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Sibyl

VOLUME 10: ISSUE 2

Mindfulness | Compassion | Authenticity | Insight & Wisdom

Since 2007 | SPIRIT • SOUL • MIND • BODY

MAGAZINE

FOR THE SPIRIT & SOUL OF WOMAN



INSIDE COVER STORY

BREATHING WHILE DROWNING

My Quest for Wholeness

By Veronica Strachan

Losing something deeply important —

*a child, a friend, a partner, or even a piece of yourself —
can feel like you're drowning in an ocean of grief.*

My ocean was the death of my 4-year-old daughter, Jacqueline Bree. I couldn't believe that I was breathing when she was not. I was screaming inside, "I don't want to feel this pain anymore! I don't EVER want to feel this pain again! I don't EVER want to FEEL again!" And the universe heard my cry. I buried myself behind a huge wall to keep all the bad feelings out, but this kept most of the good feelings out too.

The ocean of grief and shame clouded every choice, every moment. I felt a failure as a mother and a woman. So, I got busy to keep my mind away from the pain, living to serve others. I concentrated on breathing while I was drowning.

It's been a long time since I've thought about breathing as a chore; a long time since I had to tell myself over and over to breathe in, and breathe out, get out of bed, go on living. Journaling, the love of a good man, my other children, loyal and patient friends, and a bucket load of hope and courage kept me going in my darkest days. The journals I wrote to Jacqueline Bree were incredibly valuable. Re-reading those moments with tears and smiles, I discovered a myriad of emotional, physical, and spiritual experiences and choices that shaped me and directed my future.

With hindsight and the wisdom of years, I look back and see how far that young woman has come, and what she and I learned along the way with help from many friends, teachers and mentors. I view compassionately the experiences of her birthing a child with a disability; her search for answers, purpose, and direction; and how she and I fell into grief, living for almost twenty years as if we could never feel whole again.

Grief is never gone; there are still days when I must remind myself to breathe, when that drowning feeling threatens to engulf me. But now I don't have to be trapped in the stories; my life belongs to me; what I think, say, do, feel, and believe are what matter.

Women are so good at putting our yearning to the side, and at serving and supporting others, that we forget to nourish and nurture ourselves, to let ourselves really feel. For a long while, I disowned and discarded women's role as the custodians of all things emotional. And my life was poorer for it. I was trying to live half a life, one without the innate, genetic, and generational wisdom and skills that are my birthright as a woman.

I began my quest for wholeness, re-embracing all aspects of the feminine and slowly realized that my life was truly remarkable, worthy of attention; my attention. I stopped searching outside for who I was, I took the most dangerous adventure—the unique and powerful journey to me; all of me.

Don't be defined by other people's rules and expectations. You know the truth of who you are, what you desire and what you can do. Take time to grieve, all the time you need. Treasure every moment, show up with everything you've got. There is a way through that ocean, and there are life buoys to cling to while you search for and regather your strength. And when you finally reach the distant shore, there's feeling, healing and reconnection waiting for you.

I wish you a remarkable life.

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Victoria — 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 straightforlthy 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:

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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!

**IF YOU'RE PERSONALLY INTERESTED IN BECOMING A CONTRIBUTING ARTICLE WRITER FOR SIBELLA PUBLICATIONS,
YOU'LL NEED TO GO TO PAGE 10 TO VIEW SUBMISSION GUIDELINES PRIOR TO SENDING IN AN ARTICLE SUBMISSION.**

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*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

Also, I'm hoping you'll become a subscriber or a writer — allowing our paths to actually meet face to face at our upcoming international women's retreat in August. Love & Light, Sibyl English

A MUST SEE DIRECTORY ENCLOSED

You are cordially invited to scroll through to the very end of Sibyl Magazine to view our lovely women's business directory. And in doing so, we encourage you to surrender — taking time out to stop and smell the rose of each feminine story and title that beckons you to it.

* A special thank you goes out to each of our contributing women writers for your unselfish heart of love and giving.



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)



YES! WE WANT YOU TO BECOME ... the next and newest SUBSCRIBER of Sibyl Magazine. Join 35,000+ women in readership already enjoying the benefits of connecting with this 'all things spirituality' woman-centric, forward-thinking magazine publication. **As a matter of fact, if you click and subscribe today, you'll receive a HUGE 75% discount when you purchase a LIFETIME SUBSCRIPTION.** That's right! At the end ... on the very last page of this month's issue you'll find a LIFETIME SUBSCRIPTION OFFER for ONLY \$54 WOW!!! (Regularly \$8.50 per issue / \$102 annual subscription cost).



Sibella Circle Member & Visionary Leader

THE POWER OF TRANSFORMATION

The Gift Of Love

By Judy Browne

When you have an 'open' heart — you're content and happy, your heart acts like a magnet of attraction! When your heart is not open, you're missing out on one of life's biggest gifts: the gift of love.

So if someone was to ask you right now if your heart was open, what would you say? Let's take it a step further - is your heart open to yourself?

Sometimes the most important person (you) is forgotten. We are often so busy looking after others that we forget to nurture ourselves. This sets up a cycle of putting ourselves last, running on empty, or not seeing the opportunities being presented to us, not recognizing all of life's beauty and wonder.

Sometimes it's difficult to be open hearted around others because of what has happened in the past? Maybe an unhappy moment with a significant other or an event has upset and closed you off? Maybe you're low energetically and no energy to be open hearted? If you're noticing this pattern of behavior, think about WHY.

Did you know our most informative years are the first 8 years of our lives? What happens in those early years sets us up for our life's journey? When we are born we come in with a clean slate (so to speak). We are like a sponge learning and feeling emotions. If we are born into a family that doesn't show emotions easily this will show up later in life. Think of life like a video game and yes, you have the starring role! We invite people to come in and play specific roles, we learn and grow with each experience or person. We learn what works well and what doesn't, and we repeat patterns when we fall in love.

Our heart tells us "that's not going to end well". Busyness often takes over so we don't have time to engage and learn from our emotions as a means of feeling safe. If we have been hurt, we will close our heart as a means of protection and survival. Our heart tells us "that's not going to end well". Busyness often takes over so we don't have time to engage and learn from our emotions as a means of feeling safe.

Communicating with someone you are comfortable with in an open and honest conversation can help you feel supported and heard. It lets you understand what is really going on, why your patterns are the way they are and how you can start to heal. Then guess what happens? That contentment, that happiness, that feeling of joy and expansion - it starts to pop up in your everyday life and you feel yourself moving through past pain and fear.

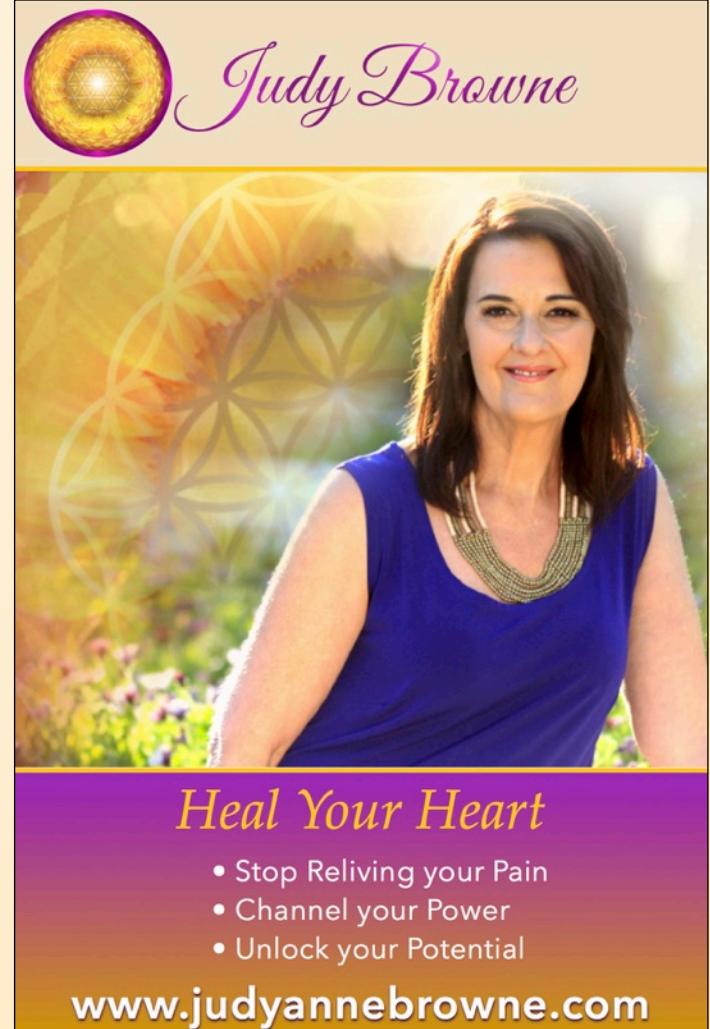
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FIND YOU, FIND LOVE

Steps To Success

By Wendy Fry

Success means different things to different people and indeed can be difficult to measure depending on your perception of success and what you want to achieve in life. I will share with you how I achieved success on my terms, the steps I took and what it looks like, feels like and sounds like for me. It's true to say there was a time in my life when my limiting beliefs held me back to such a degree I was consumed by fear and anxiety with success being far from my mind as well as actual experience.

Like many of us, we can seem to fall into relationships, jobs, patterns of thinking and ways of responding, just going through the motions of life and not really living. We get up out of our beds and do more of the same day in and day out. When we act in this way I call it 'living life unconsciously', like a driver falling asleep at the wheel it will only take so long before there is a collision. When we live life asleep, we go through the action steps we need to take such as getting up, washed and dressed and spending our days in workplaces or with people we think we 'have to'. Life becomes a drudge and success goes out of the window.

It's not until we wake up from falling asleep and reflect on where we are, what we want and how we are going to achieve it that we can make the necessary changes to living a successful life. This was my exact experience. In 2008 I had some major health concerns. I was stressed to the max, anxious and fearful, my body was letting me know I needed to make some drastic changes and this is exactly what I did. I left a challenging relationship, sold my home, ditched my cleaning job and day job embarking instead doing work I love and at the time I began working with children in a school setting who had behavioural and emotional issues.

During that time of transition I trained as a Life Coach, NLP & Reiki Practitioner and gradually built up by client work. Later in 2012, I left employment and went into my business full time; I took further study gaining qualification in Hypnosis, EFT, Matrix Reimprinting and Future Life Progression and I began to self-actualise my dream by taking the action steps I knew would bring me the success I wanted and for once after doing some deep inner work, knew I deserved.

Doing the work I love I can honestly say, I don't work a day in my life and this is my measure of success. I wake up every day with enthusiasm to see my clients, to share and connect and most of all help others to achieve their version of success.

What does success mean to you and what is your first step towards achievement?

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Sibella Circle Member & Visionary Leader

ASK AND YOU SHALL RECEIVE

In Your Eye

By Donna Tobey

There are so many different kinds of love in this world. The sweet love between partners, the love that is shared with your children, the love of friends and of course family, the love of humanity. One of the most important and probably most overlooked loves of all time is that of self-love. I find self-love takes some major dedication, focus and commitment. It's a process of remembering to be kind, loving and gentle with and to yourself.

We are not used to putting ourselves first in our lives. We were not brought up that way. In fact, past programming said God first, others second and then you. That order does not seem like right relationship to me. A correction for me is God first, myself second and then all others. Don't get me wrong, it is not something easily accomplished. First you must work on the perceived "selfishness" piece. I ask you, is it selfish to want to be the best you can be so then you are able to help others?

So many of us are not really seen. I remember several years ago, I took a workshop with a friend of mine. One of the exercises we did was a silent exercise. My friend and I decided to split up and circulate the room to meet others. Unbeknownst to us, we ended up in a placement in a rotation of having to eventually face each other. Eye to eye, heart to heart. That was one of the hardest exercises I have ever done. I felt so vulnerable. At one point, I started to cry and then felt relief of peace wash over me. At the end of the day, I had a chance to ask him what he silently communicated to me. He said he kept saying to me...I see you.

It is a powerful exercise to see and be seen. How do you see yourself? How do you see others? What filters color your perceptions? Life experience creates filters and becomes the lens in which you see and process other life experiences. Are they filled with positive influence? Are you willing to love yourself even when you feel you have fallen short and could have done better?

I challenge you to take a moment to see yourself. You can begin by looking in the mirror into your own eyes and tuning into your own heart. Ask to be shown the TRUTH of who you are. You are divinely magnificent even in times when your mind may be telling you otherwise. You have the power within you to change the programming. Focus on what it is that you do love about yourself. Appreciate and value the characteristics that make you uniquely you. Then take these revelations out into the world. Make a difference every day. The answers are in your eyes.

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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



FINDING FLOW

Allowing The Flow To Take You

By Mandy Agnew

There is a flow to all life, a striving for growth. Tuned in, we recognize the flow is often calling us towards transformation and inspiring creation. We are invited to let go of past wounds and embrace new ways of being in the world, with the ultimate calling being one of living with internal and external peace.

When I say flow, think of moving water and perhaps the journey of a river. Imagine for a minute you are in a boat traveling down the river; take a moment to close your eyes and visualize yourself in this boat. Now take a closer look; are you traveling down the middle of the river within the constant steady flow or are you near the edge, near mud banks and branches? I can recognize my own life in this analogy; sometimes I'm traveling full throttle down the center, with life lining up for me with great meetings, love, laughter and days filled with peaceful contentment. Some days I find myself on the edge, dodging getting stuck in mud banks or getting caught in branches; life is slow and every step is filled with fear and concern, uncomfortable conversations and a sense of tardiness. This kind of day is far from peaceful.

Wouldn't it be nice to have something magical that puts you back into the flow; back into that peaceful state? Some people will tell you that if you do this ONE thing it will be the answer. I've been actively working with the wisdom of transformation for almost 20 years and what I've learnt is that ONE thing can be just the right concept for THAT moment in your life, but ultimately it's a journey and more often than not, developing inner peace requires a holistic approach. This approach must be one that includes your physical body and how you move it, your emotional self, your energetic nature and ultimately your spiritual unfolding; each part a unique piece of your puzzle, the solving of which will contribute towards creating a peace-filled life; one that allows flow.

So back to those branches in the river, what do they really represent? They are the different aspects of 'you' holding yourself back. Perhaps you recognize that a significant branch is your physical body, with illness and pain holding you in a state of fear and discomfort. Perhaps another branch is your emotional patterning that keeps you in anger or self-doubt. As you explore deeper you start to recognize that these branches are interconnected and that ultimately what is happening in your mind is reflected in your physical body and your energetic nature as well. The great thing about the interconnectedness of this branch tapestry is that if you find the right thread to pull, the whole tapestry of entangled branches can begin to fall apart, dissolving emotional issues, healing physical issues and restoring energy levels.

