A Beautiful Life

Magazine



Enhancing Our Healing Practice with Aromatherapy

Reaching Your Potential

Embracing Summer's Serenity: Mindful Living for a Joyful Season

Summer 2025



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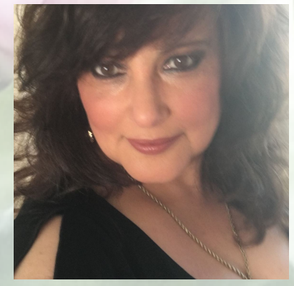
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Welcome to The Trauma Healing Centre of London



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From the Publisher's Desk

As the days grow longer and the sun sits higher in the sky, our summer issue arrives with the energy and warmth of the season itself. This edition is a celebration of everything that makes summer so memorable—from stories that evoke sun-soaked nostalgia to fresh perspectives on where we're headed next.

Inside, you'll find voices that challenge, inspire, and entertain—crafted to accompany you whether you're poolside, lakeside, or simply soaking up a quiet moment in the shade. We're proud to bring together a collection of work that reflects both the spirit of summer and the soul of our publication.

Here's to a season of discovery, reflection, and joy.

Ronnie

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Embracing Summer's Serenity: Mindful Living for a Joyful Season

With its sun-drenched days and balmy evenings, summer offers a unique opportunity to reconnect with ourselves and the world around us. Yet, amidst the vacations, barbecues, and outdoor adventures, it's easy to get swept up in the whirlwind of activity and lose sight of the present moment.

To truly savour the season and cultivate lasting well-being, it's crucial to incorporate mindfulness and a positive mindset into our summer routines. By intentionally slowing down, paying attention, and nurturing our inner selves, we can transform summer into a time of profound joy, growth, and renewal. This article offers practical tips and insights to help you cultivate a mindful and enriching summer experience, fostering a mindset that allows you to fully embrace the season's gifts.

Mindfulness in the Summertime Flow:

Mindfulness is the practice of paying attention to the present moment without judgment. It's about observing your thoughts, feelings, and sensations without getting carried away by them. During the busy summer months, practicing mindfulness can help you stay grounded and appreciate the simple pleasures that often get overlooked.

Mindful Morning Rituals: Start your day with a few moments of mindful breathing. Find a quiet spot, close your eyes, and focus on the sensation of your breath entering and leaving your body. This simple practice can set a calm and centered tone for the day. Consider incorporating mindful movement, such as gentle stretching or yoga, to further enhance your connection with your body and mind.

Savouring Summer Flavours: Meal times during summer often involve fresh produce and outdoor barbecues. Practice mindful eating by paying attention to the taste, texture, and smell of your food. Put away distractions like phones and televisions and truly savor each bite. This not only enhances your enjoyment of the meal but also promotes better digestion and a deeper appreciation for the food you consume.

Nature Immersion with Intention: Summer provides ample opportunities to connect with nature. Whether it's a walk in the park, a swim in the lake, or a hike in the mountains, make a conscious effort to be present in your surroundings. Notice the colours, sounds, and smells of nature. Feel the warmth of the sun on your skin and the gentle breeze on your face. Leave your phone and technology behind to avoid distractions and fully immerse yourself in the natural world. This mindful connection with nature can reduce stress, boost your mood, and foster a sense of awe and wonder.

Mindful Travel and Vacations: Even during vacations, where relaxation is the goal, it's tempting to rush through activities and experiences. Practice mindful travel by slowing down and fully experiencing each destination. Instead of trying to see everything, focus on a few key experiences and immerse yourself in the local culture. Talk to locals, try new foods, and take the time to appreciate the beauty and uniqueness of each place.

Cultivating Patience: Summer activities often involve waiting in lines, dealing with crowds, or navigating travel delays. These situations can be frustrating, but they also provide opportunities to practice patience and cultivate a more accepting mindset. Instead of getting angry or impatient, take a deep breath and remind yourself that you cannot control everything. Use the waiting time to practice mindfulness, observe your surroundings, or simply relax and enjoy the moment.

Nurturing a Positive Summer Mindset:

Beyond mindfulness, cultivating a positive mindset is essential for making the most of the summer season. It can help you overcome challenges, embrace new opportunities, and appreciate the good things in your life.

