

A Beautiful Life

Magazine

Happy

New

Year!

Jan 2021

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



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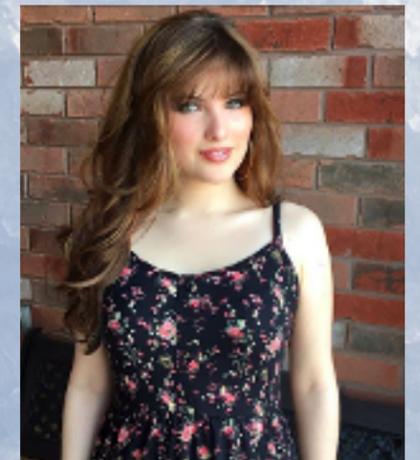
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Essenian Way of Living and Healing

Essenian Way of Living and Healing

The Essenians were a Gnostic Community who existed over 2000 years ago. Jesus and Mary Magdalene among others were part of this community. Most of their knowledge came from ancient Egypt and the ancient mystery schools of Enoch. They lived in the Esoteric tradition – Gnostic Way, which means that one knows that each and every one of us is a God's Spark that chooses to incarnate into a form – a human being.

The name "Essenian" means healer. They knew the ancient ways of healing and had a brilliant knowledge of the strong healing effects of certain stones and they work with them in combination with intonations – voice sounds and consciousness, to synchronize the human energy bodies, so that healing could take place. They also practiced Laying on the Hands with the Power of the Mind and the Power of Forgiving and Praying

The Return of Essenian Healing Methods

The Godly Energies had asked Reiki Master and Essenian Master Lisa Lux and Henk Mulder - two complementary souls, to place back on Earth these ancient high energetic healings along with the Pleiadian Healings at this time of energetic transformation on Earth – from the 3rd to the 5th dimensional energy, and to train the new generation of Essenian Masters and Energetic Leaders of the Pleiadian Healing Circles around the world.

The Essenian Healing methods have been fully compiled by Lisa and Henk through energetic communication with the Godly Energies, with their Guides – Jesus and Mary Magdalene. This means that all the knowledge, instructions, and elements of these healings, come from the energy realms

and have not been influenced by any human opinions, ambitions, or beliefs. Henk and Lisa spent several years on channeling the information, all step by step, to precisely document all the Essenian Healing methods and the knowledge about karma, brought through by the Godly Energies.

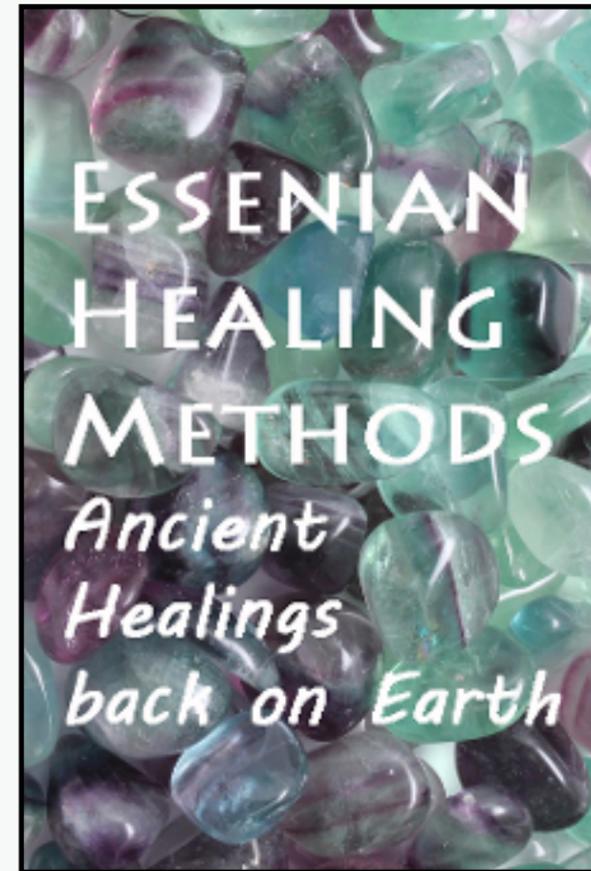
How the Essenian Healing Methods work

The Holy Essenian Healing methods are not a religion, they come from the highest Energy Source, that is feminine and masculine Energy that people call God, which we are also part of.

During these healings the clients really need to participate to achieve results.

Part of the Essenian Healing methods are the Essenian Healing Journeys which are metaphysical healing methods that are specifically meant to clear out the unhealthy physical and psychological patterns that are stuck in the body cells (DNA) and make us ill. They are effective against all sorts of fears and problems that do not have an obvious cause, but a deeper background. There are also three levels of Essenian Healings and on each level, there are different healings, which could be possible at different moments in our lives – when our Karma allow us, to purify a part of our karma piece–ailment, illness or problem, to make it easier for ourselves to learn and through that make a conscious effort towards sustainable changes in our life and health. For a definitive break-through in your problem/ailment/illness, it is best to follow the healing route that may consist of one or more Essenian Healing methods and Pleiadian Healings as indicated by the Essenian Guide.

Essenian Masters are trained to energetically



communicate as open and pure channels with their own Essenian Guide - Being of Love and Light. It is he/she the one who indicates whether a healing is possible or not for a person according to their karma path. This information is always checked by Lisa Lux and Henk Mulder through Jesus and Mary Magdalene.

The Essenian Healings methods are ancient High energetic 5th dimensional healings, that can address and purify our karma piece when is possible according to our karma path.

Essenian Healings Level 1 Workshops

Some people feel attracted to stones or feel/know their energy, but they also feel the calling to help others with healings. For those people who want to help others right away with these 5th dimensional healings, we are offering Essenian Healings Level 1

workshops, in which students will learn the Holy Essenian Healings Level 1: Water Healing– Consists of raising the ionized calcium in the body and thereby releasing pain from bones and joints. Mental Healing– for mental instabilities such as stress, sleeping problems etc. And Organ & Soft Tissue Pain Healing– for all kinds of pain, but especially those from organs in specific places, and soft tissues such as connective tissue.

Students will also learn to purify and tune up stones in the Essenian way and learn the Power of the Mind and the Power of Love for healings. They will receive a set with 17 stones to perform healings for others and if they have enough Reiki Energy – this needs to be channeled, they may perform these healings on themselves. Upon completion, they will receive a diploma and become Essenian Assistant Healers.

For more information, please visit our website: <https://www.transformational-school-of-essenian-arts-of-healing.com/index.html>

Contact us:

Phone: (289) 541-7803

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

Danesa Lozano

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



Hope Gives Us Courage



Hope Gives Us Courage

"Hope involves planning, motivation, and determination." Dr. Valerie Maholmes

It is human nature to want to grow, to change, and to expand our life experiences. Hope is our desire for a positive outcome, something that will make life better. For many of us hope motivates and encourages us to press forward in the most challenging of circumstances. Fear can be what stop us in our tracks; Hope is what provides us the courage to take the necessary steps forward.

How do we nurture and embrace hope when life appears to be hopeless

Despair has been described as the complete absence of hope. When we have lost hope our lives could change, we tend to give up under the immense weight of our current circumstances, asking ourselves, *"What is the point?"*. Hope is what counters this feeling of helplessness; It provides the motivation to dig a little deeper and to intentionally search for a solution to our problems.

Hope is essential to our mental and emotional health and is one of the most powerful contributors to our survival. It is something we should intentionally incorporate into our daily routine. Let us explore some of the ways we can accomplish this:

1. It is important to set a goal. It is difficult to have hope around anything unless you know what the desired outcome looks like. Change begins with an awareness we want something to be different. Being specific allows us to engage our imagination, it allows us to dream, and that is where hope feels most at home.
2. Hope is a belief everything will work out. It allows us to find calm in the roughest waters. Our minds can only hold onto one thought at a time and as humans we get to choose our thoughts. Intentionally focusing on a positive outcome can help us to feel better in the moment.
3. Are you able to see a vision bigger than yourself? Are you able to take a step back, move away from the details, and expand the vision you see? When we are able to shift our focus from ourselves, to include others, it automatically seems more powerful and more attainable. It is always easier to wish good on others.
4. Along the same lines of including others in our vision, volunteering can be inspiring not only to ourselves, but to those who are receiving our support. With our actions we are providing hope to others.
5. Hope comes from a belief, or faith, the current situation will change. Dreams have a much greater chance of succeeding when we share them with others. When we share our vision with others, our faith expands as we receive support from the most unexpected

places.