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

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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



Mandy Agnew
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LUMINOUS WISDOM: Remembering Sophia

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Presently, our editors are accepting incoming article submissions for

LUMINOUS WISDOM: Remembering Sophia

Deadline for all incoming articles: **March 15, 2017** (midnight)

- Early article submissions are greatly appreciated (allowing you to miss the influx of last minute writer's rush - smile). If your initial article is selected for publishing, the editors would want to continue to publish your words of wisdom for an entire one year publication season. *You should receive a response from the editors within 2 - 3 weeks after sending in your submission.
- **Topics to write about include:** all things spirituality, healing, awakening, enlightenment, mindfulness, etc.
- **The following information is needed at the top of your article.**
 - Be sure to TITLE your article (word count of title: 3 - 5 words)
 - Written by _____
- **Use the following guidelines to create the body of your article.**
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 2. NO INDENTIONS or TABS SHOULD BE USED EVER.
 3. DO NOT USE BULLET POINTS ANYWHERE IN YOUR ARTICLE.
 4. WRITE YOUR ARTICLE SECTIONED IN FULL PARAGRAPHS - 5, 6, 7 or 8 COMPLETE PARAGRAPHS
 5. TEXT COLOR: **BLACK** (not grey, pink, green or blue, etc.,)
 6. FONT TYPE: **TIMES NEW ROMAN** (as we're sure everyone has this basic font)
 7. POINT SIZE : **10 POINTS** (no bigger or smaller)
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WHISPERS FROM THE SAND

Rinse And Repeat

By Sue P. Singleton

You'll never change your life until you change something that you do. Maybe like me, you have a tendency to do that which you have done before the same way. I refer to this as the rinse and repeat cycle. Repeating the same cycle without allowing any change. Sandcastle builders say that no matter how many times they use the same design when building a sandcastle, each one turns out just a little bit different. The change may be subtle, but the change is always there.

The rinse and repeat cycle is the ego's natural way to prevent change. Our inner critic doesn't want change because its job is to keep you in the rinse and repeat cycle as long as possible. How? By convincing you that change is too hard and not worth the effort. The ego tells you that you can't change, thereby creating self-doubt. It tells you that if you change your current situation or try something new that your friends and family will think you're crazy, thus creating fear. This is the rinse and repeat cycle of limiting beliefs.

Changes, no matter how subtle, help us break away from old thought patterns that hold us back from being our true authentic selves. Truly if you want to experience new things and new opportunities, you must choose to not live a life of repetition. Every year nature tends to make each season a little different from the prior year. I once had a hydrangea bush beside my front door. Each spring I eagerly waited to see if the flowers would be white, blue or perhaps purple. The difference was the change in the acidity in the soil from year to year. A little change made the difference.

Just like a sandcastle and the hydrangea bush, changes in our own lives, no matter how subtle, can make a huge difference. When you open your mind to just even the possibility of change, you create change which allows new ideas, new beginnings, new ways of doing things and so much more to emerge. A familiar excitement starts to build within your spirit.

Each subtle change will help you break away from the rinse and repeat cycle and open up your mind to the possibilities that await you. Allow yourself to dream. Allow yourself to pretend and feel what your life would look like if you made just one simple change. Each and every day make a commitment to ground yourself in some quite time and take an inward look at the sandcastle you have designed as your life. Take some time to pray and mediate, asking for guidance about what subtle changes you can make and then take some action. By letting go of the rinse and repeat cycle and committing to making little changes, you will be on your way to living a happy, fulfilled, successful and empowered life realizing that change is a true gift.

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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



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LIVING AND LEADING A HEART INTUITIVE LIFE

Angel Guided Heart Compass

By Lisa A. Clayton

In the midst of chaos and change, Angel messages help guide your heart compass for creating a new path, a new direction, a new life.

Last year, I project managed the largest organizational training deployment since the 2008 recession. I was fully in my comfort zone feeling on top of the world with an abundant flow of money, results, rewards and stability to last through the beginning of 2018. With no warning predictions, the project abruptly halted in August when my sponsor was suddenly fired and walked out of the organization. My contracts were up for review and I lost 50% of my income immediately. By year end, there was no opportunity given for negotiating contract extensions for 2017. Being a solo, self-supporting entrepreneur, I was now put into a chaotic grinder of immediate decision making and swift action.

During this time, the energy of mass consciousness surrounding elections and world events was highly distracting and my focus became blurred. I was placing efforts into many life areas that needed to shift, yet nothing felt fully attuned and in alignment with my heart. An old, familiar nervous energy was flowing through me as survival instinct took over with a fearful, spider monkey mind weaving multiple solutions. Do this, then do this, take action here, go over there as the mind voice kept screeching loudly. I was intent on selling my home, finding another place to live while marketing to attract new clients, moving my beloved garden, cutting necessary cords with draining relationships, grieving loss of a dear friend and helping a neighbor through a divorce. Life's situations were revealing mega-tests of tenacity.

Surprisingly, a treasure chest of golden nuggets was revealed after the new year began. The Angels woke me up right before dawn with an urgent message. Stop everything! When I received this powerful message I was led to a beach unknown to my exploring. As I was hiking, low tide came in revealing shimmering, golden rocks below me. Everywhere I looked was golden; the clouds, the sun on the horizon, the ice plants and pebbles on the path. Patience and calm feelings settled in with complete confidence for activating the 'Midas Touch' for turning scattered actions to gold. The messages became crystal clear as I tuned into my heart. "You have the magic and power! Yet, all efforts must align to the highest good of your heart's blueprint. Yes, you can focus upon more than one thing at a time, yet multiple actions must flow spirally with your heart's golden essence. Nothing will manifest that is not connected to your intuitive heart nor fuels your unique soul's purpose...absolutely nothing. There is no more time for reviewing lessons, it is time for placing love first; activating services of love, practicing forgiveness and modeling heart-focused leadership."

I've never felt such empowerment by listening and trusting my heart's compass that day, calibrated by loyal Angels who guide and love me unconditionally. Can you feel your heart's intuitive compass guiding you differently?

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*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

THE JOURNEY BACK TO SELF

Let Your Light Shine

By Kellie Springer

I am inviting you to toot your own horn. That was the invitation I sent to my friends on social media. Others 'liked' the post but only four people offered a comment, two of them only after I prodded them yet again to share a proud moment from their 2016 year.

It seems to me that we have been shamed from having a sense of pride in our accomplishments. Most especially, it is a sin of the highest order to share your joy out loud with others. Instead, we turn the dimmer switch down on our own light lest another feel 'less than' or perceive us as egotistical; or worse, caught in vulnerable expression.

Certainly, we have all met someone that turns their sparkle into glaring stage lights that are pointed directly in our eyes, causing us to look away in discomfort. Our ears reverberate with their chant of, "Look at me! Look at me!" as they dance center stage. This, my dears, was *not* what I was suggesting on my post. *That* is commonly known as bragging and is assaulting on many levels, and usually unsolicited as well as that person's main form of communication.

No, what I had hoped to encourage was pure and simple self-satisfaction, shared with the air of self-truth and authenticity. I openly invited (another key ingredient) folks to tell me about a moment that filled them with a sense of accomplishment and most floundered. One person in particular shared that she felt comfortable only with an internal sense of pride.

I follow no particular religion today, but this entire scenario released from my memory a song I sang as a child in summer Bible school, where we belted out verses about letting our little light shine. Perhaps you know of it too. And *that*, is what my soul was singing to theirs' as I nudged them to part the curtains of self-containment. Nowhere in the song did it suggest that we play small. Repeatedly, the tune suggests that we let ourselves set the world aglow with that which is us.

And so, I suggest the same to you all: Polish your horn and give it a toot. Shine with the purest pride at even the simplest things you've achieved, such as offering more smiles to strangers, to the grandest- like birthing a child. When one pauses to truly assess and look at that which is achieved in the everyday moments of life, what you will discover is a wealth of beauty and triumphs that have been gifted to the world by you- and *that* is something to take pleasure in.

Permission has been granted to say to someone, "I feel proud of myself for..." And while you're at it, allow that smile of yours to shine too as you share. Let it shine, let it shine, may you shine... toot, toot!

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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

HEALING THE SPIRIT: DREAMS & SYNCHRONICITY

The Nursing Home's Sacred Harp

By Wanda Easter Burch

Dementia had taken over my mom's life, far more than I realized. I had tried to move her to the northeast, but she would have none of that; she didn't want to leave her home. Finally, with my in-laws already in place in a nursing home in Stuttgart, Arkansas, I had to take my mom there too because riding in a car, plane, train, or anything with wheels terrified her and the opportunity to move her had passed.

My father-in-law, still mentally alert, volunteered to watch over both my mother and my mother-in-law, both with dementia. My mom didn't know who I was and she thought home was somewhere back in Alabama with her momma where she was born and spent her childhood. She thought I was "the other Wanda;" and, although I was never sure what that meant, she trusted it. The day we moved in, I escorted her to her new room. "That's not my room," she said with a quizzical glance. Next, the lovely living room: "Are we in a hotel?" Then a dining room, "My, this is a strange town you've brought me to - everyone is in wheelchairs!" It was Sunday. A vocalist was singing gospel music in the parlor; my mom enjoyed that and sat down for awhile. We ate lunch: "Why is the sun out at midnight?" "I don't know mom, but isn't that great?"

Then it was getting late and I had no idea how I was going to tell her it was time for bed in a place that was even stranger to her than the house of over forty years that she no longer remembered. We sat in the beautiful well-appointed living room. Not a speck of dust. Perfect furniture. Nothing foreign, nothing familiar and nothing out of place. Then I saw a ragged little book, completely out of place and out of sync with its surroundings, sitting alone on the side table beside the sofa. I picked it up. It was a Sacred Harp shaped-note singing book, probably not so different from the ones my mom used in singing school when she was a girl. My mom reached over and took it from my hands, flipping past songs I had never heard. There were songs about porch swings, arbors and trellises, Jesus, gardens, some nostalgic and sappy, but none of them familiar to me. My mom closed the book and started singing every one of those songs, never opening the book to check the words. She sang and sang and sang. Then she got up and said: "I think you have to go now. I have to get to bed." She marched to her new room and closed the door.

I thanked the guardian angel that hovered over that incongruous little book, never questioning how it came to be there!

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SHE WHO DREAMS: A JOURNEY INTO
HEALING THROUGH DREAMWORK

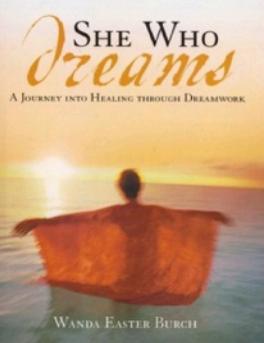


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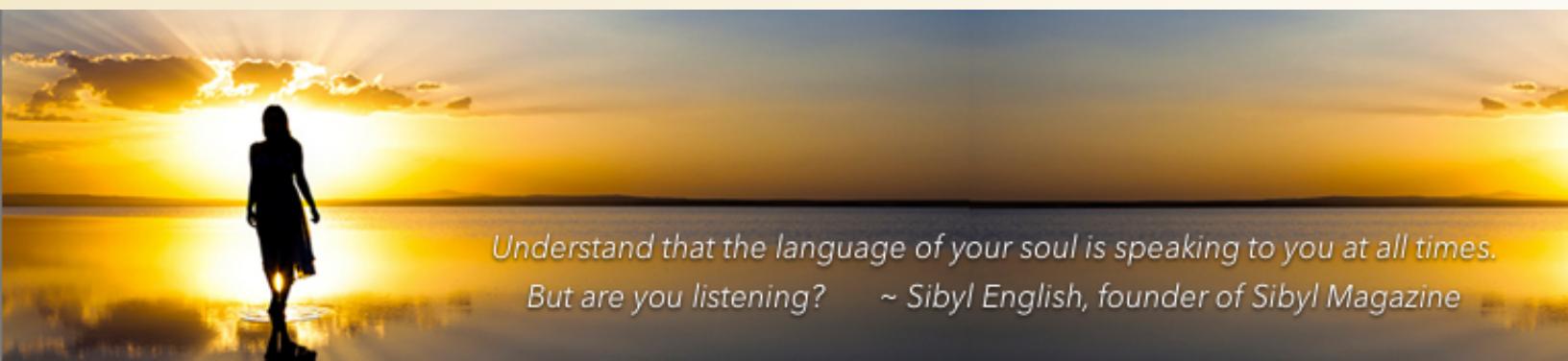
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Understand that the language of your soul is speaking to you at all times.

But are you listening? ~ Sibyl English, founder of Sibyl Magazine



Sibella Circle Member & Visionary Leader

LIFE IS ABOUT OUR TRANSITIONS

Life Is About Our Transitions

By Melinda Chichester

Sometimes when a transition approaches we tend to ignore the signs, put our head in the sand and/or allow the process to take control over us versus taking control over the process. Recently, I was facing a difficult decision to give up my current job. Keep in mind, I love the community that I serve, and still do. However, the responsibilities were keeping me from following my heart's desire as an End-of-Life Doula. The reality, though, is that I needed to be a bit selfish when it comes to decisions about career transitions. It's natural to care deeply about those I work with and I felt indebted to the organization that had been so helpful to me. Unfortunately, when I tried to communicate my desire to leave my position there seemed to be a breakdown in communication despite my best intentions.

Everyone receives information in their own unique way. I am a very visual person; information comes to me by seeing snapshots/photos in my mind's eye. When thinking about my job transition, I saw a picture of a train off in the distance heading straight towards me. Symbolically the train was my decision to switch careers. I could see the approaching train but for some reason I'm frozen with fear and ignoring the signs of the impending confrontation/conversation. It was difficult for me to focus on the speeding train and the transitions heading my way. Instead, I'm feeling guilty about leaving my position because of the strong relationship that has been built. I was also concerned that I could be putting the company in a difficult position by leaving.

During the time of my career transition, my family was facing the possibility of my father's health transition. On New Year's Eve, we called 911 and my father was admitted to the hospital. A couple of days later he appeared to stabilize so my husband and I returned to Colorado. Within a day, I received a call that my dad was being transferred to the ICU. I was on a plane the next day. I found my father struggling for his life and the family began to rally around his bedside. My family prepared for the worse, we thought we were losing Dad. During my father's health crisis, I realized communication became the thread that brought my siblings and I back together. It had been years since we had all felt such a close bond. While witnessing my father's failing health I was present to how everyone around him was affected by his challenges.