***Gratitude Practice*:** Regularly express gratitude for the blessings in your life, both big and small. Take a few moments each day to reflect on the things you are grateful for, such as your health, your relationships, or the beauty of nature. You can also keep a gratitude journal and write down things you appreciate each day. This practice can shift your focus away from negativity and towards the positive aspects of your life.

Setting Realistic Goals: Summer can be a time of high expectations, with pressure to take the perfect vacation or achieve a certain body image. Set realistic goals for yourself and avoid comparing yourself to others. Focus on what you can control and celebrate your progress along the way.

Embrace Imperfection: Don't strive for perfection. Summer is a time to relax and enjoy yourself, not to stress over every detail. Accept that things may not always go as planned, and learn to laugh at your mistakes. Embrace imperfections and focus on the overall experience rather than trying to create a flawless image.

Limit Social Media Consumption: Social media can be a source of comparison and negativity, especially during the summer when people often showcase their perfect vacations and curated lifestyles. Limit your social media consumption and be mindful of the content you are consuming. Unfollow accounts that make you feel inadequate or envious. Focus on connecting with people in real life and creating authentic experiences.

Practice Self-Compassion: Be kind to yourself, especially during challenging times. Treat yourself with the same compassion and understanding that you would offer to a friend. Acknowledge your emotions without judgment and remember that everyone makes mistakes. Practice self-care activities that nourish your mind, body, and soul.



By incorporating these mindful practices and nurturing a positive mindset, you can transform your summer into a time of profound joy, growth, and renewal. Embrace the present moment, take in the simple pleasures, and cultivate a sense of gratitude for all that the season has to offer. This summer, make a conscious effort to live mindfully and cultivate a positive mindset, and you will be rewarded with a season of lasting happiness and well-being.

Jay Lane



Renowned Canadian psychic medium, coach, inspirational speaker, and educator Jay Lane has built a global reputation serving high-profile celebrities, individuals, and corporate clients. She has frequently appeared as a host and guest on numerous television programs, including CNN Headline News, and as a regular guest on SiriusXM radio.

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Enhancing Our Healing Practice with Aromatherapy

Aromatherapy is a holistic approach to healing which has played an important role as far back as Ancient Egypt and in medieval alchemy and has now been rediscovered for its natural beneficial effects.

Before using each essential oil it's also important to know how it can be used in order to not misuse them and possibly be harmed. Essential oils are extracted from various parts of plants such as the leaves, flowers, roots, seeds, and bark. There are many uses of essential oils including in cosmetics, fragrances, soaps, food additives, and medicines for their therapeutic properties, so knowledge of the product is key to how it is best utilized! Always, always, do your research before using!!

Essential Oil Applications

Essential oils can be used in various holistic ways, however, not all can be use for the same application. Here are some of the ways essential oils can be used.

Aromatic Baths

With the correct essential oil and by using 5-6 drops in the bath water, a bath can be transformed into a haven for relaxation, stimulation, an aphrodisiac, or for warming or cooling muscular pain and skin conditions. Taking a nice hot aromatic bath at the end of the day to wash away stress is a wonderful self-care tool, keeping one healthy and balance. Some of the essential oils that can be used in the bath while diluted with a carrier oil are Patchouli, Peppermint, Ylang Ylang, Neroli, and Jasmine.

Massage

By combining the therapeutic power of touch with the healing properties of an essential oil the skin readily absorbs it into the bloodstream in a fairly short time. These oils are diluted with a carrier oil such as grapeseed, or jojoba oil and make for a sensual, therapeutic, stimulating, or relaxing massage treatment depending on the essential oil you use. You may ask or research a Registered Massage Therapist that uses and is knowledgeable with essential oils. Some essential oils that can be use while diluted with a carrier oil are Juniper, Frankincense, and Myrrh.

Vaporization

Believe it or not vaporizers have been around for many, many years. There are so many various types, styles and shapes of vaporizers that are used with just a few drops of the essential oil added to the water in the vaporizer releases aromatic streams into the air. Vaporizers emit the aromas into the air to clean the air, create an atmosphere to a room, or assist with respiratory illness. Essential oils to vaporize are Sandalwood, Melissa, Geranium, and Eucalyptus.