6. We all tap into inspiration differently and each of us must do the same for hope. Where does hope speak to you directly? Is it the lyrics of a song? Reading or watching a biography? Between the covers of a book or a magazine? Is it a speaker, a workshop, or a course? Engagement with the word around us can be a reminder positive change is possible.

Like anything in life, hope requires action, and needs our support in generating the change we seek. Once our goal is clear, we can begin visualizing it as if it has already happened. The clearer the vision, the stronger our hope.

When hope seems weak and our positivity is being challenged, take a moment to breathe. Deep belly breaths, watching the stomach and chest lift and lower with each intentional breath. As we inhale, breathe in love and light. As we exhale release doubt and negativity about the current circumstances. We get to choose how we react in this moment, and the next.

Goals can sometimes take time to manifest, even when they are fueled with positivity. When we look too far down the road, we can lose confidence we will ever reach the finish line. Taking a few moments to review and reflect provides us the opportunity to celebrate how far we have come. Reflection allows us to witness our progress, even if it is small, and to realize things have indeed progressed.

Finally, it is important to remain open-minded. When we focus on a specific outcome our hopes can be dashed when they do not come true....or did they? We can sometimes be so focused on our goals and how we expect things to turn out, we miss opportunities when they present themselves.

Hope gives us the courage to believe our life could be different. It allows us to stay calm

when life gets challenging and to believe in the impossible, even when everything seems to be working against us.

Hope is directly affected by those we associate with. If they support our dreams hope has found an ally. However, if criticized by others, our dreams and hope can pack their bags quickly. Just as our support system is important in fueling hope, so is everything we do ourselves.

It is import for us to adapt a positive mindset, along with an understanding change always comes from within. We are supported in the stillness, where we are able to connect with our own inner strength.

Being kind to ourselves is essential to embracing strong feelings of hope. So is believing our dream is possible, we deserve it, and it will come to us in due time. Hope allows us to believe in positive outcomes, moves us through the difficult circumstances, and supports us in implementing change.

Tammy Adams, Certified Coach Practitioner offering support, in-person or online, Canada-wide.

She is certified in The Grief Recovery Method®, Personality Dimensions™, Reiki, Access Bars®, and Mindfulness. To learn more about the services she offers, book a 20-minute free phone consult, or visit her service tab on her website at www.tadams.ca





AWAKEN TO YOUR TRUTH

Channeled from Ascended Masters

It is with great pleasure that we connect with you all at this time of new beginnings.

As you step into 2021, we encourage you to bring into your awareness the importance of creating much needed space for inner growth. It is your divine right to know yourselves in your completeness.

Start your year fresh and new with the fundamental truth and understanding of the divinity you have within you. We are here to remind you to embrace this truth with grace and love.

You are powerful creators dear ones. You are Source energy beings, living in a vibrational universe, interconnected and interdependent upon one another. The unity that you are must be understood at the core level as this will assist you in awakening to your divine truth, to foster the much-needed process of growth and transformation on your healing journey of life.

Realize the truth in that all is of energetic frequency. Realize your existence is a mirror of what you put forth. It is a replay of thought forms and feelings that you emanate. And it is the emergence of these energies collectively that vibrate in one unified field of consciousness that

bring all life forms together, amplifying and exhibiting where you are, as a whole, at this time. You are one ball of energy creating your reality, your world, together. Realize the need for full awareness of where you are and where you are heading with the understanding of the impact you have on all.

At this time of great remembrance of who you are and the role that you play in the cosmos of all in existence, we encourage you to take more responsibility in creating your experiences with mindful awareness. Foster love within your hearts and stand strong in your belief of a peaceful world that is united. We know you want this and you can achieve this ever so quickly.

We encourage you to re-evaluate your beliefs about yourselves and your world and ensure they are in line with your truth as the loving, compassionate beings that you are. We encourage you to contribute to the magnificent awakening of your planet by taking more care of yourselves and your personal vibration.

It is time to understand the importance of taking responsibility for where you yourself are and release the need to blame and be in judgement of others.

It is time to reflect and do the work that is necessary to heal your wounds and free yourselves from the darkness that resides within you.

Realize and acknowledge the magnificence of who you are and the power that you have to lift your own personal darkness. Empower yourselves with this truth, for it is in this remembrance that your consciousness will soar to new heights of awareness, to experience the pure love, joy and abundance that you are made of.

Move out of your depressed states. Accept and surrender to what is with courage and faith. Trust in who you are and who you are becoming. This is the way to transcendence. Hold the intention for inner growth. Open your minds to change. This will open your hearts and you shall receive all that is needed to support you.

We are here to affirm to you, you are moving out of the confusion and chaos you have been living in, into a much more trusted higher awareness whereby you will experience yourselves more fully, and embrace and utilize your gifts, talents and abilities with love for your world.

Do what you love dear souls. Speak from your hearts. Let go of the resistance. Live your lives more fully without the burdens of your pasts and the insecurities of your futures. Live with gratitude. Live with more acceptance and forgiveness, in remembrance you are all doing your best in accordance with that which you know to be true within your level of consciousness.

Assist each other dear souls. Help each other by exemplifying to each other the love that is within you. You are one family, a family that is so desperately seeking to be understood and welcomed.

Believe in the power that you are as divine creators. It is time to understand and hold this truth within you and design your lives with intention and purpose. It is time to believe in yourselves and embrace the power that you are with love and reverence.

The awakening of your world is in full swing. We invite you into joining the ride of your becoming in this beautiful year of new beginnings.

We love you and leave you with this. Amen.

Love & Light to all, Joanna

Joanna Alexopoulos

Author, Poet, Channeler, Spiritual mentor, Reiki energy practitioner, Speaker

Joanna is an open channel and attains universal wisdom and guidance from angels, spirit guides and ascended masters for our world.

She came upon her gift of contact and communication with higher realms of consciousness through her struggles as a highly sensitive empath. Her attempt in understanding and healing herself led to her quest and thirst for knowledge of the unknown. Spirit guides came through in 2012 and this opened the gateway of opportunity for growth, expansion and connection to even higher realms of consciousness.

Her book **Awaken To Your Truth: The Time Is Now** is a channeled text with messages lovingly offered by the wisdom and guidance of a collective of ascended masters of the 9th dimension.

Joanna makes her home with her family in Toronto, Canada, a large perennial garden, a Zen garden, and an extensive collection of nature and sky photography.

Links to purchase Awaken To Your Truth: The Time Is Now on her website

To learn more about what Joanna has to offer, visit her website and check out her service tab. Book a 30 minute consult on her website or contact her directly at 416-473-4325

Website: www.awakentoyourtruth.com

Youtube: https://www.youtube.com/channel/UC4Lgn9NiY-wa_vlz7i4WCJg?view_as=subscriber

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What If

WHAT IF

What if this day you had EVERYTHING you really needed. What if!

As we step into 2021 the desire to rush forth into the new is going to be coursing through your veins, the pandemic has left us with a wish to run from 2020 and distance ourselves as far as possible from the fear that has enveloped us all.

Consider the gentle way dear one, consider the steady pace of being in the now. As you read these words have a look around the room you are in right now, what colour are the walls? If there is a window in it, is it sunny or cloudy? What is the view from it?

AS I write this article it is from one of the last few days of 2020, and I am sat in the most loving of chairs, loving as it used to be the armchair my mother sat in every single time she came to visit me.

Now it is a loving embrace from her, as she is in spirit and has been for over a year, yet this chair gives me so much every single day. I feel safe, comfortable and truly loved, for I have given it the new life with the memories I have wrapped into its very fabric.

