A Beautiful Life

Magazine



The Psoas: Unlocking the Muscle of the Soul

Tips to Experience True Inner Peace

Finding Balance: Navigating Work, Life, & Wellness

Summertime Romance: Embracing the Season of Love

July / August 2024

Romance This!™

Podcast

Hosts:



Ronnie Swais



Krista Swais-Hannesen

Join us as we dive into the cultural, anthropological, and psychological dimensions of romance. From historical love stories to modern dating trends, we explore what makes our hearts flutter and minds wonder. Tune in for insightful conversations and captivating tales that illuminate the universal language of love.

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Tips to Experience True Inner Peace



You may be a wee bit surprised to find out just how elusive true inner peace can be. Sometimes you feel like you have everything you need in life, and you are at peace because of it. But at the end of the day, your inner peace comes from being happy.

Do you feel you have true inner peace? If not, you can make some simple adjustments to your life to achieve that peace of mind and heart.

Implement these activities each day and achieve true inner peace:

1. Be content with what you have.

It is disturbing how often the absence of material possessions can make people feel miserable! If you find that is happening to you, it is time to release that propensity. Instead, cultivate a sense of contentment and gratitude for the blessings you already have.

- ***It helps if you remind yourself how much more you have than others around you.*** The fact that you are alive to benefit from what you have is testament to the fact that it is enough!
- Practice showing genuine gratefulness! It allows you to appreciate what you have and avoid taking it for granted.
- You will soon find that being content relieves a lot of stress. You will no longer worry about how well you match up with your peers.
- Why not consider donating some of your belongings to the less fortunate?

2. Rise up again after every disappointment.

Disappointments can be discombobulating. Some are so intense that you lose the drive to keep going. But the sooner you get back up after a fall, the sooner you will achieve a calming peace.

- ***Accept that everything happens for a reason.*** Even if you are not aware of the reason, believe that there is one out there. Try to take the wisdom from the experience and use it to make similar situations better in the future.

3. Show authentic loving kindness to others.

True love is unconditional. You may need to practice showing love to others to achieve peace and happiness.

- Make others comfortable even if it makes you uncomfortable. Sometimes that self-sacrifice is what it takes to show true love to others.
- ***Learn to apologize when you unintentionally offend someone.***

4. Love yourself.

We all have insecurities. Are you allowing yours to make you feel stressed out? Do you have days when you are unhappy with everything, including yourself? Your peace will come when you make up your mind to love the skin you are in!

- ***Self-love is the first step in being able to love others.*** Take some time to appreciate who you are and what you have accomplished in life. It drastically changes your impression of yourself.
- You have something unique to contribute to the world. You are worth giving and receiving love. Embrace the fact that you are auspiciously and uniquely made. Feel happy that you are the only person on this planet like you.

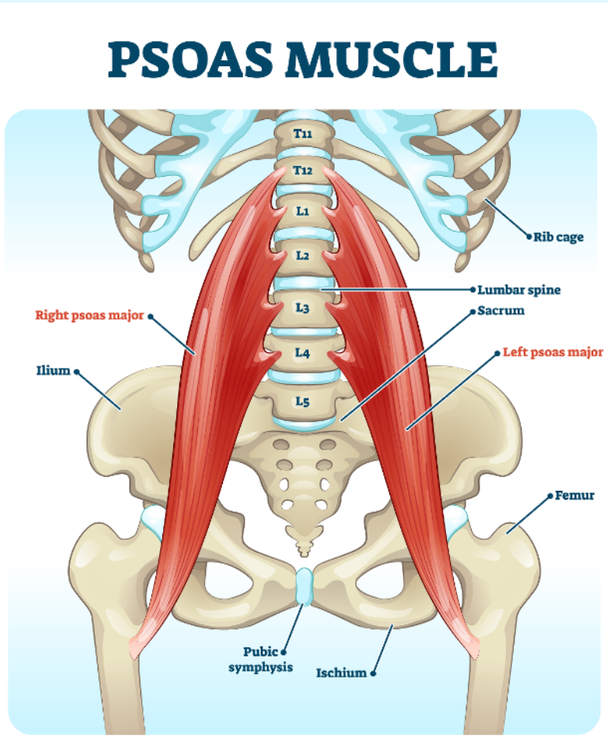
When you put these tips into practice, you will see your life start to change. You will start to hear the birds chirping and watch the sun when it rises. ***Life no longer passes you by when you finally experience true inner peace!!*** It is well within your reach and truth be told; you deserve it.





Moira Hutchison, an Intuitive Coach guides clients to surrender to the power within when their personal trinity of trust, inner awareness, and self-confidence ignites. She helps them flow in harmony with life and serve the world using their unique talents - providing insights into what blocks them from this natural state.
https://wellnesswithmoira.com/

The Psoas:
Unlocking the Muscle of the Soul



The psoas muscle, also known as the iliopsoas, is a deep core muscle often referred to as the "muscle of the soul." This powerful muscle plays a crucial role in our physical and emotional well-being, and understanding its importance is critical to unlocking our full potential.

The psoas muscle, responsible for connecting the lower spine to the upper thigh, is not just a physical entity. It is deeply intertwined with our emotional and psychological states. Scientific studies have shown that when the psoas muscle is out of balance, it can have a profound impact on our overall well-being affecting our emotional responses and stress levels.

Throughout life's challenges and triumphs, the psoas muscle tends to tighten and contract, holding onto the emotional imprints of our experience, this creates a problematic situation where the tension in our psoas muscle inhibits the transition from our body's sympathetic nervous system to the parasympathetic nervous system. As a result, the stress held in our sympathetic nervous system becomes stuck, perpetuating the feeling of being in a constant fight-or-flight mode.

When the psoas muscle is tight or pulled to one side or the other, it slows down the flow of the Kidney Meridian. The Kidney Meridian is considered the foundation of the body's energy and is associated with the emotion of fear. When the flow of the Kidney Meridian slows down, it uses up more of our life energy to function correctly.

Symptoms of a tight psoas muscle can include tension and pain in the lower lumbar region, hips, buttocks, pelvis, or groin area. You might find it challenging to sit for long periods, experience discomfort when bending or lifting or have trouble sleeping due to the pain. You might also notice lower back spasms, snapping hip syndrome, and pain that radiates down your leg. Tightness in the psoas muscle can also lead to sciatic nerve issues and may cause lumbar disc problems if the muscle pulls to the left or right. Additionally, it can cause a limp, resulting in one leg being shorter than the other, create instability within your core, leading to dizziness, and cause the muscles in your back to become stiff and inflexible.