Inhalation

Traditionally used to ease problems of the respirator tract by using 3 or 4 drops into a bowl of steaming hot water, then by leaning over the bowl with a towel over your head and inhaling the essential oils for 5 minutes. (less if you suffer from asthma or allergies) You can also use a drop or two on a Kleenex, or by making or purchasing an inhaler tube, and by using shower bombs that you also can easily make yourself or purchase. Inhalation of essential oils can improve your mood, and reduce stress and anxiety. Eucalyptus steam baths such as the one at the Scandinavian Spa Blue Mountain is a wonderful way to loosen phlegm, reduce stress, and improve circulation and overall health. Essential oils for inhalation include Ginger, Sage, and Cajeput

My Top 5 Essential Oils:

Lavender

Lavender is my go- to essential oil as I enjoy the calm fragrance of it. Lavender can be used as an antiviral, for headaches, menstrual pain, antibiotic and anti-inflammatory. It can be used on the skin with a carrier oil for massage, a few drops directly into a bath, a few drops on your pillow to enhance sleep, it has antiseptic, anti-fungal, anti-depressant, aphrodisiac, and insect repellant properties. Lavendar has a calming effect on the nervous system that can help reduce the effects of stress. I grow my own lavender and then in the fall I cut the stems, dry them, and use them in my vaporizer, in my smudge sticks along with sage, and by making eye pillows to be used in meditation or just to relax. Lavender is great when blended with Bergamot, Orange, Marjoram, and Geranium.

Eucalyptus

Another go-to favorite of mine is Eucalyptus. It has a fresh uplifting clean fragrance! Eucalyptus is used to treat congestion, is an antiviral, used for colds and influenza, is an antiseptic, can be used for wounds or burns as well as muscular pain. Eucalyptus when diluted in a carrier oil is great for skincare, for the hair and scalp as a tonic, as an insect repellant, a bactericide, and deodorant. It can be used for massage, in the bath, in a hot or cold compress, and as an inhalant. I will sometimes place a couple drops of Eucalyptus on a Kleenex and inhale if I'm congested. Eucalyptus can be combined nicely with Chamomile, Lavender, Thyme, and Bergamot.



Vetiver

Vetiver is distinctively sharp and earthy and is known for its soothing and grounding capabilities. Holistically it's used for alertness, ADHD, mental fatigue, and it's thought to lower anxiety. It is also used for circulation, and stomach pain. Vetiver can relieve emotional traumas and shock. Vetiver can be infused or gently inhaled. While diluted in a carrier oil such as jojoba or coconut oil, vetiver can be used on the skin and is known to give skin a revitalized appearance, however, first do a small area patch text first to ensure there is not a reaction. It is great for repelling insects. Because it is naturally grounding and restorative, vetiver oil has sedative qualities and can assist in a more restful sleep. Use it in low dosages, and it must not be used while pregnant. Vetiver is best blended with woody, floral and citrus essential oils such as Sandalwood, Geranium, Bergamot, Jasmine, Lavender, Patchouli, and Orange.

Chamomile

Chamomile is another essential oil that is wonderful for relaxation, insomnia, is an anti-depressant. It can be used as an insect repellant and is an anti-inflammatory which has been long used to fight a fever and give the immune system a boost. It has a gentle pleasant aroma with sedative effects that can be inhaled with a drop or two on a Kleenex, used in a vaporizer, with a massage oil, or in the bath or shower, and safe to use on sensitive skin. Chamomile is also used for relief of joint and muscle pain from sprains, strains, rheumatoid arthritis as well as headache pain. Chamomile is a pretty tiny daisy like plant. There are a few types of Chamomile the most popular being Roman and German Chamomile. It blends well with Lavendar, Rose, Ylang Ylang, Patchouli, and Cedarwood.

Bergamot

The final top favorite essential oil and one I use frequently to assist with a pleasant night's sleep is Bergamot. It has a deep, soothing, citric aroma as it's extracted from citrus rinds from orange trees. It is used to reduce inflammation and joint pain, lower cholesterol levels, and is used to reduce the symptoms of depression as it can enhance your mood. If you have ever had Earl Grey tea then you have tasted the flavor of Bergamot. Bergamot is also known to reduce the feelings of hunger and or cravings. Many perfumes contain the scent of Bergamot both for men and women as well as deodorants. Bergamot promotes the feelings of joy, freshness, and emotional balance. Like other essential oils before using bergamot learn more about it as it can affect those who are young, pregnant, and are diabetic. Bergamot blends well with Cypress, Neroli, Jasmine, Ginger, Sandalwood, and Frankincense.