The near simultaneous career transition and possible transition of my father caused me to pause and reflect how the people around me are affected by imminent changes. My intention for both situations was to fully understand and connect with the other people through keeping the lines of communication open on many levels. Being present and listening with open ears, an open mind and an open heart helps to foster meaningful relationships with those touched by the transitions.

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Melinda Chichester,

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



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Sibella Circle Member & Visionary Leader

CREATING YOUR LIFE

Being Your Authentic Self

By Corinna Stoeffl

A Benevolent Leader knows who (s)he is. What do I mean with that?

Most of us grow up with the projection of our parents, members of our extended family, teachers, family friends - you get the picture - of who we are and how we are supposed to be. How did you deal with them? Did you rebel against them or did you agree with them? No matter what, these projections had a major impact in forming who you are and what your life is like today. Do you know what is really true for you? Now imagine your life 10 years from now. Can you actually enjoy YOUR life or are you living the life others told you you can have or should have?

Now imagine waking up in the morning with a sense of gratitude. Imagine feeling really good about yourself and not needing to prove anything to anybody. You know who you really are, free of others' projections. Knowing what is true for you frees you to choose what makes it fun for you to be alive.

Being you is not about succeeding as you or doing anything better. It is about the energy of you, whatever that may be. It is different for each person. When you are being you, you stop being at the effect of the world around you. How often do we attempt to deal with being at the effect of the world by creating a predictable life, by being in control of everything? How much energy does that require? How much judgment do you have to do in order to decide if you are doing the right thing? How much space is there in your life to just have fun?

I had my share of projections, not only while growing up but also during my marriage. To that I added my own assumptions as to how I was supposed to behave as a woman, a wife, a mother. These assumptions were a composite of the projection I bought as being correct and true. During the past years, I took classes which allowed me to become aware of all that. Now, I am stepping into a level of freedom, of awareness, an ability to ask questions, to create the life I would like to live. I have drastically reduced my level of self-judgment. I am not just alive, I really enjoy my life. Life has become an adventure, every day is an adventure if I am willing to be present with what is and not hide behind a pretense.

Being You is a gift available to everyone who chooses it, no matter what age. What if Being You could be fun? What if there could be ease in your life not matter what? I am teaching a one-day and 1.5 day class called the Being You Adventure. The classes provide tools that support you in being you.

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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, founder of Sibyl Magazine





Sibella Circle Member & Visionary Leader

LISTENING TO SELF

Standing My Ground

By Colleen Mae Minary

Ripped from my breast and taken from me mere hours after my son's birth, I was confused, mentally and physically tired from giving birth. It took a few minutes for me to gather my thoughts and tired body together, and make my way to confront the nurse that so rudely had snatched my baby from me.

Arriving at the nursery, I saw my son in the arms of the nurse, she was feeding him a bottle of formula. I walked over and asked her, "Why have you taken him with no regard to my feelings or his?" Her reply was, "His weight has dropped to 5 lbs. 5oz he has lost weight. Your colostrum is not in, and feeding him formula will bring his weight up faster."

I stood for a moment gathering my thoughts again, and asked the nurse with all the strength in me, "Why she had not given me the bottle of formula for me to feed him, and explain to me the issue of low weight and no colostrum." I would have been fine with the information, I was quite capable of feeding my baby a bottle.

At nineteen, I asked myself so many questions: should I keep him, should I consider giving him up for adoption? I thought long and hard about this. I decided that I was going to keep my baby and love and protect him with all I had in me. He was my son and I felt very much the need to love and nurture him. By the time I was to give birth, I had everything I needed, I was working for a lady that had a son who was five. I would look after him while she worked. She was very good at providing the guidance I needed as a new mother. My son and I had a safe and happy place to go when leaving the hospital.

The welfare system thought different as they were determined to take him and give him a secure home with two parents as they said so many times, "It would be better for him and me." Day after day they came with adoption papers for me to sign. Day after day I said, "No, I have a place to go with my son that is safe. I have a crib and all the clothes that a baby will need and I know how to love."

On the final day just before leaving the hospital, they approached me one last time with adoption papers. I asked the social workers, "Can you guarantee me that he will have a perfect life?" They snickered and said, "We cannot guarantee you that." I looked at them firmly and said, "Well then I have nothing left to say, please leave my room." I was starting the most beautiful journey of my life. Standing my ground, listening to my heart, and raising my son.

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INTUITIVELY WALKING THE MYSTIC SHAMAN PATHWAY

Developing Trust and Managing Fear

By Lynn Solang Smith

When I am fearful, doubting and getting in my own way, I tune in to discover what's blocking me.

Through my work as a shamanic psychotherapist, I'm aware of the distorting filters and subconscious, self-sabotage belief systems that can be activated. Working with the shadow-self reveals beliefs, emotional triggers and masks based on misperceptions formed over our lifetime - a whole library of hidden poisonous seeds which, if left out of control, play relentless circles in our minds. These inner seeds are commonly identified as: self-sabotage, lack of self-worth, lack of self-love and poor me.

Once we recognise our inner limitations or blocks, our journey into well-being begins. It's vitally important to be self-loving and reach out for help, support, advice, a shoulder to lean and an objective yet friendly ear to 'hear' what's going on. This is compassion, self-love and self-worth in action. Equally paramount is asking our soul for an overview of what's happening. For instance, as I type these words, I've got a fractured right wrist and dislocated elbow. I'm right-handed so I'm feeling very vulnerable. Everything's a challenge! Part of my lesson has been to reach out and trust that I'll be helped with basic daily living and mobility. And I am! I'm even typing left-handed and being still, instead of zooming around supporting others!

When fear is overwhelming it's the perfect time to trust your inner guide. Stopping and focussing on your breath to consciously ground enables trust and space for you to sense your guide. You begin receiving clear guidance from Spirit that feels uplifting, inspiring, encouraging and supportive. Grounding helps us focus here and now as we're present to our body, our feet on the grass connecting us to Mother Earth. Through breathing deeply and mindfully we become still, enabling our inner guide to emerge.

Another practice I love to use is automatic writing. To do this, simply sit quietly with a pen and notebook. Do some breaths to ground and still yourself. Then ask your inner guide for insights into your fears. Allow your pen to 'walk' across the page meandering wherever. Let it flow without consciously choosing where the pen will move next. You will become 'aware' of a deeper presence within you moving your pen. And then a stream of consciousness begins to flow as your query is answered, and a solution or guidance given. You will know this is your inner guide because the response comes with an energy signature which feels different - once touched by Spirit, you'll remember it. This tremendous feeling and essence is love: uplifting, joyful, pure energy. There's no fear, no doubts, no what if's, no nagging or put downs.

Are you ready to embark on the magical mystery tour that is life and releasing fear consciously with Spirit? Then place your hand on your heart now and breathe with the Divine. Allow yourself to fill with the resonance of trust, love and creativity. Notice how you feel - and remember. Consciously practice this daily.

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FULFILL YOUR LIFE'S PURPOSE

What Are Your Priorities?

By Conny Jasper

We each hold certain values that guide us in our thoughts and actions. Whatever you value most steers the course and events of your life. If financial security is highly important to you, then the circumstances that give you financial security are what you will focus on. If family and friends are what you value greatly, this will prominently influence your activities and situations.

Our values create themes for us, and these themes establish our priorities. There are often certain themes that seem to persist for us on a regular basis. We have particular concerns that we focus on at different times or even for our entire lives. These themes set the stage for all your experiences. They are the driving forces behind your personal journey.

That which I value most for myself is peace of mind. Everything I think about and do is centered on creating and maintaining peace and balance in my life. This is what I focus on all the time in all my activities. Peace and balance are my constant themes and my top priorities. They are what influence my career, my relationships, and my personal quest.

Yet, it was not always this way. I have had other focuses with different prominent themes. These themes were areas that I needed to experience and learn from. They were not necessarily the main highlight of my life's purpose, but they were important to me at the time. So I realize that our priorities can change depending on your stage of life and path of development.

It is useful to identify the things that are significant for you and what your life themes are. What occupies you most of the time? What consumes your mental and emotional energy? What are your priorities? Look at the books you read, the movies you watch, the activities you engage in, and the people you spend time with. Make a list of what is important and memorable to you. Write down words such as accomplishment, adventure, compassion, cooperation, creativity, diversity, expression, freedom, growth, health, love, music, nature, safety, structure, truth, and uniqueness. Then put them in order of priority. Notice the patterns, connections, and features that stand out.

How do these themes affect the different aspects of your life? Do they seem consistent or inconsistent? In what ways do they present opportunities or obstacles? Are they guiding you in your journey? Asking yourself these questions can help you to understand what motivates you and the choices you are making for yourself. Your choices impact your path and the outcomes you experience. You discover your true purpose in this life only by exploring your beliefs and behaviors. Know what your priorities are and how they are directing you.

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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

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.

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VALIDATION FROM A POSITIVE PERSPECTIVE

Why I Need to Rebel

By Ann Peckham

I was the eldest daughter of a farmer's daughter who was determined that I would have all of the opportunities that she never had. My childhood was filled with extra classes most days of the week.

Mum was determined that I wouldn't grow up with an accent so I had elocution lessons. I was always learning poems and prose to perform on stage and as I was painfully shy these caused me terrible stomach problems. On reflection I am eternally grateful that it has given me a beautiful speaking voice much loved by my clients, but that took a long time to appreciate.

She also wanted me to be graceful so I started ballet lessons. Then there were piano lessons and violin lessons and recorder lessons though I wasn't allowed to have guitar lessons as that was the instrument of the devil! This sounds like I am griping but all I am trying to show you is that my childhood was very challenging in a very middle class way. This led me to have a pretty strong rebellious streak as I developed a sense of resentment that I never had any free time. This has taken quite a long time to work through but I have got through to the other side.

The relationship with my mother was fraught with issues and arguments and I frequently felt disapproved of. There are so many examples but that is not the point of this, the purpose is to show you that I do understand.

I started my rebellion at age 15. The two topics that could never be discussed were religion and politics as they always ended up in major arguments. It took me many years to realise that no matter what perspective I approached those from there was never going to be any common ground, so many rows later I stopped.

I married my childhood infatuation and though I loved him deeply the conditioning that haunted me from my childhood meant that the relationship was full of heated arguments. Shortly after I had walked away from religion I ended my marriage as well. This was the start of an amazing adventure that has set me free from the straight jacket that had been my middle class upbringing. I know it could have ended up with me suffering from stress related sickness caused by the knot in my solar plexus, which would have been so until I discovered how to release it.

I now live in a way that stress is not an issue in my life, I sleep soundly and awaken with excitement for the coming day. I am unlike the vast majority of women who live on painkillers and anti-depressants as I have not taken a pharmaceutical drug for more than 12 years. My passion is to release middle aged women from stress and reaction to enable you to feel wonderful and discover your life-purpose.

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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

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SOUL-LIFE PERSPECTIVE FOR EVERYDAY PEOPLE

The Truth About Cutting Cords

By Toni Reilly

Cutting cords is often presented as a means for moving on, logically it seems perfectly reasonable to stop dwelling on challenging relationships and drama. Setting an intention to sever ties is only effective if the purpose the soul set out to experience has reached completion.

Every individual is here to have experiences. While the process is usually emotionally excruciating and we prefer to escape turmoil and pain, the truth is no one else can do the hard stuff for you. No external person, including a therapist or healer can alter your universal energetic plan. When a claim like "I've cut the cords for you" is made, it serves to create a feeling of failure in the individual. Soon enough the situation still stirs an emotional response and feelings persist. We all want a reprieve from difficult times, I mean, who really likes crying all the time or having their mind filled with scattered thoughts or physical anxiety?

Until we live through a break through moment and are able to naturally detach from the circumstances or person, any intention to cut cords is our human side, taking matters into hand. Once clarity and understanding of the role we played in the situation is realized our attachment releases by natural attrition.

Our will is the human aspect of our psyche though it never wins over divine timing or the soul plan. The most effective way to understand is to meditate or engage in therapies which work with the energetic aspects of your psyche. Getting to know your soul plan through personality tests, astrology or numerology, assists in highlighting the purpose to situations.

Soul searching is the best way to discover the purpose behind life experiences. This is a way to produce clarity to events in hindsight. An example would be someone who lived through an abusive childhood. By deconstructing the background of the offending parent or person responsible for the abuse it is possible to comprehend why they behaved in such a manner, and most importantly what you were supposed to gain from what happened. Search for positives gained, no matter how traumatic. Consider what you learned and how the experience altered your perspective. Perhaps it was independence, discovering inner strength, becoming patient or surrendering in apathy, showing tolerance or compassion, or gaining personal value where self-worth was realized and inner-confidence emerged.

Don't be afraid to go out there and live life and when something arises that causes an emotional reaction, check for the possible purpose and notice how quickly life's challenges dissipate. When we reach a stage where the general feeling is that all is as it is meant to be, we stop being our own worst enemy and drama is no longer a part of our existence. Freeing ourselves from resentment means that we are no longer captive to feelings of bitterness, anger and disappointment.

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DISCOVER YOUR AUTHENTIC SELF

The Body Speaks

By Alma Lightbody

When your body speaks to you please listen - listen with all your senses, emotions, intuition, thoughts and smells. Our body is one of our best teachers if we honor its power and listen to its messages. It is like a storybook that communicates with us on a constant basis.

It is important to recognize the strong connection between the physical body and the Soul. When the body is under distress and /or is toxic it is often giving us a message about something that needs to be dealt with. The only way the body has to communicate with the Soul is called 'Body Symbology'. When parts of your body are ill, uncomfortable or broken the location of the problem speaks to what is to be looked at on a deeper level. For example eyes are about the willingness to see, gall bladder is about bitterness, and hands are about letting go.

During different phases in my life I had major stomach bleeds that were almost fatal and it took years to understand - I couldn't 'stomach or digest' the life I was living. Finally after several bleeds, another broken relationship and a bankrupt company I decided I was going in the wrong direction, took a 'time out' and began to look into inner healing.

I found energy medicine and started to learn about tools to heal from within. After a while I was in a good relationship and doing the heart work I loved. Then I got hit with a 'fistula' which is an abscess of the anal glands. It was so painful I couldn't sit or could hardly walk. My tools for energy healing weren't working and the doctor said he had to remove the glands with surgery and it may impair my bowel function in the future.

I began to look at the whole picture differently because all my life my learning had been on the mental level and now I had to move to a higher dimension. I went into surgery as planned and when I got back to my room, my husband was waiting for me. The doctor came into the room and told us they had prepared for the surgery and then found everything had healed and he didn't need to remove the glands. My husband told him I had been doing energy work and had healed myself. The doctor just looked at both of us and said, take her home, she doesn't need us.