At Sonic Apothecary Library, we recognize the significance of the psoas muscle and its connection to our self-awareness and mind-body connection. To help you on your healing journey, we've developed a unique service. Our Personalized Deep Healing Music eBooks embrace individual needs.

We understand that healing is a personal journey, and there is no one-size-fits-all solution. We have unique experiences, genetics, thoughts, and feelings; our healing should reflect that. With our customized music eBook, you can experience a unique healing journey tailored to your specific needs and performance.

Scan the QR code below, and receive your free gift! It is a deep healing music track designed to help release tension in the psoas muscle. The deep healing music with specific Hz frequencies helps to maintain the balance of your psoas muscle, unlocking the full potential of your mind, body, and soul.

Trust us, once you get this little guy back in tip-top shape, you'll be singing a whole new tune (pun intended)! So, stop wasting time feeling out of whack and let us work our magic. Your mind, body, and dance moves will thank you.

If you have any issues retrieving your gift, email Sonicreiki1@gmail.com

"Dance is the hidden language of the Soul,"
-Martha Graham

Linda Sylvester

As a pioneering holistic visionary with 40 years of expertise as the Founder of Sonic Reiki, Linda Sylvester, R.M.T., S.R.M.T. has honed her skills as Co-Founder of Wholistic International Network, Medical Intuit, Music Artist, and Bestselling author. As the Creator of the Sonic Apothecary Library, Linda delivers transformative experiences grounded in her unparallel knowledge and passion for holistic healing.

www.sonicapothecarylibrary.com



Nurturing Your Accountability

You can't control the outcome, but you can control your effort.' Christine Sinclair

As the summer of 2024 arrives, it welcomes events such as the Tour de France, the 2024 Summer Olympics in Paris and soccer matches at the European Championships in Germany (a.k.a. football or fútbol)! Millions gather to cheer on their favorite team and athletes. We bond with passion in grand stadiums, local venues and at home with loved ones. We unite and anticipate the celebration of sweet victory. It's a 'personal best' vibe. We support the athlete's dedication and draw inspiration towards our own personal best. If your passion lies elsewhere, it's an opportunity to learn the history or rules of a sport from your favorite enthusiast! It's a chance to engage in fun conversation and healthy comparison, because sport like no other, mimics life.

Accountability helps nurture our wins! It comes with some type of contract we are expected to fulfill. Nurturing accountability can be like playing in a soccer match. We make a choice to commit to a team and all the responsibilities that come with it. It takes effort, but strategies can get easier with a clearer vision. It unites us and creates memories that last a lifetime. When I was a kid my Dad coached soccer with his best friend, Eddie Scott. Their love of the game united them. They enjoyed coaching and giving back to their community for many years. I played baseball in summer, but always wanted to hang out with my Dad and Eddie's daughter Nadia, so I took on the role of oranges. Before each game I would cut the oranges into 4 wedges. I'd tie the bag nice and tight, all ready to be ripped open at half time by a bunch of worn out players



waiting to be replenished. I took responsibility for this role all on my own. No one asked me to be the orange girl, but game after game I chose to be accountable and took on the responsibility. I continued the tradition and coached my son's team for many years with other parents. I connected with my Dad in spirit every time I cut the oranges!

The clearer vision I have, the easier it is for me to be accountable.

#nurtureyourwins

Accountability builds healthy pressure. If I can see it, I can do it, regardless of what seems blocked. The clearer vision I have, the easier it is for me to be accountable. I can see where opportunity starts to fall into place and it triggers my positive wins. A 'yes or no' decision is easier to answer and I start to see the goal before it happens. A clear vision can defend your gut instinct and your dream! I'm more aware of how possibilities can play out and I can see where the gaps are. In soccer, this looks like breaking free of a scramble and taking control of the ball. If I'm passing the ball in front of the net (in the box) it's called a 'cross'. A good cross scores a goal and creates 'healthy drama' on the field for the spectators! In England, a field is called a 'pitch'. When a player gets a free kick on the pitch the opposing team lines up in a wall formation to stop the ball getting close to the net. If you are up against a wall of accountability how can you visualize the play?

There is no accountability without a little competition. Coaches collaborate with their team on a game plan before the match but there are variables in play. Sport, like life, can be unpredictable. Dips in physical and mental capacity can be like coming up against a strong defense. Defenders play an important role. Their job is to make you dip and lose the ball without getting a foul or a yellow card. You're up against 'Team Ego' and they want to stop you from scoring that goal. It's in these moments accountability forces you to show what you are made of. How bad do you want the win, or the "W" as sports fans call it. It calls on your 'performance' energy, discipline and focus on the present moment.

Accountability can feel like you are competing for time and solutions. At the end of a match, added or 'stoppage' time is allotted for interruptions in the game. The stoppage includes injuries, fan disruption, penalties, free kicks and substitutions. It's the last push of the match and the commentators are at full volume! When do we allow for stoppage time? A 'half-time' break in a soccer match is used to evaluate the game and find solutions when necessary. When overloaded with responsibility, I account for my extra-time. If your accountability is feeling judged (by you or others) figure out where your extra time is going or if you're ready for half-time!

Accountability is the next tier up in the league of life. It challenges our mental resilience. It's not often praised and forces us to make use of our resources and define our roles. Our inner accountable athlete asks questions only we can answer.

Are you the coach or competitor? The spectator or the player? It can challenge our expectations, open doors to self-belief and windows of self-judgment. It waives quitting the game when the game doesn't want to quit you. It helps reach the understanding you are not playing the match to show coaches what you can do anymore. You are playing the match because you are meant to be playing it. When that mindset shift happens you can defend a trophy, reach for a gold medal and live a life of fulfillment on any level of play. Enjoy the journey and all the relationships and knowledge you nurture through the love of sport!

Thank you to my son, Dylan, for sharing his expertise on the game of soccer with me for this article. I'm so happy to continue watching the soccer matches with you, as I did growing up with your Opa. He's watching and cheering both of us on!

Ginny Connon is a Certified Coach, Well-Being Influencer and a member of the Director's Guild of Canada. Listen to Ginny Connon Nurturing on Apple Podcasts. Visit www.ginnyconnon.com to find previous articles, podcasts, links to upcoming events and purchases.



THE ETERNITY OF CELEBRATIONS



As we head into July/August, there is an expectation of great things to come. We will celebrate Canada Day on the first of July in Canada and on the fourth of July the USA celebrates their birthday. There are two great things happening in one week. Then we are off to have beach days, drinks on the patio and so much more. It all depends on what makes you happy as to what you will do. Each of us has our own celebrations in mind and we do what makes up feel good and is traditional for us. It is so important to keep this in mind as we head into the summer months and we know that we only have a short window of time to enjoy our personal pleasures and to share them with our family and friends.