It is the divine connection between my mother and myself, and I choose to feed this connection by daily sitting in it and FEELING. This is my gift to myself and I can only receive it and feed it by going slow and allowing the day and this moment to be full, full of ME.

I am here right now, in this chair, in my room, my son is opposite me playing a game, there are lego boxes, books, the Christmas tree is in the corner of the room, adorned with decorations, some are recent, many are handmade by my son from his years of making them at his school. Then there are the ones from my own childhood, many are dented, but there are ones that are timeless and take me back to the trees I would have sat next to as a child.

You see this magical world is your's dear one, but can only be accessed by YOU. So what if you chose to fill this day, this very day with you? Let your essence escape out of its confines and penetrate every single thing around and within you.

Can you imagine how much more alive everything would be RIGHT NOW if you gave it this life force? What a difference it would make to your day, your hour, your minute. Just imagine, there would be absolutely nothing to rush from or to, as you would be exactly where you are in a moment of pure connection with your self and the beauty that is your life, yours.

I have spent the majority of my life running, the fear that has landed on everyone's door with covid was a place I knew so well and where I grew up. There was no

virus hot on my heels but there was fear, control, manipulation and so much more surrounding me and I never felt safe as I truly wasn't.

So I get it, when fear takes hold, I genuinely get it, the blur that everyday life becomes, as you are trying to run from something, and I get how futile it is when you actually can't run from it, you have to face it, day in day out. I get it.

That is why I show you a different way, no matter what the circumstances, no matter how strong the pull to run and keep running is. No matter how much energy you put into wishing things were different, or how they were.

What if you choose a different way? What if!

The thing is dear one you can choose, you truly can. You can choose to see the majesty of this very moment, the wonder of having eyes to view what you do have, these eyes of yours which show the depth of your soul. They open every morning and give you the opportunity to survey each day and see the wonder of waking, of looking at those you love, the home you have, the food you eat, the nature around you.

You get to feel the ground that supports you with the soles of your feet, the air that caresses your nostrils as you breathe in and out. Inside you have the most magnificent centre, a heart that beats and reminds you every day what it is to feel, the power of love, the heart that speaks to you, whispers to you is here in this moment.

In this moment there is everything, everything you will ever need and so much more, What if you opened up to this world and chose to reside there? What if!

The wonder of this life is that we always have a choice. Covid is still walking with us, we get to choose how we walk with it. Running through our days is missing out on the majesty of now and running to an unknown date in the future. Walking each day is a guaranteed path of magical moments when you choose to plant yourself and your essence into right now.

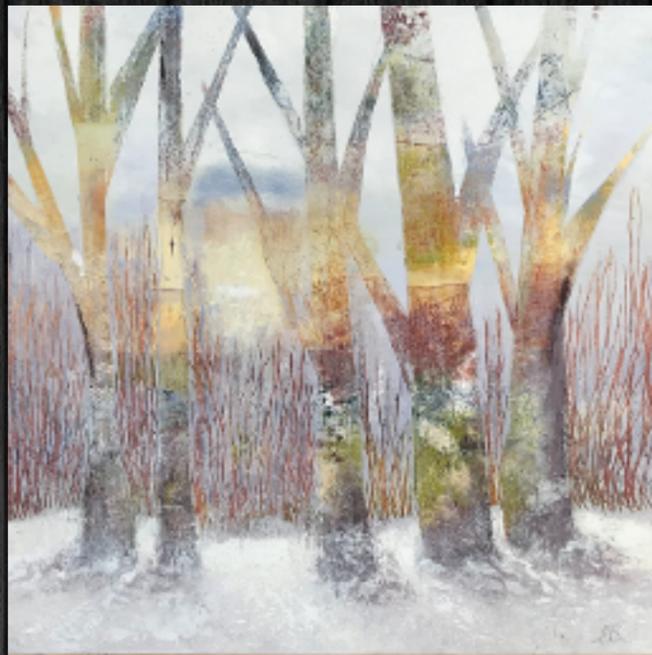
Choose dear one, choose. You will feel the difference and you will reclaim your life which is jam-packed full of magical moments, open your eyes and truly see.

SALLY ANNE SAINT

www.wisewomanguide.co.uk



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 Images
for more details*



Deep Sunshine



Litmus Test for a great year! Recipe for a fantastic year!

If you put a person in an untenable position with no support something is going to go bad! Poverty, a bad breakup (not very many people think there are good break ups). Losing a very close person! All of these things can have a negative impact on your life! If you have a coach or mentor or even a great friend they can help you through the quagmire! I went through all of these things and without support! I did have some friends but most walked away saying you are strong! The line was written in the sand and I am sure at the time I was not the best role model! But eventually I needed to pick myself up up and move forward! Apologizing to others every time others are having a bad day do not make the hurt go away but I learnt to grow and thrive! Sometimes I had to fail, and I did fail, a lot back in the day to be successful moving forward! It is about not looking in the rear view mirror anymore and look forward!

The New Year gives us that blank slate to start over and do better also like a vintage wine, age helps in this! It is the never make the same mistake rule! If you put your hand on a hot stove it will burn, hopefully you will not ever do that again! You learn and life lessons can help you! First of all know that is important to know what you want to do in life, love and business

Write down your goals
 Short term for today, the next week, next month, next three months
 Long term 6 months, 1 year and next 5 years.
 (Having dates of the goals and having a calendar visible with your goal dates makes it happen!
 -Write down dates you want to achieve your goals and what small or large steps you will need to achieve them!
 Make a vision board and keep your wants or wishes in front of you each and every day!
 Put post it notes with positive thoughts in front of you!

Put yourself with positive people! Negative people will suck the blood out from you and negative begets more negativity!
 Read books that will help you to grow as a person!
 Let bad things roll off your back and onto the floor! (Make sure to sweep it up and dispose of the mess)
 Don't let others steal your dreams, they are your dreams for a reason and gives you a life purpose!

Be true to yourself and follow your heart and head! If it does not feel right, it probably is not right for you!
 My biggest thing was always saying yes even when I should have paused and thought about it first!!
 Sometimes saying "No or not right now" is the right choice

Take a breath look around and then think about it... is yes the answer or do you have some questions that need to be answered or is the true answer NO! I always said if you say please and thank you I will do just about anything! I must switch that to most of the time I will do it! You have to be honest to yourself and others! You have to walk the walk and talk the talk and be authentic!

Let's leave last year behind and be excited about what is coming this year is going to be the best year yet in your life!
 There will always be rollercoasters, and bumps in the road but how you deal with it is on you!
 Do not use what happened in the past to get stuck! Use that mud and walk through! You know you can do it!

Look at yourself in the mirror every day and tell that person that you love them and they are a beautiful person and that person in the mirror can do anything they set out to do!

Final thoughts when you want to find out if the pool water is in balance you take a litmus test and test the water! I say not only test it but dive right in and be the most authentic, beautiful, wonderful person you can be! Your light is so bright is shines like the sun! You can reach your goals, your dreams and your full potential!
 Dream big!

Recipe for a great year
 1. One part love
 2. Two parts happiness
 3. Three parts potential
 4. Four parts attitude
 5. Five parts smile
 6. Six parts persistence
 7. Seven parts motivation
 8. Eight parts drive
 9. Nine parts enthusiasm
 10. Ten parts of Just Doing It (Nike)
 Mix all 10 ingredients together and nurture it each and every day! Your year will be a fantastic one! Let me know how your recipe turns out!
 Share this recipe with a friend and they will have a fantastic year as well!

B"H Tova Gaisin



The New Event Horizon

Channeling December 28, 2020 for a beautiful life magazine

In the will and the ways, we are here, in the darkness we are here, and it is revealed that we want to help you uncover and unlock the codes to your new event horizon. The precipice at which we are all standing on as a human species comes along at a time when the whole collective is shining forth and shining their light up to the heavens. You're beginning to ask for the rays to come through, to shine through and outwards to the collective of beings that are joining forces now. This is being sent out to the many and mass who are requiring guidance love and hope and this time in their lives.