This event validated the value of being in touch with the Soul. It has been a powerful tool. The message through body symbology was that I was still holding on to 'past shit' in my life that I had to release and let go of. When I worked at a higher level and heard the message, my physical body was healed. I hope you pay attention to how powerful the Body Symbology is - if you listen.

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HEART-CENTERED LIVING

It's All Up to You!

By Philomena Chillino

You may look back on your life and remember your accomplishments and regrets. During your teens or 20s, you may have had the perfect picture of your future. Possibly getting married, having a family, travel the world or be in the ultimate career. Some dreams come true, unfortunately others did not. Committed priorities, sacrifices or obstacles along the way may have prevented those things. Life can always be full of regrets. But life can also be full of happiness and success. It all depends on your perception, your freewill and your beliefs and whatever choices you've made in life, good or bad.

Envy of another's successful life, perfect marriage, perfect career, perfect everything, you may strive for that too. But how did they achieve their success? Was it survival deep within their heart? Were there many regrets or disappointments along the way? What were those experiences before their success? What were their beliefs or perceptions on life? How hard was it for them? What inspired them?

Why do some people have success yet others find success difficult? Why does it seem easy for some and not for others? That, is an illusion not reality. Comparing yourself to another's life is time wasted. You will never know what they have been through. Judging, jealousy and envy are a sickness. Forgiveness and love are not. What is your perception on life? Uncover your eyes and look around!

Three P's, perception, perspective, and persistence, but also faith and trust in God is the key to success. God is our only judge. He knows you in and out, what you can handle, what lessons you need to learn. Open your heart, clear your mind and happiness can be yours! It is about believing that God has a plan. Freewill and choices are yours to make. When something doesn't work out the way you want it to, it is for His reason. Yet a new door always opens.

In 2008 during the housing market bust. Life came to a halt for my husband and me. Construction jobs were boarded up, no income, limited work, and no food. Over a four-year period, things kept rolling downhill. We were rummaging through our garage for items to sell for food and pay utilities. Our situation got worse, losing everything we worked years for. Confused, sad, angry and giving up, having more fear, doubts, confusion, the whole shebang. With tears and limited choices as I assumed. I finally got down on my knees and prayed. Jesus appeared right in front of me clear as day. He said... Walk Away. Not an easy task at all. Still with uncertainty and very scared, we made a choice. We walked away. Then by the grace of God, things fell into place.

In life, happiness, accomplishments, and regrets are perceptions and perspectives. Keep the faith and trust in God. Let Jesus lead you to make better choices to reach your success. You are always watched over! God is gracious.

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WHEN CHANGE KNOCKS

Make Your Expectance Speech

By Patricia M. Kelley

My journals over the years are filled with messages about the importance of expectation to manifest what is desired. Many of the messages were what I call channeled messages and others came in the form of wonderful synchronicities. In one session many years ago that impacted my practice of expectation, I had asked the question: What is the action I should take?

In a very quick response, I heard: Action of the heart and mind—expect, Expect is a Holy verb, Expect in all ways—in all days, Expect Miracles, Know this is true and believe you receive.

Our expectance speech is the fuel to our co-creative power. It's not a speech we give to the world, or a group of people. It's the speech we are giving to the Oneness via our thoughts, words and actions. The Universe/Oneness does a Holy tap-dance when we joyfully and confidently expect good things to happen in our lives. Expectancy infuses our thoughts, speech and actions with a knowing energy that we *will* receive—we have received—and our expectancy energizes the manifestation process.

It is this focused and well-intentioned Good Mindedness, driven by the power of expectation that aligns us with the One Mind. From this potent marriage our greatest possible good is born into our world, and the entire Universe benefits. Cosmically, everything now moves enthusiastically to create our unique worlds for us. Miracles unfold in a miracle-making atmosphere, when we engage with the Limitless.

It does not matter what did or didn't happen yesterday, or last year, or in our families, or in our lives. Because we are in and of the One Mind, everything changes the instant we change our mind about how we think about anything—including and most importantly, ourselves. We live in the limitlessness or limitations of our lives, which we have constructed with our patterns of thought. We alone choose to limit or to increase, to expand or constrict our lives. I have done both. I have experienced incredible over the moon joy, and the depths of grief and sadness. I'm betting you have too. We're growing and expanding humans. We're on an incredible journey here. Roadblocks and train wrecks are part and parcel to life-altering wakeup calls. Forgive yourself.

So, part of this important expectance speech is the acceptance piece. It's so important for us to forgive ourselves for any actions, behaviors, embarrassments, poor decisions and more. I'm getting better and better at letting go of these from throughout my past. I encourage you to do the same. Clear the decks. I'm finding that I truly learned a lot from the dark side of my life's journey. And mostly, it was to simply redirect me onto the right path for my most purposeful life. Accept what was. Expect all you desire. Believe in you. You are a blossoming butterfly!

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WE ARE BUT HUMAN

The Heart of the Matter

By Helen Ollerenshaw

Having worked for twenty plus years with people I can tell you one core truth, no matter the issue that is presented in personal or professional lives or business the missing key is always the connection to heart.

If a business is not succeeding it is because the business purpose has been forgotten. If a relationship is failing it is because people refuse to allow themselves to be vulnerable and open to emotional connection. If health is failing it is because there is a disconnect at core to self care, if your job is causing you stress and anxiety it is because and simply because you are doing something that is not true to your core self.

I know that people will disagree with this view, because there are always 'others' that can be seen to be the problem, always others to blame, whether that is government or big business, and yes there are systems in place that support and encourage failure and stress and separation and opposition, because it suits their outcomes to keep the majority of us squabbling amongst ourselves. While we squabble we are not looking at the big picture.

When you look at all of the advice and information, the ten steps to this or that, how to be a good leader or increase your profits, it is the same as putting a bandaid on a bullet wound without taking the bullet out first, or as Denise Linn, says in one of her excellent recordings. "It is like mowing over Dandelions" they will simply continue to grow until you dig them out.

If we spend our time externally blaming each other, fueling our world with inflammatory language and hate speak, if we blame people who are trying to survive and protect their families in a chaotic and violent world, then we are not focused on core.

Core is simply this, HeartConnection. The hard part about this simple solution is that we have become so good at allowing our ego to set up barriers to guard our most vulnerable selves, that to listen to our emotional truth is more frightening than going into a dark cave, believing that a flesh eating monster is waiting for us. Yet the opposite is true, we have been conditioned to believe in the flesh eating monster, when it is really Puff the Magic Dragon, waiting for someone to be brave enough to invite her out to play.

If you truly want to accelerate change, grow business, create outcomes, to find abundance joy and purpose, to get back in touch with your true self, your core self, you need to learn to re-connect to your Heart. And you don't need to turn your world inside out and become a Zen master, unless you want to, you only need to start with you. I did.

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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



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RETURNING THE GIFT

Begin With Baby Steps

By Julie M. Hutchin

Most of us take walking for granted. As babies, we learn to hold up our heads, turn over, crawl, pull up and eventually walk. Little thought is given to the act of walking or how it feels. At least not until something happens that renders us incapable of walking. Aging can cause balance problems. Health challenges such as stroke, arthritis, failing vision and hearing, Parkinson's Disease or Multiple

Sclerosis, may cause us to shuffle our feet to avoid falling. I have many beginning students who are unable to stand, much less walk, or are experiencing balance problems. We begin where they are with baby steps.

Tai Chi Walking, which is taught in all styles of Tai Chi, is the first fundamental technique that I teach my students. This form of walking facilitates more perfect movement by slowing everything down. As we take each step, we focus, control the step and our balance. Regular practice helps create a stable stance, distributes movement more evenly across the ankle, knee and hip joints, and promotes greater awareness of body and movement.

My initial goal with any student is to help them become aware of how it feels to walk. Many students are surprised that, although they've been walking all of their lives, they don't know how to walk well. It may take several months of practice to master Tai Chi Walking. I encourage students not to be disheartened if it takes awhile before they are comfortable with Tai Chi Walking. Each student must work at his or her own pace. One student who was unable to balance without support in the beginning is able to walk unaided daily and to enjoy that freedom after two years of practice.

I had to learn to walk without support again last year due to a balance disorder. (Yes, even instructors face physical challenges sometimes.) I was shaky and rigid at first, feeling stiffness in my neck, shoulders and spine. My knees and ankles ached. But I persevered. With concentration and focus, I practiced for five months and was finally able to support my full body weight on one leg, then the other without support. I was then able to put down my walking stick and walk on my own.

Tai Chi Walking is moving meditation. Practice helps us connect with our wholeness. Brain waves change from Alpha (high activity) to Theta (meditation and healing.) We experience relaxation, calmness, a feeling of well-being and improved self-esteem. Continued practice leads to progressive rehabilitation.

Be gentle with yourself when practicing. There are no mistakes-only mind strength and perseverance. Practice in a familiar and comfortable space. This provides confidence that you are safe to step out. You may begin taking these baby steps in a smaller, confined space with "safety nets" such as a wall, a chair, a table, that are within easy reach for support should you feel you are going to fall. Pace yourself. Beginning with baby steps, you have begun your journey to health.

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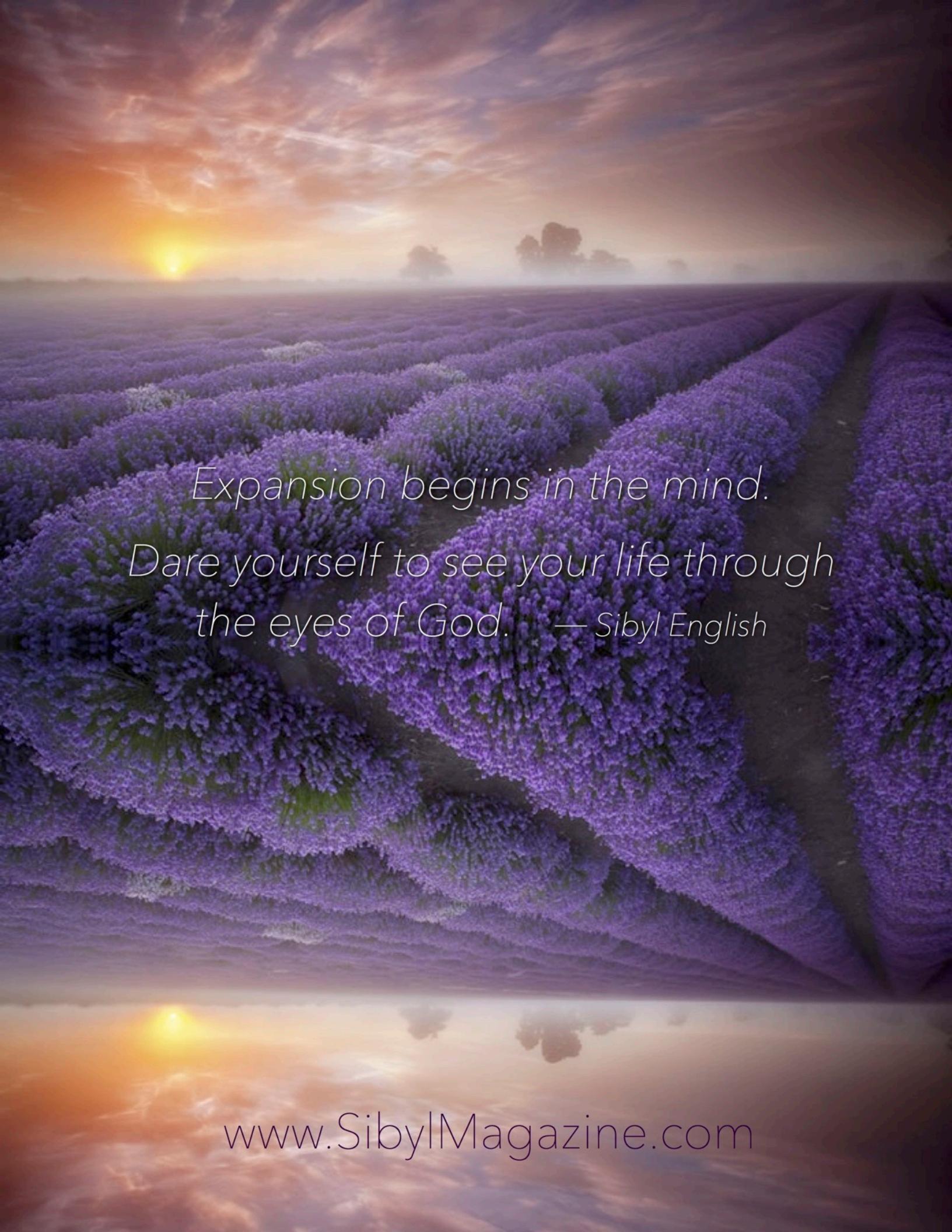
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Let the joy of my Beingness say hello to the world with no expectations in return at all. ~ Sibyl English

A photograph of a vast lavender field at sunset. The foreground is filled with rows of lavender plants, their purple flowers creating a textured, undulating pattern. In the distance, a bright sun sets on the horizon, casting a warm, orange glow across the sky. The sky is filled with wispy, pink and orange clouds. In the middle ground, a few small trees stand in the distance. The overall atmosphere is peaceful and expansive.

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

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NAVIGATING YOUR JOURNEY

Trust Your Journey

By Debra Ross

Everyone has a journey... their own journey... and we all continue to learn and grow up until the day we leave this earth. There are as many different journeys as there are people. We all leave our unique fingerprint on this world... whether we realize it or not. So it's best if we be who we are... and not try to change or fix ourselves to try to be like someone else. There is only one you... and the world needs you the way you are. Don't change... find your personal journey. Remember... it's not about being right or wrong... it's about your journey and what works for you. **And it's not about being perfect.** In fact... if you are not making mistakes... you are probably resisting your journey.

Everyone has a journey... what does this mean? We are not all on the same journey or path. Nor are we all headed to the same place or beliefs. In this world there are so many different things to believe in. That's what makes us a whole. Our beliefs should not be what divide us... they should be what unites us. We need to respect others and their beliefs. A person is not "wrong" or "bad" because they don't have the same beliefs that you do. Get over yourself. Even your spouse... your family... or your friends do not have to have the same beliefs as you do... that's the beauty... and adventure in your journey. Learning the different perspectives of life... with no judgement or condemnation... appreciating the many beliefs the world has to offer... for this is what makes us a whole.

