

APRIL 2017

Sibyl

VOLUME 10: ISSUE 4

Mindfulness | Compassion | Authenticity | Insight & Wisdom
Since 2007 | SPIRIT • SOUL • MIND • BODY

MAGAZINE

FOR THE SPIRIT & SOUL OF WOMAN





INSIDE COVER STORY

RETURNING THE GIFT

Chi Will Hold You Up!

By Julie M. Hutchin

Character assassination is one of the most devastating experiences anyone endures. Attacks on our belief systems and spiritual practices go to the core of our beings. Assaults on our integrity can pitch us into a dark night of the soul that takes years to emerge from. Fortunately, we are never faced with a hero's journey until we have the tools to navigate it. This doesn't mean it's easy. By their very nature, dark nights are the most challenging times of our lives. The questions we must ask when they come are, "Am I going to be a victim or a target? Will I crumble and fall or rise up through the ruins?"

I was well into my own dark night when I was diagnosed with vestibular neuritis, a balance disorder. For two years I'd taken a daily dose of steroids to treat Polymyalgia Rheumatica. I was so bloated from taking that medication that I lost 12 kilograms when I was weaned off them. I was left nothing but skin, bone and wasted muscle. I felt like I was standing on a boat swaying in a stiff breeze.

My Tai Chi practice, begun 30 years earlier, was my only solace during those dark times. I knew deep inside that my practice was my saving grace. Through my years of study and practice, I'd learned that Tai Chi is a good exercise for people with balance problems. Even though I had to walk with support, I was able to practice and teach Tai Chi without support.

I followed doctor's orders and went to a physiotherapist. I was told to do the exercises and I would recover. I attended virtual rehab therapy to no avail. I felt worse than before. I went to more specialists armed with lists of questions about what was happening to me. My night was about to go darker.

Already weakened from my illness, the crushing blow came when the specialist accused me of lying. He said if I'd done the exercises I would be better. He continued saying this was all in my imagination, that my physical problems weren't real. I told him that I'd continued my Tai Chi practice, to which he replied that Tai Chi would not help at all. Keeping outward calm (while feeling I'd explode inside), I listened to every word he said until he was finished. I simply responded, "I have understood everything that you have said to me." Subsequently, I understood by the way I was grabbed and given a rough examination of my mouth, ears and nose that my character and integrity were under attack.

A still, small voice kept whispering, "Follow your inner wisdom. Continue your practice. This is right for you." I followed that guidance through those times of utter despair that inevitably arise and any courage or self-esteem disappear. I continued to practice faithfully until finally I was diagnosed by a neurologist with chronic vestibular migraine. This doctor understood that Tai Chi is the best exercise for those dealing with balance disorders. He also acknowledged that often when medical professionals don't know the answer they blame the patient for their ailments.

Wisdom requires listening. Listening is learned over time. My inner wisdom had told me for a long time that my purpose is to return the gift of Tai Chi. My practice has served me for many years through numerous challenges. By the time the sun broke over the horizon of my long dark night, I realized my dream, stepped into my purpose, and now enjoy sharing the gift of Tai Chi with my students.

www.goldenphoenixtaichi.com

info@goldenphoenixtaichi.com

Cairn — AUSTRALIA

Sibyl

MAGAZINE

FOR THE SPIRIT & SOUL OF WOMAN

"Ordinary Women Sharing Extraordinary Insights"

CELEBRATING THE WORDS & WISDOM OF WOMAN

Today's visionary woman . . . bold, beautiful, bountiful and brilliant!

SIBYL Magazine: For the Spirit and Soul of Woman is published by Sibella Publications, formerly Woman Speaks Publications.

More than ever before, the VOICE of woman needs to be heard. Each of our online magazines showcase the original written works of some 50 - 60 women writers from around the globe. Every page inside Sibyl Magazine is shared as a gift toward the fulfillment of higher-consciousness, divine wholeness and compassionate living. Having served now for over ten years as one of the world's leading international woman-centric, spirituality and mindfulness publication platforms, we take great pride in expanding the reach of today's visionary woman — the future and imminent return of Wisdom in the earth.

Sibyl Magazine acknowledges and ...

- **EMBRACES** every woman's personal journey as sacred
- **HONORS** each step a woman takes as divine and blessed
- **BELIEVES** each woman's life-purpose is forever in process — leading, directing and calling her straightforwardly toward her highest good; her innermost hopes, dreams, goals and aspirations. God's Calling. Wisdom's divine Love and Light healing for the world.

Our complete and total commitment is toward a woman's:

Personal Growth | Spiritual Awareness | Authentic Living | Global Visioning | Compassionate Connectivity & Divine Oneness.

Presently, we serve some **35,000+** (mainly women) in readership —

The average age range of our reading audience is between 40 - 65+ yrs.

STRETCHING YOUR REACH • EXPANDING YOUR TERRITORY • SHINING YOUR LIGHT

Writing or blogging your thoughts is one thing, but getting the opportunity to have your words of wisdom and insight published and placed inside an international magazine publication serves others on an entirely new and different level of expression! Sibyl Magazine gives women writers and visionaries a worldwide platform on which to share their God-inspired message of Love and Light for the edification and healing of others.

If you're interested in becoming a contributing writer for Sibyl Magazine, we ask that you take a moment and read through this issue to discern if your writing and subject matter would be a good fit for our reading audience. If you sense that it would, then by all means, move forward to request a copy of our easy to follow submission guidelines. You'll need to have this very important information in order to submit your article correctly and on time prior to deadlines. **GOOD LUCK!**

- Visit our website if you're interested in becoming a contributing writer for Sibyl Magazine •

DISCLAIMER — By providing our readers with a multiplicity of notes and melodies from which to choose, they are free to create and establish their own spiritual rhythm in which to dance! Any website, advertisement or other entity extended to our reading audience is simply information adding to each subscriber's food for thought. Opinions, endorsements and advertisements expressed within Sibyl Magazine or on the Sibella Circle International website are not always the shared thoughts of Sibella Publications. We always reserve the right not to publish any ad, website or written material we feel is not in alignment with the positive love and light energy the readers of Sibyl Magazine have grown accustomed to receiving. Content within SIBYL Magazine may not be copied or reprinted without written permission from our editor-in-chief. We value the talent of every artist and writer. If ever there is an item that is displayed anonymously and you happen to know the artist, please contact us right away and share that information with us, allowing us to add their website and email address to their artwork. Thank you.

© Copyright 2007 - 2017 SIBYL Magazine: For the Spirit and Soul of Woman. All Rights Reserved. Duplication in any way is strictly prohibited.

AN INTERNATIONAL ANTHOLOGY-PUBLICATION



**FOUNDER
EDITOR-IN-CHIEF**
Sibyl English

WEB MANAGER & CONSULTANT
John Mitchell

**EDITORIAL STAFF
DESIGN & LAYOUT STAFF
ADMINISTRATIVE STAFF
ANNUAL RETREAT STAFF**

*Nothing real can be threatened.
Nothing unreal exists.
Herein Lies the peace of God.*

~ A Course in Miracles





SPEAKING FROM THE SOUL

A MESSAGE OF LOVE & LIGHT FROM OUR FOUNDER

Sibyl English, *Founder & Editor-in-Chief*
Sibyl Magazine: For the Spirit & Soul of Woman
Mindfulness and Compassion Inside Everyday Living

Both fate and faith are real.
Truly, there's a reason you discovered Sibyl Magazine ... today!

Welcome WOMAN of love and light — "We've been waiting on you!"

The Sibella Publications staff and I have mindfully saved a seat at the table for your much anticipated arrival!

As the founder of Sibyl Magazine, let me first and forthrightly say, that your arrival means the world to me ... to all of us!! You can't begin to imagine the joy that fills my heart, just knowing the footsteps of your feminine journey have led you to the pages of Sibyl Magazine. You, being here today confirms everything Spirit spoke to my heart so many years ago — "Birds fly in flocks; while eagles fly alone. And that if I would just be obedient and keep walking forward in His word, that one day I would turn around and there would be thousands upon thousands of women both following and walking with me."

I want you to know, each page inside this bloodstained chalice of a magazine was carved out, created and designed with the understanding and knowing-ness that YOU (dear sister) would soon arrive at the doorstep of its pages. Now myself and the entire Sibella Publications staff invite you to open and enjoy!

The attraction of our Light connected with the essence of your Light and brought us together as One.

Sibyl English,

Founder of Sibyl Magazine & Sibella Circle International

www.SibylMagazine.com

KEEP IN MIND . . .

"We do not see things as they are, we see them as we are" ~ Anais Nin



You were never meant to walk this feminine journey alone. Finally, you've discovered the insight you've been yearning!

INTRODUCING THIS YEAR'S CONTRIBUTING ARTICLE WRITERS, SIBELLA CIRCLE MEMBERS & VISIONARY LEADERS FROM AROUND THE GLOBE

(Alphabetical Order • By First Name)



One of the greatest gifts you can give yourself is to take responsibility for the choices you've made in your life. Sit with those choices — allowing your mind to make sense of them; then forgive yourself and move on. ~ Sibyl English



Sibella Circle Member & Visionary Leader

ASK AND YOU SHALL RECEIVE

Give A Little Bit

By Donna Tobey

I have come to understand that the journey of life is segmented into many seasons. Not the calendar year seasons in which we are accustomed to living our daily lives. Those seasons are predictable year after year. The seasons I am referring to are those periods of time in our lives where we may find ourselves in some place or situation that is unexpected. Those transitions and changes that build our character and make us grow into the person we are meant to be. **Teachable moments.**

It is said that God never gives us more than we can handle. As a woman of faith, I hold on to that knowing. There have been times in my life when I just wish God didn't trust me so much! Sometimes the changes come fast and furious. How do you prepare for those seasons that bring such big lessons with them? How do you shift and change perspectives so you can move from a place of surviving to thriving?

If your mind is making you a victim, change the channel that is playing in your mind. These old tapes that are running the same negative messages are creating the same old patterns that keep you stuck. Positive affirmations work well. Yes, at first the words just don't seem true and it can seem silly saying something that you are not currently living and feeling. Keep on moving forward, look in the mirror, look into your eyes, connect to your heart and repeat exactly what it is you desire. Over time, the energy shifts. You have the power to co-create something different if you are not happy where you are in this particular season. It's temporary, fluid. It's only a thought, and a thought can be changed.

When I focus on doing good work in this world, when I give of myself to helping another, my perspective changes. I have made an energetic investment to love another. It doesn't even have to be a "big" investment into the well being of another. How about a smile, a hug, a connection to see how someone is doing? We can't live another person's life lessons but we can offer some kind words or deeds to make their burden lighter. God works through people. When we give a little bit of ourselves, positive change happens.

If you are in a season yourself of needing help....ask for it. Let those around you know you need them. You need their expertise, their guidance, their love, their laughter, and their prayers to help you move through this temporary season. Ask and you shall receive. The Universe is set up that way. What you give to another, you receive from another.

Love is patient and kind. Be patient and kind with yourself. Be gentle. Know that this temporary season is meant to help you learn and grow. Give a little bit of yourself to yourself. You've got this.

www.ygpowerbaby.com
ugotpowerbaby@gmail.com
New Hampshire-USA

donna tobey's **YOU'VE GOT POWER BABY**

It's about the power you already have!

DONNA TOBEY
Author & Coach

ygpowerbaby.com
ugotpowerbaby@gmail.com
207.337.0208



*Believe in the cosmic essence of your highest Soul-self.
There's so much more to you than what you think you know!
Believe. Listen ... and choose to EVOLVE now !!!*

~ Sibyl English, Founder of Sibyl Magazine: For the Spirit and Soul of Woman





Sibella Circle Member & Visionary Leader

HEART-CENTERED LIVING

Embracing the Light

By Philomena Chillino

If you want to grow into a faithful spirit, it will take a lot of inner healing. First you must embrace the light of God within your heart. Unfortunately, sometimes we embrace darkness without even realizing it because of the destruction that surrounds us in the world. We might also embrace inner darkness when we put fear before faith. These fears may consist of being alone, fears of insecurity, fears of lacking things in life. These fears can consume us and cause us to miss life's joys, it may take away our hope or it can keep us from the true essence of love. Fear is like deep prayer, the more we have fear of something that fear will occur. What does it mean to embrace the light, it is the true essence of love? God's love is stored deep within us, it's like reaching for the stars, we must reach deep inside our heart. When things are dim or something bad happens, having "faith not fear" is what gets us through. God will always lift us up out of that darkness. He will protect us and guide us if we just ask and listen.

We are all unique individuals. He has given each of us a gift to share, but only through the power of His Will and the strength of His Word that we can use those gifts properly. We cannot minimize who God is, because when God works in us we can accomplish much. We are a simple people held together by a glorious and holy God. To live joyously release your brokenness inside of your heart. That brokenness is a bad influence and can be destructive. Instead be a powerhouse for God alone. Be humble to others and worthy to God. This knowledge of His teachings is joined by a first-hand relationship with God through having faith in Him through the power of your heart.

Your spiritual insight is gained by the wisdom and understanding of His Word and knowing He is over and above all else. Learn discernment by knowing the difference between right and wrong. Do not let yourself be conformed to this world and all its destruction. You must constantly practice renewing your faith, what is good, acceptable and perfect in the eyes of God. Don't put your expectations in people. You will be let down! Only put expectations in God for He is your rock-solid foundation that holds you up when you are weak and overwhelmed. Open your heart and let His light shine within you especially when darkness attacks but also embrace His light even when things are "going well". In life, we are either going into a storm, in a storm, or coming out of a storm. We are always hit with constant ups and downs. With faith, you can be restored quickly and you will have the strength to recover from life's setbacks. Have no fear! Instead embrace the Light of God deep within your heart!

www.heartinsync.com

info@heartinsync.com

Colorado — USA



HEART IN SYNC

PHILOMENA CHILLINO
HeartMath® Resilience Coach and Angel Therapist

"BUILDING RESILIENCE FOR YOUR ADVANTAGE"

RESILIENCY COACHING • BETTER COMMUNICATION
PRODUCTIVITY • SPIRITUAL CONNECTION

HEARTMATH® TOOLS, EQUIPMENT AND DIVINE INTERVENTION

www.heartinsync.com



One of the greatest gifts you can give yourself is to take responsibility for the choices you've made in your life; sit with them, allowing your mind to make sense of all the colorful hues within your soul, then move on. ~ Sibyl English



Sibella Circle Member & Visionary Leader

RECLAIM YOUR TRUE SELF

Connecting With Others

By Jen Froome

Fifty years ago, when I was a child at primary school, I felt I was not included and it was difficult to create a connection. Then I realised that I could pick up on people's energy and their body language so I could feel how they were open to letting me in and I created a good connection. This was quite paramount for me to be a little girl who could understand the parameters for connection.

As I starting growing up, I realised that I needed to change my physiology and my tonality - I did not know these descriptive words - but I did it, as I saw how I could connect with others more.

When I started my personal development journey I allowed myself to understand about communication. What I learned was that there are three ways that we communicate through words, tonality and physiology.

I learned that the words we use are only 7% of communication. Tonality of voice is 38% of communication and this can be loud, high, soft or has a different intensity and emphasis on different words.

I realised that I had the capacity to pick up on people's physiology and energy. 55% of our communication is said to be our body language or physiology. Physiology includes how we hold ourselves, small micro movements of muscles, changes in the colour in our skin, the way we breathe, posture, the look on our face. All these things can be unconscious messages that we are sending and receiving.

The primary part of our primal creature system is innately seeking safety, belonging and love. Long ago, the only way we survived was by being part of a tribe and belonging. You need to understand this is how to connect with others.

Interacting and connecting with others at their unconscious level can create safety and belonging and if you are doing similar things as they are, like movement, gestures, vocal and breathing then their system will feel like they are safe and belong.

As young children, we pick up messages from our external world, our parents and carers. All these ways of communicating and expressing are soaked into our unconscious.

A lot of the messages that we soak in move unconsciously through physiology and the energetic system and consequently we may find ourselves communicating in these ways without consciously knowing about it.

Rapport is said to be the gateway to all communication. It is a deep and unconscious state of trust and responsiveness and a sense of connection. By becoming like others, through matching and mirroring you can create a feeling of connection at the unconscious level.

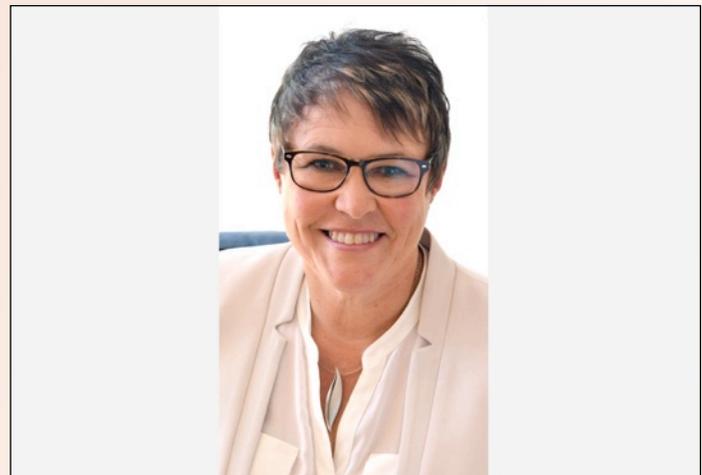
I learned that my behaviour, actions, words and energy will be noticed by others so I held onto my very best intention for them as I connected and established rapport.

I enjoy creating safety, belonging and being present for others and I enjoy the feeling to belong with them and they belong with me. When there is great rapport, anything is possible!

www.stepintoyourfuture.com.au

jen@stepintoyourfuture.com.au

Western Australia — AUSTRALIA



JEN FROOME

*Leading Australian Transformational Expert,
Facilitator & Speaker*

Assisting Heart-Centred Leaders Worldwide

25+ Years of Experience

"I have a unique ability to connect with integrity and grace to get to your real issues. I use powerful techniques to clear blockages that are deep in your neural pathways and DNA and I truly support you on your journey."

Start your transformation via
members.stepintoyourfuture.com.au/register/

SIBELLA PUBLICATIONS

Who We Are



Our highest hope is for each and every woman to awaken and then choose to remember!

As you are now reading this message of Love and Light, we welcome you to take pause and feel the cosmically feminine nature of Sibella Circle International.

Intentionally woven, the creation of this wisdom-oriented, woman-centric publishing house is designed to showcase and amplify the storyline of WOMAN.

Hence, we implore you to *choose rightly* as you enter inside this sacred space — Walk gently, speak softly and act kindly toward each woman writer as she so graciously pens the music of her life-song for the continued healing of herself and others.

For who among us dare to know what measure or within what chamber of darkness she was marred in heart, weakened in faith, drawn to her knees or set aflame by the inspiration of Joy that came at the break of dawn!

Each woman writer within this magazine pours from an inner Source —
a well of true Love and Light.

A woman can only share the complexity of her journey when she has traveled to and through the dark seas of Sophia and then risen to the light and truth of the Sibyl. ~ Sibyl English

Welcome to Sibella Publications

SIBELLA CIRCLE INTERNATIONAL



Sibella Circle Member & Visionary Leader

THE JOURNEY BACK TO SELF

The Luxury of Judgement

By Kellie Springer

We're told to never say never but all of us at one time or another have broken that cardinal rule, at least during internal conversations with ourselves as we stand witness to another.

A shake of the head often accompanies the silent phrase, "I would never..." And we mean it.

That is what happened after one of the readers of my memoir discussed my story and one of my actions, only her declaration wasn't silent but was instead stated directly at me and at least three times. But, who was counting? Oh yeah, that was me, I was counting. I most certainly was aware of how often she blasted her judgment in my face for a choice I made that caused harm to no one or anything. Her point was clear, she would have made a much better choice than I.

And she was probably right because simply put, she wasn't me. She hadn't endured or witnessed all that had been part of my formative childhood years. In order to live she didn't have to leave her family behind. She wasn't left to face the trials and errors of growth and healing, developing her own how-to manual as she went along. No, she knew none of that but from her luxurious pedestal, she was able to peer at my life's choice through the telescope of her own experiences and conclude her superiority.