The stormy weather so to say has been blowing up and around for some time now and the people of the many are sitting up and questioning the light passages on the roads for which they have travelled. The light beings have been opening up the portals and are spreading love and joy throughout the cosmos at a time when the societies have been eating up what the news projects out to them. We want to say that we have heard your whispers and we have heard your screams in the anguish some have been feeling. The insecurities have been taking hold in the hearts of many. We are here to assure you that the monumental love and support coming to you now is astronomical.

You may not see this white light of divineness coming through to each and every one of you now, but they are coming through in ways you could only imagine, but at this point of view where we stand, we can see and witness the energy encircling your planet and yourselves, we see the magic streamlining down and entering your crown chakras and beaming down your spine. We are guiding this light force to help you sit and be grounded in your daily activities and affairs.

To sit put at this time is beneficial and is rounding out the sharp edges that have been coming off the creases of your aura and allowing the waving of your energy fields to be shaped like an oval wand around your body. The centering of your chakras is attracting the light to be spread out within your auric field and out the next dimensional bodies which are existing in all the dimensions in this plane at this time. The vortexes of energy coming through



the chakra systems are all being lined up and are encircling all your releasing emotions and are allowing for the healing vibrations to enter each of your organ systems and into your cells where the miraculous healing is taking place.

The journey of the light body though each dimensional shift is increasing with time and space. And the energy vortexes have been the key in the encoding of the light into every crevice of your being from the top to the bottom. Mother earths energy has been shifting and allowing you to ground even further into the energy vibrations she is putting out and reverberating around the planet now. The 5d energy shift are encoding a new passageway to the rainbow bridge of the next vibrational shift into the new earth where these messages are being encoded into all of your cells. The momentum of this is increasing and all of mankind is now feeling this in their waking and sleeping hours.

These messages are secrets no more and the newly awakened ones have felt this deep in their souls and are feeling and noticing this within the tips of their fingers and to their toes. Even if they are unaware of what this all means. They feel and are uncovering so much more of there deeply seeded emotions from this lifetime and from the past. Emotions are coming up and they are being processed so much quicker now. People may be feeling like the roller coaster of

emotions are coming up, but they too will come to pass as these feelings are now being allowed to be felt and sat with. The true knowing comes in revelations as these feeling are being cleared and sent out to be transmuted into a golden beam of light. They are being reverberated back to mother earth and backout to the cosmos once again to join in our everlasting lifeforce that we speak of and feel.

The energetic bodies are being prepared and set out in trans dimensional directions to encompass our whole collective of love, feelings of gratitude and peace amongst us all. The beginning of this great shift has been broadcasted loud and clear. Many are searching for new ways to embody this and explore and find ways to enjoy their lives with grace and ease. This pattern will continue to be surging out to the masses where they too will sit and decipher this new meaning of feeling alive and living out this great experience of life.

This great experience is upon us all now and the generations to come will sit in honour of the true ways we have begun to live our lives and it will take strength and courage to be of the upcoming magnificent beings of light. -The beings we have always been meant to be! Living in full purposefulness of seeing the truth that has been deeply encapsulated in our hearts and our souls. This is to be recaptured and spread out through every cell and emotion of our very beings.

Take hold and take stalk of where we all are now and let's stand together in kindness, gratitude, strength. Manifest and bring forth the true happiness, abundance and hope for the upcoming years and remember that our whole existence is love and we are all one. And in kindness and grace and blessing of light and love amen

Melissa is a true healer, physically, energetically, and spiritually. For many years, Melissa sensed her angels and guides around her and has received channeled messages which she has recorded and published. This work has helped many receive comfort and light while on their Light Path Transition.

No one is alone and it is Melissa's passion to ensure that all who are in pain, know that there is always someone whether, here or beyond that is helping them heal at a soul level.

Melissa is a Spiritual Channeler, Intuitive Healer, Teacher, Reiki Master, Psychic

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

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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



A New True Year

A New True Year

I decided this year is going to be a different kind of a year. It was decided for us in 2020 that things were going to be different. It was change that was initiated from the external, beyond our control, a set of circumstances that required us to shift focus and priorities.

This year, I am focusing more on the internal initiation of change. A change in my internal landscape that will empower me to move forward into this new year. There are circumstances and situations that we cannot control, but, we can control our responses to them. And so, I have decided that this is the year for a new perspective.

We tend to pledge at the end of a year, as we ring in a new one, that we will faithfully live our new year's resolutions. We make our list of promises to ourselves. We declare we will go on that diet, we will exercise five times a week, we will limit our online usage, we will not procrastinate. We put our list in a place where we can see it each day to remind ourselves of our promises and then, in my case, we lose the list. Most likely it is among all the other lists that I have made, with good intentions and determination to change my ways.

My To Do Lists are never ending, and in fact can be overwhelming. I end up scratching off a few items, and temporarily feel good about it, and then life just seems to lead me away from my list. All those good intentions succumbed to the day to day demands upon my time and energy.

So, what can I do differently this year? How can I approach making changes without making my long list of Not to Do's, regarding my habits, thoughts, patterns and choices?

I realized that my personal To Do List was in fact, very negative. It was telling me that I am not good enough, smart enough, determined enough. Each year, I made a visible list of my shortcomings. All of the things that I did not like about myself, a critical list that said, I do not like you the way you are. You need to fix this, this and this. No wonder this list would eventually find itself tossed aside. Who wants to be reminded daily that they are not enough?

When we have so many items on our list to change, it is overwhelming and has a negative energy attached to it. So, I decided to change my perspective.

This year, I am not creating a list. I am creating a philosophy, a mindset, a mantra. Only one item that is positive, that will see me through the ups and downs of the year. And will not get lost amidst lists and lists of never-ending dissatisfaction.

I will love myself.

This year, I will hold these four words up to each choice, decision, circumstance, situation, and even mind chatter. This year, I will Love.

When I hold this declaration up to all the circumstances, I only need to ask myself, what does Love require here? This is not a selfish love, or self-centred egoic love I am talking about. It is a love and acceptance of self, that

when practiced spills over to others.

If I say that I love myself, then what action will I take? Will I take care of my body and my mind? Will I strive to do my best? Will I be mindful of my words? If I say that I love myself, it will be reflected in my choices.

And so, I can look at each choice I have made, and see a reflection of self-love in it or not. And if I do not, then I can recalibrate and move forward in love.

If I find I can't remember the four words, "I will love myself", then I will simply remember one...Love.

Because isn't that what we all really deeply desire, to love and be loved. To see and be seen. To feel and be felt. To know and be known.