Once you become more familiar with essential oils and their uses, they can greatly enhance your health and well being both physically, mentally, and emotionally in many different ways. They are an amazing holistic approach to wellness, and a tool that can be experimented with to find the perfect results for you personally. You will find your go to favorites over time too, and those unique ones you use for special meaningful occasions.

For more help with Aromatherapy and for other holistic wellness tools to relieve things such as stress, anxiety, and other life changes and challenges you may be struggling with, please contact Kim Lee, Certified Empowerment Coach at: thepapillonstudio@gmail.com or by texting 289-219-2400.

Kim Lee

I have evolved through many tough and sometimes debilitating life challenges and changes including being a single mom, domestic abuse, addiction, co-dependency combating anxiety disorder, and returning to school as a mature student to name a few. As a certified Empowerment Life Coach, I'm very intuitive, and empathic in my support with clients. I see my old self in them. Gaining many skills, teachings, and resources such as becoming a Social Service Worker at age 50, learning how mindfulness and being creative affect our brain, how essential oils can assist with anxiety and sleep, and how relearning to breathe from our belly can completely change the course of anxiety disorder. These are just a few resources I share with clients to get them behind the wheel of their lives living with happiness, love, and success! Questions? Feel free to contact me! https://www.thepapillonstudio.ca/



Nurturing A Summertime Story

Q&A with Ginny Connon's Nurturing

What inspired you to contribute "A Short Nurturing Story' to Letters to the Sisterhood Book and what themes of do you explore in your chapter?

A Beautiful Life publishing inspired me, thank you! My divine inspiration, my creative source, came from my childhood feelings of joy in summertime gardens. The love of nature brings people together in their backyards and into communities all over the world!

I decided to publish a fictional short story having a theme of sisterhood extending outside the immediate family. The story highlights ageless friendship and nurturing relationships with loved ones who are no longer with us. It's based on my belief that Angel Guides send Earth Angels along with signs and messages. It's about how 'easy-to-use' energy work can restore present-happiness when difficult reminders appear. I call that 'practical magic'. The story sends a positive reminder to take breaks in our busy day for our mental and physical health. The main character has scheduled a full day of self-care. This includes knocking on a door and meeting a Holistic Practitioner, named Iris, who councils her clients through the ancient practice of tasseography. This is better known as tea leaf reading! Writing the short story was a fun, creative way to include all three parts of nurturing into a short story; safe-guarding, self-care and a growth mindset.

How did you decide on the specific advice you wanted to offer in your chapter?

'Finding Joy is ageless. It's the kind of Joy that knows no boundaries. When Joy comes into your life - nurture it like it's the most beautiful garden of your dreams. Notice when you make excuses not to have Joy. Accept the gift, show up at the door, and take time to smell the flowers with those you love dearly.'

These suggestions appeared when I finished writing the story. With years of practicing mindfulness, I allow creativity to flow through me from a higher source when I write. This synchronicity is present in all my Nurturing media. I only speak a few minutes producing my Nurturing episodes on YouTube, and it's a combination of this process and what's relevant in my life.

Tell us about your journey and how your business came to be.

Writing and producing content is similar to my past career in film production in some respect. Speedy and accurate deadlines are all I ever had! I also helped train co-workers moving into new positions, I just didn't see it as coaching back then. Originally, I achieved my certification with Skate Canada as a CanSkate coach to change up my week transitioning into my next chapter of Parenthood. Taking that break ended up being a seventeen year love of coaching. When I was certified as a Relationship Coach, I gave myself permission to bring energy work into sessions. I also understood why balance was my favorite skill to coach on the ice! It took self-realization and touring with Holistic Healing Fairs Canada to confirm I could coach on a higher level with my advanced listening skills. Those years meeting holistic practitioners and communities all over Ontario, and now Canada has been the driving force in my success. It's now quite obvious higher level listening is what I am aligned with professionally now. I believe my journey has been divinely guided, and that makes sense because I read Angel & Spirit cards. These are cards you shuffle, share your energy with and then read their message. It's a fun introduction to energy work. I've had the biggest skeptics at shuffling my cards at events and end up leaving



convinced there is something to it!