Once you are an adult, you have lots of traditions and things that make us feel special and help us to stay grounded and aware of your place in the Universe. Everyone has them and it is that individual approach to our lives that enriches us and the people around us. We pass down traditions and have legacy moments for each celebration. This is the stuff that dreams and love are made of. Having a BBQ on your deck with the foods that you love and then adding in foods for the family's tastes and friends' liking. Now we have a party. This is just the tip of the iceberg in the celebrations of life. Making special occasions last and having something to look forward to is enriching and soul-satisfying. It is the difference between truly living and going through the motions.

Celebrations are not limited to weddings and funerals. I have heard so many people say that the only time they see family members or friends is at a wedding or a funeral. This is so sad. Not making the time to have food or a drink with people who matter to you is nothing short of stupid. Time is the one thing that we do not know for sure how much we have of it. The arrogance of forever is a fairy tale. Living in the now and present is the way to go, the only way to go. Do not keep avoiding things because it is too much work, too much money or just too much. Have a potluck. Let everyone bring a dish that they love and share the traditions as a community. Most people will bring wine or beer to an event they have been invited to. Stop putting of doing something that will benefit so many people.

I love watching dogs running around and kids playing. Seeing life in the best way possible makes it all real for me and helps me to avoid being cynical. Life is a tutorial. We all learn and we all teach. You do not realize how much you can learn from a gathering. I am not talking about gossip that is a pointless reality of life. I am talking about the things that many people close to us have done or are doing. You can learn what their hopes and dreams are and their struggles. What they want to be when they grow up no matter how old they are. This is the value of community and sharing and it is what makes us all stronger and more connected.

I am not saying that celebrations should be limited to the summer. I just know that good weather and great food and company are a wonderful incentive to start the proverbial ball rolling. If you only do one thing, make it something where you host an event or invite people to participate at a patio outing. Size does not matter in this case. It is quality and not quantity that will win the day. There are so many free places to go to and to explore and it is a sin not to utilize things in your own city that people fly to from other places to see. Take advantage of what is already available to you and others and make the time so much fun that you will want to do it again. Learn from the experiences and plan for the next ones using that knowledge. Truly know that your input and your presence makes a difference in the art of celebrations and when you lead by example you set the tone for a wonderful and happy time to come.

August is a month of endings and new beginnings. Summer comes to an end sort of. School starts shortly after it and a fresh start to life is upon us. We can use the ending as a beginning and the beginning as a springboard for a fall to truly look forward to. Getting the scene set for late night coffee out on the patio or having a great dinner with friends is a way to see the positive in the oncoming months when the leaves start to turn. As you plan a night out at the movies include some friends and have them all meet at the theatre to see a movie decided upon in advance. People pay for their own admission and food but the company is something that they did not have to pay for. It is free and it is great and they will want to do it again. The best in life is the simple approach and the only way to do that is to truly keep it simple.

Farmer's markets, wine tastings, food classes are just some of the things we can look forward to as the month of August passes by. Taking the time to volunteer to help out locally at shelters or a library are options also. Joining in places you may have thought about joining but have not such as the Legion or a pottery class and maybe a book club are options for you to consider. No matter what you choose to do just know that something is better than nothing unless you have a rich and fulfilled life at this time. Have the courage to step out of your comfort zone and be a part of something bigger than you. Be the solution and lead others to see the path of legacy living. Creating celebrations that last for all eternity is a noble and selfless thing to do.

I am someone that truly believes in the eternity of celebrations as it keeps me connected to my life in the past and allows me to live my best life in the present. I do not want to remember all of my past but I have a lot of wonderful memories that are very special to me. Celebrating them in a special way makes it even more special and closer to my heart. Create your own way of making your lives feel more relevant. Have family and friends around to celebrate milestones or just Saturday. They will learn the value and joy these events bring and you have now made community come to life. At the end of all of this I just want to say to everyone to enjoy your summer and look forward to your fall and winter. It is coming whether or not we want it to and we can just be our best selves and throw a snow party.

Happy Summer 2024 Everyone.

Enjoy.

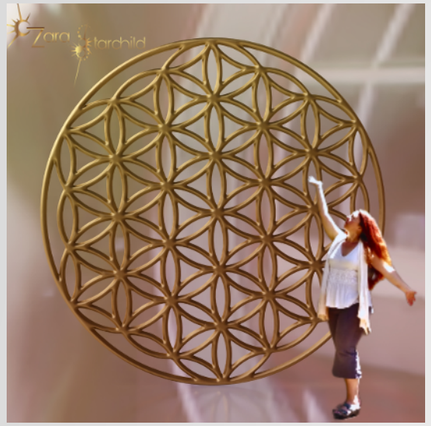
Diane E. Makarowski
Life Enhancer

Let me help you to navigate the areas you struggle with and share some life experiences and knowledge to make the sun come out again. Let me be there for you and we will learn together on your journey to a healthier and happier life.

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THE FLOWER OF LIFE: UNLOCKING SACRED GEOMETRY FOR PERSONAL GROWTH



The Flower of Life, an ancient symbol found in cultures worldwide, is more than just a beautiful geometric pattern. This intricate design, composed of overlapping circles, holds within it the secrets of the universe and the keys to personal transformation. The geometry contains ratios and proportions found throughout nature, suggesting a divine order in the universe. Today, we'll explore the Flower of Life, its significance in sacred geometry, and how you can harness its power to enhance various aspects of your life.

The Flower of Life is considered one of the most important and sacred patterns, believed to be the fundamental template of creation. It's said to contain the patterns of creation as they emerged from the "Great Void."

Through meditation we can begin to observe how the Flower of Life serves as a template for understanding the fundamental forms of space and time and your place within it.

I invite you to pause for a moment. Look at the image of the Flower of Life. Notice how your mind perceives the circles and patterns. Now, gently soften your gaze and intend to see the circles as spheres.

As you do this, don't imagine yourself as a separate entity entering the central sphere. Instead, begin to sense into the truth of your multidimensional interconnectedness with all that is AND all possible realities.

Feel yourself as an integral part of this cosmic pattern, existing simultaneously in all spheres.

From this expanded state of awareness, observe the interconnected spheres around you. Each represents an aspect of your life - your career, relationships, health, spirituality, creativity, and personal growth.