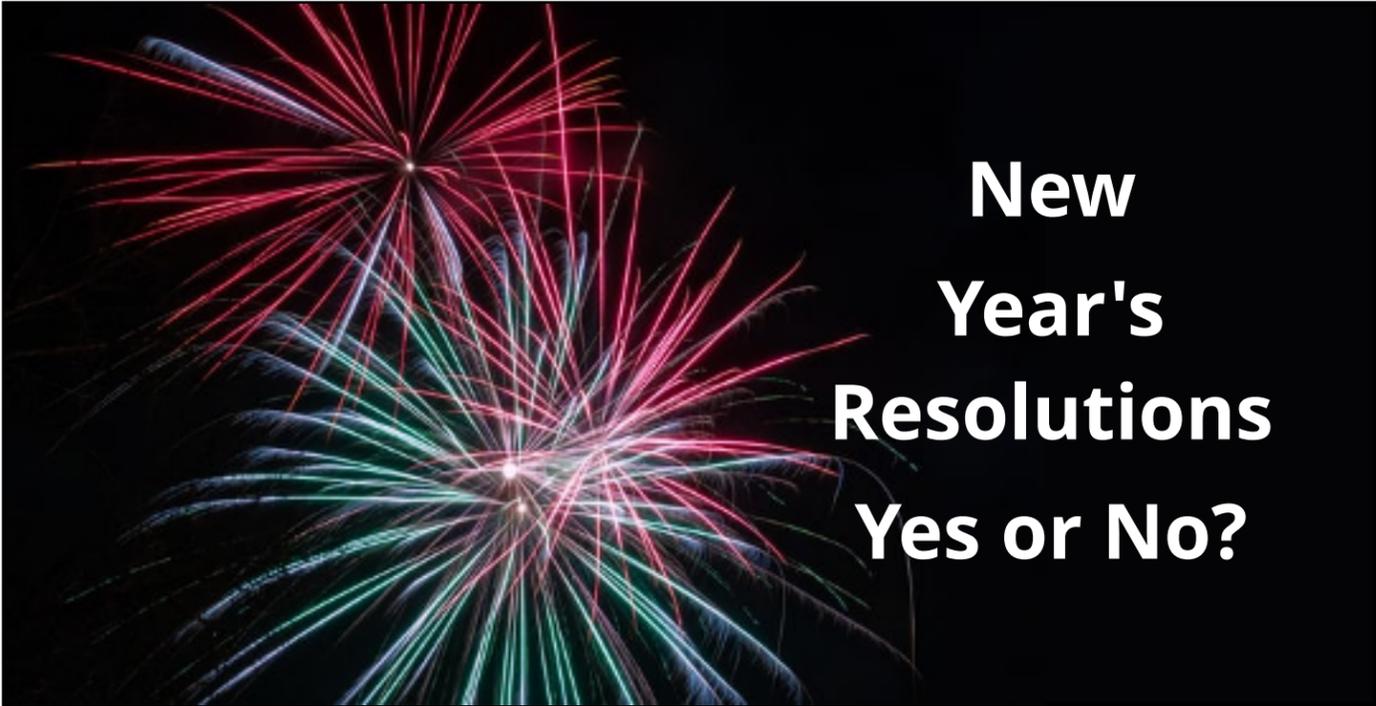
It begins with ourselves. If I am overspending, overeating, or under-active, under-motivated, then I am signaling to myself a need for more self love. Not in a critical way, in a loving, nurturing way. A way that supports and encourages me to move forward towards my highest good, towards my highest potential.

My TO DO is turning into a TO BE. To be the best that I can be, to be mindful of the energy of my perspective and choices. Many choices will be different this year, not because of external circumstance, but from the inner workings of love infusing itself into each encounter, each thought, each moment.

Linda Cooper

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New Year's Resolutions Yes or No?

New Year's Resolutions - Yes or No?

At the beginning of the year, many of us make promises to ourselves or make decisions to do or not do something. These promises or decisions are usually to do (or stop doing) something to improve behaviour or lifestyle in some way.

The practice of making New Year's resolutions is worldwide and its origins go far back in history. The basic premise is a generally a negative one. The assumption is that there is something wrong with our habits, behaviours, etc. that needs to be remedied by a change. These resolutions are often not related to all the other goal setting we do throughout the year.

As far back as ancient Babylon, at the beginning of the new year, people made promises to their gods to pay their debts and return things they had borrowed. The Romans made a variety of promises to the god, Janus (January is named after him). In medieval times, knights made a "peacock vow" to uphold chivalry. It sounds pretty similar to what many of us do now.

Why do we do this? What are the roots to our underlying dissatisfaction with ourselves and our lives? Are we really as messed up, out of shape, and in need of repair as the vast array of resolutions would seem to indicate? I don't think so.

I believe that we are all busy with both life and working on improving ourselves and that life sometimes gets in the way of keeping up with all the commitments we have made. If our home life is great, work might not be. If our work is great, our health might not be an area of focus. It's often a graduated, and uneven path.

A number of studies have shown that nearly 90% of people who set resolutions are not successful. Why? Do we set unrealistic goals, lack follow through, try to do too much, get frustrated with not getting results. or just plain forget and go back to our "old" ways?

It's likely a combination of some or maybe even all of the above. Add in all our other commitments and it's pretty easy to see that resolutions, in and of themselves, are probably not the best thing that we could do for ourselves.

Many of us are on a path of self improvement, personal growth, and improved fitness all while working, maintaining our relationships, and doing life maintenance things such as grocery shopping.

If we make a commitment to change and set specific, measurable goals, we are much more likely to succeed than if we make fluffy, non-specific goals. If we set a goal of "walk 20 minutes every day" we are more likely to succeed than if we say "walk more often".

The downside of making a New Year's Resolution is, quite possibly, the fact that we may feel obligated to make one. Combined with a memory of the failed resolution from last year, we may even believe that we are setting ourselves up for failure.

So, what do we do, in our quest for growth and self improvement?

Perhaps the most effective course we could take would be to not make a New Year's Resolution this year.

I'm not saying to throw caution to the wind and disregard diet, exercise, spiritual, or other goals. Set a goal, instead. Don't call it a New Year's Resolution. You don't even have to call it anything.

My simple suggestion is to pick one small, doable thing and make an actual plan to accomplish that thing. I would suggest that we use the "S.M.A.R.T." method (specific, measurable, achievable, relevant, and time-based) as an effective strategy. Just as we would with any other goal setting at any other time of the year.

My goal for starting out this year is to be more kind to myself and do my self care.

Have fun and celebrate your success!

Remember, I'm here for you on your path and would be happy to help you set your goal and success plan for the year.

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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2+0+2+1 = FIVE!

2+0+2+1 = FIVE!

New Years Eve celebrations have traditionally been about explosions and expansions. Champagne corks make way for foaming bubbles, and fireworks leave small cylinders to fill the sky with light.

The year 2021 is carrying a Five vibration, and Five is all about growth and change, expansion and adjusting to new ways of being. We are encouraged to become something greater than we have been in 2020.

The Four energy of the past twelve months has allowed us to put down a foundation on which to build. Now we can move forward, creating the structure and culture that we have envisioned for ourselves.

Bringing Five Energy into the Planes of Expression.

In the **Physical Plane**, simple changes can energize and maximize the space where we live. *Growth* does not always mean *More*.

Currently closures limits our movement around the physical world. It is important to ensure positivity in the space where we spend our time.

Maybe that means adding accents with deep meaning: mirrors, candles, drums and bells can change the frequency at which your home vibrates. Creating a sacred space such as an altar, or adding a flowering plant to honour nature indoors, can elevate the mood of the room and invite your personal energy to expand.

The energies of the **Mental Plane** are



stimulated by novelty, by new thoughts and concepts, even by paradoxes and conundrums. Reading books or websites about topics that are new to you can be mentally stimulating. Learning about people through written or filmed biographies can promote considerations about your own life, allowing you to contemplate how your possible responses to the events that they faced.

When you are performing routine tasks: washing dishes or folding laundry, engaged thought processes and examining ideas will enhance mental fitness and promote empathy.

I believe that navigating the **Emotional Plane** is a major reason to enter into the Human Experience.

There is security in knowing that the feelings that flow through us guide us to our correct path. I was not taught this as a child, and understanding how emotional responses and instinctive reactions are always correct, I am able to trust myself.

Processing the nature of emotional responses - with a trusted friend, practitioner, or journal - can be key to shifting your vibration, and moving into the expansion that takes you closer to joy.

On the **Spiritual or Intuitive Plane**, there is only expansion.

I am confident that an unflinching review of the path taken through 2020 will reveal Spiritual growth, and that will serve as the basis for a blossoming of Intuition during the coming year.

Making space for this growth is vital. Putting time into the schedule for meditation, prayer or other quiet practice will ensure that the flower can open safely. The Cosmic frequencies of 2021 will facilitate profound connection

when we expend attention on our personal development.

We remain Spiritual Beings, and 2021 will inevitably inflate our comprehension of the Human Experience, moving us closer to the Intentions we brought with us into this physical life.

Joy awaits.

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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Caregivers Need Help Too



Caregivers need help too

This year has been very hard on the majority of us and extra difficult on people who are suffering from mental health illnesses.

Caring for someone with mental health problems has unique challenges. Mental health problems vary greatly in severity and causes.