In your opinion, what's the most important aspect of nurturing women's wellness in today's fast-paced world? What practical tips can you share?

I adopted the mindset that everything I do, holds the same importance. Here's a contributing factor to wellness defined as 'being in good health and actively pursuing a goal'. A mindful break is just as important as our fast-paced work. It resets motivation. If I am motivated to do something, my wellness factor automatically increases. I'm only accountable to my pace, the speed in which I do something. My pace needs a balance of masculine and feminine energies, in order for my brain to function where I set my pace dial. For example, I need sleep to live. My practical tip is to take mindful breaks in your busy day. It's like a mini-vacation for your motivation. I developed The Workplace Reset to help people learn mindful practices to more effectively restore their motivation, energy and pace. It's a workplace mental health 'gift' to my younger self, who really needed it, working those long hours in film production, many moons ago.

What's next for 'Nurturing"?

I've developed my coaching and energy Workplace Reset Workshop for businesses. It's an interactive in-person or remote presentation, where people will get a chance to learn simple energy work and mindful practices to customize their healthy breaks during the day. I'll be demonstrating an Angel Card reading for the biggest skeptic in the room!

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Ginny Connon

Ginny Connon is a Relationship Coach, Energetic-Sensitive and the Creator of The Workplace Reset. A YouTube channel and podcast focussing on Workplace Mental Health by promoting healthy work breaks for increased energy, productivity and work-life balance. For more information on Reset Workshops, virtual and in-person events, visit http://www.ginnyconnon.com. Join Ginny at the Toronto National Women's Show from November 21-23, 2025!



Summertime Memories



I love Summertime, and the heat of the glorious sun radiating its warmth and vitality on the earth, signaling it is time for me to enjoy my secluded patio behind my garage. There, I can enjoy my climbing rose bush, bearing a profusion of red roses, covering the entire garage wall. To think I purchased a not-too-healthy rose plant from a K-Mart 15 plus years ago and it has rewarded me each summer with a never-ending profusion of red roses. K-Mart is long gone! However, my roses keep on flourishing abundantly, year after year, all summer. In my quiet haven, I can relax, meditate, and savour peace, and sometimes have a short nap. I am mindful and grateful for this wonderful opportunity summer offers me.

Growing up, the concept of Mindfulness was never taught in schools, and I am not sure it was a practice many embraced. Today, I am older and wiser, and I often stop myself in the middle of an activity to mindfully savour the moment, because special moments are precious and often fleeting. For instance, seeing a Butterfly or a Bee in my garden brings me to a state of pure conscious awareness. I observe each one with deep respect and reverence as they methodically go from flower to flower pollinating each plant. I am deeply grateful and awed at their individual contributions to nature and life on planet Earth.

Previously, I took so many miracles of nature for granted and it is thanks to an experience I had in the summer of 1997 that changed my outlook on life. I learned to be mindfully aware and grateful for everything in my life, including the not so happy times, aware that each experience brings gifts of wisdom that enriches my life. I smile when I recall my first Mindfulness experience. It is indelibly etched in my cellular memory never to be forgotten. I call It my Mindfulness Awakening.

My Mindfulness Awakening

It was the summer of 1997, and I had joined 10 other participants for a 1-week retreat called Journey of Return which was held in a beautiful Retreat Center somewhere west of Toronto. The woman running the training was a former nun turned Gestalt Therapist (Transpersonal Psychologist) Patricia Dennis. She had conducted these retreats in many countries, including Australia, and I was excited to learn and experience her teachings. Her work resonated with me, especially when a friend told me what I would learn ‘would touch my soul and change my life forever’.

That friend was right. It did touch my soul, and it changed my life.

My Retreat Experience of Mindfulness

The Retreat participants were expected to arrive the evening before to get settled in our rooms and to be ready for starting early the next day. We had no time to get to know each other when we arrived, and here we were, eleven eager strangers anxious to get to know each other, trouping into the dining room for Breakfast that first day. We were all happily introducing ourselves, everyone talking and laughing. It sounded like quite the party.