But I don't covet the seat on which she sat, though from outward appearances hers did seem enviable. No, I would gladly sit in my ragged and well-worn place in life because my lot has taught me empathy. I know from personal experience that people and life can take us to places that leave us strangers to our very selves. In that foreign land, we may say and do things that are not our truth but a means of desperate survival. Many times as we stand on the precipice of life or death, either emotional or physical, we make choices with sometimes limited insight and understanding, and often times very little support or guidance.

And I would live it all again for it was through those tribulations that I voluntarily stepped down from my own perch, knowing in my heart that I could never fully understand what was in another's as they took each step on their path. Empathy had taught me that when we are in a dark place directions are hard to find. If this was true for me, then it was true for my abusers as well; empathy is not meant to simply be self-serve.

I am left to offer up a serving of my empathy to my female judge as well, for it is through her ignorance that she too is left blind, not fully understanding the words she spoke. My hope is that if life does take her to a place that she fears she may never return, another is there to reflect back the empathy to her that she denied me.

www.anamcarakellie.com
kellie@anamcarakellie.com
Pennsylvania — USA



Kellie Springer
RN - Reiki Master and Intuitive Guide
Owner of Anam Cara Kellie, LLC

"Healing and Growth from Within"

I offer support, guidance and tools
to continue your journey of personal growth.

anamcarakellie.com





Sibella Circle Member & Visionary Leader

THE JOURNEY OF CHANGE

Reality, Fantasy and Mirrors

By Rose Rowilson

Looking back as part of this journey of change, I recognize that I need to distinguish between what was real and what wasn't. As I've shared previously, the brain doesn't know the difference between reality, the things that are and fantasy, those things we choose to create and visualize. I learned well the art of creating a world around me that made my life seem worthwhile. My real life became an illusion, one that I visited every now and then.

As part of that life, I spent long nights painting, vivid, out of this world stuff, letting my imagination go wild. I experienced powerful dreams, far away places, especially the stars which became the focus of many paintings, always extremes in color, texture and brightness. In comparison, the day to day stuff became black and white; a mirror image of the night. In later years while embracing art therapy, I realized the significance of the paintings, strong powerful presence, all the things that I was powerless to feel or portray.

I developed a passion for walking and a love of nature, sometimes walking for miles, just to get away from the home-life. I found safety and peace looking down from the hilltops, to the house below, full of drama and abuse, fulfilling my need to escape reality. School days were spent looking out of the classroom window, day dreaming of far away places and better things to look forward to. I learned resilience and tenacity, but the dissociation continued to spiral out of control, gaining momentum. They were the coping strategies of the time, often taking me away for days on end.

Sitting at my computer today, I realize that the very nature of seeking dreams is the principal I use to encourage and inspire myself and those around me. The statement that underpins my life today is, without action, a dream is just a dream. No matter what our circumstances are, we can choose to go forward with the dream, and dreams become the possible rather than the impossible. It's about choosing to live our lives based on our circumstances, mindsets and beliefs, or choosing to take a different journey.

I've learned to challenge the dissociation; however I let my self daydream when it's a productive and positive path, visualizing about a goal, a new adventure. Very rarely do the old ways of escapism rise up to interfere with my daily life. I've learned to use much better coping strategies, ones that honor and respect the woman that I am and uphold the core beliefs that I have about myself now. These new learned beliefs and mindsets can be learned and achieved by anyone who is willing to risk change. Change by design, learning to develop new thinking pathways, can move us from being the victim into the valuable amazing women we truly are.

www.roserowilson.com.au
rose@roserowilson.com.au
New South Wales — AUSTRALIA

Rose Rowilson

Rose Rowilson Consulting and Coaching
**Counsellor and Women's Mentor,
Life Coach, Motivational Speaker**

*Change Your Mind, Change Your life Coaching and
Mentoring programs, Change by Design Mind Shift programs,
Counselling, NLP, Workshops, Training and Skype sessions*

www.roserowilson.com.au
Skype: rose.rowilson



Today you may [click here](#) to purchase a fabulous **Lifetime Subscription — Now for ONLY \$54. WOW!**

**Regularly, a one year subscription is \$102 (\$8.50 X 12)*

CALLING ALL SUBSCRIBERS & WRITERS

BEST CITY IN THE WORLD

2013 Condé Nast **Traveler** READERS' CHOICE AWARDS

TRUTH IN TRAVEL

SAN MIGUEL DE ALLENDE

www.Stepinsidethemagic.com



7 DAYS OF REJUVENATION & ADVENTURE!

SORRY THIS EVENT IS SOLD OUT!

SIBYLLA CIRCLE WOMEN'S RETREAT

AUGUST 14 - 21, 2017
 SAN MIGUEL DE ALLENDE, MEXICO
 WITH HOST & FACILITATOR, SIBYL ENGLISH

Come join us!

SHARING • REFLECTING • MEDITATING • JOURNALING • RELAXING • LAUGHING • VISIONING



HOT SPRINGS • MESSAGE • SIGHTSEEING • WISDOM CIRCLES and so much more! **REGISTER EARLY!**



This is the kind of retreat you sign up for because you know it's time TO MANIFEST CHANGE IN YOUR LIFE!



Sibella Circle Member & Visionary Leader

AWAKENING FROM THE WOUNDED CHILD

From Conditioned Self to True Self

By Radavie

Before we could pick up a pen, we began recording our life story ... chapter by chapter, starting with our ancestral heritage and our childhood upbringing. All that transpired has been etched in our cells and psyche. The True Self became veiled.

We were trained to believe what we were taught. Through this, we have embodied a set of rules and values. We learned that education, money and relationships would bring us happiness. This is the world of conditioning, separation, competition and self-conflict.

Separation — Growing up, we learned that everything in the material world is in subject-object relationship: mine-yours; us-them. We learned that you are different from me. Focus was placed on our differences and not our common essence. Through separation we were not always treated and seen through the eyes of love. Instead, we felt that we did not measure up because harsh judgments left deep wounds. We withdrew in shame feeling that we were not good enough. Conditioning strengthened our sense of separate self.

Competition — Separation and competition go hand in hand. Good grades gave us brownie points. It became important to study hard and out shine others. We compete to get approval. Wanting to win debates, arguments and comparing ourselves with others, became a part of our nature. The conditioned self is attention-seeking. Competitive behavior became a way of life, passed down from generations, pitting people and nations against each other.

Self-Conflict — So many have struggled to become what is socially seen as successful. Yet, we are left with a feeling of failure when we have not met another's expectations. Many times we struggle between fulfilling our personal needs versus the desire of others. We wage an internal war against our own self. Our own deep internal conflict manifests in dis-ease, both emotional and physical.

True Self — Blessed are those who realize that permanent peace and contentment are not possible in a world of separation, competition and self-conflict. This is when a deeper search within begins. We now feel a call, a mysterious longing that originates beyond conditioning. We now see that the conditioned self never held the answer. But, if we are not who we were conditioned to believe, then, who are we?

Through conditioning we learned who we weren't and forgot who we are. As an infant, we knew we existed without having to be taught. In our innocence, we experienced life without separation. Innocence is the pure, unmodified sense of "I am" - The True Self - before "I am" became schooled to believe I am this or I am that. Without being taught, The True Self, can 'say', "I am." As True Self, there is no separation, competition or self-conflict. All is one. One is all.

The conditioned self is the veil that separates True Self from Itself. By unveiling psychological and emotional wounds, we discover our unblemished beauty. The True Self is revealed. It is our birthright. It is ours to claim. I am here to serve you.

www.Radavie.net

Radavie01@gmail.com

North Carolina — USA

Radavie

CONTEMPORARY SHAMAN

Awaken from the Wounded Child

Experience freedom from emotional stress and struggle. With my compassionate heart, you will feel safe in releasing core wounds that veil your portal to Spiritual Awakening.

Radavie.net



Sibella Circle Member & Visionary Leader

UNCOVERING YOUR TRUTH

Courage to Cut Controlling Strings

By Bernie Giggins

After years of suppression, submission, people pleasing, putting other people and their needs first, it is a daunting task to change course or direction in life. You have slowly become this identity, over time, and it is extremely hard to 'un-become' it. Re-teaching other people, how you want to be treated from then on, is the first and most difficult step for freedom and change to occur.

It is like being a puppet on a string, controlled by the past and unable to cut yourself free.

Rhonda Fictitious, is forty nine years old, married for twenty nine years with two adult girls. She had contacted me after an incident occurred which triggered out of character outbursts of negative emotions, rage and anger, and was unsure where it stemmed from. It had brought up a lot of fear, nightmares, insomnia and wanted to release and back inner peace.

Within Rhonda's Core Belief Clearing sessions, the memory began at the age of five years, where she saw her mother being punched and kicked by her father. With so much yelling, screaming and confusion, she had tried in vain to help her mummy but with her daddy's forceful rage, he threw her against a wall.

This had happened back in the 1960's and she remembers 'what went on behind closed doors, stayed behind closed doors' you stayed silent and lived in fear of any outbursts. Then her dad saying 'everything will be ok, daddy loves you', while tucking her into bed. This love and anger were not the same and was so confusing for her little mind to comprehend.

The past core belief of the need to please and keep the peace at all costs, had controlled and pre-programmed her adult life. Her little inner child now had the family and life her parents couldn't give her. Her daughters received the love, safety and protection she didn't, meanwhile it silenced her own voice and needs. She treated her husband like the head of the family, forgetting her own self-worth and self-esteem as also being of importance.

Once the memories were erased and replaced, connecting back to her own inner child needs, the changes began to organically occur in her life. Her husband and daughters were at first shocked with Rhonda's new assertive vocal opinions and conversations, they hadn't heard or seen this side of her. The relationships in the family were difficult and sometimes hard to accept at first, like Rhonda had been under a spell and had broken through for the first time.

Through persistence, honesty and openness with sharing her past, a deeper compassionate understanding and new beginning for all the family unfolded. 'It wasn't easy but she says it certainly was worth it all'. Rhonda and her husband rekindled their love, with a deeper loving relationships with her daughters and began to receive the love and abundance. She had the courage to cut the strings of control and be free!

www.innerchildharmonycoaching.com.au
bernie@innerchildharmonycoaching.gmail.com
Queensland — AUSTRALIA



Bernie Giggins

Inner Child Harmony Coach

Inner Child Coaching

Your soul truth will always set you free!

- Inner Child Reconnection & Reconciliation
- Spiritual Justice & Soul Truth Coach
- Clearing Negative Core Memory Beliefs
- Dissolving Emotional Affects of Past Trauma, Abuse and Bullying
- Opening For You To Receive Inner Peace, Freedom & Love

InnerChildCoaching.com.au

Dare to live a life filled with
grace and solitude, then watch
all the world come with peace
in their arms and love
in their heart toward you.

~ Sibyl English



Perfection can be so exhausting — moreover,
so surreal. Dare to breathe in the goodness
of who you really are; then fearlessly move
forward in your life toward your highest
goals and potential. ~ Sibyl English





Sibella Circle Member & Visionary Leader

EMERGE

Digging Deep: The Fallow Ground

By Sandra Cerda

She carefully considers a field before buying it, not willing to court neglect of her present duties, this strategic woman on a mission. She knows how to delegate authority and responsibilities that will free her up for effective service, this persistent woman on a mission.

She knows the work of her hands is blessed for the increase and is able to see the end from the beginning. Patiently, she plans and purposes; sifts and analyzes, studies and prepares while others sleep. With careful precision, she awaits perfect timing; a Divine appointment with the sound of her faith in the now season of her life. She has dug deep to break this fallow ground.

Wisdom and Experience will not allow her to advance in haste; neither will Victory. She has known them well and relies on them securely; in step with their known Excellence, she moves at the sense of Promises vibration. This woman on a mission understands the work ahead and is prompt and ready to do it. Her only weakness? Those who will not; relentless nay-sayers, fault finders and wrought. Attempts to delay the work of her hands, her opposers soon learn all efforts have failed.

Pursuing the successful accomplishment of a thing is never smooth sailing. Multiple opportunities for advancement and increase are continually presented, but not ever without adversity. Difficult is the way for a woman on a mission; she is often bullied by Blind Scrutiny, Fault-Finding and Exhaustion. These three linger on the banks of her resting places, where she's found Strength through stillness before God.

This woman in pursuit of her Promise withstands those who oppose her; stands where others sit and holds where others slacken. Hearing the faintest of thoughts, knowing the slightest of impulses, she makes her way to the place of her breakthrough. With stealth and precision, she carries a Sword in one hand, and a hammer in the other; not willingly numbered among the idle, not able to see herself lame. She knows the fallow ground must yield.

Where others would cry, "loneliness", she strives for the quiet place. Knowing it's where angels speak, these whispers in the wind breeze through her quiet places as she peers in, to see Wisdom paint her pictures; a path to lead her through. She digs deep. She waits for the sound of her faith to move her; for the warmth of His look to soften her. She waits for the sound of the Lover of her soul, to thunder through her being. She waits. Patience has come to love her. Sweet sleep has come to refresh her.

Fallow is the ground, whose heart will not yield. The person whose life hardens, stiffened and crusted over, with dried up reasons for being is that ground. Wise is the patient woman on a mission, who is able to work the soil of that heart; willing to toil another year to bring forth new life; she knows the fallow ground must yield.

www.cerdministries.org
Sandracerda7408@yahoo.com
Texas — USA

New Life Ministries
Sandra Cerda
Prophetic Spiritual Warfare Minister
Where Healing Waters Flow

- Healing the Brokenhearted
- Setting Captives Free
- Prophetic Interpretation of Dreams

www.cerdministries.org



Never hide behind the true awesomeness of your divinity. There is no doubt there is a flowing stream of creative genius inside of you. You know this! Earnestly, it is the heart and soul of what makes you beautifully crazy with infinite musings. ~ Sibyl English, founder of Sibyl Magazine



Sibella Circle Member & Visionary Leader

HEALING THE SPIRIT: DREAMS & SYNCHRONICITY

The Yellow Robe

By Wanda Easter Burch

My father was dying. It was summer 1988 and I had traveled back home to the South to make hospital visits. I was trying to find a way to say good-bye before it was impossible to say it. He taught me how to find the best within myself. He taught me that women should never accept artificial boundaries and should always push into fields reserved for men only at that time.

I sought specific guidance from my dreams regarding my role in helping him. A crucial dream provided a critical emotional bond between myself and my father:

In the dream I see a large black cat. The cat gives my father two tarot cards, the first one death, the second one the sun. I see my father changing form slightly--he does not seem to be the same. There are no words spoken. I approach a man who is wearing a deep blue silk jacket and deep blue pants imprinted with symbols. He takes my hand and walks with me to a trunk and begins pulling from the trunk ribbons and scarves of color, all attached to one another, like those in a magician's act. The scarves flow toward me and the man wraps them around my arms and my head. Then he sits down in front of my father, continuing to wrap the ribbons and scarves, pulling a yellow one up and through my hair. He then marks a broad band of yellow across my forehead, down my nose and face to my breastbone. Then I am in my father's house, marking the band of yellow on my father's face, across his forehead and down his nose and neck. Then I see the man whirling around my father's house. As he whirls the scarves whirl around my father and become a long yellow robe. I give my father the robe, and I move away from the house.

My father called me that evening. His voice was weak and far away, soft and strange. He described the physical symptoms he had experienced from chemotherapy. Then he laughed softly. "But the real pain is gone," he said, "the terrible headaches, they are all gone, almost as if an invisible hand swept across my forehead." I could hardly breathe, thinking of the dream. Then he paused and said to me, almost reverently: "Thank you for the yellow robe." I couldn't speak--the tears were flowing down my face; I couldn't find the words to express what I was feeling.

My dreams around my father's death not only helped me re-acquaint myself with my family but helped me learn more about myself. When I was diagnosed with breast cancer a year later my father returned often in my dreams to help me find the tools for my own recovery. In those dreams he would be whole and well, capable of assisting me in my difficult journey.

www.wandaburch.com
wanda@wandaburch.com
New York — USA

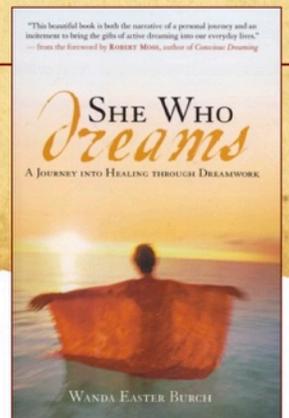
Wanda Easter Burch

SHE WHO DREAMS: A JOURNEY INTO
HEALING THROUGH DREAMWORK



Wanda Burch
John Kenosian

*singer/songwriter,
offer programs that explore
the healing potential
of dreams and music.*



www.wandaburch.com



Sibella Circle Member & Visionary Leader

JIGGLING, JUGGLING AND STRUGGLING

It's Not About You

By Elspeth Vines

How exciting! I've just received an invitation to my best friend's wedding! Rejoicing, I go shopping for a new dress with another friend. Upon asking her what I should buy, she says that it's not about me! Instant deflation, worse than the most severe financial collapse! We do coffee, then I return home, dress-less.

How could I be so selfish and prideful in thinking only of myself and not my best friend? Then I back-track a little and start really thinking about what this lady has just said to me. Her phrase, commonly heard these days, is actually quite insulting and depressing. Many of us already suffer various forms and grades of depression, whether it be from inadequate vitamin D synthesis, pharmaceuticals or non-organic foods full of agricultural chemicals which compete with iodine for thyroid integrity, the stresses of daily life now, social drugs, respiratory and cardiac issues, and gut problems (which is where most of our neurotransmitters are synthesized).

Being told repeatedly that we are unimportant raises negative self-esteem issues, potentially damaging if you're not feeling great to start with. We may be hurting physically, spiritually or mentally, and need compassion, care and love, not judgement in this manner. Sometimes we just need a cuddle, even if it's from the cat. This phrase implies that we are totally insignificant and have no beneficial place in this world.

Or is it? Do I have a purpose and a sense of importance? I was the one invited to the wedding, not my other friend, so that was about me! My best friend would be pleased that I turned up in a lovely dress, meaning that my shopping expedition to look as good as I can is also about me, for her sake! Knowing that her invitation is also about me enables me to regenerate excitement, walk tall and resume shopping! The wedding is now fun again. Flipping the coin, knowing it's all about her indicates her responsibility for her wedding, not mine! I simply attend.

I attend the wedding, which is all about the bride and groom, and recognize that the bestowment by the wedding party of individual favors to each one of us, a beautiful venue, yummy food and delightful décor are an acknowledgement by them that each of us is important to them. It is about us as well as them! Without us, there is no reception, as simply as that.

To recognize that it is about us as well as others is not pride. It's knowing that each of us has a definite place and purpose in this frequently sad and sorry world. By our presence, we can make it a better place. We can understand that it is about us as well as others; to deny the personal aspect is to deny our entire sense of self and worth.

www.gracefullivingnaturopathy.com

elspeth.vines@gmail.com

Victoria — AUSTRALIA



Graceful Living Naturopathy
Care, Compassion, Commitment



Mrs Elspeth Vines,
Owner-manager of Graceful Living Naturopathy

Elspeth specialises in balancing your body, to assist progression to an improved state of well-being. Imbalances from our environment, diet, nutrition and emotions can all adversely affect our health, leading to gut concerns, fertility and hormonal issues, allergies and sensitivities, as well as stress, anxiety, depression, or simply 'not quite right'. You, as a unique and special individual, will be invariably treated with respect and confidentiality.

www.gracefullivingnaturopathy.com

Wisdom is key on the road to wholeness, healing and happiness! ~ Sibyl English



*Expansion begins in the mind.
Dare yourself to see your life through
the eyes of God. — Sibyl English*

www.SibylMagazine.com



Sibella Circle Member & Visionary Leader

BE YOUR OWN CHANGE AGENT

Unsticking Everything at Once

By Karel Hadacek

After living in the flow fairly consistently for the past three years, I found myself out of the flow several months ago. I felt like my life had been paused. Nothing was moving forward; the days looked the same, and everything bored me. I have so many projects going on that I should never get bored. I just move from one to the next, as time and my mood dictate. Even my to-be-read

stack did not interest me, so I knew there was a problem; I just wasn't sure how to fix it. I asked the universe to help me understand the problem.