Tending to your family member demonstrates love and commitment and can be a very rewarding personal experience. On the other hand, exhaustion, worry, inadequate resources, and continuous care demands are enormously stressful. In recent research, caregivers have been shown to be more likely to have a chronic illness than non-caregivers.

Although, it's important to support the person you care for, and also essential to look after your own mental health. It's important to maintain your own social activities. If you start to feel depressed, anxious and or overwhelmed, it's better to address how your caring role is affecting your emotional and mental health.

Sharing a great author telling her personal story and the impact on her life and how energy healing helps her to get her life back in control.

"Ever fall in love with the man of your dreams? The person you were going to live the rest of your life with. Have a family with and grow old together? Yeah, that kind of love. Only to find out the Universe has other plans for you.

Years ago, I fell in love and married a man who I thought I would have this perfect life with, but there was one kink in the process. He was Bipolar. What is Bipolar you say? Some people know it as Manic depressive.

Bipolar Disorder is described as a serious mental illness that brings severe highs and low moods. One can feel irritable or impulsive and

have reckless decision making. Some who have this disorder can have delusions where they believe things that aren't true.

As I watched my now ex-husband go through his own inner destruction, I went through my own internal struggles, feeling handcuffed, and unable to help him through the confusion in his life. My young child and I had to eventually leave my ex-husband when he became dangerous to be around. After making sure he was looked after, it was time for me to heal from my own trauma of being the caregiver, the wife, the mother, and everything else life wanted me to be.

I eventually turned to energy healing to get my soul back on track, and today, I have to say that when I feel life's pressures, I get an energy healing to rebalance what seems off. I finally had a clear head to dust that book I wrote years ago off the shelf and re-write it and now, I have my kid's book published; Ghost Detective, The Magic Ruby, by my alias, S.R John, for purchase on Amazon, Chapters and Barnes and Noble. I'm on my way into writing my Bipolar story and hope that my experiences will help others navigate the struggles I went through and got out of. Lina has also helped me release some of the guilt and pain I carried for a long time as I navigated my life and I'm grateful for her expertise. "

Only when we first help ourselves can we effectively help others. Caring for yourself is one of the most important—and one of the most often forgotten—things you can do as a caregiver. When your needs are taken care of, the person you care for will benefit, too.

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You may say I am a dreamer...but I am not the only one!

Those words at such a young age touched me at a soul level. In them I felt courage, the courage to dream outside the current realities and to hold Faith in what else could be possible.

Never has there been a year where FAITH has been more critical to my well being than this year. Faith reminds me to surrender to all the things I cannot control and yet also reminds me of the importance of commitment to holding possibility close to my heart. Faith does not come easy, it is hard work and is often uncomfortable.

Faith allows me to continuously grow.

When 2019 came to an end, I dove into reflection on who I was, who I was not and what I felt was missing. As a huge fan of Danielle Laporte, I completed my annual run of Core Desired feelings and I landed on: Spiritual, Purposeful, Prosperous, Luminous and Faith.

2020 was a stellar year for testing all of these words in practice. As I lost my yoga studio to a global pandemic, I leaned in to my spiritual tool box for guidance. I chose to remain a bright light in a time of chaos, not by only showing highlights, sunshines and rainbows but by vulnerably sharing the entire cyclical process of birth, death and eventually re-birth (still getting there). I redefined what

prosperity meant to me and it held me when abundance went by the curb and my business crumbled before my eyes. I had Faith take the reins and remind me that I have a purpose and encourage me to keep moving forward no matter how hard I wanted to quit. I couldn't have known in November of 2019 how much my life would change but, I knew how I wanted to feel. Those feelings became my compass and they held me afloat through some of the roughest seas known to mankind.

As I sit in reflection, my favourite way to honour the Winter Solstice, also known as Yule, I am reminded of how different of a year 2020 was and as such why I feel the need to shake up my annual ritual of choosing a word and core desired feelings.

Amidst the major transformation that occurred for me last year (breakthrough comes the other side of break down for me) I realized that one major aspect of my life was out of alignment: Value. With the slowed down rhythm I was having more time to ponder and reflect and with each deep thought and feeling, I became clear that my love of words and feelings was just the top of the iceberg. In order for the iceberg to float, buried beneath are the guiding principles or values that help me make decisions. Google defines a value as "a person's principles or standards of behavior; one's judgment of what is important in life."

Without understanding what lens I am using to

judge, I can't possibly understand my feelings.

I sat with this for some time. I leaned back into John Lennon's lyrics " imagine all the people living for today" and I felt a foundation form at the base of the iceberg that any Utopia could be built upon: values. I knew I was on to something, this is not a new way to think, it's just that throughout my life the values I have been asked to follow were never quite for me. This led me down a rabbit hole of exploring my Metis Heritage and the value systems of the original Metis Nation and the more I learned, the more I became alive. I am still very much learning my heritage, which was lost to my family for many colonial reasons, but many elders in First Nations communities have kept teaching of Values alive and made them publicly available for all who care to walk an ancient way of being. I want to walk that way upon the Earth.

As I played with words and values and explored the Indigenous 7 Grandfather Teachings I wrote my own value statements based upon what was already available in words that resonated for me and helped me build a solid foundation, a lens from which to walk forward in true soulful alignment.

Once I honed in my value statements I returned to the work of Danielle LaPorte and began my core desired feelings reflection. The foundation changed the lens and I feel more calm, strong and resilient as I move forward into 2021 with my feeling compass. This year my main word is FIERCE, followed by faith, unity, reciprocity, and celebratory. I am choosing fiercely to be the powerhouse that reminds me to go all the way with my commitment to my values and the way I truly want to feel in all things I endeavour this year.

For years now, choosing feelings first has helped me set goals that matter and are in true alignment with my highest good. The feelings allow me to set goals based on how I ultimately want to feel in life.

This year, adding in the values has honed in not just how I want to feel but how I want to turn up for my son, my business, my community and humanity. I feel so confident that this compass is set to have me in control of the only thing I can control: me. This brings me peace, a peace that on this dark solstice night reminds me the light always lies within peace. As I stoke the fire of feeling Fierce in 2021 I welcome the return to light and the many seeds I will sow under the lens of combined feelings and values.

Have you ever considered values and core desired feelings as a tool to guide you? I invite you to [a free workshop](#) for some helpful ideas on how to form your very own foundation for the best version of yourself in 2021. It does take a certain amount of dreaming to breathe a new way of being into reality, I don't mind if you call me a dreamer anymore because I have come to recognize that my dreams are the very seeds of beauty I look forward to bringing to the returning light. "I hope someday you will join us, and the world will live as one" - Imagine John Lennon

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New Year, New You, New World

New Year, New You, New World

The start of 2021 is a time for all of us to embrace life as we want it to be. It is a do over and that is not to be missed. Last year was hard work, lots of struggles and challenges and just the support of all of the hard work we did. I feel renewed this year and know that our issues with the pandemic and health concerns will come under more control. This does not mean that we can just do whatever we want to, it is just a ray of hope in a world that has seemed very dreary.

Inspiration comes in all forms and the opportunities to seize the day are truly within our grasp. This is the time to set the stage for the new reality we all want. New career, love, health, whatever makes you feel more whole. If we all believe that we can individually reach and attain our goals, then the world as we know it will be super successful. Energy plays the biggest role in any changes and we all need to focus our positive energy on being the best that WE can. The pay it forward phenomenon is at work now and what we put out we will get back. It has always been here, we just have not used it to our advantage.

Looking for love is hard anytime, but right now, it is extremely difficult. I think for me this is the one area of my life that would make me smile. I love companionship and having someone to talk to and share stuff with. For others, it is the pursuit of career and money that does it for them. Understanding what you want is the key to getting it. I have always been more of a relationship/marriage type of person. I feel at my best within a committed relationship. To me, what I do is how I pay my bills. My day to day role does not fulfill all of my life. I know people that live for their work and I respect that. If you get the creativity and excitement from that, you are truly lucky. I do believe that if you love what you do you will never work a day in your life. I love the ability to be creative and my particular field does not support that.