My journey has led me in many different directions... and it has not always been easy... but I don't know that I would want it easy. For me... I am who I am because... and in spite of my journey. Whatever happens on our journey... it's not "good" or "bad"... it simply serves a purpose. It's not important what my journey was/is because everyone's journey is their own. It's about learning... growing and enjoying it. Everyone has their own lessons to learn and they will also grow at their own pace... but the part about enjoying your journey should be applied no matter what is going on. You can always find joy... you just might have to look for it on purpose... because it likes to hide. It's easy to enjoy our journey when things are flowing... it's when we have the not so pleasant things occur in our journey that it becomes challenging to find and keep our joy.

Life is full of choices... none of them "good" or "bad." They are just simply choices that take us through our journey.

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HEARTFULNESS IS KEY!

What The Fog Taught Me

By Laurie Bartley

The city I live in is nestled in a valley in British Columbia, Canada. There is a large lake, along which many communities have sprung.

It has been called the "Four Seasons Playground" and hosts diverse natural habitats - golf courses, ski hills, nature trails, and of course the lake itself. Should we drive to visit friends and relatives in Vancouver or other outlying areas, we must travel across very high mountain passes.

Frequently on those highways, we travel through fog. Driving through the fog is scary. Terrifying even. It comes on suddenly, and at times is so thick that I have not been able to see even one car length ahead. At these times, the mind engages in "I wonder" - wondering by how much the drivers ahead have slowed down, while simultaneously wondering if the people behind will slow to my speed..... or whether we will lose sight of the lanes, or improperly navigate a turn.....you get the idea.

I have never been in an accident in the fog. I have never witnessed an accident due to fog. But I know how scary it is to be in it. My senses heighten. My eyes open a bit wider, using expanded peripheral awareness. My posture straightens, as if in 'set' position at a foot race. My muscles on alert, ready for sudden shifts in movement, waiting for the "go" signal. My ears even open, listening for the slightest cue that may help my failing sight in this situation.

And I notice how this is a terrific metaphor for challenges in life. When you really can't see ahead of you, and are taught to rely on simply this present moment. When everything seems to slow down, you become aware of every breath, when every sense you have is on alert. Where you place your trust in something bigger than yourself, and allow this trust to guide you through to when you can once again see from a viewpoint of clarity.

You see, even in the densest fog, the road beneath me has not changed, the mountains, sun and sky continue to hold their place.... The single variable and often terrifying truth is simply that my perspective of everything has shifted, due to my limited vision in those moments.

And isn't that how life is? We are often reminded - suddenly and without the option of backing out or turning around - to surrender to the moment, to use other senses in lieu of what our eyes can see, to trust that the ground remains steadfast, and that, yes, we can navigate through this safely. Not comfortably perhaps, but intact.

In those moments, who is at our side, navigating through this with us, becomes extremely important. There are times that the nervousness - or panic - of my passenger becomes palpable. It adds to my anxiety.

Other times, my passengers have gently, and often without a word, taken a deep, centering breath and I could feel their trust and positive energy adding an extra layer of nurturance and guidance through the fog.

I heard a speaker once say "Flowers don't grow without stirring up the soil".

What flowers are waiting to bloom in your garden?
What will the fog teach you?

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EMERGE

One Last Kiss

by Sandra Cerda

Not long ago, I stood at the casket of the man who had inflicted the most horrible pain and betrayal of trust anyone could inflict against a child; far worse, when the child is family. Nearly fifty years had passed.

So many people are at war with God in their spirit, about forgiveness. Whether it is the forgiving of another person, or of self, the pain is deeply tangible, and forever troubling. What you hold in the soul, you feel in the body. I have wrestled over some very real, deeply painful issues and circumstances. Situations that have unfairly taken over areas of my life, through the actions and ugliness of others. Situations completely un-called for, unfair, and wrong, where there was nothing I could do to change it, except to forgive.

Surrounded by people who had never been hurt by this man, I made my way to the front of the room. People who had never known him to be aggressive or at all capable of sexually assaulting a four-year-old child, blamed me for exposing what he had done, flatly denying he could do such a thing, because of his love for children; but he did do it. He loved some children more than others.

I had, for years, believed I had fully forgiven this man years ago, when I first began to live for God. I thought avoiding the subject was a sign of my forgiveness, but in truth when the subject was brought forward from time to time, my initial response was inner sadness; then rage.

Leaning into his coffin the first time that morning, kissing his cheek, I cried like a little girl who didn't know what she had done wrong, for such a heartless event to happen to her. It nearly destroyed my life; so much was stolen. "Why", would never be answered.

The next morning, I made sure I was the last one to stand before his casket. I took the opportunity to seal the last words ever to be spoken into his ear. My voice was the last voice to ever speak into the ear of the man who ignored my tears, as a child; who called my words "lies", when I tried to stand up to him, as a four-year-old little girl... I leaned in again, kissed his cheek, with only a single tear left running down my face, and whispered my heart to him, before God: "I love you, and I forgive you." Walking away, I turned again to see the casket being closed. That chapter of my life was truly over, now. I knew I was free.

Not realizing, what overwhelming degrees of wholeness I had not yet experienced, awaited me, I began a new thrust in my journey; a catapult of sorts. Great treasures in God await those of us who are willing to be free from holding and keeping pain close to our hearts; even if hidden from others. Unforgiveness has nothing in me!

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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





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WHEN DID I DIE INSIDE?

The Search For Love

By Theresa Nutt

My personal journey took an interesting turn around the Winter Solstice this past December. I have spent years looking outside of myself for love, acceptance, and approval. Can any of you relate? I never fully understood what it meant to experience unconditional self-love until that fated day in the middle of December.

I had ended a romantic relationship that was on again and off again. He was clearly not the right guy for me, but I couldn't seem to kick the habit of him. And then it happened! Saturday night, I had decided not to see him again and the desire to just go see him was overwhelming. After all, I have been divorced for eight years and just wanted a special someone with whom to share my life experiences. I felt crippled by the heartache that comes with ending a relationship and devastated to be facing the loneliness I was tired of feeling. Fortunately, in that moment, I didn't go see him, and instead did a practice that literally changed my life.

I laid on the couch for hours, holding my heart and saying the words, "I love you" over and over again. I imagined that my soul was holding my heart. I spoke to myself like a small, frightened child. I let myself feel every emotion from the longing to be with a partner, the desire to be loved and cherished, and the heartache of never knowing love. I censored nothing and loved whatever arose in me.

A little over an hour later an amazing thing happened. I had the experience of becoming my own beloved. I felt such a rise of unconditional love for myself that I was moved to tears. The ache and longing for a life partner dissolved. The addictive quality of constantly seeking subsided. And I felt held and nurtured by the deepest part of myself; my soul.

I experienced my own inner Divine Masculine that day. I felt protected, cared for, held, and supported during a really dark time. This is a feeling that I had sought all of my life and never found. I healed a lineage of dark relationship history from my family in that moment. And I absolutely know that the next partner I attract will be very different than the list of romantic partners I have historically attracted.

The search for love is always an indication that your heart needs more love and attention. Sadly, too many fairytales and television shows lead us to believe that we will find that love and attention somewhere out there. In truth, the love is always available within our own hearts. And the more we access this deep well of unconditional love, the more our external circumstances change. Whatever you are searching for and desiring absolutely matters. But first, tap into your own unconditional, loving heart; because doing so will change the quality of what you create in your external world.

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Seeking Grace in Life's Challenges

By Christine Suva

When life tests our will and capacity to cope, we have an opportunity to build muscles we didn't know we had. Like many of you, I've faced times that seemed insurmountable: bad relationships, job loss, financial loss, health crisis for myself and loved ones, caregiving, multiple miscarriages and natural disasters. I once had almost every area of my life fall apart in five days! Looking back at those experiences, I can now see the hidden blessings and incredible growth. When times are good, it's common to think it will always be that way. Then, often without notice, life throws us a curveball and the ground beneath our feet gives way. It's in those times that we find out what we're really made of.

Those challenges solidified my understanding of the value of the many tools I'd taught others as a wellness professional by turning them on myself. There is a deeper need for self-care when you're going through devastating experiences. Learning to say "yes" to yourself when you need nurturing is imperative to helping you cope and move forward. All of us face loss, disappointments, frustrations and fear. They escape no one. Change is part of life. So, how do we find our center in the midst of life's challenges?

During some of those "dark nights of the soul" in my own life, I experienced depression from the gravity of my circumstances. It took a willingness to sit with my sadness and fears letting them flow through me in order to rid myself of them. If I had tried to deny them, they would have persisted. Grief has stages that we must pass through in order to heal. At times, I was coping day to day, others minute to minute. Learning to trust the process of healing took patience and a willingness to walk through the darkness when I couldn't see the path ahead. Trusting that God had a plan for my life even if I couldn't understand why things were happening at the time. It took taming fear and surrendering. To help myself cope, I took every opportunity to center myself so that I could hear past the noise of circumstances and tune in to my inner wisdom. For me, that meant: daily exercise, eating well, praying, practicing relaxation techniques, journaling, reading inspirational books, watching funny movies, short term therapy and spending time with loved ones and time in nature as much as possible.

We're able to handle life's challenges with more grace when we honor our own needs. Giving myself time to grieve, nurturing myself, asking for help when needed and being patient with the process allowed me to fill myself back up. It allowed me to rise from the depths of despair to embrace joy and feel passion again. Grounded in faith, lifted by love, I found my way back to wholeness and realized I'm far stronger and more resilient than I ever imagined!

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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

THE JOURNEY OF SELF LOVE

Love You for You

By Cheri Ann Revill

Loving you for you. What does that mean to you? For me it means excepting you, for who you are. That means everything about you! Whether they may be flaws, limitations, imperfections that you think you may have about your body or your personality, it is really about how you perceive yourself. Most people have a very different point of view on themselves, yet others will view them differently. I watched a YouTube clip where a forensic artist drew portraits on a number of women on how they viewed themselves and then another portrait on how others saw them. Both pictures were very different! Very interesting to watch; <https://www.youtube.com/watch?v=litXW91UauE>

How do you talk to yourself? Do you talk to yourself in a loving way? If the words you thought about yourself suddenly appeared on your skin for the world to see, what would they say? Why do you speak to yourself in such a way?

We are our own hardest critique when we should be our greatest fan, friend. How we treat our partner, lover is how we should be treating ourselves, with love, kindness, respect and compassion. If we do not love ourselves how can we love another? What kind of example are we setting to others, to our children?

For how we treat ourselves is showing others how we would like to be treated. Then we get upset with the way we are treated when it is our own doing by allowing it!

In my experience that is exactly what was happening to me, I was putting myself last and so were others, especially my family. I did not love myself at all and I treated myself terribly. Once I stopped and learnt to appreciate me for who I am, my talents, my body and realized I deserved better that is when things started to change. I thanked my body for all it could do and started to listen to my body through muscle testing. What my body wanted to eat, what movement it loved to do and my body shape started to change. I started to pamper myself and treat myself how I wanted to be treated and others started to notice a difference. Some did not like it but I was making a stand and things were going to change, I was changing and for the better.

This is not easy it is something you have to work at every day but I am glad I did it, I love being a woman, I love being a mother, I love being a daughter, a sister, a friend, I love being me and I love my body just the way it is!

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BE YOUR OWN CHANGE AGENT

Everyday Changes To Support Myself

By Karel Hadacek

There was one shining week in my adult life where I felt satisfied, fulfilled, and happy. It was unexpected, so I reflected on why it was so exceptional. How could I duplicate it?

I had taken a week of vacation from my full-time job in the middle of summer. Rather than a family vacation, I stayed home with my children and husband. Their lives continued as normal, but mine was completely altered to work on a writing project. I slept a full eight hours every night then skipped the alarm and rushed commute. I sat quietly with my hot tea each morning and checked email to reassure me that all was well in my world. Then I sat down to work on my project. I set daily goals, which I met or exceeded. While I worked, I listened to soothing music, and my pets kept me company. Every night, I cooked dinner; nothing fancy, just healthy food.

When the week was over, I was satisfied with my project completion. I was well-rested, well-nourished, and mellow beyond belief. Why couldn't every day be that way? As I reflected, I saw that sleep was a major factor – and I needed to make it a higher priority daily. As a modern woman, I always burned the candle at both ends, and it was time to support myself more. I was past the age where I could get by on four or five hours of sleep and still function well. No doubt I was never as good at that as I thought I was. I set a goal for nightly sleep and worked hard to maintain it.

I decided to update the music I listened to at work. I turned to instrumental music that wouldn't distract me with lyrics; it's hard to think about the words I'm working with when I'm mentally singing along with something else. I searched for ways to eat more nutritiously every evening rather than settling for what was convenient. That continues to be a struggle, with some successful campaigns and a few rushed defeats. It is more of a struggle for a working family than I want to admit.

The work I did that week was a departure from my usual work. It required research, focus, and sustained attention on the same thing, as does my 9-5 job. The difference was that my personal project had a creative component that my work lacks. I had grossly underestimated how much I needed a creative outlet. I don't have to make it a career, but it has a rightful place in my life. Bringing imagination and inspiration into my life have brought unexpected pleasure.

I've spring-boarded the lessons of one week into several years of better days. What can you add to your life every day to increase your contentment? What priorities need to shift or changes need to be made? Supporting yourself daily is highly underrated; it is essential.

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GODDESS TEMPLES OF GOLDEN LIGHT

Love Is All There Is

By Linda Jarrett

I feel its important as human beings to love everyone, whether you can of course, is a different matter! It takes practice to not be annoyed or irritated by other peoples behaviour, opinions or circumstances but trust me its well worth the wait. The main reason we are born on to this planet is to learn about love, that is the reason why we are here. But to some people its very difficult, well to most people its difficult, but once you have mastered this quality then you will find your inner peace.

Love is the key to humanity, once we learn this important fact, how different do you think living on this planet will be? No more worries, anxieties, fear, anger, jealousy or resentment just love, happiness, joy, contentment and peace. Im not saying go along with everyone or everything, because there are times when you need to speak your own divine truth, and times when you need to make unpleasant decisions all Im saying is do it with love and compassion. There is a different energy behind words and actions when you do everything from the point of love. Life becomes easier, less complicated when you do things for other people instead of always yourself, if its difficult then you are making it difficult, so simplify your life and put boundaries in place. Set boundaries so people know and respect you for the person you truly are.

While you maybe spending more time indoors because of the cold or heat depending on where you live around the world, think about how you would like to be treated yourself? We really do need to treat others how we would like to be treated ourselves but always with kindness, love and grace. This starts from childhood if you were treated unkindly then that's all you will know and you may treat others others the same way. If this is the case then please change that pattern consciously, as we as human beings are very good at getting stuck in patterns, and sometimes we can go around and around in circles doing the same things and thinking the same thoughts and getting stuck in patterns. So break the pattern by talking to yourself or by writing notes, or by singing to yourself but make the change now.