See them as they are now, understanding that you are not separate from these aspects, but a living expression of them. Perhaps you sense vibrant energy in your creative sphere, while feeling potential for growth in your health sphere.

Now, notice the petals of the flower extending outward. Recognize that you are not just at the center, but present in every petal, every intersection. Each petal represents different perspectives, outcomes, and possibilities of what each area of your life can become.

In this state of unity consciousness, you are the co-creator, existing beyond the constraints of time and space. You are the magician, simultaneously experiencing all expanded possibilities and deciding which to manifest in your physical reality.

Take a moment to envision the ideal state of each life aspect, knowing you are already connected to these potentials. See your relationships flourishing with love and understanding, your health radiating vitality, your career expanding with purpose.

As you hold these visions, feel the inherent power within the entire pattern to bring these possibilities into being. When you're ready, take a deep breath, knowing you carry this creative power and cosmic interconnectedness with you always, and gently refocus your awareness on the present moment.

The Flower of Life is more than a geometric pattern; it's a powerful spiritual symbol believed to contain the akashic records of all existence. Many spiritual traditions view it as a visual representation of the interconnectedness of all life and the underlying unity of creation. This sacred geometry is thought to embody several profound spiritual concepts:



1. Unity Consciousness: The interconnected circles symbolize how all life is fundamentally connected, reflecting the spiritual principle of oneness.

2. Creation and Growth: The expanding pattern from a central point represents the process of creation and the unfolding of life from a single source.

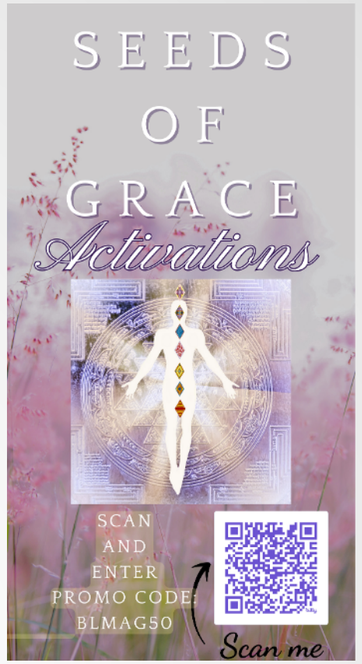
5. Activation of Higher Awareness: Meditating on this symbol is said to stimulate the pineal gland and activate higher states of consciousness.

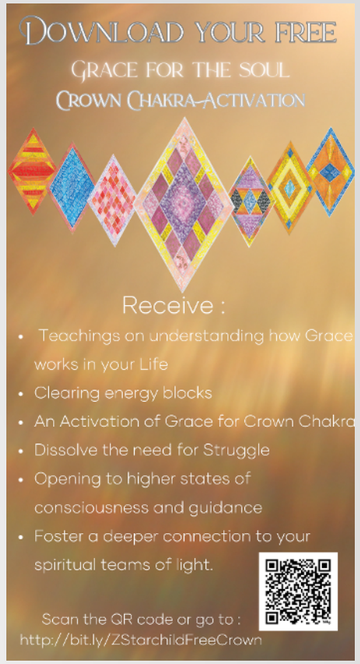
The Flower of Life is one gateway to understanding your place in the cosmic tapestry of existence. By working with this sacred geometry, you open yourself to profound spiritual growth and tap into your innate power of creation. We encourage you to deepen your connection with the Flower of Life and unlock your full potential as a co-creator of your reality.

We offer you this free gift as an introduction to working with the flower of life more in your life.

Download this Free Flower of Life Meditation to work with for manifesting your desires with greater speed and miraculous wonder. Scan this QR code with your phone, fill in your email and we'll send you the Free FLower of Life Meditation and more ways to work with the flower of life and your power of creation.







Zara Works with groups and individuals on clearing blocks of limitation from your energy field and aspects of your conscious & unconscious bodies. She trains lightworkers to become more confident and grounded in using their unique divine gifts in ways that are fulfilling and lead to the most magical life experiences. She blends a variety of modalities including Violet Alchemy Healing, Akashic Record Reading, Sacred Soul Reading & Channeling to support each soul in their individual highest unfoldment.



The Landscapes of Healing and Growth

In the healing and the shadow work, we are here; here with you now, with the remembrance of the true moment in time when you became aware of your caring nature towards yourself as you already have for others, we see you now and see you shine as you are taking that leap of faith and following your own path , your own divine guidance from the higher realms of light and love.

We become the joining forces in light now as we are catapulting out the divine rays of light as you are beginning your dance among the stars and your evolutionary shift into the cosmos where you too are beginning to bring forth your best self ,your true self, no matter what may be going on. We see you standing tall in your grace and at ease with your life choices and the place where you are hanging your hat at this present moment.

We see you standing tall in the divine guidance that you have helped hither out to the public and people. We are with you now and we see you with your clever eyes on the prize. The prize of oneness into your future of mankind. We see you taking stalk of where you are and where you are going, and we see you delivering up a pretty big feat at this time. We see you taking on the challenges of forgiveness of the many realms that are out and about and outdated at this time in the many on goings on your world.

We see you taking the stand and delivering up the fine truths of your forecasting of the benevolent past and malevolent ones on your planet. We see your strong conviction and brute force in the kind messages getting out there .We see you take a lot on in this moment and we wish to remind you that yes, we are happy of the forth truth you are bringing forward in the desires of mankind but we also want to remind you to sit back and enjoy , take action on the plans of the beautiness of it all in nature and the landscapes of healing and growth that Is also coming around to you in your world.

The uncovering of the fine truths of the mud flood buildings and the collapsing of the many systems in the past and the forthcoming futures are all in the up and coming for the transformational healing going on in your world now. We ask you to take a step back now in honour of what you have learnt and integrate this into your akashic records so you too may unblock and uncover what it all truly means for you and for all of humanity. Also, for the next steps to be taking on your journey as we have been tracking and watching into the new belief systems coming in as some are on the promising of the up and coming and some are fading and falling away.

With all this, yes, we have seen some anger and anxiety going on within you and around you. Yes, the forefathers and your fathers have all intertwined with the key notes of the past and of the truth speakers, now my dear it is your turn to turn the tables on the fables and the lies that have been told, and yes, my dear one, please do not hold on to those energies anymore. Allow them to all come to the surface and be released.

Once the realizations have come to pass then let them go. Allow them to take the back seat and let them go into the past and allow the new awakening of the akashic records to strip the records clean and clear of these old energies and allow the healing momentum to continue to pour in and allow the upheaval to climb up but know it is almost ready for the come down now my dear.