Okay. We have decided on the fact that we are going to have a great year. We need to understand what we want, and now, we are going to set the steps to get it. If you want love, then go on a website or put it out there with your friends. See if they know someone that would be nice for

you to meet. I have gone on Our Time to see if I can meet someone to talk to. Right now, I would not be okay to meet in person. If a career change is what you seek, then start looking at opportunities with Indeed or other job sites. Polish up your resume and look at life as though you are moving forward to where you want to be. Just making small steps makes you feel better about yourself. You can do anything at all when you trust you most of all. It is your energy that you need to drive the changes you want to make. Start today.

Now for the rest of the year we do need to realize that patience will get us further ahead. Plan out your steps carefully and make small changes to your life daily to get where you want to be. I know that when I do the things I should be doing, I feel better about myself and the life I lead. Sounds silly but the truth is, we can all be nicer to ourselves just by taking small steps and allowing us the time to get there. Show you the same love you show to others. Make your needs a priority and then you will be able to channel your energies to others who also need it. Pay it forward starting with yourself and you will in turn, inspire others to do the same thing. The positivity of positive thought is real and the chance to start off 2021 in a different way is within our reach.

Take it, make this the start of a new life. Love yourself in ways that you have not demonstrated before. Eat well and take the time to cook for you. Sleep more and balance your time to make the most of your days. Love the fact that you and us are all alive and well. Do what you can to make today and tomorrow better than they were before. Just live the life that is yours to live.

Happy 2021 Everyone. My wish for you is health, love, joy and peace.

Diane Makarowski



Free Radicals - An Endless Story

Free radicals - an endless story

Milan Vidlak -

<https://www.casopis-sifra.cz/>

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We come across them very often if we want to deal with human health comprehensively. Thank you Milan Vidlák for the beautiful elaboration of the given topic.

The increasing amount of free radicals caused by wireless radiation and other electrosmogs, as well as other pollutants, causes great health problems for many people. Fortunately, there are ways to protect yourself from the worst.

It is not entirely easy to connect with Milka Nisslmüller, who is in one round and is constantly commuting between Vienna and the United Arab Emirates. In Dubai, as in Austria, it spreads the glory of Somavedica, a unique Czech device for neutralizing electrosmog and geopathogenic zones, which amazes people across social classes and continents with its capabilities. Milka Nisslmüller has been interested in human health all her life. A native of Bratislava, who left Czechoslovakia after

studying economics and settled in Vienna, she received a broad medical education during her career - in alternative medicine at the English Academy of Human Sciences or the Austrian Institute of Holistic Medicine Dr. Steiner, and also studied at the American Academy of Sciences. Anti-Aging Medicine, where she is still an active member. He is tirelessly looking for ways to prevent the accelerated processes of aging and diseases that arise as a result of the negative influences of modern technology and civilization. Two years ago, during a holiday in the Austrian Alps, she went for a massage, where she noticed a strangely glowing "green ball". She asked the masseur to turn off the strange light, that it would disturb her at rest. But he fought back furiously. "Stefan insisted he wouldn't turn it off, because the green ball was doing me good. We argued like this for about a week. After a week, however, the ball did not disturb me, on the contrary. I bought it at the earliest opportunity," recalls Milka Nisslmüller of July 2018, who not only stepped forward her own life, but also fundamentally influenced the further steps of Lovosice inventor Ivan Rybjansky, who created the first Somavedic in his workshop nine years

ago.

The glass device in the shape of a spaceship, which consists of semi-precious stones and precious metals in the shape of a pyramid, encapsulated in glass, is based on the principle of controlled release of their energy, which favorably affects the environment. Each mineral "vibrates" at a certain frequency, and sends it to the surroundings. By arranging the semi-precious stones so that their effects are mutually reinforcing, Somavedic can harmonize the surrounding environment within a radius of 30 meters, no matter how many and what obstacles stand in his way. But that's not all. As it begins to show slowly but surely, Somavedic is so sophisticated that it is significantly ahead of its time. Even Ivan Rybjanský, who at first did not even realize in full what he was able to create, only recently fully realized this. It is one thing to produce something that works and to understand the whole principle and potential. This is also due to Milka Nisslmüller, who bought Somavedic Medic Uran, the strongest model at the time - one for herself, the other for her daughter and the third for her son. "It simply came to my notice then. At home, the atmosphere in the apartment changed completely and my

partner, who woke up four times a night, suddenly slept like a baby. On the other hand, my son is a completely technical person and he convinced me that he was a bullshit and didn't need anything like that, so I told him to let it shine like a design into an apartment, "says Milka energetically; after all, he can't even do it otherwise. After a while, however, the son called to keep the device, because he can concentrate for up to twelve hours at a time. The granddaughters stopped suffering from frequent viruses from the kindergarten, and when Milka took the device to a coaching group composed mostly of Ajták people, who had been peeking at the computer for days, she found that they were suddenly more focused and accessible. That's why she didn't wait for anything and from Vienna she went straight to Lovosice to figure out how something like that was possible.

After a long conversation with Ivan Rybjanský, she found out everything she needed and decided to get such a thing among people not only in Austria, but also in Dubai, where she worked and lived for several years. Based on the Lovosice meeting, Somavedic Austria and Somavedic Emirates were established. But she wondered how

she would actually do it, because it could be difficult for Arabs, and especially "health-conservative" Austrians, to accept something like that. Unlike, for example, the Czechs, who are open and inclined to alternative things. "Even though I am a hard man and this device works on the basis of frequencies, I knew that I had to give it a clear and substantiated basis for the Austrian and Arab markets." After much research and consultation with scientists and doctors, Milka Nisslmüller, who knew that must catch something solid, it occurred to perform a test for the presence of so-called free radicals in the urine. And that turned out to be key. Free radicals are the "plague" of modern times. And this despite the fact that they have been with us since Adam and Eve first breathed in the air. They arise in the body both in a natural way as part of metabolism and as a result of external environmental influences. And they are created by both sunlight and harmful substances from the environment - drugs, chemistry, geopathogenic zones of the Earth and especially electromagnetic radiation from mobile phones, Wi-Fi routers and other modern technology, which is constantly increasing. Under normal circumstances, each molecule -

whether the cells in our body or the molecules of the air we breathe - contains one nucleus, which always orbits in pairs of negatively charged particles called electrons. However, electromagnetic radiation causes the affected molecule - such as air - to lose one electron and it is no longer in pairs. The molecule damaged in this way then tries with all its might to capture the lost electron from the secondary molecule, which is still in order. Because a molecule lacks one electron, it becomes a free radical. Free because she lacks an electron, a radical because she's trying to steal it somewhere. When we breathe air, which contains free radicals caused to a large extent by electrosmog, a chain reaction occurs in our body, which damages our cells. It's called oxidation. The behavior of free radicals is as toxic as if a man had left his wife, and he had gone looking for a new wife for a neighbor. In a moment, the whole house would be upside down. In the kitchen, for example, it looks like if you leave a peeled banana on the table, it will turn black in a moment due to free radicals. Although Adam and Eve also "oxidized" and oxidized their successors, this was not a particular problem until the 18th century. The immune system normally prevents free radicals. For example, using a tripeptide called glutathione, which is produced by

our body and which contains a large number of negative electrons. As a result, the body can easily repair the trigger caused by uninvited visitors. But as the saying goes, everything is very damaging.

The supply of free radicals to the body increased sharply in the 18th century, when the Industrial Revolution began. One hundred years later, another source of free radicals became electricity and increased electromagnetic radiation, which certainly did not contribute to the stability of oxygen molecules. Not to mention the polluted environment. And another misfortune was struck in 1983, with the first cell phone launched without anyone investigating its harmful effects, and the "radical" revolution continued in 2007, when the iPhone began to be sold. Since we have "smart" phones full of 2G, 3G, 4G and most recently 5G data, we communicate with waves not only with each other, but also with individual transmitters and antennas. This strong radiation breaks the oxygen molecules even harder, which then ravages like a black hand. We're just under fire.