All we need is love sung by the Beatles back in the sixties, was amazing and actually never a true word has been spoken. And if you think about it all songs are generally written about love, so practice loving yourself first and then you will find it easy to love others. Try it today, tomorrow, or next week and see for yourself. Do love, be love, think love.

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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

AWAKENING FROM THE WOUNDED CHILD

The One Promise That Can Never Be Broken

By Radavie

We've all experienced broken promises. Not only promises broken by others, but also promises we've made to others. We even break promises to ourselves. Remember that unkept New Year's resolution? Relationships are fertile grounds for broken promises. If it weren't for broken promises, I'd imagine the world's library of love songs would be half the size.

Broken promises can leave wounds

One broken promise I experienced left me with a wounded heart. It was the morning of my 8th birthday. My mother promised me a soft drink for my gift. I felt so happy that she acknowledged me. As children we all want to feel important and loved. I was overjoyed and couldn't wait for my soda.

Hours went by. It was late and my brothers and sisters were already asleep. With my head cradled in folded arms, I leaned on the dining table, waiting in the dark. Anticipation of my soft drink turned to anxiety. The silence around me became pregnant with noisy and disturbed feelings. My excitement turned to disappointment. Another broken promise. My feelings and beliefs convinced me I was unworthy and unlovable. I was left with a wounded heart. How could she lie to me? I watched myself withdraw from her.

The Impact of my mother's broken promise

My broken birthday promise and many others left me withdrawn from everyone. I was now living enclosed in the cage of my wounds leaving me felling sad, insecure and not belonging. Growing up, my sensitivity to feeling forgotten was chronic.

My childhood wounds propelled me on a spiritual path. I looked to spirituality to provide a refuge from my accumulated suffering. It was 32 years later before my breakthrough and self-healing began. In a defining moment, the wounded child that I had disowned and hid from appeared to me out of the blue. I could no longer push her away. Just the opposite. I saw that I needed to merge my memories with my emotional imprints ... to feel my feelings and to embrace them. This was the beginning of my self-healing.

The promise that cannot be broken

Years later, another defining moment occurred while I was on an airplane. A shift of perception took place. I saw that the Wounded Child was a veil - a tapestry of limiting beliefs and conditioning, the persona - that kept me in separation, masking the True Self, my Divine Nature. Our Divine Nature is the innocence that is free from human conditioning and thus free from suffering. This realization was my Spiritual Awakening.

The promise that cannot be broken is this: freedom from suffering is here now. Freedom from suffering is our Divine Nature. Our Divine Nature is revealed when it awakens from the wounds that caged it in suffering. My calling and service is to release emotional wounds that veil our Divine Nature from Itself. Releasing the wounds opens the portal to Spiritual Awakening.

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A TREASURE FOUND WITHIN

A Key—A Stick... 'Gifted'

By Sandra Mattucci

Many faces pass me as I walk. My thoughts so meaning-filled this day. The "busy-ness" of life has given way to a quiet awakening within and by day's end, all the walking took me back...back to its beginnings. I left behind many earthly 'things' when I departed my homeland---a country flowing with milk and honey. When I arrived in this unknown land, I 'found' the true source...the rich Honey Comb.

I was immersed in a sweet essence while I walked, as I glided across the slick cobblestone pavement. I was mesmerized by the magnificent arch before me---above me a statue of St James with staff in hand. I stood---a foreigner, as one in exile embarking on a solitary journey and I heard the invitation to "Come, follow." My heart pulsated as I fought to free myself from my 'false' self, from the lure of success, from the hunger for recognition, accolades and applause.

The arch I would walk under/through pulled me like a string. The church to my left whispered, "ENTER." I reached for the door handle pushing and pulling wishing it to open. I felt a certain sadness when I realized the church was locked. How was I to enter? I took a few steps and saw a stout woman holding a skeleton key which dangled from an enormous hoop around her wrist. She gazed into my eyes. Speaking not a word, she unlocked the door and beckoned me "WELCOME." A latch was lifted. My heart unleashed a sense of deep gratitude. Only now do I realize the gifts received.

A walking stick had become for me more than just a stick. As the pilgrimage began, the stick and I found our way to each other in one of the many shops. I spent time searching for the 'right' one. This stick caught my eye. I picked it up---I put it down and it leaned into me. It became my constant companion. A simple piece of wood carried me across rough terrains and through all weathers. Tears bathed my being when I arrived in Santiago and gently placed my companion with all the other sticks. Before my final release, I did throw it to the ground wondering if it would turn into a snake. The only hiss came from my lips---blessing to the next pilgrim in need of its assistance.

A key unlocked my heart. I, the foreigner, was carried by a companion 'staff.' A slivered moon illuminated the night sky and I was struck not by the light of the visible curve, but by its shadow in the black sea. There was my true self in the shadow. Who I am, who I was becoming, even after all this time---UNKNOWN. In my silent practice of being, I am trusting what is slowly being revealed. A new day is dawning and endless sunsets sink into mists of endings. HERE my true self awakens.

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are destined
to meet;
regardless of
time, place or
circumstance.
The thread
may stretch
or tangle,
but will never
break.*

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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
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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

LIVE YOUR BEST LIFE NOW!

Our Forgotten Dreams

By Kathy Eckhardt

I read about a woman who needed to clean out her small fish bowl but couldn't find a container to put her two goldfish in while she did it. So she filled up her bathtub with a couple inches of water and placed the fish in the tub. After cleaning the fish bowl she went back to get the goldfish and was amazed to find them swimming around in a corner of the tub in a circle no bigger than the fish bowl.

Do you ever feel like you're swimming around in circles, always doing what you've always done? Are your old habits and the patterns of your life keeping you swimming in a small circle when the whole ocean of life is inviting you to jump in with a big splash?

As women, isn't it true that we often put everyone else's needs ahead of our own? We want to be a good wife, a wonderful parent and daughter and always do a great job at whatever it is we do. But even when we are successful in all of those roles, we may still feel a void. *The void is where our dreams used to be.*

Many people have forgotten how to dream. They packed their dreams away like last season's clothes and forgot to take them out again.

I actually did that once. I have a Cedar Chest in my living room that looks like an antique piece of furniture. I got so used to looking at it, I forgot that it was a storage chest. So imagine my surprise when I opened it recently and discovered a whole season's worth of summer tops and pants, sweaters and skirts, all washed and neatly folded just waiting to be worn. I was shocked! I couldn't even remember putting them in there it had been such a while ago but as I pulled each piece out of the chest a flood of memories came with it. I remembered when I bought it or where I wore it or who gave it to me and I felt nostalgic and a little sad that I had let them linger in there so long unworn. So many missed opportunities!

Most of the clothes didn't fit me anymore but there were a few that I was able to freshen up and give new life to. That's the way it is with our old dreams. Many of the dreams we dreamed when we were 8 years old, or 24 years old or who knows when, don't fit the person we have become or the person we now want to be. But if we dig down deep enough, maybe, at the bottom of our hearts, we'll find a dream or two that we would still love to do -- a dream that still tickles our heart or encourages our spirit and brings a sweet breath of freshness into our life. The dream that was God's gift to you.

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**~ Kathy Eckhardt
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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

ON THE PATH TO FREEDOM

Chasing Truth Freedom

By Sue Zbornik

Freedom means many things to me but ultimately it is about having choice. On a physical level it is choosing who I spend time with, the kind of work and play I engage in, the way I perceive myself and my environment. At a spiritual level, it is choosing how I live my life and how I interact with the world around me. I can choose to pull myself from the limitations of a worn out story, or of being a victim, or from the over-responsibility that comes with being the rescuer. I can choose thoughts, feelings and actions that move me towards a soulful place of grace and power.

This kind of freedom is a privilege for the modern Western woman I am, granted to me by the hard won fight of the suffragettes of last century. I believe another kind of suffragette moment is afoot, one that demands the status quo of our cultural ideals of beauty be reconsidered. True freedom demands we let go of harshly judging our bodies. It demands we let go of any culturally idealized weight, shape, size or appearance.

Trying to lose weight by dieting is as limiting to our freedom as corsets were for suffragette women. The weight science is catching up to what many of us already know. Diets for weight loss shut us off from listening to our natural appetites. We end up starving ourselves or alternatively end up stuck in an endless cycle of weight loss and gain. Dieting disconnects us from who we are.

One of my clients recently revealed that freedom scared her. She is a client with severe and enduring anorexia nervosa. To this client, freedom means her eating will spiral out of control. And then she and her life will be out of control. The paradox is this: if she could give in to her natural appetite and let go of the rules of the eating disorder she would be able to gain a sense of control with her eating.

Her thought is 'I shouldn't eat ice cream because it will make me fat'. Her belief is she will gain weight when others wouldn't. The reality is her appetite will work. The trick is letting it. To do that my client will have to let go of her food, eating and weight rules. The freedom of eating to her appetite would fill her life with ease and grace. Doubt would be replaced with full confidence in her food choices and in herself.

My client is no different to many of us. Our challenge is to listen to our natural appetites in every area of our life. To let go of the rules that no longer serve us and engage with the freedom, ease and grace that is available in every moment. Freedom can be ours, if we are willing.

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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



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THE JOURNEY OF CHANGE

Beliefs and Mindsets

By Rose Rowson

Looking back, it's not an easy journey reflecting on the past; it can seem like a lifetime ago or sometimes just yesterday. For me the sweetness of innocence, strangled in a kind of emotional overwhelm, dominated my childhood. But now, in its unfolding, I have learned to understand the depth of how we create beliefs about ourselves and the continual impact that it has on our lives.

Our core beliefs form in childhood, developing experientially through primary significant relationships. In the journey through life, those belief systems and values are anchored deep within us, shaping our mindsets and in turn our behavior. We are often unaware of them, as they sit under the surface. How can we change things when we're not aware of the cause?

Sadly if we are surrounded by negativity and abuse, our value system can become based in shame or fear which eventually determines our value. As I experience my own memory of shame, I recall the many other women who I have worked with over the years where it has been a common thread. Parental relationships inflicted unintentionally over their children, have a huge impact on developing mindsets and shame easily develops.

It's that still small voice that fleets across the mind, reminding us that we're not good enough, smart enough, pretty enough, not worth it, we've failed too many times. I've heard it so often in my own mind and from many clients as well. Amazingly, significant people in our younger lives can effect how we see ourselves years later. I remember the Grade 4 Teacher saying, "You won't amount to much." How is it possible that the remnants of those words had such an impact on my early adult years?

The coach in me quickly recognizes the pattern and begins using strategies and brain retraining techniques. They work for a time, but the underlying message still rears its head occasionally. I ask myself why. I remember training in Neuroscience, learning how thousands of electrical impulses make powerful connections in our brains, connecting thought processes and memory together. Those neural pathways linking experiences have rerun through the brain many times over the years.

The good news is we know more about how to create change than we used to, there are tools and resources available that work. All it requires is action, we have to actively engage in changing our beliefs and mindsets and we can stop the past limiting our future.

We can step away from victim mentality and move forward into new identity. Our brains are teachable! Understanding Neuroplasticity gives us hope for a future without that old teacher, parent, ex partner in our head. I love the opportunity this presents to us! We just need to be willing to invest our time and energy into ourselves. We can redevelop our value system and this will change the way we think, changing our lives forever. Healing, wholeness and change means a newer future.

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ANCIENT WISDOM FOR NOW!

The Tipping Point Is Love

By Marilee Snyder-Nieciak

Today, February 1, 2017 is the first anniversary of my husband's transition/transformation into an amazing Lighted Love Being. Today we celebrate him as an Agent of Peace on Earth.

Today is also Imbolc, Candlemas and St. Bridget's Day, a Sacred Day on the Earth Calendar. It is the mid-point of Winter. Imbolc is the day we transform ourselves by releasing the old beliefs, feelings, wounds and energy by making a list of what no longer serves us by burning the papers. To fill the void, we drink from the Sacred Well, transforming old energy into fresh innocent energy.

This Transformation is occurring within each of us as we experience the shift from inner contemplative focus towards an outer focus of Conscious Manifestation that began with the Inauguration, the nationwide Women's March on January 21, 2017 when we enter Aquarius. Then the New Moon of Manifestation is on January 27. Plus all of the Planets went direct on January 9 and will continue the forward movement in until February 8, 2017. Conscious Manifestation is up to us - We the People.

All of this energy is available for us to use as we move forward in our daily lives after our time of inner peace, love and wholeness that quietly permeated our being during the regeneration period from November 1, 2016 to February 1, 2017. As we share this wholeness with others, it becomes more available to ourselves.

Wholeness is how we celebrate ourselves with Self-Love. We become "Agents of Change" as we demonstrate our Love, Compassion and Acceptance. Without acceptance of "what is" there is NO room for our transformation.

Love is the Tipping Point!

So it is about raising our personal vibration which increases the number of people anchoring Love that radiates the Light so there are concentric circles of beacons of Lighted-Love. When John transitioned this was my vision and he was in the center of the concentric circles. What I learned from this past year is that Non-Violence, Tolerance and Acceptance has a ripple effect of creating an inner and outer environment of Love.

It is imperative that we each reach out, asking for help. Allow ourselves to be vulnerable, asking for help from our friends, family. We need help, all of us, from the Forces of Lighted Love!

Embracing Love banishes Fear. Be a pillar of Light! Bestow Blessings on All Souls, including the Earth, the Water, The Plants and All Species. Blessings activates the potential of individual Souls. Blessings are made stronger with Gratitude.

Profound Gratitude for the "shit storm" we find ourselves in allows for the transformation when we drink from the Sacred Well, becoming the ballast, envisioning calm seas, embracing the diversity of others.

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UNCOVERING YOUR TRUTH

Unhealed Teenage Heartache Buried Forever

By Bernie Giggins

A client in her forties, Catherine, (fictitious name) continuously experienced depression and anxiety which ruled her life. Health challenges of migraines, panic attacks and medication which numbed her senses. The extra twenty kilograms she had put on in nine months caused aches and joint pains and added expenses of clothes to fit.

She felt unheard with her personal requests to others and had the never ending feeling and voice of 'not good enough'. She has been married twice, with four children under eighteen.

Psychically I could see her energy fields and aura were only a quarter of her size, with three quarters of her energy field being filled up with other people's expectations and her responsibilities to fulfill the roles and connections she has with others. Unconsciously, she could not give enough and no amount was too much, to others, taking her further away from her own needs and her family.

Once we, Uncovered Her Truth, the suppressed memory that showed, was of Catherine at fifteen years old and her relationship of two years with her boyfriend, who had broken up and left her for another girl. The unresolved emotions of sadness, loneliness, hurt and rejection were still there inside her body as if someone had closed the door and sealed it up like a tomb.