I was listening to a video by an author I admire, and she said that boredom was a sign of being stuck. To stop being stuck, I needed to remedy a decision that I hadn't made. Ah-ha! And at that moment I knew the problem and how to fix it. I had been inspired by a project several years ago, which I've worked on and then paused several times. I was waiting for the right time to move it on to the next step of its journey. I was afraid of rejection, criticism, and disappointment, so the time never seemed right. We have free choice, so I rationalized that I could let it sit, unfinished, if that was my choice.

Apparently, I was wrong. Because doing nothing was not a decision that supported my life. If it was a trivial matter, I doubt I would have seen this effect. This must be a bigger deal than I thought, though, because it has been a sticking point.

Recognizing this, I took several actions to move this creative project on to the next phase of production. The result? Everything in my life is also moving. Every creative project is moving forward; the housework is moving forward. My 9-5 job has taken an accelerated course as things are being supported and completed faster than I had any reason to expect. It was as if a giant plunger suctioned out the clogs in every part of my life!

We have free choice, but an unfavorable decision will still lead to an unfavorable result. When I make a decision to step off my life's intended path, I get a gentle correction. I see people who are economically stable and cared for but are nonetheless unhappy and unfulfilled, and I wonder where they strayed from their path or made a decision that did not support their life's work. Can they ever return to their path? Yes; I think that it's often like the GPS - their soul is constantly recalculating to bring them where they need to be. I'm so grateful that I heard the hint and understood its worth. As your own change agent, I encourage you to see if there's an important action that you've been putting off. Was there a decision that you haven't made?

www.EmbersofLight.com
kdkhadacek@pobox.com
Colorado — USA



Karel Hadacek,
Metaphysical Facilitator

"We are all... Embers of Light"

Past life regressions and energy work

www.EmbersofLight.com




Today you may [click here](#) to purchase a fabulous **Lifetime Subscription — Now for ONLY \$54. WOW!**

**Regularly, a one year subscription is \$102 (\$8.50 X 12)*



Sibella Circle Member & Visionary Leader

A TREASURE FOUND WITHIN
UNKNOWN (Drinking From a Well)

By Sandra Mattucci

The pilgrimage of life is filled with Unknowns. While I walked the Camino de Santiago, I became increasingly conscious of the number of unknowns I met along the journey. I was walking with the most incredible "No-bodys." These pilgrims came from all over the world and were walking for a variety of reasons: personal, religious, spiritual. Their station in life

mattered not and their occupations were not discussed. Instead, this community of pilgrims simply joined hands with the ancient pilgrims of the past and traveled the long and often arduous road. Their name---unknown. Their goal: Santiago.

When I returned home, "back" to where my roots were planted, the amazing "unknowns" I had met continued to take hold of my being. I transplanted myself into new terrain---physical, mental, emotional and spiritual venues. Now when I plunge into these present day "trails," my being knows how to drink from the well which no longer leaves me thirsty. Deep within this well---as I look "inward," I cannot see its bottom. Is there water below, I ask? Emphatically, I say "yes" but I remain somewhat uncertain. Yet, I trust in this Unknown---in a spirit and a truth that assures me that every moment reveals graces once the eye is open to see no matter how despairing life might be. Yes, when harmony pervades my being, it is from this well of unknowing that I walk, that I drink, that I remain mindful each day to the beauty present in my life.

Yesterday is a memory---tomorrow lies beyond. In anticipating each new day, I stand in awesome wonder as I await what is to come. My focus: to embrace the present unknown...the unfamiliar. What unfolds is what is intended to be without my having to do much but live. I would not want to think that I have grasped this powerful happening because when I believe that I have, I will have lost its wonder.

Living life is DOING and it is BEING. Since returning from my journey that I celebrated by walking alone and yet with others, I have become much more attuned to understanding that in being I see my life as the cup that continues to dip into the well of abundance. There I find the sustenance to savor, to taste, to share. The well does not provide drink for only my own consumption, but it is available to all who thirst. It provides for a sacred sharing--- a holy communion.

Each of us is called to share from our abundance, from our nothingness, from this Unknown, this Community of Creation. It is then that we are born anew. A cloud of witnesses sings from a heaven here on earth.

A chorus of birds chants 'Alleluia.'
How blessed is this UNKNOWN.

Until May,
Buen Camino

www.onesingledrop.com
sandramattucci@sbcglobal.net
Connecticut — USA

<p>Sandra Mattucci <i>Story-Teller, Artist, Writer & Photographer</i></p>	
<p>A Walk Through the Bible: Testaments Told in a New Spirit</p>	
<p><i>"Breathing Life into Old Stories"</i></p> <p>Transformation for the Heart & Soul</p>	
<p>www.onesingledrop.com</p>	



Sibella Circle Member & Visionary Leader

LIFE IS ABOUT OUR TRANSITIONS

Embracing Life's Disruptions

By Melinda Chichester

Why is it when we set a plan in motion sometimes life manages to get in the way? I have been developing my private practice as an End-of-Life Doula since April 2015 when a colleague shared her passion as a Birth and End-of-Life Doula. I knew instantly this was the calling that had been placed on my heart. I began right away creating, planning and building my Healing Touch

Transitions business. In the fall of 2015, I hired a website designer who took my vision of using Energy Medicine at end-of-life and created a website that was inviting and educational. The website was launched in February 2016.

Move the calendar ahead eight months to December 2016, when I finally made the decision to leave the security of my previous position. It was time, I was ready, and the fear of the unknown was not in the forefront of my concern. I was ready to branch out on my own. Over the past few months I networked, created an ad for a local booklet 'Your Guide to a Healthy Community' and offered a presentation: 'Using Energy Medicine to Support End-of-Life Decisions'. It felt like I was gaining traction, getting the word out when suddenly, an expected disruption. Our five-year-old Golden Retriever/Labrador mix, Toby, broke his left hind femur. There have already been two hip replacements and a partial femur replacement on the same leg.

Why now? Why the disruption? Why the crippling diagnosis? It wasn't in my plan. How was I supposed to develop my business if I am homebound nursing our pup? When I took some time and reflected on the interruption, I began to focus instead on the benefits and not the disappointments. I was forgetting the most important aspect of this whole disruption...it was not just about me but about how I can support, nurture and spend quality time with Toby while he is healing from this invasive surgery.

Toby's recovery will take months of rehabilitation and physical therapy. Although this is a setback in my ability to network, see clients and offer presentations I am embracing the disruption. The next few months will allow time for self-development, reflection and offering Toby lots of daily attention encouraging him to rest to facilitate the healing process.

As I clear my calendar for the next few months and prepare to nurture Toby through yet another operation, I am reminded of the career I have chosen. Although Toby is not at the end-of-his life, I am called to bring a deeper meaning and greater comfort to those who are suffering. I will listen to the near-miraculous ways in which Toby will communicate his needs. I have been trained to listen with my ears, with an open heart and with a greater awareness of the power of those in transition even if it is our beloved pet, Toby.

www.HealingTouchTransitions.com

Melinda.chichester@gmail.com

Colorado — USA

Healing Touch Transitions

Supporting Your Life's Journey



Melinda Chichester,

*Healing Touch Certified Practitioner,
End-of-Life Doula*



"Supporting Your Life's Journey"

Melinda helps terminal patients, families and the community recover the sacred nature of dying by reintroducing ritual in a personal way. Melinda brings a unique intention as an End-of-Life Doula; through an Energy Medicine practice supporting the energy body, around the clock vigil presence, and reprocessing the loss with loved ones soon after the patient's death.

HealingTouchTransitions.com



Sibella Circle Member & Visionary Leader

HEARTFULNESS IS KEY!

Regrets — Not What You'd Think

By Laurie Bartley

I rarely regret the things I do.

It's the things I don't do that I revisit, with a "what if" thought. Sometimes, it is genuine regret for opportunities missed.

You know, the "big ones", such as the weddings I didn't travel to attend. There were a variety of reasons that all pointed to not going. Once, the wedding was in another country so the surroundings were unfamiliar (although the language was not); we would need to arrange passports; our children were very small so we'd need to arrange care for them at home while we travelled; the airfare for even 2 of us was more than a monthly mortgage payment, let alone the food, accommodation, and gift costs.

Another time, 2 cousins were each married in the two consecutive months before our own wedding date. We attended the marriage of the cousin I had spent a fair amount of time with - just a few hours' drive away, and declined the other which was a lengthy day of travel each way. It was at a time where our funds were extremely stretched already, and our minds were definitely preoccupied on our own wedding plans. Our Grandparents, bless them, attended all 3.

Every once in a while, I wonder if we could have simply given ourselves permission to attend more. To play full out. To set aside the limited thinking of 'either or', and simply say an open-hearted "YES!". Because it wasn't a question of not wanting to go. It was simply that my decision-making process used predominantly my intellect - weighing the reasons for and against, stacking them up in side-by-side columns, and letting whichever column with the most items in it, win out. Factual. Logical.

What I have learned is that with heart-led decisions, some considerations simply weigh more. The scales of side-by-side itemized lists simply aren't effective in helping make great heart decisions. Some things, such as the depth of the connection with the person/people who is sending the invitation; the amount of discovery or learning that can be gleaned by going, or what you need to forego in order to attend - any single one of these can outweigh a growing list of items on the other side of the 'logical' chart.

Sometimes, our heart leads us for reasons we don't understand until afterwards.

I rarely regret the things I do. I have learned over time to make sensible, heart-led choices. I check in with my body to allow its wisdom to guide me forward when something resonates within my being. In this way, I can open my arms wide, and joyfully accept the opportunities life brings my way. And, I can also decline those that simply don't feel right.

There is always a reason. Always a lesson. And I trust in that.

www.heartcenteredliving.ca
believelaurie@gmail.com
British Columbia — CANADA

<i>Believe</i>	
Laurie Bartley, TTRP <i>Vibrational Catalyst, Speaker & Writer</i>	
Choose Mindfully • Live Healthfully Love Exquisitely <i>Connecting to your Spiritual Council for wisdom and guidance to help you live into your extraordinary future.</i>	
www.heartcenteredliving.ca	



Sibella Circle Member & Visionary Leader

VALIDATION FROM A POSITIVE PERSPECTIVE

Is Stress Killing You?

By Ann Peckham

If you have been living with elements of stress and anxiety you are unintentionally destabilising your whole body. I'm sure that you know that the body is a holistic system and each part is connected to the rest. It can seem the normal way to be because the vast majority of the Western World is gripped by stress.

Your body is hard-wired to react to stress in ways meant to protect you against threats from predators and other aggressors. Such threats are rare today, but that doesn't mean that life is free of stress. On the contrary, you undoubtedly face multiple demands each day, such as shouldering a huge workload, making ends meet and taking care of your family. Your body treats these so-called minor hassles as threats. As a result you may feel as if you're constantly under assault. But you don't have to let stress control your life.

What is the natural stress response? -- When you encounter a perceived threat – somebody jumps out to alarm you, for fun, your hypothalamus, sets off an alarm system in your body. Through a combination of nerve and hormonal signals, this system prompts your adrenal glands, to release hormones, including adrenaline and cortisol. Adrenaline increases your heart rate, elevates your blood pressure and boosts energy supplies. Cortisol, the primary stress hormone, increases sugars (glucose) in the bloodstream, enhances your brain's use of glucose and increases the availability of substances that repair tissues. It also curbs functions that would be nonessential in a fight-or-flight situation. It alters immune system responses and suppresses the digestive system, the reproductive system and growth processes. Our adrenal glands are our first defence, our final reserve tank, and our "burst of energy" when it is needed most.

The body's stress-response system is usually self-limiting. Once a perceived threat has passed, hormone levels return to normal. As adrenaline and cortisol levels drop, your heart rate and blood pressure return to baseline levels, and other systems resume their regular activities. But when stressors are always present and you constantly feel under attack, that fight-or-flight reaction stays turned on.

The long-term activation of the stress-response system can disrupt almost all your body's processes. This puts you at increased risk of numerous health problems, including: Anxiety, Depression, Digestive problems, Heart disease, Sleep problems, Weight gain, Memory and Concentration impairment. That's why it's so important to learn healthy ways to cope with the stressors in your life.

The Healthy Way -- Stressful events are a fact of life. And you may not be able to change your current situation. But you can take steps to manage the impact these events have on you. You can learn to identify what stresses you and how to take care of yourself physically and emotionally.

Eating a healthy diet and getting regular exercise and plenty of sleep. Practicing relaxation techniques; Learn to meditate; Fostering healthy friendships. Having a sense of humour. The payoff for learning to manage stress is peace of mind and a longer healthier life.

www.sparklingenergy.co.uk
purpleann57@yahoo.co.uk
England — UNITED KINGDOM

Sparkling Energy

Validation through a Positive Perspective

With Ann Peckham

Author of 7 books; On-line & DVD Programs

Ann is a compassionate and powerful life coach whose mission is to help connect you with the Truth within, so you can make changes and step into your full power

www.sparklingenergy.co.uk





Sibella Circle Member & Visionary Leader

MASTER YOUR MINDSET FOR SUCCESS!

Make Time for What Matters Most

By Christine Suva

Has my life mattered? Four words that haunt some and reassure others. At the end of our lives, it won't matter how many shoes we had, what kind of car we drove, our home's square footage, or how many Likes we got. Instead, the questions will be bigger. . .deeper. Have I said all I wanted to say to my loved ones? Did I make the world a better place? Did I follow my dreams? Did I make someone's life better? Did I love others enough? Did I enjoy my life? These are the questions that will be on our hearts and minds. Studies of those working in hospice have shown that patients most upset at the end of their lives are those with regrets - a dream not followed, an "I'm sorry" not spoken, a chance not taken.

How often do we go through the day unconsciously not fully present in what we're doing, for our loved ones or ourselves? We miss out on moments that, in the end, are what make life meaningful! Life today is filled with distractions and pressure to be connected 24/7. How do we stay in touch with what really matters?

Spending time in nature has enormous power to shift my perspective in stressful times. Growing up, our family vacations were often spent in a 12 X 12 tent for several weeks each summer. At first, I admit, I didn't like camping. I have a massive fear of spiders! Having lived in the city, I also felt afraid to be out in the woods at night with only a thin piece of canvas to protect us. Over time, I grew to love it! There's something grounding about sleeping in the fresh air so close to the earth. Gazing at the night sky filled with stars and the sound of rustling leaves lulling us to sleep took us back to simpler times. Times when families spent time talking and playing together rather than sitting in simultaneous screen time so common today. There's a different rhythm of life in nature. Our senses were renewed as the noise of life became still, quiet and serene. We savored a break from hectic schedules, deadlines and constant connectivity. Waking up to the smell of coffee and bacon being cooked in the crisp morning air, and the sunrise coming over the side of the mountain recharges the senses and the soul! We replenished our energy and built deeper connection to ourselves, our beautiful world and each other. Some of my most precious memories today involve campfire conversations and laughing ourselves to sleep under the stars. As a skunk wandered through our camp site, we quietly held our breath lying still together in our home amid the trees!

Moments make up the tapestry of your life. Make time for the things that matter most.

www.thrivecoachservices.com
christine@thrivecoachservices.com
Illinois — USA




Christine Suva, Founder & President
THRIVE Coach Services, Inc.

"Master Your Mindset for Success!"

Certified Professional Life & Career Coach,
Speaker, Author and Consultant

Contact me at:
www.thrivecoachservices.com



Reaching high is a choice. Persevering is a must. Pressing toward the mark is all that one should be focused on when the race you are running is for yourself and your life. Be courageous and win the race!

~ Sibyl English, Founder of Sibyl Magazine

Sibella Circle Member & Visionary Leader

Unlock Your Soul Treasure and Shine

The Connection Cure

By Bobbe Bramson

Guess what? You are NOT flawed. You are NOT broken. You are NOT in need of fixing. Everything you need to thrive exists within you right now. You literally are that which you seek. I hear your resistance: "How can that be? I have this problem, I'm never able to do that thing, my life's in a shambles, etc."

We constantly search outside ourselves for the next 'holy grail' to 'cure' us and make everything all right. We're experts at avoiding true intimacy with ourselves, and our static-filled culture supports us in this dysfunction. So how do we disengage from the manic chaos? By being willing to relinquish old patterns and by making time to plug into our True Power Source. By tuning out the noise and going within.

Connection to Source is key. It is as vital to our wellbeing as air, food, or water. It is beyond the worth of any treasure, holding infinite stores of healing, wisdom, and comfort. Connection is imperative if we want to evolve spiritually and address the callings from our soul, yet many of us are afraid to go there. What might we discover about ourselves, what wounds might be reopened, and how can we possibly be deserving of such deep and abiding love? These are all questions the false ego loves to ask because it fears losing control, preferring the misery of separation.

Even so, deep down we know there's something more, and long for it. We can ask for guidance till the cows come home, but if we're not available to hear the answers we remain oblivious. True connection can only occur when we enter into sacred stillness and place our attention within the heart. Herein dwells the Divine Flame, our Eternal Self. This Heart Essence is our true home and when we take the time to visit regularly we tap into great reserves of strength, peace, calm, and equanimity. Our commitment to consistent connectivity creates a palpable Good that spills over into every aspect of our lives, nourishing us with love, self-worth, and healing.

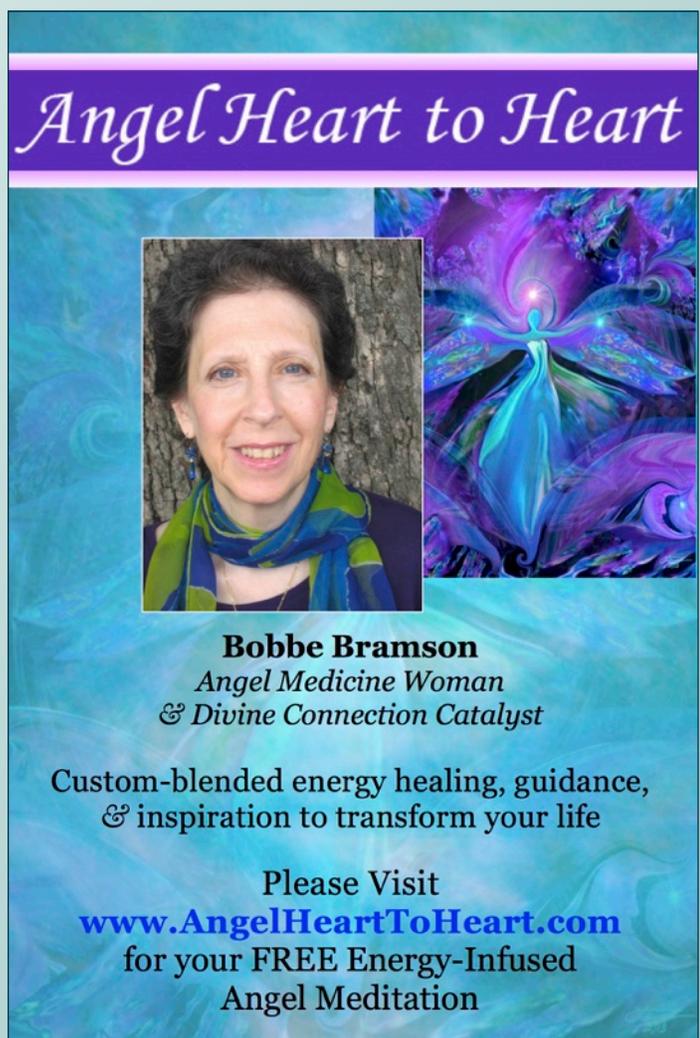
Angel Connection says: "Breathe, beloved ones, and come into connection with me. Come into divine reunion. Here will be revealed your oneness with Gd. Work with me and come to recognize and know the truth of your Being; that you are perfect, whole, and complete and all that separates you from this awareness are clouds of illusion. Do not put off or resist this joyful reunion, but sow seeds of connection and reap the benefits. Let the Love flow into you, awakening and nourishing your heart's remembrance of who you really are...magnificent, golden, powerful, beautiful. Be kind and gentle with yourself as you grow in love, as you expand into Yourself. Open up to receive all that Gd wishes to give you. I love you now as you are. Can you feel it?"

