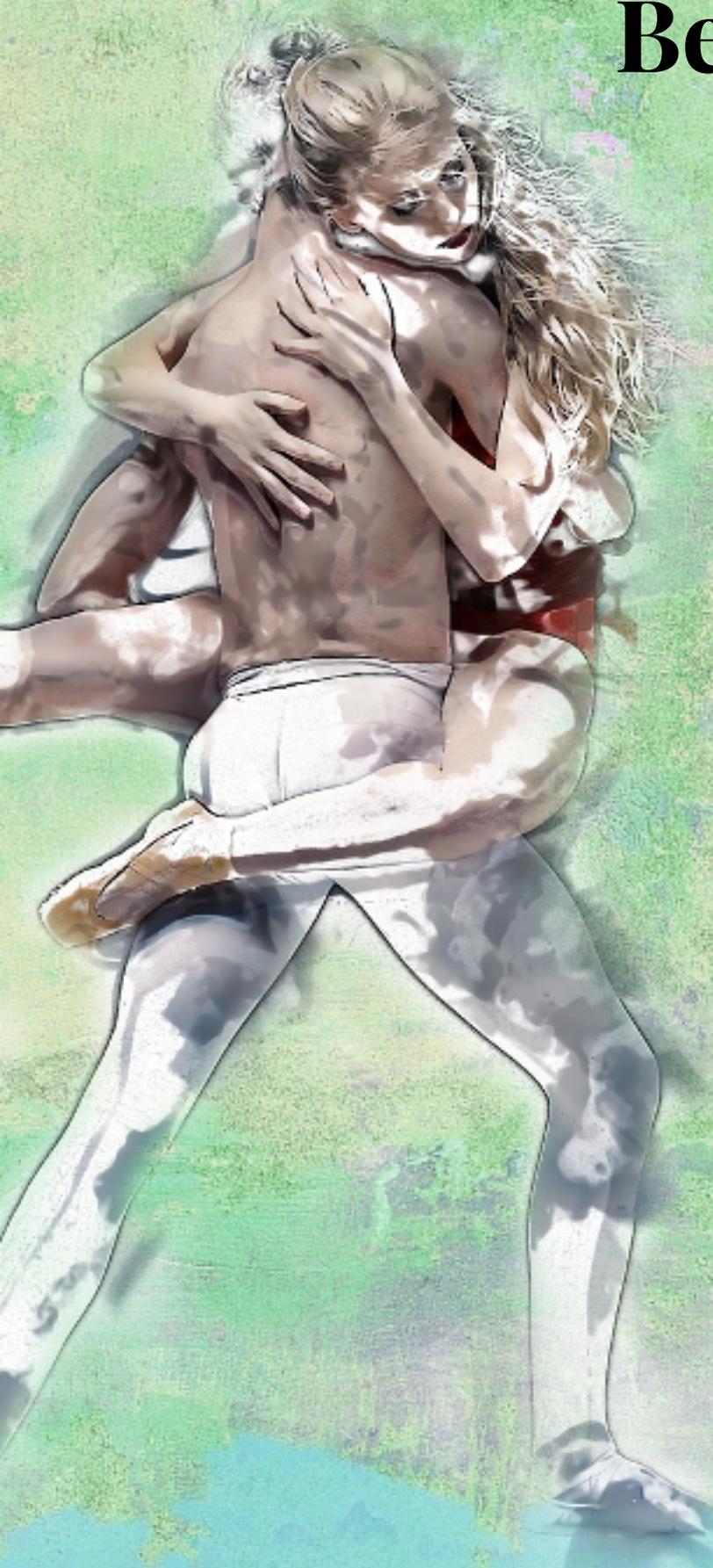
- Bon Jovi

Baby Blue

- Bad Finger

I Wanna Be Your Boyfriend

- The Rubinoos



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