The self-serve buffet breakfast station had a couple of toasters, so we took turns toasting our bread, all the while laughing and making new friends. Still talking and laughing, we each took a seat at one of the two oblong tables with Patricia, our retreat facilitator at the head of one of the tables, her gaze fixed on us as we settled next to a newfound friend still chatting away.

When everyone was seated, she cleared her throat and said: “Silence please!” She introduced herself formally and welcomed us to the Retreat. Then came directions on how we were going to eat our breakfast. She said, “We will be eating our breakfast mindfully, chewing our food mindfully, and tasting our food mindfully.” Then she lowered the boom on the group by saying, “There will be no talking during breakfast as we will all be eating Mindfully!”

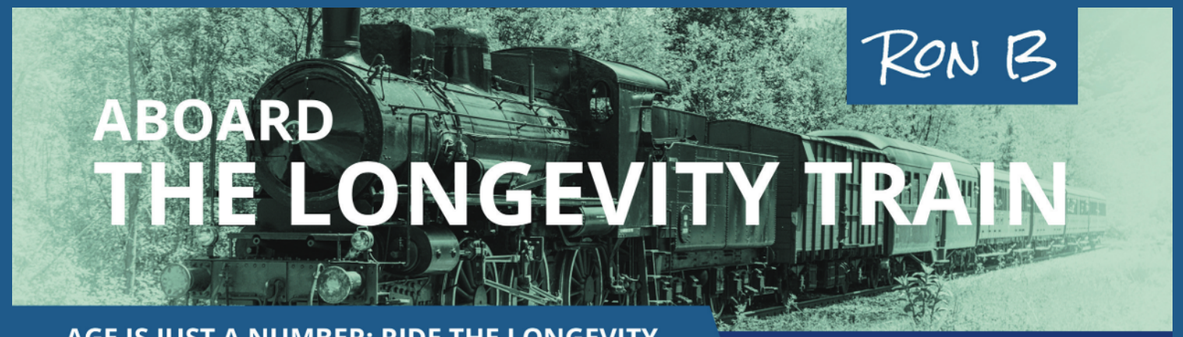
You could have heard a pin drop in the dining room! We were stunned because none of us had ever heard of mindful eating, and in silence? During breakfast the silence was deafening! Someone would forget about mindfully eating and start talking, then catch themselves. It was awkward. However, we survived this new way of eating breakfast called Mindfulness.

My Journey of Return, of Revisioning, and Reclaiming my Authentic Self had begun with a teaching on Mindfulness. During that time together, we not only learned Mindful Eating, we learned about our Shadow, our Ego and our authentic Self. We bonded, we laughed, we cried, we healed, we grew, and it all started with Mindful Eating. May I encourage you to try Mindful Eating? It is a very centering and interesting way of being present in the now.

Sharon de Ryck

Sharon deRyck is a Reiki Master, Transformational Mentor, Trauma Release Therapist, Writer, Animal Communicator/Teacher, Meditation Facilitator, Inspirational Speaker and Workshop Presenter. She offers her clients Intuitive Tarot and Soul Readings and is passionate about helping people embrace change to welcome new beginnings.
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RON B

ABOARD THE LONGEVITY TRAIN

AGE IS JUST A NUMBER: RIDE THE LONGEVITY TRAIN INTO A HEALTHIER FUTURE

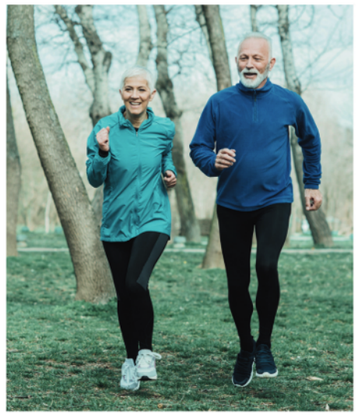
www.thelongevitytrain.com

Every day, we stand at a crossroads—one path leads to proactive health choices, the other to reactive responses. The Longevity Train is here to remind you that your future health isn't determined by chance; it's shaped by the decisions you make today.