Make time to be with Angel Connection. Bless your beautiful heart, awaken your Being, and heal your soul.

www.AngelHeartToHeart.com

bramsongs@verizon.net

New York — USA



Angel Heart to Heart

Bobbe Bramson
*Angel Medicine Woman
& Divine Connection Catalyst*

Custom-blended energy healing, guidance,
& inspiration to transform your life

Please Visit
www.AngelHeartToHeart.com
for your FREE Energy-Infused
Angel Meditation



Sibella Circle Member & Visionary Leader

HELLO TO HOPE

Making Every Day Count

By Jenny Mulks Wieneke

Sitting at a football stadium where this young hero once dominated the field, the crowded stadium is overwhelmed but this time it is in the grief we all experience as we celebrate his life.

The field that created team spirit, built work ethic and grit is now covered with chairs, people, flowers and his casket. As the pallbearers walk his casket down the isle passing several hundred friends and loved ones, I was overcome not only with grief but of absolute awe at the legacy this twenty year old young man had created and left behind. The stadium seats were filled, the grass was covered with chairs and people were standing at the fences to share in his final time on that field. Person after person got up to speak about how this dynamic young man's actions, behavior and faith changed their lives for the better and forever.

He did not leave behind a vast inheritance, a family business or other monetary treasures but he did create a priceless legacy of love, determination, faith, and integrity. He changed lives just by the way he lived his life, by the way he made others feel, by the impact his words and actions had on all of those that were blessed to be in his presence.

Some people move through life with the intention of creating their legacy from material objects; money, businesses, property and possessions. In reality, these are only a small part of their legacy. Regardless of what your physical possessions are, your legacy is determined the day you die and is an accumulation of every day you walked the earth. Your legacy is a sum of all the lives you touched and the people you impacted. It is determined by your family, friends and even strangers by the way they viewed you living your life displaying compassion and empathy for your fellow brothers and sisters. It is determined by the way you faced difficulties and adversity and how you let your light shine even when the darkest of days were upon you. Your legacy is being molded every time you help people find faith, love and hope in situations that seem hopeless. Your legacy is being shaped every day as the sun rises and you have a new opportunity to touch a life or inspire someone to do more and be better at what they are currently doing in order to leave the world better than they found it. It is being sculpted every time you face a hardship, adversity or challenge because it gives you the opportunity to turn around and help the next one in line that is facing the same mountains you just had to climb.

Although your legacy is determined after you are gone, you are creating it daily. Every day with each sunset we have hope of a new tomorrow to be one step closer to an even greater legacy than it was today. Carpe diem!

www.AlongComesHope.com

jenny@alongcomeshope.com

California — USA

*"Just when you think it is no longer possible,
Along Comes Hope®"*



Jenny Mulks Wieneke
Founder & CEO



Mission

Inspiring audiences by combining life experiences and challenges with humor, heart, humility and HOPE. Jenny is a cancer survivor, speaker, writer, philanthropist and consultant.

Her nonprofit organization helps families of children with cancer by providing support through financial assistance with travel for treatment, creative emotional support programs and advocacy to promote policy changes, awareness and education.

www.alongcomeshope.com

Sometimes a woman just needs to wash her spirit FREE!

~ Sibyl English

FREEDOM OF CHOICE, OR DESTINY?

Spiritual Development -- Expectations, Positive Elements and Pitfalls

By Simone Einstoss Granado

At 21 years old I attended a meditation organisation, Lifewave, created by an Englishman who lived 5 years in India. He sent so-called Enlightened Beings (EB) to teach meditation in the city I lived, Brasilia.

I learnt various types of meditation techniques and studied spiritual development theories, from Bhudism, Christianity to Induism. During this period (2 years), I was meditating one hour in the morning, one hour in the evening, and six hours on Sundays.

I believed these EB were perfect, because they had meditated a lot over many years. However, I observed they got very human non-enlightened qualities, like everybody else, contrary to the impression of perfection they wanted to present. It seemed like a contradiction to meditate so intensely, to be 'enlightened' whilst showing so many weaknesses. I got so disappointed with these contradictions that I left the organisation. Maybe they should have told the meditation students they were like everybody else, just people who put more effort into meditating. That would have helped me appreciate more the benefits of their teachings.

Now, with hindsight, I am grateful for all I learnt in Lifewave. In one of the meditations, in the first four months I was there (I stayed there for 2,5 years in parallel with my university studies), I came to a place where everything was cloudy white - and I was everything. I felt no happiness, no sadness, no worries, just perfect balance. The feeling of totality, unity and harmony was very pleasant. That was surely the Nirvana. After leaving that meditation, I thought I would reach the Nirvana again soon, but that was not the case. Reaching it became an objective for me. I suppose we have to get a kind of Bhuda consciousness to get there.

Another experience gave me a similar feeling to the one I got at Lifewave, as a powerful medium, who I admired displayed an intense curiosity that veered towards lack of ethics.

Finally, after reviewing these and other similar situations, I came to the conclusion that, no matter in what stage of spiritual learning we are, we are still fallible -- as our shadow side may manifest now and again. I also learnt that what we consider as our shadow side, our weaker or so-called nasty side, may be useful in certain circumstances. It may have saved or helped us in the past.

The only way to feel whole is to understand and accept who we are. In a way, we should get to an equilibrium between what we call our positive qualities and our negative qualities, so that we can be harmonious in our daily lives. I am still learning this lesson. Maybe, once we accept all or most of our qualities, and those of others, we will be able to understand and accept ourselves more and to be able to cooperate in a compassionate way so that one day, we reach Nirvana, and are Enlightened for good.

Click here to go directly to Simone's website!

Simone.einstoss@hotmail.com

Brussels — BELGIUM



Simone Einstoss Granado

Past Lives Regression Therapist

"Everything will come at the right time"

Why revisiting past lives?

Because reliving important past lives is one of the most powerful ways of bringing light on how to solve present issues in our current lives. I facilitate therapy sessions so that people understand past lives lessons to be used in the present.

I live in Brussels, Belgium, and I can be contacted through the following media:

email:

simone.einstoss@hotmail.com

Skype:

Simoneeinstoss88

Website:

CLICK HERE TO
CONNECT WITH SIMONE
VIA HER WEBSITE



An invisible thread connects those who are destined to meet; regardless of time, place or circumstance. The thread may stretch or tangle, but will never break.

ANCIENT ASIAN PROVERB



TRUE WOMAN WARRIOR

Pat "Sheewho" Cummins

I met this woman warrior in the fall of 2014.

Pat is so ...
out there
above it all
under the essence of love
rolling in the deep
swimming in the water
diving in the sand
flying above the clouds
jumping into life
breathing every breath
sharing every moment
living all the way
saying it like it 'tis
beating every beat of the drum
in the rhythm of love and light
TRUE AUTHENTIC WOMAN
I've have ever met!

*I am glad to know her as one of my Sibella Circle Sisters for life!
A true Soul-sister paving the way for us all.*

BREAKING OPEN

By Sibyl English

Once again I feel myself
breaking open

There is a Light so strong
within me, bursting forth.
I can feel the essence of its heat.

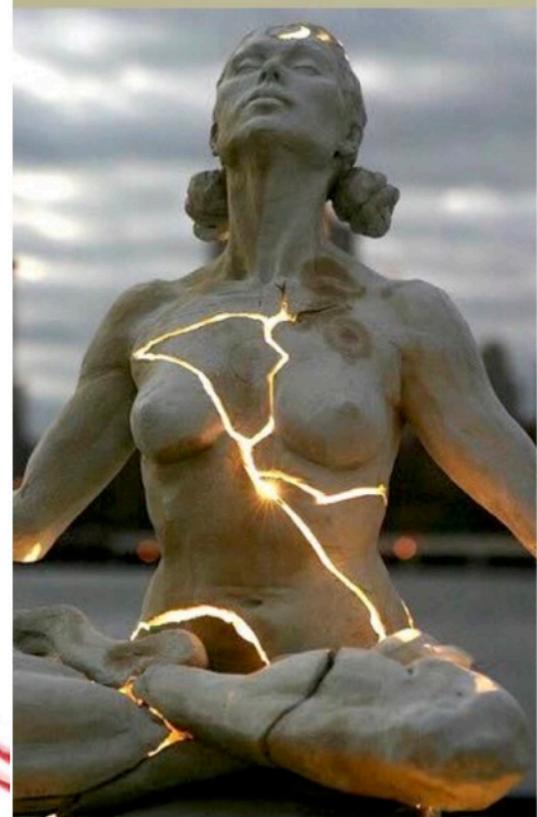
Refusing to be contained,
my soul rumbles with
a talking fire.
It is a cleansing, a purging.

And so I whisper a prayer
of sweet release and say yes.

Yes, to everything Spirit is
manifesting on the inside of me.

Yes, to love. Yes, to Light.

Once again I feel myself
breaking open & breaking free.
And so it is ...





Sibella Circle Member & Visionary Leader

ANCIENT WISDOM 4 NOW!

Sovereign Being of Me!

By Marilee Snyder-Nieciak

Literally, I could not write this article until today, March 20, 2017, 24 hours after our ceremony yesterday for the Vernal (spring) Equinox and the first anniversary of the Celebration of Life for my late husband, John.

Wow, what a rollercoaster ride! This last year has been filled with ups and downs physically, mentally, emotionally and spiritually.

It wasn't until a year after he died and I finished our last joint tax return on February 20, 2017. This was the anniversary of the day after I buried him. Emotions came crashing down out from what felt like nowhere. That is when my friend Donna Adams, called and said "honey it is rough and this is the worst it will ever be because you were numb a year ago.

Before Donna called and I posted on Facebook, I ate cinnamon streusel coffee cake, an oatmeal maple scone and for dinner an almond croissant! I don't usually eat like that especially all in one day, which demonstrates the depth of my pain for the next three weeks. Not only was there physical pain, I felt weak all over, exhausted and very confused. The physical strength, clarity and bright heart that had been returning dissipated. In early February as I was walking down my very long drive way, I saw the bright light in my heart and said "humpty dumpty" is back together again. What did I know?

On the last day of February, My Akashic Records guided me to start working on the Equinox Ceremony. I had sent out invitations on February 6 for A Community Gathering to Anchor Light and Celebrate the Spring Equinox!

Today is the first day of Spring. Yesterday we did Ceremony with seven other people. We cleared our energy fields, discovered how we stay in balance, had communion with this Prayer from the Sofia Code: "You did not travel all this way to play small. You came here to be the holy fire and light of Sofia. You came to move as one Golden Light Body of the Sofia Christ consciousness upon the Earth, birthing heavenly sovereign realities with your Family of Light.

We are the high seraphim of Sofia's Sacred Heart: We bless your sovereignty. We bless you divinity. We bless you as an immaculate birther of this new paradigm. We bless the power of you unconditional love. In our shared prayer for the heart of humanity: *We are one.*

Go forth and create for the glory of the Creatrix Sofia within us all. Amen.

After this prayer we each picked a crystal or stone that I had laid out in the eight directions of the Merkabah we had Anchored in our hearts to Anchor the Light into the Earth. With the last stone placed there was a giant explosion of Light extending into the Earth, out into the Universe.

We each walked way as a Sovereign Beings of Light.

www.marileesnyder.com
marilee.s.nieciak@gmail.com
Indiana — USA

Rev. Marilee S. Nieciak

Ancient Wisdom for NOW!

Embraced in Love, I bring forth your Divine to answer all your questions about your past, present and future, giving you clarity.

Plus
Young Living Essential Oils (431711) and
Transformational Energy Work

Marilee.s.nieciak@gmail.com

www.marileesnyder.com





Sibella Circle Member & Visionary Leader

THE JOURNEY OF SELF LOVE

To Let Go and Forgive

By Cheri Ann Reville

Forgiveness may be one of the most difficult things we face when confronting our egos. I am not just talking about forgiving another because they have wronged you in some way, but forgiving yourself. Forgiving yourself for making a decision that went awry or doing something to yourself that you regretted later or for treating yourself in such a way that you would never dream of doing to someone else. In my experience time heals and you are able to forgive others, you don't have to forget what they did but to move on in your life it is better to forgive then hold a grudge.

Though forgiving yourself for past omissions that is where the difficulty lies. It is very confronting to admit to yourself that the choices you made were mistakes but maybe if you came from a different angle it might be a little easier not to be so hard on yourself. Lets look at the choices we make in our lives as lessons and if we didn't make those choices we wouldn't have learnt such a valuable lesson! For me I like to think when I know better I do better, hence creates me to be a better person. I love to go hiking and last month when I went hiking, at the top of the mountain there was woman there who was taping a Vlog (video blog).

Now as she was speaking she would slip up on her wording and instead of just correcting herself and keep going with the taping she would get upset with herself to the point that she started calling herself names (as she had stopped and started again a number of times whilst I was there). I could still hear her as I started to go down the mountain and I thought she was being very hard on herself. If she could see the lighter side, forgive herself and move on as everyone gets tongue tied and muddles their words it's Ok, nothing to be ashamed of. Being upset and angry with ourselves and/or others, holding it all in can be detrimental to our health. It creates stress on the systems of our body causing them not to work effectively, there by sickness occurs. Just for our own health well being, being able to let go and forgive creates harmony within, a lightness of releasing that burden we carry around every day. But I know we are our own worse enemy and our hardest critics. We are human, we will make mistakes and that is Ok, that's why we are here.

So forgive yourself, don't take yourself so seriously, laugh at yourself and either start again or keep going, life is to short not to.

www.Happinesswithease.com

cheri@happinesswithease.com

Queensland — AUSTRALIA



Let us all continue in the forward movement of personal self-development — remaining aware and awake to the evolutionary process of love and peace in our heart and in the world.

~ Sibyl English



Sibella Circle Member & Visionary Leader

EMBRACING YOUR HEART'S WISDOM

Recognizing Family

By Marcia Blau

It was a century ago when my Grandpa Louie boarded a ship headed for America to reunite with his older brother. His ten-year-old sister, Manya, had been running behind him. "Take me with you," she implored. But, of course, he couldn't. His last glance back at his life in Ukraine held the sight of his little sister on the wharf, sobbing. This image would haunt him for many decades.

Grandpa's story played in my head as I stood in Kennedy Airport, last September, awaiting the arrival of my cousin Boris. It was profound that 100 years later, Louie's granddaughter was there to meet Manya's grandson. Several of my relatives, starting with my grandparents in the 1960s, had visited Ukraine to see Manya and her family. By 2007, after decades of trying, her entire family had migrated to Israel, Canada, and the U.S. And in 2016, I stood with my sister-in-law waiting for the flight from Toronto.

As newly arrived passengers filled the room, I recognized that man with my grandpa's slight build and angular face...Boris! And then there was the melodious sound of that Ukrainian accent. It drew me back to the days of Grandpa telling the tales of his early life.

My brother drove us to the quaint Russian neighborhood in Brooklyn where Brukha, Boris' mother, and his sister Eugenia live. This area is like a small Ukrainian town, a perfect residence for two women who don't speak English. As I stepped into their well-kept, minimally furnished apartment, Brukha and I set eyes on each other. Without hesitation, we fell into each other's arms. This was Manya's 90-year-old daughter. I knew her from my grandfather, and from heartfelt instinct.

We spent a blessed afternoon together. Boris was our interpreter as we spoke about our families, shared our histories, and acknowledged the unlikelihood of having this time together. When Brukha took out a photo album, I gasped at the pictures of her family with my parents and grandparents. These same photos had been in my album for years. Later I wondered how my relationship with Eugenia would have been had we grown up together. Would we be close? How would my life have turned out had I been raised in Ukraine? All afternoon I was immersed in thoughts about the difference of our cultures yet the sameness of our cores.

Since that Sunday afternoon in Brooklyn, I have thought about my deep bond to my cousins. I was surprised by how much I cared about these people whom might never have come into my life.

If we were to draw the lines, we would find that we are related to every other human being on this planet. While we are often more inclined to notice our differences, we are actually part of a large human family. Ultimately we are all world citizens. And we are enriched when we take the time to recognize and embrace each other.

www.marciablau.com
mblaulcsw@gmail.com
New York — USA

Holistic Psychotherapy in New York



MARCIA BLAU, LCSW

Holistic Psychotherapist

www.marciablau.com

(212) 666-2715



Learn to create the life you want!

Life is so much brighter when we focus on what really matters! ~ Anonymous

Sibella Circle Member & Visionary Leader

THE POWER OF TRANSFORMATION

Overcoming Pain

By Judy Browne

Pain is a signal that you are out of alignment and something is missing. This is a huge issue in our society as more people are experiencing pain in their physical bodies than ever before. It's like an epidemic we become frustrated, life becomes stressful and suddenly we are experiencing uncomfortable pressure in our bodies. When pain suddenly appears it is a signal letting us know something more is going on. The majority of us are on a survival mechanism and push on regardless.

When we look at the bigger picture of pain it's our higher awareness asking us to look and take action where we are feeling blocked in life. In most cases, unless the injury is caused by a contact sport or an accident the pain is trying to tell us something else.

Why does pain persist? Controlling situations and feeling shut down, ignoring conversation will build stress in our body resulting in toxins, pain and stagnant emotions. Fear distorts our stories and the mind takes over and we give up. We take on others opinions about ourselves ignoring our inner voice often to our detriment.

So What can we do? When we feel supported this opens up new channels that weren't available before bringing new possibilities to seek alternative ways to transform and surrender what often has become lodged in the body. Staying actively involved in the community has a way of uplifting our emotions which then triggers the body to feel good.

As an Intuitive Energy Healer and Mentor, the messages that I receive bring wisdom and insights resulting in lightness that possibilities are once again available to you allowing a release from the core issue and emotion releasing the pain often instantly. This creates a flow of energy known as Chi. This moves the energy which sparks a good feeling back like having a battery recharge!

Healthy minds equal healthy bodies and as we become more aware and able to share our feelings in positive ways trusting our abilities and believing in possibility.

So what does being in Alignment mean? When you are authentic it sparks an energy freeing the ability to shape and transform your body and how you feel.

Being in Alignment means you are grateful for what you have in life your heart is open. Life takes on a new meaning and working through issues with solutions eases the mind resulting in you feeling happier.

Being in Alignment means life is flowing and you are able to manifest your intentions and life happens in the most magical ways lining up with synchronicity. Letting go of what's not important is the first step of rediscovering a pain-free body. When in allowance letting go is easier than trying to make life happen. New doors and channels can flow generating vitality and good health. Are you ready to open the door to new health?

Allow me to support your Alignment to a Healthy Journey of Self Discovery.

www.judyannebrowne.com
info@judyannebrowne.com
Melbourne — AUSTRALIA

Judy Browne

Heal Your Heart

- Stop Reliving your Pain
- Channel your Power
- Unlock your Potential

www.judyannebrowne.com



Sibella Circle Member & Visionary Leader

DIVE INTO SELF-DISCOVERY

Uncertainty Opens the Heart Anew

By Creative Katrina

In uncertainty we can find clear guidance and inner strength by tapping into our heart.

It may sound cliché, but it doesn't make it any less true. In uncertainty we are uncomfortable, ungrounded and a bit scared. Solutions may not be readily available to take the sting out of a sudden change or help settle our soul.

This point is where many people stop. Wallow. Tell everyone who will listen why the situation is unfair and unjust. And in many ways it might be, but there is only one way to shift it. We must use our skills, faith and the guidance of our heart to offer clarity and coax out creative magic.

I recently faced a situation of uncertainty with my podcast, Flirting With Enlightenment. I had co-created the show with a partner and our diverse skills enabled us to play to our strengths. While the arrangement worked for a year or so, I found out rather suddenly that his future coaching plans included a shift in brand direction that was no longer in alignment with the podcast.

While my initial reaction was frustration and anger mixed with a little sadness, I also discovered something very important. The podcast was meaningful enough to me to continue it solo and find a way to make it work. Yes, I was scared about whether I could do it alone and if it would be a success. I was also concerned about the cost of outsourcing or taking on learning audio editing myself.