The unleashing and releasing of the old time zones are before you now and the triumphant lessons and passages and teachings of the new age thought leaders and channelers will bring forth a new reign of believers and timestamps for humanity to cheer on into the newness and new path of tomorrow.

The oneness and abundance that will come forth within this new evolutionary pathway of lighting up the light and the sparks that have been lit are now being broadcasted across the cosmos. Yes, some may be seen in an energetic shift, in the solar flares of the sun truly bringing illumination to mother earth Gaia. The divineness is swelling up inside and ready to burst and climb up to the highest mountain top to continue leading humanity down this pathway of oneness, compassion and togetherness.

The laws of separation are now simmering down the drain and are no longer applicable in this new landing and platform you are all rising to now my dear ones. To the true believers of the true north star and horizon shifting now you will uncover and begin to see yourself in the new light of the ones we are all meant to be. The uncovering of this model will strike a pose with humanity, its leaders and the ones who are calling the shots. The evolutionary oneness is here and spreading across your doorsteps of arrival now.

We give great thanks and reverence to you all who share this light and new wave of emotional clearing and healing out to the world. We see you and the many light workers beaming their energetic light codes and activations across the land and into the heavens and all the way back to grounding down with mother earth. She gives thanks and gratitude for the spreading of the pink blanket of love around the world that is being sent out and received with bells on.

It's in great reverence and grace that we see you seeking the seekers to continue to broaden the horizon tips from one end of the galaxy to the next.

The love bubbling up and being cast around the globe and into each aura of every human, animal, being and energetic life force is in the construct of the creation of this new world.

A New higher dimensional earth plane that all beings are now mastering, and learning from are now taking this big leap of faith to imagine the greatest creation in the history of mankind. This is the glory of all beings in your presence of one and all in the grace of universal life force and to some it may be god.

We are all here with you beseeching you all to continue to grow and shine your light body within the miraculous ways of the new mother earth light codes streaming from Gaia into your heart stings now. We are all here on time and on purpose and please remember how beautiful, unique, special and gifted you all are in the eyes of humanity and true beings of light. We go now with the love and understanding of our place in the larger order of things within the time capsule and time stamp of abundance of light codes entering your space now. With peace and love and truth we go now amen.

Melissa is a Spiritual Channeller, Intuitive Healer, Coach, Mentor, Writer, Teacher, Psychic Medium/Channeler, Hypnotherapist and Essenian Assistant Healer. Melissa has trained as a Reiki Master, Registered Practical Nurse, and a Medical Office Assistant. She is a contributing writer for a Beautiful Life magazine and speaks on many topics on sharing the wisdom that we are all one and we are all connected within our heart-opening awareness.

Melissa also uses her intuition to help guide you to connect to your soul through guided meditation, channelling, and reiki energy healing, to help you gain clarity, peace and purpose so you can bring forth your best self, your true self, out into the world. She will also help you open up to discover your deep intuition and guidance system and you will learn what this inner compass is all about. She will help you to learn to trust what you are sensing and feeling as you learn to see, sense and feel what your soul is saying to you.

This work has helped many feel their true inner connection and rise up to their true calling! No one is alone on their journey and its Melissa's passion to remind you that whether here or beyond, you have someone looking over you! For many years, Melissa sensed her angels and guides around her and know that inside this space is where the magic happens!.

www.truebeingsoflight.com



Debunking Common Myths
Hypnotherapy Training Post - 2020

In the rapidly evolving landscape of healing entrepreneurship, the strategies and trainings that thrived in the pre-2020 era are no longer sufficient for success. The shift
towards online platforms and digital learning has transformed how hypnotherapy is
practiced and how hypnosis training is
perceived and pursued.

This evolution is mirrored by the significant growth in the global hypnotherapy market,
which was estimated at USD 12.16 billion in 2023 and is projected to grow at a CAGR
of 31.3% from 2024 to 2030.

This surge is not only driven by the increasing awareness of hypnotherapy's
effectiveness in treating conditions like anxiety, depression, stress, and pain
management but also by the rising demand for mental health services.

With conventional therapeutic approaches struggling to keep up with this demand,
hypnotherapy is emerging as a viable alternative, particularly noted for its holistic and
patient-centred approach.

Here Are Four Common Myths Surrounding Hypnotherapy Training Today.

Myth 1: Online Training is Inferior to In-Person Learning

One pervasive myth about online hypnotherapy training is that it is less effective than in-person learning. However, while purely self-paced courses without live instruction can pose challenges for hands-on practices like hypnotherapy, effective online programs integrate structured learning modules, live sessions, and interactive practice opportunities.

This approach not only offers flexibility and convenience but also ensures comprehensive education and hands-on experience essential for aspiring hypnotherapists.

Myth 2: All Hypnosis Courses Are the Same

Another misconception is that all hypnosis courses are identical, especially if certified by individuals or organizations from the same body. While courses may cover similar topics, the quality of instruction and depth of knowledge can vary significantly, even within certifications from the same organization.

Therefore, it's crucial to prioritize programs led by experienced professionals who have a proven track record in the field and extensive experience training other practitioners.

Additionally, consider courses that have thoughtfully curated their curriculum, moving away from outdated outlines and training materials to ensure it reflects current practices and provides the essential skills needed for a successful career in hypnotherapy.

Myth 3: Practical Experience of the Instructor is Unimportant

Contrary to popular belief, practical experience is essential for hypnotherapy
instructors. Real-world experience allows them to impart valuable insights and examples, enhancing students' ability to apply techniques in diverse, real-life situations.

Myth 4: Practice Time in Class is Not That Important

Another myth suggests that practice time in class is not essential. In reality, practical experience is crucial for building the skills and confidence needed to become a successful hypnotherapist. It's not just about observing how different individuals respond to hypnosis; it's equally vital for practitioners to experience hypnosis firsthand.

This firsthand experience helps them understand the process from the client's
perspective, enhancing empathy, insight, and the ability to tailor sessions effectively to address real-life issues and challenges.

By experiencing hypnosis themselves, practitioners gain invaluable insights into how to curate conversations before, during and after each session which is paramount to the success of a hypnotherapist in today's world.

The Expanded Focus of Hypnotherapy Post-2020

An essential consideration for those pursuing certification in hypnotherapy is the field's shift towards an expanded focus. Traditionally centred on the subconscious mind, modern hypnotherapy increasingly integrates spiritual and intuitive dimensions. Emphasizing the client's inner authority over the hypnotist's, this approach facilitates a rise in consciousness, which is at the core of personal transformation.