The traumatic rejection, that day, had seeded a core belief she took on about herself, 'she was not good enough for his love'. Since that day, this belief, has been growing inside the deepest, darkest, coldest part her heart, it was still alive and the energy was being fertilised with the negative self-talk, constantly repeating like a broken record. Her life had been attracting, the same negative personalities to make her 'FEEL and become' that negative belief of 'not good enough'.

Oh my god, the grief, sadness and sobbing releasing from her body, as she witnessed the images of what both ages had missed, regretted not doing and the cost to her health, for thirty one years, was heart wrenching. All these buried emotional cellular memories were heard, resolved, dissolved and cleared. We now replace this memory and belief, safely and sacredly, the healing and reconnecting to her-self and Soul begins. Here Catherine installs her new belief "You are more than enough to me". Re-wiring, re-weaving a new 'sacred umbilical cord' connection. She took over the 'raising, loving, nurturing and protecting' of her lost fragmented younger self, just like a mother bear would.

What was missed out on in those thirty one years, came back to Catherine's life in miraculous and magical ways, it was as if she were 'sleeping beauty' waking for the first time, after the spell had been broken. She treasured this gift of re-connection to begin living the life she dreamt.

Within four months she had taken back control of her life, gained confidence and found her voice. Some people dropped away, new supportive loving ones came in and all relationships respected. = And thought she 'got over it', back then?

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EMBRACING YOUR HEART'S WISDOM

Reaching Outside the Comfort Zone

By Marcia Blau

As my younger son was nearing high school graduation, I became haunted by the notion of my impending empty nest. For so many years as a single mother, my two sons were my main priority. The thought of suddenly being on my own felt lonely, undefined, and scary. Even worse, I knew too much to allow myself to get clingy. My best response was to do a lot of meditating, writing, and looking within. And the message I kept getting was that I needed to reach outside my comfort zone. Going to the next stage would require my moving out of the family circle and into a bigger world.

I am always amazed at how the Universe offers answers once I start asking questions. Out of the blue, I was filled with thoughts about the past. I was recalling a conversation from over 20 years before when a friend informed me that Diane from our former acting class was doing "missionary work in South Africa." Why was this decades old memory visiting me now? I got curious and opened my computer.

An image appeared of a longhaired soulful woman...Diane! Life had taken her to Peru where she became a Master Shaman and founded a healing and conference center. At that moment my inner voice began suggesting that I was going to Peru. What was that? Years of buying school supplies and boys clothes on a credit card had rendered ample frequent flyer miles. I had fantasized a trip to Paris. But the voice insisted, "Peru!"

The next day I continued to follow my instinct. I found myself buying Diane's memoir and signing up for Spanish lessons. Then, I contacted Diane. She warmly invited me to visit her center and participate in workshops that summer. And there was my plan to venture out into a bigger world.

Over the next few months, I vacillated between a sense of exhilaration and a sleepless panic. For part of this trip, I would be traveling alone. I tossed and turned imagining myself lost, unable to speak Spanish. Why was I doing this anyway? Yes, I needed to jolt myself out of this empty nest mindset, but Peru seemed too far out of my comfort zone.

Ultimately trusting myself won out and in August I landed in Sacred Valley. There, I reunited with Diane, met like-minded people from around the world, hiked through mountains, and did much listening within. Essentially, I began the journey of reclaiming my own life. When I returned home, I felt renewed, stronger, and ready for the next step.

Our lives are much larger than what we see. Change may inspire feelings of wanting to cling to the familiar. Yet it is the reaching for something different that leads to personal growth and freedom. Never underestimate the importance of pushing out of your comfort zone. Dare yourself. Trust the Universe.

Down the road you will wake in a much more comfortable and interesting place.

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



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WHEN ARE YOU GOING TO STOP TELLING THAT STORY

Same Story - Same Life Experience

By Linayah Kei Michael

As I reflected on where I am now and what I have become, my mind went to the thought of creating. What do I want to create in my life now? What do I want to achieve? What do I want to release? What are my intentions?

If we can look at what has happened as just that - something in the past, no longer here - and release it completely, then we can move forward without any baggage of what we think should have happened, what could have happened, or if done differently, would have happened. It is in the past; it doesn't matter anymore.

Once we move beyond all of the past we can begin to concentrate on the "Unwritten Now" and what we wish to achieve. What is it that you truly desire? Allow the energy to flow within and around you. Be still and listen to your heart, to your inner wisdom; you will hear what your soul is telling you.

Let yourself be proud of your accomplishments. Look at everything as a blessing no matter what it is. When you can do this and be in gratitude for all of it, you have taken a very large step. Everything that occurs is for a reason; to help us grow.

When you decide to make the changes that you need and create what you truly want, you can move forward. The ability to create your own experience is yours alone. No one else can do that for you. Allow your vision of what it is you want, who you want to be, and all that you want to achieve to flow from your heart. Then listen to what your soul is telling you and guiding you towards.

You are the creator of everything in your life, so create a masterpiece. There is no limit to the power we each have within us to create our dreams and desires. We are in the driver's seat of our lives and the Universe will respond when we trust ourselves and know the power we have within us to create and succeed. The Universe will support all of it, if you allow it to do so.

Dare to dream and dream big dreams. It is all at your fingertips if you want it. Do you want a new career, new relationship, financial security, to relocate to a more desirable place, to write a book or become a successful artist? It is all possible if you trust yourself to accomplish it. If you are in a space of love as you dream your dreams and desires you can do it! Become powerful in manifesting by knowing that you can and will do it! You deserve to have abundance, health and happiness. It is your life! It is your birthright to have what you want, and the wish of your Creator for it to be.

Happy manifesting! Happy new you!

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DIVE INTO SELF-DISCOVERY

Challenge Patterns, Find Your Truth

By Creative Katrina

How good are you at challenging yourself in ways no one else can see?

Between resolutions, new intentions and big hopes for a fresh start, we often leave out an essential step - challenging the core of what we think is true about ourselves, with compassion.

When we look at our habits, thoughts and overall quality of life, we tend to let the mind point to what needs to be "fixed". The mind sees things as black and white, so there is only good, bad or some variation of the same mindset. However, the heart holds our inner wisdom. It knows when something still doesn't feel right or whole. When the mind runs the show, we get increasingly frustrated, ill or emotionally blocked because we are "fixing" rather than feeling, which is our true heart guidance.

As a lifelong empath, I've felt very emotionally responsible for the unfolding of circumstances and the people in my life. I did not understand I had the option and ability to challenge my thoughts, feelings and actions in a self-compassionate way as self-inquiry, and kept feeling like I needed to "fix" how I felt. I continued to take on other's emotions, mixing them with my own, without a way to release them. My true self got buried, and I started to feel the ramifications on my physical body. Between anxiety and ongoing unexplainable physical discomfort I was definitely being challenged, but not by the world. My body was challenging me to find space to feel so I could release and find inner freedom, while my soul was challenging me to do something incredibly scary - face the way I see, feel and process my emotions. I had to learn how to show myself compassion and patience throughout the discovery and release process.

To create regular space do this deep work, I use my daily morning walks as a free-for-all. I enjoy being outdoors, grounding into the earth with each step, while engaging in an open conversation with myself. Physical movement, combined with fresh air and enjoying nature is a triple healing tonic that invites the mind and heart to collaborate. As a team they illuminate old patterns, provide solutions or new creative ideas and allow me to do it all surrounded by the joy nature offers.

The challenge for us all is to look at patterns we want to change before we jump to new habits. Are you willing to dive deep into patterns of fear, lack and heartbreak to stop repeating unsupportive cycles? Can you connect with the raw nerves in your soul that ache to be acknowledged and healed? Are you courageous enough to challenge what you see, feel, hear and think you know about yourself, to go deeper?

Knowing triggers and tendencies shines a light on how patterns are created and returns personal power back to you each time through inner clarity. Give the heart and mind a chance to collaborate and create new, healthy patterns that start with compassion and self-love.

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RISE AND THRIVE

Life Lessons From Gardens and Dogs

By Sónia Trejo

Initially, I intended the title of this article to be "Thriving in the face of adversity."

For many, it is becoming more of a challenge to remain un-affected by the constant news filled with **fear and adversity**. In fact, it seems to have claimed the lives of many folks I know. Have you ever concluded, "What's the use? Well, I must admit that today, I caught myself feeling that way.

One of the things I often do when I need to clear my mind is to go for a hike with my two German Shepherds. Today was perfect because it was a rare rainy day in California, which meant that we would have the trails all to ourselves. I often let them set the pace because they're not concerned with what's going on in the world at large, only what's in the moment. My senior shepherd has arthritis and slips on a muddy slope, but then spots a rabbit and off he goes on the chase! He doesn't think, "I'm too old or my hip hurts," or the fact that the rabbit is far more nimble and quick.

While they're entertained chasing rabbits, I find myself mesmerized by the bright yellow blossoms of dandelions peeking out through the weeds. Dandelions are reviled by many as an insistent, bothersome weed, yet nevertheless, continues to proudly display its pert, bright yellow self in lawns and gardens everywhere, thriving in the face of adversity.

Where, in our own lives, do we face adversity? How do we carry ourselves through it: head down, beating ourselves up or feeling defensive and resentful? Or head up and face open, like the dandelion, sure of our intrinsic worthiness, knowing our gifts to the world, even if the world doesn't necessarily recognize them?

For those who know how to look and wait, the garden teems with other such life lessons. As spring awakens this year, we can turn our awareness to the wise teachings of our garden and our dogs, or other animal companions, as they are inherently wonderful teachers!

These are some lessons I've learned from natures' garden and my dogs. It's OK to be imperfect. Trying to grow the perfect rose, is a never-ending quest for flawlessness. "Imperfect" roses are still beautiful. We humans, just like our animal companions, with our myriad imperfections, still contribute our own beauty and zest to the world.

Have faith. Plant a seed, water it, and trust that it will grow. Similarly, believe that the shifts you make in your life, the dreams you hold dear, will fully blossom if you nourish and protect them.

Everyone is unique and needed. Everything in nature has a function that is interdependent. "When one tugs at a single thing in nature, he finds it attached to the rest of the world." We all have a purpose, a gift to the world.

I have learned to "See through the eyes of compassion, Listen with the ears of tolerance and Speak the language of love."

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RECLAIM YOUR TRUE SELF

Reclaim Your True Self

By Jen Froome

I was born in 1959 and grew up in a small country town in the south west of Western Australia. The only girl in a family of five children. Life was full of the usual fun, experiences, trials and tribulations including farm life and family fishing holidays, the angst of teenage years, being nearly 6 feet tall and a high achiever in sport and art. I was active with friends, poetry, reading, movies, loved nature, worked on our farm and I learned to drive at ten years old.

When I was twenty two my life took a monumental turn when my youngest brother, aged eight years, was accidentally drowned. The impact of this tragic event propelled me, initially unknowingly, into a journey of self-discovery and personal development. Then two other family members died on the farm; my father from heart failure when I was twenty five and my eldest brother died in a workshop accident in 2004.

I have always been very intuitive to pick up on the energy of people and the world and when I was twelve I felt that our family was part Noongar (Indigenous Aboriginal) on my father's side. I slipped into the school library to study Aboriginal history.

When I got into my twenties, all my cousins got together and we researched our ancestry and learned that we were Aboriginal. This is why I am connected to spirit and nature but I am also very grounded and operate using my intellect as well.

For a long-time the Australian Government was taking Aboriginal children away from their families (The Stolen Generations) so that was why my father's parents hid their whole family so that they were not taken away and this is why we didn't know that we were Aboriginal.

This gave me insight to believe that trauma, pain or strategies to belong or survive are not always in our neural pathways it is something that is handed down through our DNA and eventually I learned that science has proven this.

I have learned how to heal old wounds, trauma and clear the backlog of emotions and family concepts that have been handed down through DNA then create new beliefs. I operate from my heart and my true self and this has allowed me to stay confident, balanced, loved and highly successful.

Using my intuition and my learning I now hold the space for my clients to learn and heal and I support them so they become the truth of who they are. This is not just about peace love and pixie dust, it is very powerful and people succeed.

Take care of yourself and heal so that you can be balanced and continue to learn about yourself. Stay confident by living a life of integrity and holding a certainty within yourself that says: The challenges that life brings you are the lessons that you need to learn and the opportunities that allow you to heal and grow, so you may be your true self.

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FREEDOM OF CHOICE, OR DESTINY?

Learning From and Producing 'Coincidences'

By Simone Einstoss Granado

Preparing this article, inspired me to review life's coincidences. I started looking back through my life, analysing big and small coincidences, until I remembered the biggest coincidence of all, at the very start, the meeting of my parents, and my consequent birth.

I realized then, all events in life were coincidences, in successive order. In a way, every event in our lives is a coincidence of different elements coming together, so that X or Y happen.

Once, I needed an assistant at the office, and recruited one of the candidates I interviewed. She became one of my biggest pains during a few years. Her behaviour made me sick, bed ridden. Resting at home, I started looking in Amazon for a book a friend suggested, "Soul Survivor" by James Leiningher. Amazon also suggested to buy the book of Carol Bowman about "Children's Past Lives". I bought both. In Carol Bowman's, she often mentioned past lives training given by Dr Roger Woolger. So, I searched for 'training and Dr Woolger', and found a beginner's workshop starting next day. I decided to attend, and to travel to another country, although sick and feverish. This was the starting point of my career as a Regression Therapist. How grateful I was (and am) to that unpleasant colleague!

There are opportunities open to us at every moment. We can grab them, or not. I was once having lunch in a Belgian café near my office, and looked at the girl beside my table. She was reading a Cosmopolitan magazine in English. I asked her if she was English. She answered she was German. We became friends. Many years later, I was in another restaurant in NYC with my son. He complained to me, I should not be speaking to people in other tables. I answered: "I got to know your father, because I started speaking to a girl next table. If I did not speak to her, you would never have been born. She was the one who presented me to your father". I believe, somehow, he understood the idea, because he never complained about this again.

If ever we are puzzled on what to do, at a crossroad, and want some input from the Universe, we can deepen our comprehension and vision by meditating. Likewise, we can seek inspiration by reviewing a past life, attending a systemic constellation workshop, or placing tarot cards. We can also take an inspiring walk in the forest, or open any book by chance, and place the finger in a word. There are myriad other ways to get a hint on how best to proceed. Just follow your intuition on what to do, which advice to follow. In a split second, your life could take a completely new course.

In a way, coincidence is just a definition. Our life results from our choices. Whatever appears our way, will be the result of our preceding decisions and actions. We can facilitate coincidences at every moment. It is a question of will.