But then I sat with that uncertainty, thinking about what I could do, and my heart started to remind of what was possible. I was already doing the bulk of the work with creating topic ideas, social media promotion and writing accompanying blog content, but now I could gear topics more to my passions. I could research the cost of audio editing or find someone to teach me the ropes to do the editing myself. My heart also reminded me of the reason I wanted to do the show in the first place - to help others connect with their inner wisdom. Now I needed to step up and do the same, trusting my heart would guide me to the next choice point as needed.

While I continue to work out the audio editing details, I've been doing solo shows for a few months and it's really fun! I've made adjustments to the episode length and frequency, and continue to check in with my heart, taking it step by step. At times, I reminisce about the comfort and ease of having a partner. Then I remember how grateful I am to have more creative options, and how a little push of uncertainty gave me a chance to see a whole new future for the show and myself.

In challenging times we are always called to dig deeper and explore farther into our heart space. How can you see a challenge as a way to open your heart anew?

www.creativekatrina.com
katrina@creativekatrina.com
Colorado — USA



**CREATIVE
KATRINA**

Katrina Pfannkuch
Intuitive Wordsmith, Empath, Creativity Coach

Firepower for Creativity & Transformation

My unique support services help clients heal creative blocks, create deep personal clarity, and build confidence in self-expression. I offer creativity and writing coaching, content consulting, intuitive guidance sessions and classes.

creativekatrina.com



*The attraction of **our** Light connected with the essence of **your** Light! And so it is ...*



Sibella Circle Member & Visionary Leader

WHEN DID I DIE INSIDE?

What Makes You Feel Alive?

By Theresa Nutt

One of the ways I have been shifting my own life, and the lives of my clients, is by tuning into what makes a person feel alive. Here's how I know. They become animated and excited when discussing the topic, experience, or person. Their tone of voice changes and their body language is more energetic. And I sense a feeling of lightness and absolute "Yes!" as I listen or observe. With that description in mind, do you know what makes you feel alive?

As I help people become more vibrant, and as I become more and more vibrant myself, knowing what makes a person feel alive is key to the formula. My wise guide started helping me tune into this phenomenon about a year ago. And now I feel like a detective on the hunt for clues. What experiences light me up and animate me? What people resonate with me so that I feel charged up and inspired? When do I feel a "Yes!" throughout my entire body? This past weekend I was lucky enough to see "Beauty and the Beast" on opening night with a great girlfriend. We absolutely swooned at the remake of this timeless Disney classic. I felt like a little girl gushing at the spellbinding magic created on the screen. I have figured out that fantastical lights me up.

I am busy staying tuned into what makes me feel more alive. And every time I find something that lights me up, I get busy figuring out how to have more of it in my life. Each of us has a personality and more importantly, a blueprint of experiences that make us feel more vibrant. It's our job to follow the clues and design a life that is filled with these key elements. I have noticed that when I fill my life with whatever makes me feel more alive, my energy is vibrant. And in turn, I am sending a very high vibe signal out into the world. A signal that encourages others to stop and identify what makes them feel alive. Therefore, any concern about being selfish or irresponsible is quickly replaced with the reminder that when I am more alive, others have permission be more alive.

I challenge you to sit down and make a list of what makes you feel alive. Spend as much time as you need. Then start to follow the clues in your own life and find what lights you up. Ask yourself how many of the things that make you feel alive are part of your life? Are there things that you know make you feel alive and yet you never seem to find the time? What can you shift to make more room for more of what makes you feel alive? And what do you need to let go of because it simply does nothing to light you up?

Have some fun with this important process! And then watch the quality of your life change.

www.theresanutt.com

theresa@theresanutt.com

Minnesota — USA

CLOSETED
Creatives
COACHING

Become Vibrant. Imaginative. Unforgettable.

Transformational
Coaching

www.theresanutt.com

The advertisement features a woman, Theresa Nutt, standing in front of a waterfall. She is wearing a dark, sleeveless top with a large floral pattern and a dark skirt. She has her arms outstretched and is smiling. The background is a bright, natural setting with a waterfall.



Sibella Circle Member & Visionary Leader

LIVING AND LEADING A HEART INTUITIVE LIFE

Heart Broadcasting

By Lisa A. Clayton

The spring season in the northern hemisphere always brings forth an exciting birthing energy with new possibilities. As this energy invites growth and expansion, it is the perfect time to self-reflect by clearing, cleaning and de-cluttering your emotional, mental, physical and spiritual domains of being. Each domain holds energy and resiliency that directly affect one another. It's important to take time and explore what needs to be released so new space is created for the birthing energy to enter. From this space of embodying absolute honor for your emotional, mental, physical and spiritual domains of your physiology, an awakening awareness activates a coherent and high frequency signal of the heart.

It is also a perfect time to birth a new reality through our daily acts and practices of divine love, unconditional forgiveness, active compassion, genius creativity and intuitive leadership. By honoring, committing and modeling these actions, positive feelings flow energetically from our hearts.

Your heart has an electric charge creating an electromagnetic field. The heart's electromagnetic field can be measured from 6-8 feet outside the body through scientific instrumentation. This field is similar to broadcast waves coming from a radio station. Radio channels can transmit a clear, crisp signal for our listening pleasure or a static, dead-air experience causing us to turn the dial seeking a new station.

Have you ever walked into a room full of people and knew immediately the feelings that were being broadcast? Sometimes you can feel the stress and anxiety levels even though no one has spoken. This same phenomenon happens when you walk into a party or celebration as feelings of happiness and joy can be experienced before engaging with others. Feelings are broadcast through the heart's electromagnetic field helping us sense and assess situations.

An important aspect of living and leading a heart intuitive life is learning how to raise your heart frequency. Love, forgiveness, compassion, kindness, courage, empathy, appreciation and joy are just a few examples of positive feelings that can raise your heart frequency with coherence. Coherent, frequency waves travel through your heart's electromagnetic field broadcasting these positive feelings. Others can sense and feel this positive energy. When we are angry, upset, frustrated, resentful, jealous or judging, these feelings are also broadcast through the heart's electromagnetic field in which others can sense and possibly react negatively.

What will you choose to broadcast daily to your friends, family, co-workers, community and the world? When negative emotions arise, take a few moments to focus upon your heart and breathe in appreciation for yourself and the wonderful aspects of your life. This creates a choice opportunity to shift your feelings. When a negative feeling arises in me, I acknowledge and honor it; then ask my heart to "cancel, clear and delete." I can shift to positive feelings with calm and ease. Once you develop this simple practice daily, your heart broadcasts a beautiful, coherent wave for others to receive. What wonderful gifts to give the world each day with your heart broadcasting positive feelings!

www.lisaclayton.com

Lisa@sourcepotential.com

California — USA



SOURCE POTENTIAL

Lisa A Clayton

Founder and President

Connect. Learn. Expand.

Angel Intuitive, Celebrant, HeartMath®
Coach and Trainer, Leadership Mentor, Author,
Keynote Speaker, Personality Master Teacher

Providing services for individuals at:

www.Lisaclayton.com



Sibella Circle Member & Visionary Leader

ON THE PATH TO FREEDOM

Using Nature as Our Muse

By Sue Zbornik

A few years ago I was lucky enough to travel with my documentary filmmaker friend, Maryella Hatfield, as she filmed a workshop on biomimicry. Biomimicry promotes the transfer of ideas inspired by nature to the design of our world, for a more sustainable, healthier planet. Maryella and I met up with Janine Benyus, a leader in this field of bio-inspired innovation, along with her training team, deep in the throbbing jungle heart of the Peruvian Amazon at the Tambopata Research Station. There we observed 24 designers from five continents using the Amazon rainforest to inspire solutions to their real design problems. The group included textile manufacturers from South Africa, architects from Syria and Boeing engineers from Seattle, amongst others. With no electricity, mobile phones, or wireless connections they used Nature as a muse and model.

One of the many unexpected delights of that journey to Peru was the food. We were fed mouthwateringly delicious foods with natural packaging. Never did we have to throw away any containers, plastic or paper. Grown locally, organically, and cooked fresh daily, it was full of life and nourishment.

We travelled by bus and boat for two days coming and two days going. We stayed for a week at the remote research station. For lunch one day on the boat, beautiful green parcels the size of a sandwich were passed out. Inside were slices of potato-filled omelet sandwiched with cheese and tomato. The omelet sandwich was wrapped in bijao leaves, large green pliable leaves much like a banana leaf. The green square was then tied up with a bit of dried vine, a beautiful gift of food with no waste. On the bus we were presented with a snack: A freshly picked orange and two perfectly roasted Brazil nuts in a locally made, re-usable covered basket. This description does little to evoke the experience of eating this vibrant, soul-satisfying food. At the research station homemade meals made from locally grown food was set out three times a day, fruit and freshly baked sweets for morning and afternoon snacks and a cup of tea before bed. Simple food cooked beautifully.

Back in Sydney, I began thinking about how to move towards more sustainable, conscious eating. I began buying organic food whenever possible and always looked for foods with minimal packaging. I started asking myself how the food was going to impact my body and the planet. There weren't any rigid guidelines around these choices. They were naturally inspired based on my experience.

What is your current experience of your appetite, eating behaviors, food and weight? If you have dilemmas in these areas, how might Nature solve them? How might Nature help you innovate and design a new way of being? I am inspired whenever my clients truly let go of their food and weight rules and begin to connect with their natural appetites. Just as my experience in the jungle was joyful, so is their experience in trying new foods and listening to their bodies.

www.findyourhappetite.com
sue@findyourhappetite.com
New South Wales — AUSTRALIA



Find Your Happetite



Sue Zbornik

- Eating Behaviours and Intuitive Eating Specialist
- Health At Every Size (HAES) Advocate
- Author and Facilitator

Helping women consciously solve their dieting dilemmas

www.findyourhappetite.com

SPEAK YOUR TRUTH – SHARE YOUR JOURNEY – BE A PART OF WORLD HEALING

The road toward manifesting your healing, validating yourself and finding your own personal truth is what DOING THE WORK is all about! — Sibyl English, Founder of Sibyl Magazine: For the Spirit and Soul of Woman





Sibella Circle Member & Visionary Leader

WHEN CHANGE KNOCKS

When Things Go Wrong -- It Can Make Things Right

By Patricia M. Kelley

When we look at the events happening around the world, and especially in the USA, we can easily fall into anger and terror. I'm guilty of it. However, I know it doesn't serve me, or the world I'd love to see. I vision a world of love, peace, harmony, environmental health and protection and so much more.

I believe we are in a state of being that I call Breakdown to Breakthrough. Things had to become so terrifying on many levels, that it inspired people and organizations globally into positive actions that will inevitably change things in wonderful, positive ways. As much as that seems like miracle thinking. It is. It's the kind of heartfelt thinking that does change things.

This same breakthrough energy is calling us as individuals to look at the changes that are calling to us in our personal lives. The title to this article came to me in a journaling session. I realized very quickly it was so applicable to both our lives and our world. It's the butterfly within us that calls us out of our caterpillar stage. And in order for that to happen, the caterpillar has to turn into mush, thereby allowing the new, and very powerful imaginal cells to recreate it into a beautiful butterfly. Talk about a miracle!

Often times the roadblocks and train wrecks in our lives are simply to redirect us into the life we were born to live. When change is called for, whether it be from a Soul directed need, or an inspired, or corrected choice that keeps you safe, it's a new beginning. Whether it gets you a better job, connects you with a new friendship or a myriad of other things.

When I look back on my life, it's a very common experience for me. Thankfully, with so many course corrections and mini-saves, I almost always see the bigger picture quickly now. Or at least, I can get into a state of knowing that what looks less than desirable now, is to help me in some way by creating or forcing a change in my life. So, in order to lessen the "pain" I step into the energy of allowing, and affirm my cooperation with my Higher, all-knowing Self.

This isn't to minimize the huge, often times incredibly painful life experiences at all. I, like most everyone has had crushing life events. It's hindsight that usually allows the whole picture to be seen and the growth or positive outcomes realized.

In this time of great change, if we can hold a vision for our own vibrant health, happiness and all good abundance—I believe this energy will get us through these Times of Chaos, and contribute to the healing of our World. I'm personally focusing on the energy of positive, loving and healing change for our extended global family and Mother Earth. Will you join me?

www.Thechangeteacher.com

spiritquakemedia@gmail.com

Washington — USA



Patricia M Kelley

Inspire ~ Ignite ~ Impact

*Speaker, Consultant,
Coach & Change Catalyst*

www.thechangeteacher.com





Sibella Circle Member & Visionary Leader

CREATING YOUR LIFE

Receiving Without Obligation

By Corinna Stoeffl

How is it for you if someone gives you something, something small in value? What thoughts are crossing your mind? Do you feel you have to give something in return? Are you now obligated to that person? How is it if the value is larger? These thoughts are part of, what I call the 'give and take' program. We all have experienced it. We all had to deal with the attached expectations.

Let's go back. Again, you are given something. Can you receive it without having a sense of obligation? Can you receive it with just gratitude? You are aware that there is no attached agenda, no expectation. Can you receive that? It's called 'gifting and receiving'.

Let's change the scenario a bit. Someone is angry with you, is judging you. Can you receive this without a felt need to defend yourself, without getting angry or judgmental yourself? Can you receive this while being keenly aware of where the other person is coming from; that it has nothing to do with you, and everything with the other? There are people who teach not to take anything personally since everything said comes from the perspective in which the other sees the world around them. They see you through their lens, not you as you are. Only someone who is without judgment can see you for you. I usually feel naked in that case, and appreciate it.

How do you receive yourself? Can you be really honest with yourself, not judge yourself? We learn from early on that we have to judge ourselves or be judged by others, so we can improve ourselves. First of all who decides how I am supposed to be. How much judgment does that involve and does that version of me have anything to do with who I am? Judging ourselves never allows us to be as great as we actually are. As a result, we consistently play small. Everything else that has to do with us has to stay small too. That means we can't have a really great relationship, a really great job, make / have a lot of money without feeling guilty. It takes the joy out of living.

I wonder, how different our lives might be if we were truly receiving; receiving the contributions of others, of pets, of the earth? How much joy and laughter could there be? How much ease would we have in our lives, how much money that we could use to change realities for others? Would you be willing to learn how to receive to have a life that becomes greater and greater?

We think that we can receive. In my own life, I found out that this is not so. We learn to put up our walls to protect ourselves from being hurt by others. Only, these walls work; they do not let anything in nor anything out. Think about that for a moment.

www.beinginawareness.com
corinna@beinginawareness.com
New Mexico — USA

<h2>Being in Awareness</h2>	
<p>Corinna Stoeffl, Owner and Coach</p> <p>'Out of the Box' LIFE COACHING</p> <p>Being in Awareness gives people the means to change their views of how life works, so they can have the freedom, joy and success they desire.</p>	
<p>beinginawareness.com</p>	



*Wisdom comes only when She is wanted and welcomed.
Desire Wisdom. Understand, She is always there; waiting for each of us with all the bounty of the Universe in Her arms. But it is only when we surrender to her divine knowingness does She yield Her resources. Ask Her for assistance daily.*

~ Sibyl English,





Sibella Circle Member & Visionary Leader

WHISPERS FROM THE SAND

Free Flowing

By Sue P. Singleton

You cannot receive anything unless it comes through your essence. Essence is our spirit, our soul, our heart. Essence is the very core of who we are. It is an energetic connection to life force energy. It is through our essence that we connect to God and it is through our essence that we look inside of ourselves for what we wish to give to the world. Essence is free flowing. It is the alignment between your heart and soul. Some refer to this as God consciousness and others refer to this as the connection with your higher self.

Your essence wants nothing more than to be free energy so its light can shine within you and reflect in your outer world. Limiting beliefs, negative strongholds and mind chatter restricts your essence. If essence is energy what happens when the negative strongholds, limiting beliefs and mind chatter becomes our predominant energetic vibration? Energy blocks are created.

For example, whenever our ego is challenged an energy block is created. Most of us can recognize the feeling when we say that we feel stuck. Feeling stuck is a reduction of the life force energy that flows within us. That means that feeling stuck is an energy block. An energy block cuts off the communication between the heart and soul which disconnects us from our essence and creates the misalignment between our heart, soul and God. This puts us on a roadway that is pointed in the opposite direction of empowered living.

The ego vibrates energetically through the feelings of restriction and fear. These are low energetic vibrational frequencies. Your ego tries to convenience you that struggle is the only way and that you will only be happy when the new car, the new house, the new job, the new soulmate or whatever the thing is that must first show up in your life in order for you to achieve happiness. Ego delights in taking you down the energetic road to nowhere or down the wrong path creating energetic road blocks and disconnecting you from your true essence. The ego will tell you there is no other road to take.

My mentor once told me that there is nothing in this world that can force you to step out of your essence. At first I didn't understand what she meant but she went on to explain that in every moment of every day we choose how we are feeling. The emotions or feelings that we choose throughout the day will either keep us connected to or disconnected from our true essence.

If you desire for your essence to be free flowing you must first understand, accept and embrace your light. Remember, your inner light is the reflection of your essence. Recognizing and acknowledging the magnificent of your inner essence will put you on the roadway to empowered living and that my friend is definitely the right direction.

www.atlanticcorecoaching.com

sue@atlanticcorecoaching.com

North Carolina — USA



Atlantic Core Coaching

**Empowerment Coaching
for Empowered Living**

Sue P. Singleton

Empowerment Coach/Reiki Master Teacher

Empowerment coaching that moves you from striving to thriving and into creating an empowered life that allows you to stand in your power, confidence and brilliance.

AtlanticCoreCoaching.com



*There was a vision given unto you from the beginning ...
It is up to each of us to wake up and remember everything that
was written within our hearts for the end of our run —
and then do that which we know to do ... STARTING TODAY!*

~ Sibyl English, Founder of Sibyl Magazine



DISCOVER YOUR AUTHENTIC SELF

Creating a Story

By Alma Lightbody

Have you ever worried about an issue or person then created a story in your mind about a 'what if' scenario and for you it becomes real? Throughout life, opinions and agendas of others influence us, but sometimes we can be our own worst enemy. Some of the reality we live in can be a story we create in our mind that doesn't even happen.

You might begin to think about something that is bothering you, and you find yourself creating a scenario of what you imagine someone might do or say? Even though it is all in your mind, you are upset with the person or issue: you are convinced it is real. An example may be a relationship where you create a story in our mind of how you want someone to act and feel. When they don't live up to your expectations, you think they have failed you - even though they have no idea what the expectation is. All of a sudden they get blind sided with accusations and don't know where it came from. We can create our own heartbreaks through expectations.

This kind of internal dialogue happens all the time and we wonder why communication is so difficult. When we find ourselves going down this road, getting upset and distressed, its important to understand this is one-sided information. Such habits of creating unreal situations smother you and hold you hostage to a poor outcome. It is better to 'step out of the story' rather than create one that is not real.

The 'Dalai Lama' tells us we cannot judge others because we never have all the facts. We need to change our perception and look at things differently. If it doesn't feel good: re-focus, let go of the issue, person, place or thing and stay in the moment, open to possibilities. When we create stories that are not real, they suck the life out of us. Mind stories can be so powerful and convincing that they become internalized as if they really happened; the resulting stress is the same.

Take responsibility, become an 'observer' and look at the process from outside of the personal. Practice stillness and let your heart and intuitive senses inform you. Refuse to let the created story control you. Talk to the characters - to those you are doubting. Listen to their side of the story then with gratitude let go and let God help you. Be free of the burden you have created .

I haven't related to a specific story of my own in this article but am aware of when it happens to me and know it is common for everyone. My purpose here is to bring awareness to an unhealthy habit that puts us in 'story' mode and brings us stress.