As electromagnetic radiation increases

exponentially, so does the number of diseases of civilization and other health problems. Because it's a huge business, scientists and politicians pretend not to see it, arguing that radiation from mobile phones and Wi-Fi devices doesn't exceed standards. They just always forget to say that these standards are constantly increasing with increasing radiation so that it always "passes". Another popular excuse for angry politicians, scientists and officials is the argument that wireless radiation is not harmful. However, this is because the standards are based mainly on thermal effects. Therefore, if your ear does not burn or your brain boils or you otherwise "do not warm up" significantly, this type of radiation is considered harmless. In the first twenty years alone, the level of electromagnetic radiation was up to thirty times higher, five years ago the level had risen 1,000,000,000,000,000,000 times (this number corresponds to one billiard table). Assuming you're not on the phone right away - in that case, the surrounding radiation is even stronger. An international team of researchers published a work called the BioInitiative Report in 2007, in which they provided clear evidence that electromagnetic infestation causes

immune disorders or affects behavior and melatonin production - which can lead to Alzheimer's disease and breast cancer. Radiation is further accompanied by damage at the gene level, and has even been linked to leukemia in children. Other studies report the possibility of chronic stress, a change in enzymes and metabolism, increased cell growth and production of stress proteins, or impaired memory and brain function. In 2012, a well-known study conducted at the Swedish University Hospital in Örebro was published, according to which ten years of mobile phone use resulted in an average 290% higher risk of developing a brain tumor; whereas the tumor develops - logically - on the side of the head where the cell phone is most used. With each new generation of wireless data transmission, from 2G and 3G through 4G to the latest 5G, the number of free radicals in our environment and surroundings is growing exponentially. And the more free radicals our body bombs, the greater the burden on the immune system. In addition, the use of so-called "smart meters" has become more widespread in recent years. They are a kind of intelligent computers of electric current or sophisticated digital electricity meters.

In the Czech Republic, this technology is still being tested, but elsewhere it is already in full swing. The task of these smart meters is to communicate with a radio modem with every appliance in the household and data center. Not only does this produce more unnecessary electrosmog, but also total espionage.

"The body should detoxify, regenerate and produce hormones at night. But when it is full of free radicals because the cell phone is turned on, wi-fi... Women have premature menopause and men andropause; such people are full of surgeries and need 40 years," says Milka Nisslmüller, who wondered why Somavedic devices have such positive harmonizing effects. So it occurred to her to test whether the presence of Somavedic had a significant effect on the amount of free radicals. When the body does not have to resist free radical attacks at night, it can regenerate and produce the hormones necessary for life.

Throughout the development of Somavedic, Ivan Rybjanský often had to refute the misconceptions of people who believe that the device has the effect of "disturbing" the electrosmog or geopathogenic zones. But that, of course, is nonsense. If that were the case, you

wouldn't turn on your computer or phone at home. Somavedic does not "turn off" electrosmog, but eliminates its harmful effects at the cellular level. It is now possible to describe more clearly the principle by which it can do this. It's pretty "clean and natural". The waste product of unsaturated fatty acids is the so-called malondialdehyde, which is formed when these acids oxidize due to free radicals. It is precisely on its presence in the urine that the Freie-Radikale-Check test strips are based on the idea of using Milka Nisslmüller, which can measure the so-called oxidative stress caused by the presence of free radicals in the body. When it turned out that Somavedic really can reduce oxidative stress to a minimum, Ivan Rybjanský set out to find out the mechanism by which the device causes it. As various measurements soon revealed, Somavedic does something similar to seawater - it creates particles that carry an electric charge, specifically so-called negative ions, which is great news. While a neutral atom has the same number of protons and electrons, negatively charged particles contain one or more other negatively charged electrons. What does it mean? That they can elegantly combine with free radicals in the body and the environment, which they do in the case of Somavedic. The huge advantage of

Somavedic is that it works on a clean basis, as it is built on the principle of controlled release of energy of precious stones.

But why do healing stones in a specific mutual correlation emit negative ions, similar to salt water in the sea? "On the surface of some stones there are so-called fullerenes, molecules formed by carbon atoms arranged in a layer of five and hexagons with atoms in the vertices. The stones, with their surface tension, create these fullerenes, and subsequently negative ions are released," Ivan Rybjanský explains this principle. Somavedic is designed so that the healing energy and the negative ions with it are released from the stones gradually and permanently, and their effects are mutually reinforcing. "I would compare it to the example of magnets. When you put one magnet, it creates a field around you. Ten magnets create a stronger field. Likewise, one stone has an array, but twenty stones associated with various precious metals are many times stronger in generating negative ions. "This can also be easily verified using a high-quality ion density meter, such as the reliable American instrument from AlphaLab.

According to Ivan Rybjanský, by being able to generate a huge amount of negative ions, Somavedic is also able to harmonize not only the environment and the human body, to which it sweeps the path of free radicals, but also other "dimensions" of our personality. "There is an energy field around the physical body that could be called another body. Each of our organs works at a certain frequency, each cell. The third level is the mental field, which includes all the experiences we have experienced from birth to the present day, our memories. Although they are unsorted and we don't remember everything, they are stored in the brain," explains the man who, after twenty years ago, when doctors gave him several weeks of life, was given a second chance and completely changed his way of thinking and approach to himself and human health. Today, he is happy that he can repay this kindness several times with his work - by helping people from the Czech Republic through Slovakia, Germany and Austria to the United States, Russia, the United Arab Emirates and Japan to live a better and more harmonious life. But Somavedic's capabilities go even further, to the quantum level. "The

fourth level is the so-called quantum field, where all other information is stored, for example about our ancestors. I would compare it to a computer - what does not fit on the hard drive (in the brain), we have to store externally, from where it is possible to download information at any time'. That quantum field is stored, so to speak, on the cloud'. The fifth level or dimension connects us with something that transcends us. A force that some call the ether, some God, others the unconditional love or energy of the Source. We exist on all these five levels. The frequencies of our surroundings, especially those based on modern technology, such as mobile phones, Wi-Fi, baby monitors, microwaves or telecommunication radio towers, disrupt and affect the flow of energy information in our body. However, Somavedic harmonizes all these frequencies and neutralizes external harmful influences that could unnecessarily damage this connection.

The device can tell us the way, but the rest of the work is up to us.

The way we do it, the way we have it.



SOMAVEDIC



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Ruth Samuel was born and raised on the small island of Dominica in the West Indies. She emigrated to Canada as a young adult in the early 1970s with her three siblings. Ruth lived in North York where she completed a post secondary education in Human Resources and Business Administration and worked with the Provincial Ministry of Health. A retired widow and grandmother, Ruth always longed for a lasting way to share cherished memories of her childhood in Dominica. A time which she fondly recalls a being marked by simple, innocent and memorable fun, often embedded with valuable life lessons. *Lamlam* is the first book written for her grandchildren - proving that it's never too late to pursue and fulfil your dreams or leave a legacy. Ruth currently enjoys retirement in the Greater Toronto Area, with plans to add her collection of children's books.

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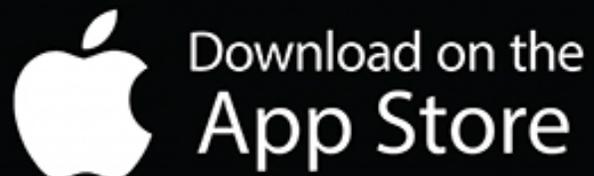
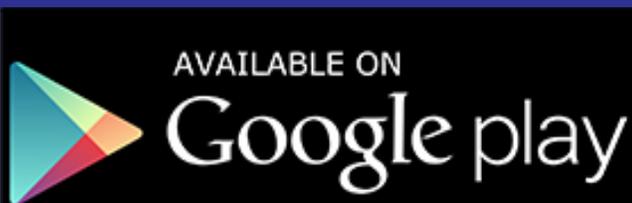
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