Aging is often painted as a decline, a slow surrender to time. But what if it's actually an evolution—one that you control? "Age is just a number aboard The Longevity Train," and the quality of your years is dictated by how well you nurture your body, mind, and spirit.

At the helm of this transformative journey is Ron B, the Proactive Care Conductor. His mission? To guide mature adults (age 55+) to **"Become the CEO of their health."**





GETTING ABOARD THE TRAIN

It isn't just about living longer; it's about living life on your terms, with strength, vitality, and clarity.

The truth is, many wait until a health scare forces action. They react to symptoms rather than preventing them. The Longevity Train shifts this mindset, guiding you toward sustainable habits that build resilience, energy, and vitality for the long haul. It's not about quick fixes or fad solutions—it's about real, lasting well-being.

Imagine a life where you wake up energized, your body moves with ease, and your mind remains sharp. This isn't wishful thinking—it's a reality that starts with the conscious decision to invest in yourself. What you eat, how you move, the way you handle stress—each choice you make contributes to your health trajectory. With Ron B's expert guidance, The Longevity Train ensures you stay on the right track.

BOOK A CALL NOW WITH RON B

SCAN ME!

The rapid advancement of technology in healthcare is opening new doors to longevity, making it possible to not only extend life but improve its quality. Cutting-edge medical breakthroughs, personalized health tracking, and proactive wellness strategies are transforming the aging experience. Good health and a prolonged, fulfilling life now go hand-in-hand like never before

So, will you wait for the wake-up call, or will you step onto the train today? The journey to a longer, healthier life begins with the choices you make now.

All aboard!



Age is just a number

www.thelongevitytrain.com



Reaching Your Potential

The will to win, the desire to succeed, the urge to reach your full potential... These are the keys that will unlock the door to personal excellence.- Confucius

Balance

Most of us practicing mindfulness find it difficult to balance the "real me" inside the person "they think others in their lives expect them to be". Meaning, how to be normal in our day to day lives. All while projecting the type of person we want others to believe we are, especially now that we are being more mindful. Perhaps we believe they want us to be a certain way. It can feel like an uphill road. Right? While we navigate towards this objective of what society expects from us. But the truth is, being mindful is not something we can give to anyone else, except of course you!

The whole purpose of being mindful is to delve into your own mind, thoughts, feelings, expectations and focusing on the present moment. Learning to take life one step, one challenge one overwhelm at a time. When we learn to observe our thoughts without reaction, we can remain present and start to identify negative thoughts as temporary rather than a solid "this is it, or this is all I got" mentality.

We can stay grounded in the present, and not project into the future or past. We begin to have more control over those very areas of our life. Balance comes from knowing how to control the very things that scare you and how to compartmentalize them for future use.

It can be tough being calm all the time, especially if this is not your natural state of being. We were not all raised in calm loving homes. Most of us have historical pain with different levels of severity that affect who we show up as. Reality has a way of making its presence known in our day to day lives. Simple things like a meeting we are running late for, forgetting something important, or a bill we forgot to pay, can cause a tale spin of doom for some. Life can and will trip us up from time to time. But with mindfulness we can catch ourselves before we fall

The good news is, we have all adapted fail-safe ways to communicate to ourselves in order to help us feel more balanced and in charge in our lives, but we are all human and most of us do not have an assistant reminding us of all the things we need to remember. Therefore, we need to balance from a less intense approach, to a more light hearted, one day at a time approach for maximum impact. We all need to stop taking life so seriously. We need to find more joy and laughter in life. Ask yourself when was the last time you were silly, or when you had such a good laugh you lost your breath. If it was recently well done you. However, if it was so long ago you have forgotten when, you need to take immediate action to resolve that.

Where can you resolve the challenges that affect your day to day thinking? Taking inventory of your daily challenges, things that keep coming up in your life that cause you overwhelm or anxiety are a great place to start. The key to success is to remember only you have the power to change. If anything that is overwhelming you or causing anxiety in your day to day life is deemed by you to be a result of another person in your life, know that you have no power over their actions. You will only ever possess power over you. But, be advised if you keep landing on the I can't change what is, because they won't change. You are choosing to remain a victim of your circumstances. The truth is this is where you have the most untapped power. The minute you choose that this situation is no longer serving your balance or future, you have the power to decide to remove or walk away from it. We always have more control than we give ourselves credit for.