The Shamans tell us to shape shift, change our perspective and raise the vibrational frequencies. By letting go of the self-created drama that 'never happened' we are free. How Great is That???

www.VitalDifferences.ca

alightbody@shaw.ca

British Columbia — CANADA

Vital
Differences®
Consultants



Alma C. Lightbody

*Author, Consultant
& Therapist*

*Enriching the
Quality of Life*

- Hands on Energy Medicine
- Shamanic Practices
- PEMF: Pulsated Electromagnetic Field Therapy
- Private Sessions
- Workshops
- Remote Consultation

Website:
VitalDifferences.ca



Sibella Circle Member & Visionary Leader

YOUR REMARKABLE LIFE, YOUR WAY

What Else Are You Capable Of?

By Veronica Strachan

For a long time, I didn't believe I deserved my dreams. All those *other* people were so much more capable than me. The best I could do was to help them achieve their dreams. I believed that my skills and abilities fell well short of what I needed to lead a remarkable life myself, to make a powerful and compassionate impact on the world. And even though I was successful by many standards: great family job, position, responsibility, homes, and holidays, there was this sneaky voice in my head that said, "You know you don't really belong here." I waited for the ominous knock on my door that would be someone telling me my success had all been a mistake, it's meant for someone else and I had to leave, give it all back.

So many of us underestimate how capable we are, and how much more we are capable of if we opened the flood gates, and gave ourselves permission to dream. As part of my own quest for wholeness, my long journey back from grief to life, I began to frequently ask myself what would it take (WWIT) for me to achieve, receive and believe my dreams could be mine? And now WWIT is shorthand that triggers my brain to break the journey to the goal into small steps, and to get going.

Now I also understand the difference between goals and commitments much better. Achieving your goal, which can seem impossibly humungous and overwhelming, is rarely totally under your control, it involves other people's decisions and actions. But with your existing capabilities there will always be one or two things you can commit to doing towards that dream that are totally within your control. These commitments can get the momentum going—after that, anything can happen, and usually does.

I had dreamt of writing a book since I was little. Life, reality, and grief got in the way. It wasn't until decades later when I finally made a commitment to get up at 5:30 every morning and write at least 300 words (regardless of how good they were), that my dream began to come true. I gave myself permission to dream, to practice and to learn to be a better writer. Lots of early mornings and 116,000 words later, my book was written.

Being capable is being able to achieve (efficiently and effectively or kind of just getting there) regardless of what you want to do. And becoming more capable is about practising, lots of practising and experiencing. By taking action, you get experience, and every experience (no matter how it feels or how it ends up) gives you more information, more capability. Recognising you are capable is not about judging in terms of good or bad, right or wrong; rather, it's about evaluating and analysing so you have evidence to make a more informed decision next time.

What do you dream of doing? What have you accomplished already? What else are you are capable of?

www.veronicastrachan.com

veronica@veronicastrachan.com

Victoria — AUSTRALIA

VERONICA STRACHAN
Writer, Coach and Knowledge Broker, Transformational Life, Leadership & Business Coaching for Women in Transition

"Live Consciously, Work Creatively, Lead Confidently"

Turn off the autopilot and step off the treadmill.
Take control, refocus and rediscover how to feel,
heal and reconnect to your remarkable life.
Now is the time for you to be seen,
to be heard and to inspire change.

www.veronicastrachan.com

*The attraction of **our** Light connected with the essence of **your** Light! And so it is ...*



Sibella Circle Member & Visionary Leader

LIVE YOUR BEST LIFE NOW!

The Power of Imagination

By Kathy Eckhardt

The word "Imagination" can mean different things to different people.

I am using "imagination" to refer to any kind of mental imagery or visualization; picturing something in your head, like how you looked on your wedding day. When we visualize something that hasn't happened yet it becomes mental rehearsal.

Albert Einstein told us that "Imagination is everything. It is the preview of life's coming attractions."

For example, a speaker before taking the stage might picture herself giving the perfect speech for that particular group. A salesman may visualize the conversation with the prospective client before picking up the phone to make the call. A baseball player will see himself smacking the ball far into the outfield.

Scientists tell us that the mind cannot distinguish between what is real and what is not; it simply accepts what you tell it, especially if you tell it over and over again. In one study, volunteers were asked to play a simple sequence of piano notes every day for five consecutive days. Their brains were scanned each day in the region connected to the finger muscles. Another set of volunteers were asked to just imagine playing the notes, and also had their brains scanned each day. Result: the changes in the brain in those who *imaged* playing piano were the same as in those who actually played piano.

What does all this mean in real life? It means that as far as your brain is concerned, what you imagine to be happening is actually happening.

One of my favorite stories of mental imagery producing physical results concerns Commander Jeremiah Denton, Jr who had been a prisoner of war in Vietnam for over 7 years, four of which were spent in solitary confinement. After his release, and before going on to become a United States Senator, Denton did speaking tours in which he explained how in order to pass the time in solitary confinement he would play golf in his mind. All 18 holes. Over and over. Day after day. He used all of his senses. He imagined the smell of the fresh cut grass on the course, he felt the sun shining on his face, he heard the birds tweeting, he saw the trees and the green course ahead of him, he chose the perfect club for the hole he was about to play and felt the club in his hands.

When he was finally able to play an actual game, having not even been on a golf course for 8 years, his scores were substantially better than his best scores before he left for Vietnam years earlier.

So what would you like to imagine into being? Becoming a Best-Selling Author? A sought after professional speaker? A championship chess player? Excelling in your chosen career field?

In your imagination, you can be anything you want to be, do anything you want to do, realize any dream that you want to achieve. **The me you see is the me you will be!**

www.biggestboldestdream.com
kathy@biggestboldestdream.com
VIRGINIA — USA

***"I work with Dreamers ...
Who are committed to being Do-ers."***

~ Kathy Eckhardt
The Dream BIG Success Coach

Grab your free
7 STEP QUICK START GUIDE
To Living **YOUR Biggest, Boldest Dream NOW!**

biggestboldestdream.com





Sibella Circle Member & Visionary Leader

SOUL-LIFE™ PERSPECTIVE FOR EVERYDAY PEOPLE

An Intuitive Approach for Working Women

By Toni Reilly

When we operate at our optimal capacity at a personal level, we are empowered beings who ripple positive energy through the workplace. This instantly increases our own performance and the performance of the people around us.

Colleagues become a collective mentor when encouraged to get to know their individual traits; the parts of the psyche that do not change. Awareness of them creates tolerance of differences and diffuses unrealistic expectations. Strengths and challenges are revealed, available to enhance productivity by creating an effective cohesive environment.

Anxiety is the physical side effect of innate traits being dishonoured. Learned aspects of people can be altered, though usually are best accepted and used to advantage or assigned to someone more suited. Resistance to personal aspects, sometimes deemed as flaws [when they are not] creates internal emotional conflict. This results in lowered self-esteem, withdrawal, moody and erratic responses, all of which are disruptive to production. By working with our personal mainframe, not against, it becomes natural to operate at peak capacity.

Self Management leads to great leaders. By understanding personal inner workings reactions alter dramatically, instilling a calmer approach. When emotional bruises are revealed to the carrier it becomes clearly evident how they affect other people with their previously unrealised behaviour. Bruises exist in everyone. They can be summarised as: shame, abandonment, betrayal, rejection and fairness. Each bruise subconsciously develops energetic armour to cover up perceived shortcomings.

Shame produces martyr types. To deflect from feeling humiliated they laugh at themselves before others can. This person can become overworked to their detriment, resulting in feeling taken advantage of. They are warm and personable. Abandonment is evident as co-dependence. This person feels assured and secure knowing they are supported, giving back as much as they take emotionally. They may create drama to bring attention to themselves, however are loyal and nurturing.

Betrayal people are controllers. They unconsciously control others and situations to avoid the possibility of feeling betrayed. These people are driven and protective. Rejection is the bruise of people pleasers. Those who do everything to avoid making waves resist putting themselves in any situation where they may be judged. This type of personality is best in a creative or autonomous role where they can escape into their own world to produce exceptional work.

Fairness people become their own worst enemy in the name of justice. They insist on equality, which can put others offside by forcing a system constructed by their version of what is fair. These people are amazing organisers and planners. Awareness of our bruises forms tolerance for self and others. An intuitive leader recognises the associated behaviour and works with the energies of each individual, using language and actions to create a cohesive environment.

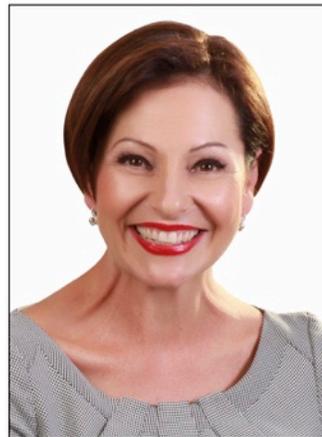
To harness this powerful built-in GPS, individuals must become familiar with their sixth sense. It is well worth the effort given intuition is always programmed for the greatest good. Imagine decision-making without stress and life becoming smoother overall.

www.tonireilly.com.au

toni@tonireilly.com.au

Victoria — AUSTRALIA

Toni Reilly Institute



Toni Reilly, Founder



Toni Reilly is an author, speaker, seminar leader and internationally recognised Regression Facilitator. She is the creator of SoulLife™ Programs, Seminars and Training, guiding thousands of clients worldwide with her unique intuitive approach to personal transformation.

SoulLife™ philosophy, techniques and tools are for people who want to enhance their intuition and overcome emotional bruises to feel content while living with purpose, confidence, love and healthy relationships.

www.tonireillyinstitute.com | www.tonireilly.com.au



Sibella Circle Member & Visionary Leader

NAVIGATING YOUR JOURNEY

No Limitations

By Debra Ross

I'm continually faced with the challenge of reaching the individuals with illness... disease... and injuries. These communities are often not easily entered into. They tend to have walls... and all kinds of shields of protection up... always being on guard. While I understand where this is coming from... it is rather sad that it is often this way.

Individuals need to stop placing blame on the fate and circumstances that have found them. Stop looking for that "cure" because they won't find it. One must turn inward to heal. Nothing outside you will heal you... yes, it may help you along your journey... but ultimately you're going to have to dig deep into yourself for the true healing that you are searching for.

Is it possible to heal from anything... illness... disease... or injuries? You betcha! Anything and everything is possible. And any doctor... or for that matter anyone who tells you differently doesn't know what I know. I know you are probably thinking... who is this person... and who does she think she is... right? Well, let me tell you who I'm not. I'm not a doctor with fancy degrees... but I am someone who has lived through and healed from MS. And let me tell you... I did not get any help from any of my doctors on my healing journey.

Don't get me wrong... there's a time and place for doctors and their services... but I find that they can be very negative and damaging to a newly diagnosed individual. People trust their doctor and think that if the doctor said it that it must be true. This initial information the individual is receiving upon diagnosis is forming mindsets and ultimately can be shaping the future outcome of this individual. When in reality... nothing is impossible... but they have already put limits on what is possible based on what the doctor said.

Have you ever heard the story of two twins that were given up for adoption at birth... well only the child that was born with a "disability"? The parents kept the "healthy" twin and put the other up for adoption. Anyway, the "healthy" twin grew up to be an Olympic athlete. The twin with the "disability" grew up in a loving home with only one rule... she couldn't ever say can't. And you know what... she beat all the odds and she was as good as her sister that was an Olympic athlete.

The point of that story was that the twin with the "disability" did not put limits on what was possible for her. Our bodies will do what we tell them to do... whether in thought or out loud.

Whether you realize that you're limiting yourself or not... if you've got any form of health issues the limitation is there. Let me help you remove it... and live a disease free life. This is not a pipe dream... it is my reality every day.

www.bodydesigns.org
debra@bodydesigns.org
Colorado — USA



"The Breathing Lady" Debra Ross
Intuitive Healing & Wellness Coaching

Body Designs Healing Centers

Debra Ross,
Healer and Wellness Coach

"Just Breathe ..."

Healing and Wellness Coaching
www.bodydesigns.org



Today you may [click here](#) to purchase a fabulous **Lifetime Subscription — Now for ONLY \$54. WOW!**

*Regularly, a one year subscription is \$102 (\$8.50 X 12)



Sibella Circle Member & Visionary Leader

INTUITIVELY WALKING THE MYSTIC SHAMAN PATHWAY

When the Jaguar Woman Touched Me

By Lynn Solang Smith

On shamanic pathway, I've had numerous teachers appearing in various guises, instructing me all manner of things about non-ordinary reality: that which exists parallel to the everyday world, where other beings and realities exist. Some of these teachers appeared in visions and dreams when I was a very young child, others were physical beings including animals, people and trees who popped up here and there as I grew older.

Throughout my life, I've learnt that I must be true to my spirit. I observe, feel and sense using my intuition and work with what resonates. I do my best to only work with what serves the greater good, with harm to none.

I believe that each of us has our own path to travel: our own form of daily spiritual practice that is uniquely ours, even though we may receive teachings from others. I discovered that living a spiritual path is personally more fulfilling, connecting me with creation and all BEings without the need for an intermediary between me and Creator. As a wise elder once said '8 billion plus people on this planet, and so that many paths to the Divine'.

Jaguar Woman touched my heart and soul, forever changing me when I was in my 40's. I'd just spent a focused, intense year and a day doing deep inner and outer work with the Medicine Wheel's sacred directions, seasons, beings and elements. I was actively learning everything I could to deepen and expand my consciousness, and living my life with a greater appreciation for, and more expanded awareness of, what was going on all around me.

She came to me after I'd experienced a huge vision which rocked me, leaving me in tears and wondering what next? Friends who witnessed my experience bundled me into a car and took me to a place on the mountain where we were, so I could connect with Above and Below. I found this huge tree and she guided me to stand with her. As I placed my hands upon her trunk, I felt myself ground and my energy settled. I breathed with the tree.

Then this energy BEing came to me. She said 'you are a Jaguar Woman. If you accept this calling, then know that you will experience light and heavy, joy and sadness. For every heaviness we will gift you the greatest love and light to heal and counter-balance it - this is the way of creation.' I felt within and knew this to be my path. I'd never heard of Jaguar Woman before, yet I KNEW Her in my heart and soul. I accepted and my journey with Her continues to this day as She guides my Intuitive Shamanic healing and teaching practices.

I encourage everyone to explore and develop your own unique ways & abilities of accessing Spirit or Goddess or God, and the BEings of the other realms. Look within, and also around you, for teachers of the Heart who enrich our lives and our planet.

May your path be blessed —

www.rainbowlabyrinth.com
lynnasmith2002@hotmail.com
Queensland — AUSTRALIA



Rainbow Labyrinth
"Living, Learning, Loving, Laughing & WELL-BEing"

Lynn Solang Smith, Director

- Intuitive Shaman • Psychic • Artist
- Shamanic Psychotherapist • Drummaker
- Animal Communicator • Earth Whisperer

www.rainbowlabyrinth.com



Sibella Circle Member & Visionary Leader

LISTENING TO SELF

Honoring the Mother In Me

By Colleen Mae Minary

Over the years I had formed somewhat of a connection with my mother. I was at the age of forty and my son was Graduating with Honors. When I mentioned how proud I was of my son, my mother wanted to join us for his graduation ceremony. I was thrilled that she wanted to share one of the most important moments in my son's life. My children had met my mother in person once when they were very young. We were all happy and excited for the visit.

My daughter wanted to look her best for her brother's big day and wanted me to spiral perm her hair. The day before grad I had the curlers in and the perm solution done. I had given myself enough time to get my partner to work and back to the house to take the curlers out and finish the perming process. I let my mother know that I would be back in time to finish her hair, not to worry about anything and left.

I hurried home. First thing I see is my daughter in tears and her hair fuzzy and five times bigger than it should be. My mother had taken the rollers out and combed her hair. I had specifically asked her not to do anything to her hair as I was going to be right back. I looked at my mother and she looked at me turned and walked down to her room.

The day of my son's graduation I was up at seven and surprised to find my mother was not anywhere to be found. There was no note. I had no idea where she had gone. I was very upset it was going to be a big day and now I was worried if she was okay. I waited for a phone call all day, and as the hours passed I became more and more worried. I was not going to miss my son's graduation. As we were leaving for the ceremony she appeared with a smug look on her face as if she had done nothing wrong. I could not believe her actions.

During the ceremony it kept going through my mind how disrespectful my mother had been. I had thought that this night would bring us closer, but in fact it grew us further apart. I realized that this woman was not what I needed in a mother and something told me she was not a friend. I saw the real her, not a conversation over the phone, but real life. I did not like it. I had become the mother I had longed for. I knew from this time forward I could let go and become the true me. A mother, a friend to myself, and my children. The good the bad and anything in between. I would honor the mother in me always.

www.thecrystalladycreations.com

Colleenmaemin61@hotmail.com

British Columbia — CANADA



The Crystal Lady Creations

Colleen Mae

Creative Designer, Energetic Healing

"Healing The Heart With Crystals & Art"

*Crystal Healing Jewelry, Unique Crystal Gifts,
Handcrafted Metaphysical Tools, Oracle Card Readings*

www.thecrystalladycreations.com

MEMBERS ONLY

SUBSCRIBERS ONLY



Announcing our 2017 NEW YEARS ...
"Be Good To Myself"
 PERSONAL ONLINE SHOPPING SPREE
 Visit Your Personal Alternative
Health & Wholeness
 ONLINE SHOPPING STORE
www.SibylMagazine.com



SPECIAL DISCOUNTS
 SHOP ONLINE

SPIRIT | SOUL | MIND | BODY



Sibella Circle Member & Visionary Leader

FINDING FLOW

How Our Movement Supports Us Getting the Flow

By Mandy Agnew

There is a flow to all life, a striving for growth and an invitation to surrender into deep peace.

Imagine you're flowing down the river of life and suddenly you get caught in a branch that spins you around and you're no longer in the flow. There are many branches that may capture you on this river, each one with a different characteristics, this one represents how you MOVE your physical body.

Lack of movement creates a stagnant body system, effecting your health, energy levels and emotional state.

Often our main focus of movement is as exercise to burn fat, build muscles, improve cardiovascular health, move lymph and detox the body. These are all great steps towards health, inner peace and finding your flow, but this is only the beginning. Movement can also connect you to your emotions, energetic nature and spiritual self, through this re-connection amazing healings takes place. This is when movement becomes therapeutic eg. Dance Movement Therapy (DMT).

One DMT experience that had a dramatic affect on me was while dancing with my daughter who was 3 at the time. We were participants in a parent and child class. In this session the aim was to provide an environment for creative expression and connection. The teacher had laid out Mexican style hats around the room and we were invited to skip around the hats to Spanish music. It became a dance of leading and following. The music became gentler and we were asked to stop momentarily, make shapes with our body, and then move again.

The shapes we made could be anything; arms open wide, scrunching into a ball, lay flat out on the ground. Then we added making shapes with each other; me down on all fours (hands and knees) and my daughter flopped over my back, my daughter doing a handstand against the wall and me wiggling in under her. It was a magical time of co-creativity, my heart suddenly exploded with pure joy and love in the moment. It was incredibly healing for me, like some aspect of my closed heart had broken open and I allowed deep love to penetrate into me. This was followed by deep peace and acceptance of all that was and all that had been. I had "let go" and was in the flow.

Movement is an unsung hero when it comes to personal development and healing. We can discover so much about ourselves, release energy blockages and move towards a peace filled state and return to the flow. Hugs and shaking hands are movements, laughing and smiling are movement too. These can be done everyday if you allow them to be a part of your life. You have your own way to move, I dare you, get up right now and move a little even if it's just to shake your body before you read the next article.

The flow of life is always there. Allowing it to move unrestricted through your life is the challenge and the journey.

www.corewisdom.com.au
mandy@corewisdom.com.au
Victoria — AUSTRALIA



Mandy Agnew
Alchemist of Inner Peace



Core Wisdom

Are you ready to release depression, anxiety and pain, find clarity and direction? Break away from past wounds and unhelpful patterns? Get in touch with who you really are? Find Inner Peace holistically by combining ancient healing wisdom with modern science. Can't make it to Melbourne, let's Skype.

www.corewisdom.com.au

Today I'm going to consciously choose to add to the depth of my understanding by viewing things and people without names, shape or form. Lord, teach me Spirit and Spirit alone. ~ Sibyl English



Sibella Circle Member & Visionary Leader

FULFILL YOUR LIFE'S PURPOSE

What Is Your Passion

By Conny Jasper

I am a writer. It is something I do well, because I do it every day and put a lot of effort into it.