Once new insights are revealed, they become an integral part of one's perspective, shaping a new foundation or lens through which life is perceived.

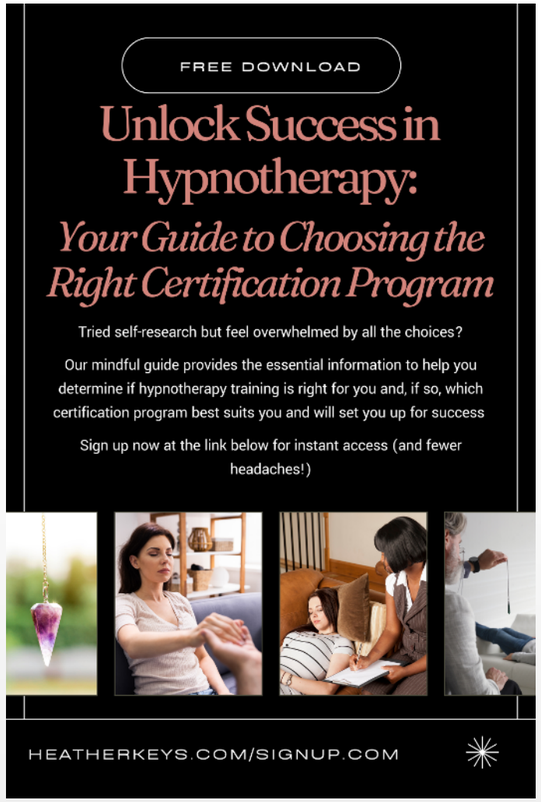
By providing the space to access these profound insights, hypnotherapy not only addresses complex issues more effectively but also enhances overall well-being and lasting change. This integrative approach supports clients in overcoming conditions, achieving personal growth, and aligning with their true purpose.

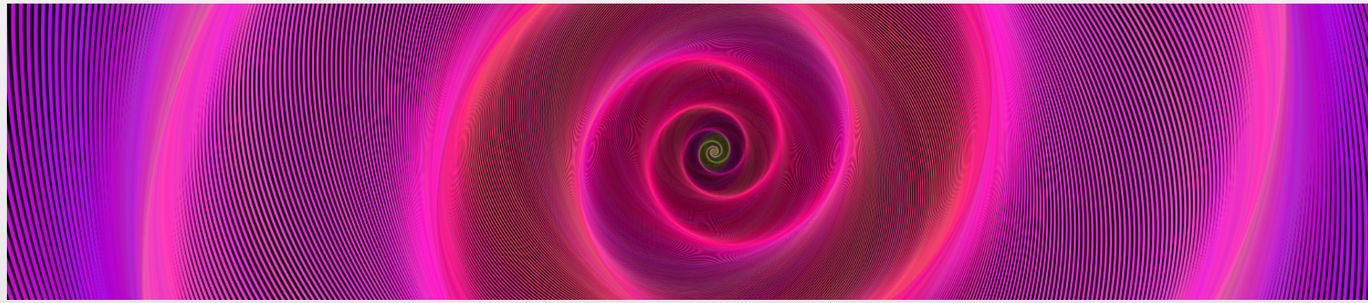
Would you like our mindful guide to help you decide if hypnotherapy training is right for you and which certification program suits you best for success?

Go to https://www.heatherkeys.com/signup and have it delivered to your inbox.

Heather Keys CHt, CIH

Heather is a seasoned hypnotherapist with over a decade of experience in transformative healing and spiritual integration. As an educator and trainer, she empowers aspiring hypnotherapists through comprehensive hands-on training and guides clients towards profound personal growth.





Heather Keys is an internationally recognized hypnotherapist, hypnosis trainer, and coach with over a decade of experience. As the founder of Hypno Heather & Co., Heather has conducted over 7000 sessions since 2011 and has trained over 200 hypnosis practitioners. Certified by both the National Guild of Hypnotists and the International Certification Board of Clinical Hypnotherapists, Heather brings knowledge and professionalism to her hypnotherapy and coaching services. Heather's practice is founded on the belief that each individual has the innate ability to heal, change, and transform. Her compassionate and effective approach involves working collaboratively with her clients, empowering them to access their inner resources and utilize their unique strengths to achieve their desired outcomes. Through her work, Heather has coached many practitioners to grow their businesses and helped countless individuals thrive through a range of challenges, from anxiety, depression, weight loss, and addictions, to relationship issues and dark nights of the soul.

hypnoheather.com



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with Dr Helen Z

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Bite Size DIY

Readings, assessment (incl. analysis instructions)

ID intergenerational trauma, 30-minute individual storied check in

Immediate sign-up price $175 Value $300

See how you can make positive happen.

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60-day program

Self-paced 4 session storied series, readings, analysis, and feedback.

ID intergenerational trauma, 30-minute individual storied check in

F.I.T. assessment, 1 coaching follow-up/check-in, exploration of symptoms & ailments

Immediate sign-up price $945 Value $2120

(Plus suggested energy balancing stones and yoga poses)

Premium Package (Done for Client)

90 day program

Self-paced 12 module course, 6 Q and A weekly zoom check-ins, readings, a checklist, dialogue with other coaches (with the same package experience)

Assessment analysis and feedback, F.I.T energy balancing module, affirmations (specific to assessment feedback),

3 follow-up/check-in zoom calls re symptoms and ailments, bonus intro essential oil pack Value $2510

Immediate sign-up price $1250 Value $2510

(Plus suggested energy balancing stones and yoga poses)

Contact me at info@drhelenz.org for your complimentary 30 minute chat.

drhelenz.org

Summer Time Romances: Embracing the Season of Love



Summer has long been heralded as a time of sunshine, warmth, and adventure. It's also a season known for sparking romances that sizzle under the sun and linger in memory long after the leaves begin to turn. Here's a glimpse into why summer time romances hold a special place in our hearts:

The Magic of Summer:

1. **Carefree Atmosphere**: With longer days and warmer nights, summer creates an ambiance that encourages spontaneity and relaxation. People shed their layers, both literally and figuratively, making it easier to connect on a deeper level.
2. **Outdoor Adventures**: From beach bonfires to hiking trails and rooftop parties, summer offers countless opportunities for shared experiences in scenic and exciting settings. These adventures can foster bonds and create lasting memories.
3. **Sense of Freedom**: Whether it's a vacation fling or a local rendezvous, summer romances often carry a sense of liberation. Away from daily routines, people feel more open to new possibilities and personal growth.