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Unlock Your Soul Treasure and Shine

Dream Your Winter Dreams

By Bobbe Bramson

Every year winter makes an offer most of us refuse. It asks us to slow down, tune in, and listen to our heart's wisdom. It beckons us to go within, to explore the hidden terrain of our mental/emotional landscape. Then it asks even more of us: That we stay there awhile; that we become still and know the truth of our essential self, or at the very least, quiet our minds enough to rest inside our not-knowing. When nature contracts inwards our patience and faith are tested; we subliminally question if Light will once again prevail over dark.

February is the very soul of wintertime but it's also a tenuous in-between time. While the frenetic fever of the holidays may have broken, the malaise of January lingers. Winter's mantle settles upon us yet we simultaneously feel a lightening as the days grow incrementally longer. The prophet groundhog predicts an early spring but winter storms still bear down on us. February's uncertain nature can create discomfort and we sense its duality in our bones.

We'd like to honor this season's deeper directives yet we live in a culture that worships activity and outward tangible accomplishments. Busyness and consumerism distract us from meaningful contemplation of our lives. We're led to believe that ever-striving is what makes life worthwhile, but winter knows better. "Yes", it whispers, "you do need to earn a living and attend to life's mundane needs, but you also need to rest awhile and dream your winter dreams."

Lately I do my best to listen to this guidance, but still struggle with actualizing it. I'm not the only one. In the past few weeks I've encountered many women who feel the impulse to move forward in an almost urgent way, yet at the same time feel confused, stuck, or unable to make decisions. Their stories are varied, but the common thread is always the same: Wait. Be. Not...quite...yet.

One woman confidently defined her soul mission, but felt disoriented and impatient. Tracking the energy I could see her dream cradled within the golden Light and Love of Spirit. This divine membrane looked like a luminous egg breathing in and out. Its message was clear: "Be patient and wait, beloved. You are right on the cusp of realizing your dream. This 'delay' is actually Divine protection of your beautiful vision which is still gestating. Your dream is being fed the nourishment it needs so that it will be strong and viable upon its emergence from the womb."

I, too, am restless to spread my wings. I feel their glittering expanse urging me to fly. Yet I know I need to surrender into winter's cocoon and let myself be nourished. I will yield to its benediction of grace, and do my best to understand that "Not quite yet" doesn't mean never, it just means not now.

May your winter dreams be blessed with Divine nourishment as they await the coming Light.

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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.

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YOUR REMARKABLE LIFE, YOUR WAY

Take a Curious Step

By Veronica Strachan

So often along the quest for wholeness I've been in a state of flight or fright. Do you know what I mean? Days, weeks, months and years lurching crazily from one drama to the next. Climbing one mountain top to success and then realising there is another, and another, in a never-ending vista that somehow fails to satisfy my need to succeed and make my difference in this life. Along the way, I was desperately trying avoiding conflict, deep connection, any deep feeling at all if I could—way too scary, way too exposed.

Sometimes my only light in a very dark day, was curiosity. This was the one positive thread that kept me going in the grey years when I was recovering from the grief of my young daughter's death. A little way along my quest for reconnection to a more remarkable life I discovered that the other half of the 'flight and fright' cycle is 'rest and digest'.

Being curious helps me to find ways to rest and digest, to stop and reflect. Curiosity can be gentle or fierce. It's a desire to learn or know about something, anything. It can lead you to explore, to enquire, and most importantly, to take positive decisive action after you rest and digest. Curiosity helps me see the patterns that I am repeating over and over. It gives me the chance to make a different choice—because we are all the sum total of all the choices we've made and the experiences we've had to this point in time. I choose my own way.

Curiosity kept me together in the years when my head was ruling my heart. Then when my heart was ready to lead again, curiosity helped me find the right teachers and communities so that I could learn to feel, heal and reconnect to my feminine essence, to come home. Curiosity offered me many new ways. These were the moments when 'if only I had done this...' turned into 'what if I could do this...'. Even just thinking those curious thoughts opened me up to possibilities, to opportunities to choose differently.

I let my curiosity lead me to new jobs, new friendships, new places. I am always learning, gathering the skills and experiences I need to live my remarkable life my way. When paired with 'adventurous' and 'remarkable', curiosity forms the three words that are my success markers, the traits I believe finally led me to the place that was, for me, the pinnacle of success. Self, family, friends, writing, speaking, coaching.

I believe curiosity is an essential tool for your quest to wholeness. Take a moment to think of the last thing you were curious about. What if you pursued your curiosity, took a small step to explore, to do something or choose something differently? Where would it take you? What would happen? What would you like to happen? Take a moment away from the flight and fright to rest and digest. Be curious.

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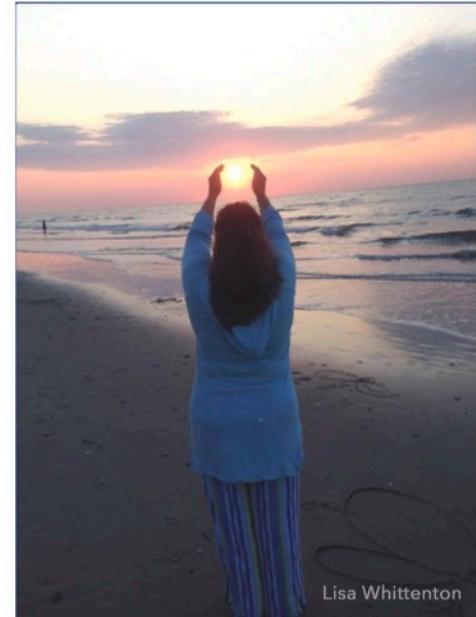


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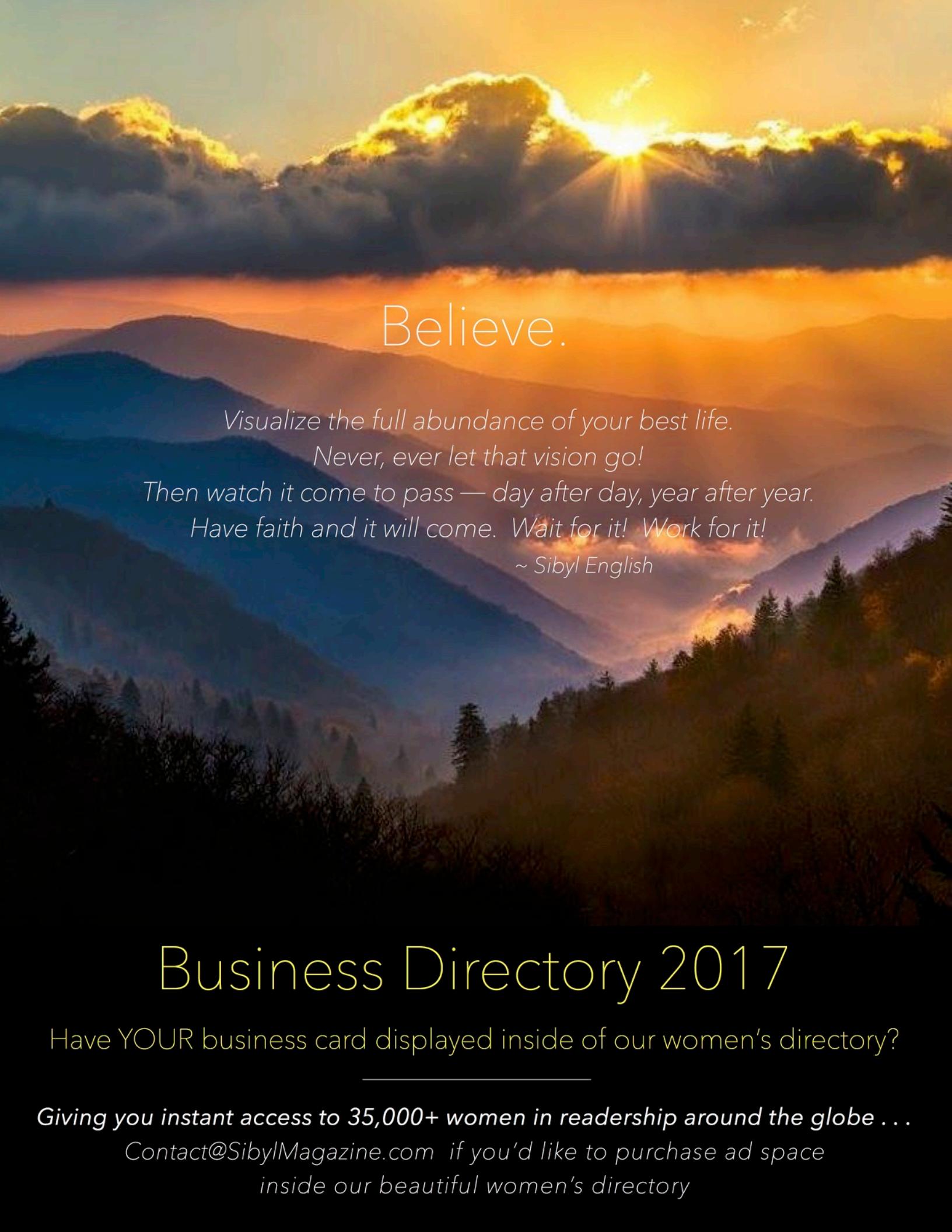
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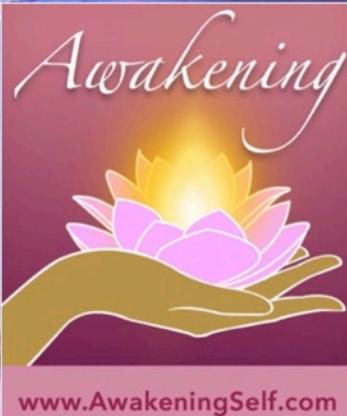
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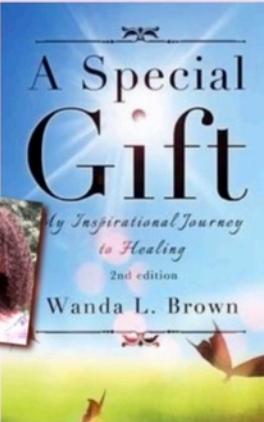
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IT'S YOUR CHOICE!

Choices Save or Break You

By Beverly Wallin

Choices save or break you, whether life changing or seemingly insignificant. I've believed Jesus is the Son of God since childhood, but I chose to abandon him when life became difficult. Instead of turning to him for wisdom, guidance and love, I chose to blame Him. I even used my difficulties as an excuse to sin. These choices broke me for a long time.

No matter what losses, disappointments, challenges, and failures you've experienced, let God pick up the broken pieces of your life. Choose to let Him use these broken pieces for your good and the good of others.

There were times in my life when I chose misery. I wanted to be a princess, to be special! I chose to believe my earthly father loved me conditionally only; I wasn't "good enough" to be loved just for being myself. I believed I had to be perfect, to people-please, and perform. I knew God loved me unconditionally, but I thought, *He loves everyone; what's so special about that?*

I chose to try to prove I was good enough. I went to university; I got married and had children; worked hard to win trophies and awards. I wasn't doing it for myself; I was doing it to feel good about myself. It didn't work.

I looked for love "in all the wrong places." When I was desperate enough, I would beg God for forgiveness and ask for help. This roller-coaster relationship with God was not working very well. I believed "...we are all sinners and fall short of the glory of God." Sin may be pleasurable in the moment, but it's only a bandage!

One day a friend asked me to join a supernatural ministry school. When I stepped through the door, I knew it was what I had been looking for all my life; I found truth! I chose to forgive and to love myself and others. I learned that sin is a choice, a bad choice. This knowledge changed my life!

God has given you the choice to follow him or to run from him; fear is why you and I run. The bible tells us He loves us unconditionally, and if we love Him too there is no reason to fear Him. He wants sons and daughters, not slaves. Slaves fear God; sons and daughters do not. I choose to follow Him.

Choose to believe in your heart, God loves you unconditionally; He considers you to be his princess. Our Daddy loves everyone best and wants us all to be heirs to his kingdom. We don't have to do anything to earn God's love. We're good enough just the way we are, and we can choose whether or not to sin. Choose to love and fellowship with God; choose not to sin; choose to be a prince or princess of God.

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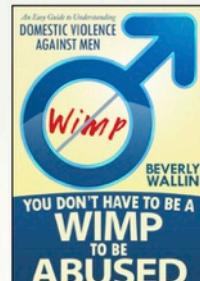
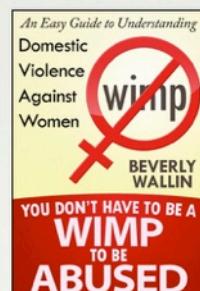
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HELLO TO HOPE

Goodbye is Hello to New Beginnings

By Jenny Mulks Wieneke

We say hello and goodbye several times a day interacting with strangers, friends and loved ones. Hello is our familiar greeting, signifying a beginning, the genesis of what is to come of this encounter placing us in the present moment. We often reminisce in that first hello, when and where it all began, the magic of the moment and the story that builds from there of the relationship evolving as the bond develops from that very moment on, slipping us into the past.

Our time together often ends with a goodbye, expressing good wishes when someone is leaving, as the origin of this word is, "God be with ye". With such a profound meaning, one would think it would never go unspoken.

Every relationship begins with a hello but not every one ends with goodbye, a finality, completion and wholeness. These two powerful words are often taken for granted, each time we say one, we assume we will receive the other, especially with those we love the most. The pause between our hello and goodbye is the dash on one's headstone between birth and death. That pause between those two moments captured is the story that lies within; it is what preludes the goodbye. With every hello spoken, there is not a goodbye.

In that unspoken goodbye, you may have been looking for an "I love you", that was never heard, an apology that was never spoken, and a why that will never be answered. Without that goodbye many remain stuck in their grief and process of healing. They are living in the past to find answers, which is where our old wounds and perhaps bad choices linger. The past is where that goodbye lives. There is grief in the process of letting go of what was, what should be and what really is. As we release the past hurts and move into the present moment we find joy, peace, and freedom to heal us. It's the present moment that shifts us from being stuck in the past to then receiving that joy, growth and goodness in everyday, receiving today's hello and new beginning. The present moment is flowing and free, it's where our hello lives and where life is taking place. It is where seeds of hope are being planted daily. Water these seedlings with forgiveness and compassion, knowing goodbyes aren't in everyone's love language, ability or the dash upon their headstone holding the story in between. Some goodbyes must come from you, to yourself, as you shift into the present to release the need for answers.

Accepting that every hello will eventually lead us to goodbye can serve as the path to new beginnings of hope, change and growth. Goodbye is the end of one story but the doorway to a new beginning. Some of our best lessons in life and growth often begin with goodbye.

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