Writing is one of my passions. Everyone has certain things they are passionate about. The things you are passionate about are the things you enjoy, the things you are drawn to. They are what you want to do rather than just what you have to do. If you know what you are passionate about, you are lucky, because many people do not. They go through the daily grind just getting through the basic tasks of life.

There are also those who know what they would like to do, but they hold themselves back for some reason. They think, "I am not very good at this. Other people do it better," "I do not have time right now. I will do it when I have time," or "I cannot afford to do this. I have to wait until I have enough money." And so on...

I used to have thoughts like that and give myself all kinds of reasons for not doing certain things. I made excuses. I stood in my own way. And the years kept moving on. But then I awoke to the sound of the ticking clock and recognized that time is limited. "What am I waiting for?" I asked myself. "Get going and do it now! Whatever it takes, I will find a way." And I did and I still do. In a sensible way, of course.

It is fine to dream big, but make sure you have a plan. Do not just jump in with both feet. Test the water. Take one step at a time. Chart your course. Following your passion is about pursuing a goal, not getting into something over your head. Somewhere between making big plans and not planning at all is a place of balance. Yes, follow your bliss, but take the time to understand all that it involves. Remember, the greater the dream, the more work it requires to achieve it.

Sometimes people say to me, "I know this sounds crazy, but..." It does not sound crazy to me at all. However, it does sound like it is going to require some effort. Knowing what you are passionate about is just the beginning. It is only the ticket to your grand adventure. But there is no pilot or chauffeur to take you on that journey. You are the driver behind the wheel.

So you can simply sit there and dream about the future, or you can find a way to fuel that dream. Do you know what you are passionate about? Do you dare to pursue it and bring it to life? The world is filled with opportunities to be discovered, explored, and developed.

www.connyjasper.wordpress.com

connyjasper@earthlink.net

New Jersey — USA

Conny Jasper
 PROFESSIONAL COACH
"Fulfill Your Life Purpose"
 Life Coaching
 & Business Coaching
connyjasper@earthlink.net
www.home.earthlink.net/~connyjasper/positivebusiness



Remembering who you are is essential to the Path you choose. Sit silently, still ... calmly inside the center of your soul. Listen to that still and distant voice whispering the prayers of ancient times and sacred spaces. Soon and very soon Love will enter — ushering in the dynamics of prismatic Light you've been yearning.

~ Sibyl English, Founder of Sibyl Magazine



Sibella Circle Member & Visionary Leader

WE ARE BUT HUMAN

We Are But Human -- A Woman in a Man's World

By Helen Ollerenshaw

Like at least three billion other women globally, I live in an unbalanced masculine framed world. This is not an easy thing to do, we are inundated daily with messages that deny our internal truth and intelligence and taught to ignore our inner compass to survive or succeed.

I am not saying that women cannot achieve what men can, they can and do, men can achieve what women achieve and it is not about stereotypes. There are 7 billion variations on this planet placing us all somewhere on the male - female continuum, there are powerful female warriors and powerful male nurturers, but..

There are differences between how men and woman see operate and respond to the world and while new science is showing us evidence of evolution, the foundations of who we are is rooted in millions of years of hunter/protector, gatherer/nurturer.

Evidenced research confirms there are differences between the genders in peripheral vision, hearing, night vision, spacial awareness, thickness of skin (literally), ability to focus and multitask, to block out all other noise or hear multiple events at once, to detect sweet, sour and bitter tastes. There are differences in where and how we store information in our brain and the size of our corpus callosum.

Other research confirms that women 'feel' the pain and anguish and illness of their children and that their emotions are a stronger and more intuitive compass for operating in the world, while men have a stronger 'logic' and what is perceived as 'factual' compass for operating in the world.

The genetic differences make sense in the context of our evolution and together when combined creates balance in an ideal world, yet that is not how we live today. Our world is founded in chaos and fear. While this is not 'news' to most women it makes being a woman in a man's world very challenging. We are often expected to deny our connection at heart to our intelligence and to use competition and conflict, rather than co-operation as a way to create change.

When I look at the events in the world today it seems to me that the progress we have made over generations is being significantly challenged, once again, by people who do not or perhaps cannot understand that the power of the feminine heart and connection is not of control and slavery it is one of co-operation and freedom and if they were as brave as women have been over the generations then the world would be transformed, there would be enough for everyone. The truth is we no longer have the choice to stand by the sidelines, or continue fighting each other, we must step beyond fear, find our balance again to create a shift, to remember our connection and to literally protect our future. This change happens one heart connection at a time.

www.lifethereal.com.au
HelenO@lifethereal.com.au
Canberra — AUSTRALIA

LifEthereal Coaching
HeartConnection the Hidden Key

Helen Ollerenshaw
 Author, Facilitator & HeartConnection Coach

*Teaching the Forgotten Keys to
 Activate Heart's Purpose,
 Abundance and Joy in a Chaotic World*

www.lifethereal.com.au



Today I'm going to consciously choose to add to the depth of my understanding by viewing things and people without names, shape or form. Lord, teach me Spirit and Spirit alone. ~ Sibyl English

When a woman
takes time out to think
about where she's at,
what she wants and
where she's going ...
things begin to
CHANGE FOR
THE BETTER!

~ *Sibyl English*



**YOUR
FEEDBACK
IS VERY
IMPORTANT
TO US**

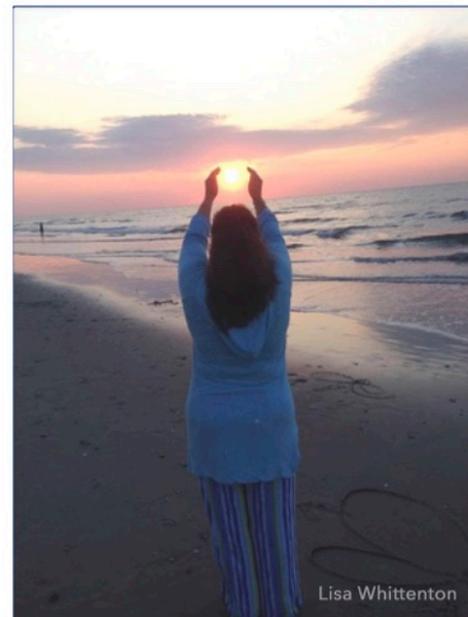


**TAKE A MOMENT
AND SEND A QUICK
EMAIL TO THE
SIBELLA
PUBLICATIONS
STAFF**

**TELL US ABOUT
YOUR READING
EXPERIENCE WITH
SIBYL MAGAZINE**

**DO YOU HAVE
ANY SUGGESTIONS
QUESTIONS OR
COMMENTS
TO SHARE WITH US**

[CLICK HERE](#)



MANIFESTATION
A Choice & Practice

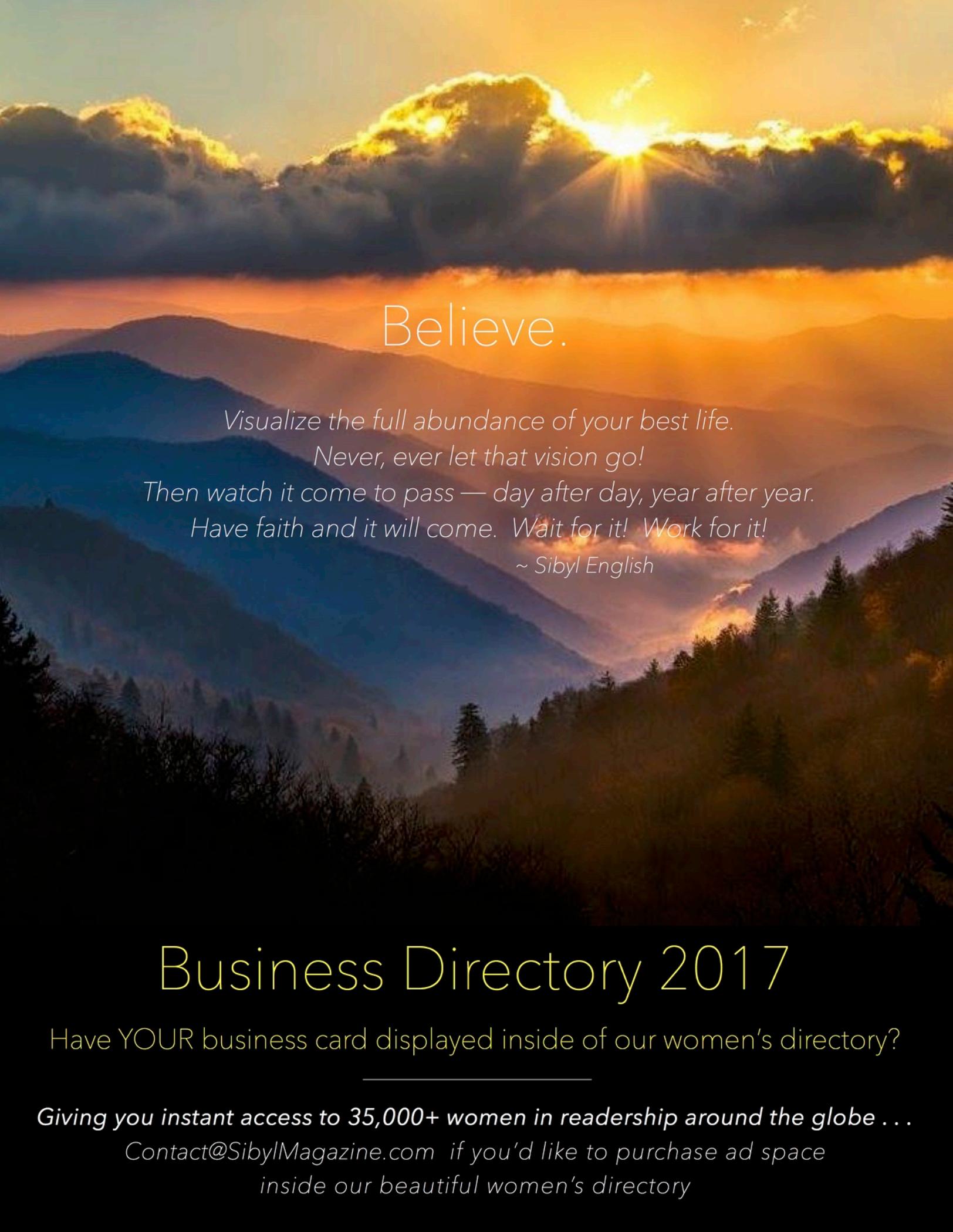
Life expands with
each new perspective
you choose to *realize*.

Today . . .
reach into the sky
and hold the sun
inside your hands.

It can be done ...

If only you would
choose to see it
that way.

— *Sibyl English*



Believe.

Visualize the full abundance of your best life.

Never, ever let that vision go!

Then watch it come to pass — day after day, year after year.

Have faith and it will come. Wait for it! Work for it!

~ Sibyl English

Business Directory 2017

Have YOUR business card displayed inside of our women's directory?

Giving you instant access to 35,000+ women in readership around the globe . . .

*Contact@SibylMagazine.com if you'd like to purchase ad space
inside our beautiful women's directory*

Christine Kay Wellness

Wellness practitioner and Coach

Encouraging Freedom and Independence for Women

I offer support, simple strategies and coaching to women who feel they've lost their identity.

Regain your power • Find your unique brilliance
Learn how to put yourself first without guilt
& become happier and more productive.

To start getting your life back . . .

I invite you to email me at:
christine@christinekaywellness.com
OR go to my website www.christinekaywellness.com
to set up a strategy call.



Blissfully Empowered

Jena Harris (*Coach Je*)

"The Transformation Igniter"

Transformation & Empowerment Teacher

Shift. Align. Transform.

"Coach Je" is inspired to ignite change for:

Increased Vibration | Higher Consciousness
Women's Empowerment | Relationships | Increased Joy

www.blissfullyempowered.com

blissfullyempowered@gmail.com



Healthy and Fit 4 Life

Penny C Bender

Board Certified Holistic Health Care Practitioner
Certified Integrative Nutrition Health Coach

Complete Integrative Nutrition

Providing Integrative Nutrition,
Health & Wellness Services, Specializing in Whole Body
Nutrition: Feeding the Body, Mind and Soul

penniheaven.wix.com/healthy-n-fit-4-life

penniheaven@live.com



Co-Creational Self-Healing

Barb Timmer, Founder

Supporting Spiritual Growth Through Intuitive Bodywork

Free E-Book, 'Quick and Easy Ways
to Reboot Your Energy When Your
Inner Peace is Out of Whack!'

Barb@Co-CreationalSelf-Healing.com

www.Co-CreationalSelf-Healing.com



Shakti Holistic Healing

Julie K. Halevan, Holistic Health Practitioner
CYT, RCR, Reiki Master

"Together, Creating Heaven on Earth"

As a Certified Yoga Teacher, Julie teaches a wide range of yoga classes and offers individual, customized yoga sessions. She is also a Registered Certified Reflexologist and Reiki Master. Sessions with clients increase vitality and frequency within their bodies and meridian systems, stimulating self-healing of physical and emotional pain and dissipation of energetic blocks.

juliekyoga@yahoo.com

shakti-holistic-healing.com



LIMITED TIME OFFER

AVAILABLE ADVERTISING SPACE

Send us an email requesting
you'd like to purchase this

BUSINESS CARD SIZE AD SPACE

for the remainder of the year

Advertising@SibylMagazine.com

**HURRY!!
ONLY A FEW
SPACES ARE LEFT**

Ask HELEN

Helen Whittle, RHN/CMI

Once you know ... you know!

Clairvoyant Readings, Medical Intuitive
Assessments, Distance Intuitive Healing,
Intuitive Eating Consulting

info@askhelen.ca

www.askhelen.ca



The Creative Flame

Patricia Ballentine

Artist, Author, Priestess

*Serving with a compassionate mind
and courageous heart*

Visit Patricia's sacred space online for more —

Artwork • Books • Workshops
Sacred Gatherings & Ceremonies

www.TheCreativeFlame.com

pkballentine@hotmail.com





SacredBalance

Michelle Neils, BSN, CHC
Certified Health Coach

Dynamic, Heart-Centered Coaching

Health and Wellness Coaching with a specialization in Savvy Sleep Solutions

coachmichelle2011@gmail.com
www.sacredbalance.us

Project YES! Life

Jennifer Maki

CVO, Chief Visionary Officer & Owner ~
Founder, The Phone Booth Project

Ignite * Fuel * Matter

Books, Webcasts, Workshops, Keynotes,
Mentorship Programs to empower people,
companies and communities to embrace the
Xtraordinary Game-Changer within and
Shift the World for WoW, one mission at a time.

www.jennifermaki.com
jennifer@jennifermaki.com



ASK ME House LLC

CHOOSING COURAGEOUS WELLBEING

Mary Elaine Kiener, RN, PhD

"Helping you come home to yourself"



me@askmehouse.com

www.askmehouse.com



Unique Insight

Readings with a twist

Showing you the window for today!

Personal & Professional Intuitive Counselling
Russian Gypsy Card Readings • Numerology
Mediumship • Corporate Events & Group Parties

Sandra Wagman, Intuitive Psychic Medium

www.SandraWagman.com
uniqueinsight@sandrawagman.com



Ruth Mroch

Author, Speaker, Mentor, Teacher

In Joy This Moment

Spreading Joy, Contentment, and
Mindful Living through Authoring, Speaking,
Spiritual Growth Programs, Udemy.com and
other Online Classes, Inspirational Emails,
Ebooks, and Guided Meditations

Contact Info:

info@InJoyThisMoment.com

www.InJoyThisMoment.com



Awakening Planet

Transforming Ourselves ... Transforming Our World

Lynn Ely, Web Designer, RN, CMT

Awakening Planet is a visionary website whose mission is to illuminate the momentous shifts currently occurring on the planet while supporting those who are courageously creating those shifts. It is dedicated to both personal and planetary awakening. Your earth friendly, life affirming services and products are most welcome to advertise in Awakening Planet.

We offer a 25% discount to all SIBYL readers

awakeningplanetnow@yahoo.com

www.awakeningplanet.com



eat holistic

nourish • nurture • naturally

Kirstin Nussgruber C.N.C. EMB
Certified Holistic Nutritional Consultant

Attention Cancer Fighters & Survivors!

Specializing in cancer-fighting nutrition and lifestyle modifications through personalized 1- on -1 coaching, public & corporate talks, cooking & tasting demos and online programs

Email: kirstin@eatholistic.com

Website: www.eatholistic.com



LIMITED TIME OFFER

AVAILABLE ADVERTISING SPACE

Send us an email requesting
you'd like to purchase this

BUSINESS CARD SIZE AD SPACE

for the remainder of the year

Advertising@SibylMagazine.com

**HURRY!!
ONLY A FEW
SPACES ARE LEFT**

Charlotte Carreira

WELLNESS COACHING

Charlotte Carreira, Wellness Advocate & Coach

Look & Feel Vibrant at ANY age—Your health is your greatest wealth!

Powerful perspectives, products and techniques specific to candida, digestive issues and women's health.
Wellness • Lifestyle • Nutrition Response Testing
Whole Food Supplements • Diet • DNA Belief Re-Patterning
Ear Candling • Personal Empowerment

FREE Initial CONSULTATION

www.Radiant-Wellness.com
Charlotte@Radiant-Wellness.com



NEW RAISE OF LIGHT

trust your heart to lead

Dawn Petalino

Transformational Coach for Women in Transition
Spiritual Business Model Mentor

Helping Women Entrepreneurs step into their Greatness and grow their business with more peace, power, and profits!

www.newraise-of-light.com
newraiseoflight.dawn@gmail.com



CONVERSATIONS that Heal

Ground breaking radio show sharing tools and techniques for survivors of childhood trauma

Susan Jacobi

Radio show host, Author, Speaker

conversationsthatheal.com



Podcast available on iTunes & Stitcher



www.AwakeningSelf.com

Rev. Connie L. Habash
MA, Licensed Marriage & Family Therapist

Self



A Sanctuary for Inner Peace, Inspiration, and Awakening!

Service offered:
Spiritual Mentoring Groups and Private Sessions

LIMITED TIME OFFER

AVAILABLE ADVERTISING SPACE

Send us an email requesting you'd like to purchase this

BUSINESS CARD SIZE AD SPACE for the remainder of the year

Advertising@SibylMagazine.com

HURRY!!
ONLY A FEW
SPACES ARE LEFT

"A Special Gift"

Wanda L. Brown —
Author & Motivational Speaker

Let's get real and heal!

Wanda L. Brown is available for inspirational and motivational speaking engagements.

Connect with Wanda at: Slj439@aol.com.

CLICK HERE to purchase her book.
www.letsgetrealandheal.com



A Special
Gift

My Inspirational Journey to Healing
2nd edition

Wanda L. Brown

Kukui Lani Healing

Maxima, Founder of Kukui Lani
(Heavenly Light) Healing & Author

"Love and Light Heals Lives"

Internationally offers Self-Empowerment Lectures and Healing Workshops, Mentoring, Energy Healing including Pet Therapy

Maxima@MaximaMay.com
MaximaMay.com



Alison Strandberg

Holistic Therapist

"Speaking the Language of the Soul"

Intuitive Soul Guidance and Healing

alistran@gmail.com

www.alisonstrandberg.co.uk



Kellie's World Inc.

Kellie Bishop
Chief Possibility Officer

The sun is shining
and there is always H.O.P.E.
Happy Optimistic Possibilities Everyday

Visit Kellie's website where she shares HOPE, inspiration
motivation and, perhaps ... a new perspective.

www.inkelliesworld.com

kelliembishop@gmail.com



Diamond Ascension

AWAKEN, HEAL, TRANSFORM YOUR LIFE!!