Elements of Summer Love:

1. **Passion and Intensity**: The heat of summer seems to ignite passion effortlessly. Whether it's a fiery attraction or a slow burn, summer romances are often characterized by intense emotions and a sense of urgency.
2. **Temporary Bliss**: Many summer romances are cherished precisely because they are fleeting. Knowing that the affair may be brief can heighten the romance, encouraging individuals to seize the moment and live in the present.
3. **Nostalgia and Longing**: Even after summer ends, the memories of a summer romance can linger, evoking nostalgia for warm evenings, sun-kissed skin, and whispered promises under starlit skies. This longing can add a bittersweet quality to the experience.

Why They Matter:

1. **Personal Growth**: Summer romances can be transformative, offering new perspectives, experiences, and lessons about oneself and relationships. They can inspire personal growth and self-discovery.
2. **Connection and Companionship**: Whether brief or lasting, summer romances provide companionship and emotional connection during a season that celebrates joy and vitality.
3. **Stories to Tell**: Summer romances often become cherished stories to share with friends and loved ones, adding to the rich tapestry of our personal narratives.

Summer time romances embody the spirit of the season—vibrant, passionate, and unforgettable. Whether you're embarking on a new adventure or reminiscing about summers past, these fleeting connections remind us of the power of love, spontaneity, and the magic that can unfold under the summer sun. Embrace the warmth, cherish the moments, and let the spirit of summer love inspire you to create your own unforgettable memories.



The Wisdom of the Heart!

• The feminine energy is about compassion, equality, forgiveness, peace, reverence for all life, and recognizing the Light in all human beings. Knowing her has everything to do with raising our consciousness until is is strong enough to hold tension as a creative energy.

• Working toward that consciousness, we suffer, but our suffering opens us to the wounds of the world and the love that can heal. It is our immediate task to relate to the emerging feminine whether she comes to us in dreams, in the loss of those we love, in body disease, or in ecological distress. Each of us in our own way is being brought face to face with Her challenge.

• Conscious femininity is not bound to gender. It belongs to both men and women. Although in the history of the arts, men have articulated their femininity far more than women. Women are now becoming custodians of their own feminine consciousness.

• For centuries, men have projected their inner image of femininity, raising it to a consciousness that left women who accepted the projection separated from their own reality; they became artifacts rather than people.

• We are all children of patriarchy. While our culture depends on 3000 years of cultural process focused through masculine eyes, it has been at a very high cost. What began as masculine values has degenerated into lust for control. Power has bludgeoned both our femininity and our masculinity.

• We all function with these two different energies until we recognize our imbalances and find ways of developing both polarities. (Logic represents the masculine; heart represents the feminine).

• As health and growth depend on both dark and light, so maturity depends on the inner balance between Yin and Yang; being and doing. Conscious femininity has to do with bringing the wisdom in nature to consciousness.

• For too long we have taken the instinctual Mother Goddess for granted. For centuries we have forgotten her, reviled her, raped her!

Rita Be-Still,

Light Bearer , Author, Motivational Speaker

Be-Still - A New Dawn of Awakening - Bridge to Inner Freedom

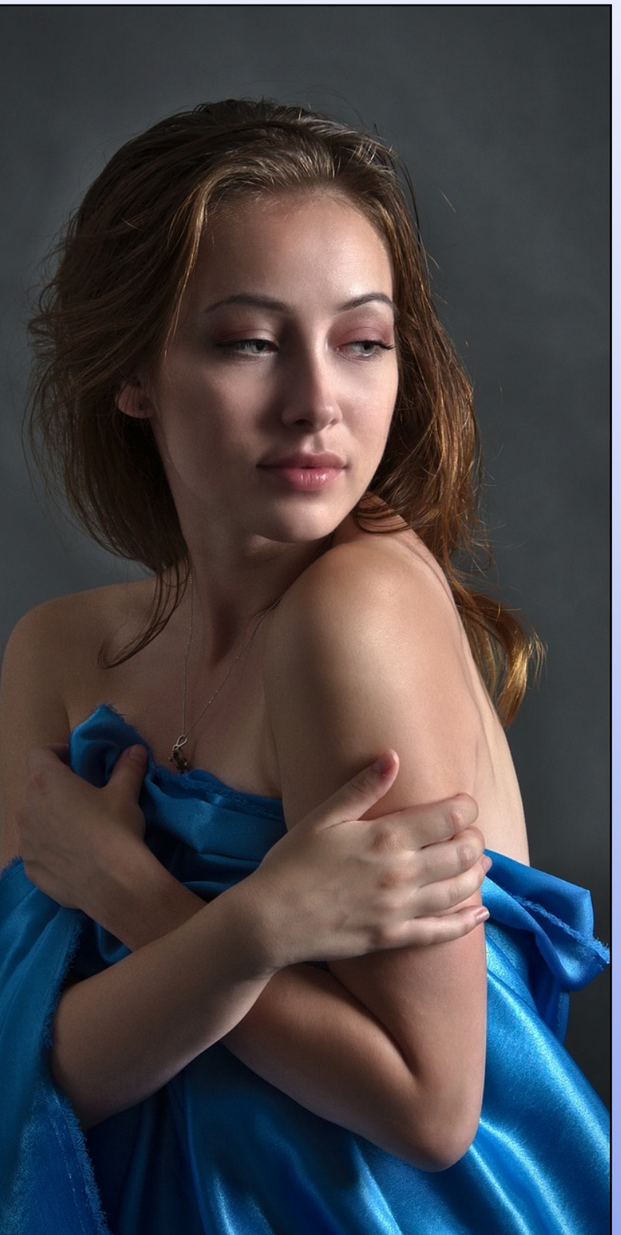
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The Importance of Emotions and BodyTalk Therapy: Unlocking Emotional Blockages



Emotions are the vital threads that weave through the fabric of human experience, colouring our perceptions, shaping our decisions, and influencing our well-being. From joy to sorrow, from excitement to fear, emotions are the language through which we navigate life's complexities. However, the significance of emotions extends far beyond mere reactions; they are fundamental to our mental, physical, and spiritual health.

Understanding Emotions

Emotions serve as a barometer of our internal state, signaling our needs, desires, and responses to the world around us. They provide invaluable insights into our psyche, offering glimpses into our subconscious and guiding us in making sense of our experiences. For instance, feelings of anxiety may indicate underlying concerns or unresolved issues, while feelings of love and connection affirm our social bonds and well-being.

The Importance of Feeling Emotions

Contrary to common belief, emotions are not nuisances to be ignored or suppressed but are integral to our overall health. Research underscores that suppressing emotions can lead to a range of adverse effects, including increased stress levels, compromised immune function, and heightened risks of psychological disorders such as depression and anxiety. Acknowledging and processing emotions, on the other hand, promotes emotional resilience and fosters healthier coping mechanisms.

Emotional Blockages and Their Impact

Emotional blockages occur when emotions are stifled or suppressed, often due to societal norms, past traumas, or unresolved conflicts. These blockages can manifest as physical ailments, chronic pain, or persistent emotional distress. Over time, unaddressed emotional blockages can hinder personal growth, strain relationships, and diminish overall well-being.

Introducing BodyTalk Therapy

BodyTalk, a holistic therapy modality, offers a unique approach to addressing emotional blockages by tapping into the body's innate wisdom. Rooted in the principle that the body has an inherent ability to heal itself when communication pathways are restored, BodyTalk facilitates this process through gentle touch and non-invasive techniques.

How BodyTalk Supports Emotional Release

Balancing Energy Systems: BodyTalk practitioners identify areas of imbalance within the body's energy systems, known as "energy circuits," which may contribute to emotional blockages. By rebalancing these circuits, the body's natural healing mechanisms are stimulated, promoting emotional release and restoration.

Addressing Core Beliefs: Through dialogue and muscle testing, BodyTalk sessions uncover underlying beliefs and thought patterns that contribute to emotional stagnation. By acknowledging and reframing these beliefs, individuals can experience profound shifts in emotional well-being and self-perception.

Integration of Mind-Body Connection: BodyTalk recognizes the interconnectedness of the mind, body, and emotions. By promoting harmony among these facets, individuals gain greater awareness of how emotions manifest physically and mentally, fostering a deeper understanding of their emotional landscape.

The Therapeutic Process

In a typical BodyTalk session, clients are encouraged to articulate their emotional experiences and concerns, providing practitioners with valuable insights into their individual needs. Using a combination of gentle tapping and focused intention, practitioners facilitate communication between different parts of the body, promoting holistic healing and emotional release.

Benefits of Emotional Release through BodyTalk

Stress Reduction: By releasing pent-up emotions and restoring energetic balance, BodyTalk helps alleviate stress and promotes relaxation.

Enhanced Clarity and Focus: Clearing emotional blockages allows individuals to think more clearly, make decisions with greater confidence, and enhance overall cognitive function.

Improved Physical Health: Many physical ailments are linked to emotional stress and energetic imbalances. Addressing these underlying factors through BodyTalk can alleviate symptoms and support long-term healing.

In conclusion, emotions are not merely fleeting sensations but profound indicators of our inner world. Recognizing their importance and addressing emotional blockages through therapies like BodyTalk can empower individuals to lead more fulfilling lives. By embracing emotions and allowing for their expression, we cultivate resilience, deepen self-awareness, and foster holistic well-being. Through BodyTalk therapy, the journey towards emotional release and healing becomes not only possible but transformative, paving the way for a more balanced and harmonious existence.



Monika Marczuk

It was in my early 20s when I understood that I was the one common denominator in my life. I understood that looking outward for things, people, situations to fulfill the void was not the solution. I understand what it feels like when life seems to be falling apart, I jumped head first into self exploration, healing and study knowing deep down that going inward was the only way. I have been practicing Natural Healing Therapies for 18 years.

I am committed to helping those on their personal exploration and healing journey. With eighteen years of experience, I have the knowledge and tools to guide my clients through their inner journey of learning and understanding. Also, I understand that the only way to true recovery is to go inward, and am passionate about supporting my clients every step of the way. It is my pleasure to be in service, I look forward to our work together; whether it be from the comfort of your home (World Wide) via Zoom conferencing sessions or in person at my clinic.

www.mmarczuk.com monikamarczuk@gmail.com



Finding Balance: Navigating Work, Life, & Wellness



In the hustle and bustle of modern life, achieving balance between work, personal life, and wellness can often feel like chasing an elusive dream. However, with conscious effort and a few strategic adjustments, it's entirely possible to create a harmonious blend that enhances both productivity and overall well-being. Here's how you can embark on the journey to finding balance:

1. Define Your Priorities

Start by defining what truly matters to you. Understand your core values and set clear priorities for both your professional and personal life. This clarity will guide your decisions and actions, helping you allocate time and energy effectively.

2. Establish Boundaries

Boundaries are crucial in maintaining balance. Learn to say no to tasks or commitments that don't align with your priorities. Set limits on work hours, and designate specific times for relaxation, hobbies, and spending time with loved ones.

3. Manage Time Wisely

Time management is key to balancing work and life. Use tools like calendars, planners, or productivity apps to schedule tasks and allocate time for different activities. Prioritize tasks based on importance and deadlines to maintain a sense of control over your day.

4. Practice Mindfulness

Mindfulness involves being present in the moment and aware of your thoughts and feelings without judgment. Incorporate mindfulness practices such as meditation, deep breathing exercises, or simply taking short breaks to rejuvenate your mind throughout the day.

5. Promote Physical Wellness

Physical health directly impacts your ability to maintain balance. Make time for regular exercise, prioritize nutritious meals, stay hydrated, and ensure you get enough sleep each night. A healthy body supports a healthy mind.

6. Nurture Relationships

Strong personal relationships provide crucial support and fulfillment. Invest time in building and maintaining connections with family and friends. Schedule regular social activities or meaningful conversations to strengthen these bonds.

7. Embrace Flexibility

Life is unpredictable, and rigid routines can sometimes lead to stress. Embrace flexibility in your schedule and mindset. Allow room for adjustments and be kind to yourself when things don't go as planned.

8. Seek Professional Support

If you find yourself struggling to achieve balance despite your efforts, consider seeking guidance from a mentor, coach, or therapist. Professional support can provide valuable insights and strategies tailored to your specific challenges.

9. Celebrate Small Victories

Acknowledge and celebrate your achievements, no matter how small. Recognizing progress and milestones along your journey to balance can boost motivation and reinforce positive habits.

10. Review and Adjust Regularly

Finding balance is an ongoing process. Regularly assess your priorities, routines, and strategies. Be willing to adjust your approach as needed to accommodate changes in your life or work circumstances.

Achieving balance between work, life, and wellness requires intentional effort and a commitment to self-care. By defining priorities, setting boundaries, managing time effectively, and nurturing both physical and mental well-being, you can cultivate a more harmonious and fulfilling lifestyle. Remember, balance looks different for everyone—find what works best for you and embrace the journey towards a healthier, more balanced life.

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