Sandy Townsend —
Transference Healing Practitioner / Teacher

Teaching a rapid pathway to self-healing,
self-mastery and ascension

sandy@diamondascension.net

www.diamondascension.net



LIMITED TIME OFFER

AVAILABLE ADVERTISING SPACE

Send us an email requesting
you'd like to purchase this

BUSINESS CARD SIZE AD SPACE
for the remainder of the year

Advertising@SibylMagazine.com

HURRY!!
ONLY A FEW
SPACES ARE LEFT

eGrace Coaching

Ellen Chun, CPLC, SC-C

*"Obstacles are opportunities
in disguise"*

Spiritual Counseling and
Professional Life Coaching

ellenchun@egracecoaching.com

egracecoaching.com



Charlene DeCesare

INSPIRE • IGNITE • ILLUMINATE



Helping individuals &
companies achieve peak
performance, inside &
out. Get healthier &
wealthier!

- Need help prioritizing and setting goals?
- Have goals but not sure where to start?
- Know where to start but need a plan?
- Have a plan but don't know if or how you can stick to it?

Charlene DeCesare
CEO - Chief Energizing Officer

www.charleneignites.com

Gina Medvedz

Certified Akashic Reader

Moving you from fear to there!

Akashic Readings with your spirit
guides for clarity and confidence

gina@wellnesstransformations.com

www.wellnesstransformations.com



Soft Landing

A Healing Touch Practice

Donna M. Adams, RN, HTCP/I
Healing Touch Certified Practitioner/Instructor

*Energy Therapy
for Body, Mind & Spirit*

softlandinghealing@gmail.com

www.softlandinghealing.com



LIMITED TIME OFFER

**FULL ¼ QUARTER PAGE
AVAILABLE ADVERTISING SPACE**

Send us an email requesting to purchase
this full ¼ quarter size ad space

ONLY \$600

Your ad will run from Feb - Dec 2017

Advertising@SibylMagazine.com

*We make it so easy and affordable
to advertise with us!*

*This is the last ¼ quarter page
size ad space we have available
for the 2017 year. Let us know
if you'd like to purchase it.*

Rainbow Light

Transform Your Life Through the Colours
of the Rainbow

Pauline Hadley, Founder

Workshops in the UK & USA

- Distant Healing
- Spiritual Photography

www.rainbowlight.org.uk

paulinehadley33@hotmail.com



SB Sarina Baptista

LEADING YOU TO A GUIDED LIFE

International Speaker, Author, Psychic
Medium, Spiritual Teacher

Bridge to Healing LLC

Helping women find purpose and connection
to their highest Divine Self – Creating the bridge
for conversation with loved ones who have
passed – Mentoring psychics and
mediums to be master messengers

sarina@sarinabaptista.com

www.sarinabaptista.com



Green Door Studio, Inc.

Carol Lukitsch
Painter & Mixed Media Artist

*"Art does not reproduce what is visible,
it makes things visible." ~ Paul Klee*

Contact me to purchase an artwork
or to commission a painting to be
created especially for you.

carollukitsch@aol.com

www.carollukitsch.com



Sue Malcolm

THE REIKI EXPERIENCE

Holistic care for animals & people

- Reiki treatments/ distant healing
- Forever Living 'aloe' products
- Founder of 'Friends of Baxter', raising
funds to help sick and abandoned animals

www.thereikiexperience.co.uk

sue@thereikiexperience.co.uk



Deborah Austin

YOUR COMMUNICATION TRANSFORMATION SPECIALIST

Deborah Austin offers keynote speaking,
training, communication skills coaching
and consulting services.

www.deborahangelAustin.com

deb@deborahangelAustin.com



Awaken • Explore • Discover • Thrive



Soul Journeys

with Roberta

Roberta Z. Gilgore —
RMT, Certified Reiki Master Teacher

Reiki Classes, Healing Sessions, Workshops,
and Intuitive Counseling (Via Phone/Skype/In-house)

Roberta.gilgore@yahoo.com • SoulJourneysWithRoberta.com





Sibella Circle Member & Visionary Leader

GODDESS TEMPLES OF GOLDEN LIGHT

Love Is Empowering

By Linda Jarrett

Believe that your thoughts create your reality, change your thoughts and this changes your reality as the universe listens. Help yourself and use positive affirmations daily, you can say to yourself, I am abundant, I am balanced, I am heart centred, I feel inner peace, I see with clarity, I forgive, I am self-confident, I manifest, I feel harmony, I am joy, I believe, I feel tranquillity, I am grounded, I am magical, I unblock and release all negativity, I feel enlightened, or I am empowered. You can empower yourself by the choices you make, it is always easier to be positive rather than negative, why make life difficult!

When faced with a difficult decision, take the easiest option, as life is too short to have regrets, why self-sabotage. Unfortunately many people do this but why? We should be happy and helpful to one another as human beings but sometimes life programmes people to act differently, so in this situation, change your thoughts, change your reality and the universe listens to those with true hearts.

Love your life, love can be empowering, so be in control of your choices, your actions, and your words, and mainly be in control of your thoughts, as your thoughts will create your reality. Always try to be positive and constructive, have courage, and strength, speak with integrity and truth and be in your own power and not somebody else's.

I was very shy when I was young, but I learnt as I grew older that its important to stand up for what you believe to be right and speak the truth. I honestly think that if you do not speak up at certain times in your life, situations will not change. But if you love yourself enough to speak with truth and integrity then you can change your life, yourself and others around you. Be strong, be brave, be honest, be empowered with love for yourself. Do not let other people take advantage of you because you are good natured or sympathetic or kind.

Empower yourself by loving yourself first, by this I do not mean be selfish, but take time to nourish your own self before those around you, as there will always be people that take advantage of you. Its different if you are a mother then of course your children come first unless they are older children then you need boundaries to be put in place. Always love yourself first then its easier to love other people. Love is the key to life, what you give out is always mirrored back to you. Believe in yourself, believe that your thoughts create your reality, change your thoughts and this will change your reality. When love empowers you the universe listens by this I mean love yourself first.

www.templeofgoldenlight.co.uk
templeofgoldenlight@gmail.com
England — UNITED KINGDOM

Temple of Golden Light
Linda Jarrett
 Energy Healer • Clairvoyant Readings
Awaken, Shift and Love Yourself
 Energy Healing & Clairvoyant Readings
 via Skype or phone. Temple of Golden Light
 Workshops with the Rainbow Angels
 Meditation Cds / Mp3s on Amazon
 templeofgoldenlight@gmail.com
www.templeofgoldenlight.co.uk

In life, there's no greater circumstance than a blank canvas — allowing us to paint from the reference of Spirit and Soul. Fear not what you can not see; understand, this is faith and opportunity poised before you with a gift entitled, "You Can Start All Over Again!". ~ Sibyl English



Sibella Circle Member & Visionary Leader

WHEN ARE YOU GOING TO STOP TELLING THAT STORY

New Story of Imagination and Focus

By Linayah Kei Michael

To many, imagination is something frivolous and a pastime for children. How many times have you been told, or were told as a child, 'It's all in your imagination' as if that is a bad thing? Imagination is a great tool.

When we use our intuition, our intuitive senses, we are actually allowing our inner self to imagine something. And with the intuition, we tune in to the power of knowing, seeing, hearing and sensing that we all have.

Creativity begins with imagination. The artist, poet, author, and choreographer all create from imagination. They imagine what it is they want to create and bring into reality. We all can create by using our imaginations. When we create new beliefs that replace those that no longer serve us, those old stories, we are moving into our imagination. When we dare to dream, we dare to be powerful in living a life of our highest imagination. To dream, imagine and create the life our heart desires is what life should be all about.

Being fearless in using the imagination and creating the dreams we truly want comes when we know it is safe to do so. All creativity has to begin somewhere. Imagination and dreaming of what we desire, want and intend is, in my opinion, where the seedling is planted that will blossom into that beautiful flower. One way for this to happen is: instead of seeing a problem, imagine and see the desired outcome as already done.

What we see we perceive. When the imagination is not being freely used, we will see only what the mind tells us is real. But when the heart is allowed to be the guide and no restrictions or limitations are put onto what it shows us, our imaginations can take us to places we never knew were possible. If we let it be in focus, life can be filled with magic, and many new and wonderful things.

I believe that imagination is more important than actual knowledge. It is the direct line we have to true intelligence and greatness. We can read all the books that tell us what the facts are, but if we don't use our imaginations to be open to all kinds of possibilities we are denying ourselves a beautiful gift. Imaging can turn into happenings when we allow it. Within imagination, there is no border, no box of limitations, no set way an outcome must become.

It is like open season on all possibilities and how fun is that? If we can see with eyes that are seeing more than what is right in front of us and around us, and see everything in a new way, so much can change and our lives can be fulfilled and lovely. Imagine that! Make your new story one of unlimited dreams and desires.

Here's to imagination that has full rein to travel wherever it wants to take us.

www.angelicpathtohealing.net
angelicpathtohealing@yahoo.com
California — USA

<p>Linayah Kei Michael</p> <hr/> <p><i>“Healing with Love is the Angels’ way”</i></p> <ul style="list-style-type: none"> • <i>Distant Energy Healing</i> • <i>Channeled Sessions</i> • <i>Spiritual Coaching</i> • <i>Voice Channeling Coaching</i> • <i>Space Clearing with Archangel Michael</i> <p>www.angelicpathtohealing.net</p>	
---	--

And when at last you come to the end of yourself and begin to think about what you might have done if ... Fear and regret are both very paralyzing enemies. At all cost, do not let either of them defeat you. ~ Sibyl English



Sibella Circle Member & Visionary Leader

RISE AND THRIVE

Letting Go

By *Sónia Trejo*

Do you believe that change is the only constant? Or, is it an illusion? Or both?

Even as I sit sharing these thoughts with you my body is changing with every breath. The rhythm of my heartbeat changes every second, as memories of the recent "Past," flood every fiber of my being like a raging river of raw emotions.

Truth is, that even as you read this, change is happening within and around us. The universe cannot exist without it. We strive for, and desire change, yet, often resist it. Especially when it comes to matters of the heart.

I've been staring at my blank screen for days, debating how and why I feel a desire to share my changes of seasons past. Then, one day as I was walking my shepherds along a trail canopied with lush trees, I literally stumbled upon the skeleton of a tree worthy of a Spielberg movie. I was so mesmerized by the contrast of these ashen branches amongst all the lush greenery that I began photographing this "dead" tree from various angles. Through my lens I discovered 1 single magnificent blossom of a green branch from deep within the darkest crevice the trunk.

In that moment, I realized there's something incredibly beautiful about mother earth. She's an expert in letting go without attachment to the outcome.

In the past eleven months, I let go of a relationship, let go of my home of 28 years, held the hands of 2 friends as they transitioned. I'm currently feeling the heartache of knowing that I may soon be saying goodbye to my shepherd who rescued me just 3 weeks after my husband transitioned 12 years ago. And in just a few weeks I will be moving to a new home, 100 miles away from the past 39 years. The later truly sparks a dichotomy of emotions.

I have come to understand that change is inevitable; letting go is the willingness to change your perception of change, because, you can't move forward if you're still hanging on to the past.

The big question I began asking myself when I felt as if I were drowning in the raging river of heartache is; " How can This bring even more peace and joy into my life?"

This may seem like a challenging question to ask in the midst of turmoil, but it opens the door to new possibilities. In fact, I've asked myself this question while composing this message to you as my MAC froze with the dreaded Pinwheel several times!

With that said, I'll end with these thoughts: The only change is that everything is constant. The illusion is simply ones perception of change.

When I let go of what I am, I become what I might be. When I let go of what I have, I receive what I need.

www.SoniaTrejo.com

Sonia@soniatrejo.com

California — USA



The Alchemy of Hope & Healing

Inspiring & Empowering Women to Rise & Thrive

Sónia Trejo, *Transformational Health & Wellness Practitioner, Author, Speaker*

16 Years of Experience

Evolving

- Body - Movement
- Mind - Thoughts create reality
- Soul - Self Nurturing

Achieving Optimal health and wellness from the inside out. Are You Ready to reclaim your health & Love your life again?

SoniaTrejo.com



Sibella Circle Member & Visionary Leader

RETURNING THE GIFT

The Platform

By Julie M. Hutchin

I was sitting at my desk preparing text book orders for the Schools and Colleges Senior Years study programs. Usually tedious work, the aroma of freshly printed pages and bindings was comforting. I loved working with books. Counting books into stock and out for individual orders to be invoiced and delivered, this was the busiest time of year. There were hundreds of books on varied subjects. (How could anyone possibly learn Latin?) The task was taking quite some time, and I hadn't made a dent in it. My boss popped his head around the corner and said, "Come here, Julie. I have a surprise for you."

Entering the next room, I was confronted with a five foot high metal box with buttons and arrows along the front resembling a car dashboard. I couldn't tell from the humming and clicking sounds it made whether it was purring or hungry. I learned my new "friend" was an IBM computer (we will call him "Com") and that it was going to make my work more streamlined and efficient. I wasn't feeling efficient or friendly towards Com.

Some forty years later, I met up with Com again. By then, he was only two feet high with an inbuilt screen, keyboard, and a floppy disc. With new, improved, and downsized Com, I began to enjoy working with the different programmes and features that were more user friendly than earlier versions. Little did I know that my introduction to Com so many years earlier would open a world of possibilities for me to pursue my passion.

I'd known for a long time that one day I wanted to return the gift that Tai Chi was to me by teaching others. Thanks to Com, avenues of communication opened up worldwide. I am able to teach domestic and international students on an online platform.

A simple "like" on one of my social media posts started my Skype experiment. My soon-to-be student, who lives in the United States, told me she'd wanted to take Tai Chi for years, but there were no classes in her area. After an initial consultation via Skype, we agreed to do classes once a week via my Skype Platform to see how it went. We have continued her weekly lessons for over two years.

Energy is not bound by time and space and, therefore, is not limited by distance between Sifu and student. Once connected on Skype, we share the energy with each other. Listening with ears, eyes, and most importantly, with my heart, an energetic connection is created and I am able to inspire and gently guide. Through our energetic connection, I am able to tailor classes for each individual student.

My dream was to make Tai Chi available to people who didn't have classes locally, to provide training for those who are homebound due to illness or disability, or to those who are simply too shy to attend a class. Thanks to Com, that dream has manifested and continues to grow.

www.goldenphoenixtaichi.com
info@goldenphoenixtaichi.com
Cairn — AUSTRALIA



Golden Phoenix Tai Chi School
Julie M Hutchin
Returning the Gift ☯
www.goldenphoenixtaichi.com



Let the joy of my Beingness say hello to the world with no expectations in return at all. ~ Sibyl English



Sibella Circle Member & Visionary Leader

FIND YOU, FIND LOVE

Freedom From Emotional Baggage

By Wendy Fry

How often have you wished, hoped or dreamed your life is different than it is? Have you been at the mercy of your emotions and feel like you barely have time to catch your breath let alone actually take stock of your life or where you're headed? When was the last time you started being rather than doing? If you're anything like me then there will have been periods of your life where you may have found yourself calling out "stop the ride, I want to get off!" The rollercoaster life being as it sometimes is and our emotions get the better of us serve no positive purpose. They are the culprits which stop us from being all we can be. The good news is it doesn't have to be that way.

Back in 2012 at a time in my life when I needed to make some major decisions and changes but didn't know how to EFT otherwise known as 'Tapping' or the Emotional Freedom Technique found its way into my life, or maybe I found it. Discovering this tool, which by the way, you can apply anywhere and on anything it has been the greatest catalysts to change I have ever experienced. This energy awareness technique truly changed my life for the better and I have never looked back.

Working through past heart breaks, overcoming fears and limitations and finally laying the past to rest, I went into the EFT training as one person and left totally transformed. Not only did I feel emotionally free, physically I felt as if the weight of the world and the massive baggage I had been carrying around with me was lifted from my shoulders. I actually felt taller and ready to take on the world and all of its glorious opportunities. I am ever grateful to learning this technique as not only has it aided me in getting past the past I share this technique with others so that they too can be free from emotional baggage as well as the physical symptoms with often go alongside emotional turmoil.

Gaining sense of your energy as it changes and before you label it as a feeling and emotion (and adding the whole story of what it means, the untrue beliefs you may form and the future projections you may cast) you are able to recognise the subtle and sometimes dramatic energy shifts and apply EFT to bring yourself back into balance and restore Even Flow. Energy changes within the body need not limit you. Learning how to self regulate and restore your energy balance means you are no longer at the mercy of your emotions, you are free from them. EFT does what it says on the tin and gives you emotional freedom and what can be better than that.

Set yourself free with EFT. If not now....when and what's the cost if you do nothing?

www.wendyfry.com
info@wendyfry.com
England — UNITED KINGDOM



Be Positive

Helping you to get to the heart of your love and relationship problems

Wendy Fry

Love and Relationship Consultant

www.wendyfry.com



Today you may [click here](#) to purchase a fabulous **Lifetime Subscription — Now for ONLY \$54. WOW!**

**Regularly, a one year subscription is \$102 (\$8.50 X 12)*



Sibella Circle Member & Visionary Leader

AKASHIC HEALING WISDOM

Healing Power of the Akashic Records

By Sallie Keys

The Akashic Records is an extremely powerful healing tool when used to facilitate healing because you can find the source of any present-life problem, more specifically, where and how it began. It is within your Akashic Record that you can find the source of all illness, disease, and discourse within your human body. This includes just about any issue you might have including health problems, financial crisis, relationship issues, or mental or emotional difficulties, such as depression, anxiety, or anger issues.

You were not meant to be ill or unwell or out of alignment with health, wealth and planetary elements designed to bring abundance into your life.

The Akashic Records contains all of the knowledge of healing available to you within all of the cosmos if you simply know how to access it by going within, and make no mistake, going within is ALWAYS the place you should start when attempting to access your Akashic Record. It is the most profound healing tool you have available to you and should be your first line of defense when it comes to any issue you have to help you heal and resolve discourse in your life.

Accessing your Soul History through the Akashic Records can help identify the source of those issues to give you a deeper understanding and lead you to a potential resolution.

The Akashic Records is also the best place to conduct a healing for past negative experiences because you are working directly at the Soul-level, allowing you to tap the very core of a person's being to find and clear out the negativity that has been causing them difficulty in their present-day life.

This can be anything: an imprint, or "stamp," on the energy field from past experiences; a behavioral pattern that once served you, but is no longer conducive to your life journey; or a belief received genetically from family that causes you to act against your own best interest or in your highest good. These are just a few examples of the many possible energetic sources of problems that exist.

You can be healed simply by looking into your Akashic Record and finding the origin of a problem or where damage occurred and then initiating healing in that very spot in your Soul's history.

By reviewing your Akashic Record and returning to the main point of origin of any illness or disease you have, you can easily find the point in your Soul's history containing the information that needs to be healed so you can move forward with resolution to your issue, which can, in some cases, be quick and awe-inspiring if healing is conducted in the right manner and the correct place in your Soul history is found to repair damage.

www.ManifestAbundanceNow.com

sallie@psynergywellness.com

West Virginia — USA

Sallie KEYS
MANIFEST YOUR DESIRES
CONNECT - CLEAR - TRANSCEND
*Akashic Records Readings & Training,
Spiritual Guidance, Manifestation Teachings*
www.manifestabundancenow.com

This feminine journey was not meant for you to walk it alone. BECOME a Sibyl Magazine SUBSCRIBER today! **CLICK HERE**

BECOME OUR NEXT AND NEWEST SIBYL MAGAZINE SUBSCRIBER NOW ...

AND YOU'LL ALSO GET AN ADDITIONAL MAGAZINE SUBSCRIPTION
ABSOLUTELY FREE. BEGIN RECEIVING ...

LUMINOUS WISDOM: Remembering Sophia

Scheduled Debut Date: June 1, 2017

PLUS, if you act now, for a limited time only
you can purchase a LIFETIME subscription for

ONLY \$54 USD

**Regularly \$8.50 per issue. \$102 annual subscription.*



LIMITED TIME OFFER

CLICK HERE NOW TO SUBSCRIBE AND RECEIVE

A Lifetime Subscription of Sibyl Magazine

ONLY \$54 USD

**Regularly \$8.50 per issue. \$102 annual subscription.*



LIMITED TIME OFFER