Discovering your "YOU" is your path to success. In a world of eclectic, diverse and many unknown factors finding a safe place to land among your like minded people can be harrowing. It's not like the right people just show up in our lives. However, one thing you can be sure of is, when they do show up you will recognise them immediately. It will feel as though you have known them your whole life. But until you find your tribe, you need to self regulate. Let's look at ways to begin your daily mindfulness journey.

It's as simple as breathing:

Focusing on your breath is the beginning of mindfulness. Inhale deep and slow breaths, paying close attention to how it feels when the air enters and leaves your body. Remain focused on this sensation. If your mind begins to wander off, simply bring your attention back to your breath and start again focusing on how it feels in your body.

This is a no judgement zone:

When your mind does begin to wander off it is very normal. When this ultimately does happen please don't beat yourself up for it. Simply bring your focus back to the present moment. This returning to present without judgement will serve to help you become more aware of what your mental patterns are and where you naturally gravitate towards. Becoming more aware of them without judgement will help you detach from the ones that are not in balance with where you want to focus in the present.

Being grounded in the now:

Grounding techniques to help you remain in the now are especially useful when life throws you a curveball. Being overwhelmed serves to only escalate more mind chatter and less focus. The key is to focus on the here and now to help you anchor the mind and body. One way to do that is to try the 1-2-3-4-5 technique. Simply focus on

1 thing you can taste (ie: your favorite drink, water, coffee, soda)

2 things that you can smell (ie: fresh cut grass, or your favorite candle scent)

3 things you can hear (ie: road traffic, wind in the trees, your own heart beat)

4 things you can touch (ie: your cloths, your hair, your skin, the material of the chair you're sitting on)

5 things you can see (look around you and name 5 things)

Becoming more mindful during everyday tasks:

You eat every day. During your meals, try to become more aware of the process of preparing the food you eat. While eating, pay attention to the taste in your mouth, the texture of the food on your tongue, how it smells? When cleaning up after dinner take the time to pay attention to how activities like cleaning up or washing the dishes feels. The sensation of water on your body while showering. Being mindful of every activity brings more meaning and purpose to your day.

Mindful movement

Breath meditations are not only possible when sitting quietly, you can take this practice while being active. Paying attention to your breath during exercise such as walking, jogging, yoga etc. can support stabilizing your heart beats and blood pressure.

Being in Gratitude

It is important to focus on positive thoughts and feelings while practicing mindfulness and being fully present in life. Recalling the positive people you encountered throughout your day, or the positive events that transpired for you or others in your presence is a great way to fill your heart with joy. Focusing on great memories from the past that brought you, or others joy.

If you find yourself reverting to negative memories, self-criticism or even judgement of yourself or others simply stop the thought and refocus on a positive for eg:if you thought "I didn't do the best job at something" reframe it with "I did the best I could do and that is good enough!" or you might say "its ok to feel disappointed but that does not define me"

Being mindful is a one man/woman sport. And, like all sports you need to take time to learn them, and then practice to get better at them. If you want to compete with yourself at an ol\ympic level you must practice daily. This requires effort and commitment. Just ask any olympian if they gained their metal by doing their sport with halfway measures, and they will tell you it was the hardest most satisfying work they have ever dedicated themselves to. Like them, you can achieve the goals you set for yourself simply by checking in. But in this case the gold you stand to win, is the best version of YOU possible.

Stay shiny peeps!

To learn more about Liz Throp
Check out her website here!

Liz Throp

Liz Throp is an award-winning international psychic medium, author & sought-after radio and TV personality.

Check out her new worldwide online radio show "Psychic Hour" on 4680q.com Sunday's at 11am EST. In demand for over 30 yrs, facilitating extremely accurate life changing readings and enriching classes for people across the globe so that they can shine

Liz is also known for her incredible work as Co-Founder of "Psychic Kids United inc.", "The Psychic Associates", and founder of "The Awakening Ones" along with being the esteemed Co-Host of the podcast "The Psychic Jam" When she is not working with her cherished clients or expanding her soul's mission she is loving her family

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Ready, Set, Go! Mindset Matters

There is a spark to a mindset that ignites a great many actions, parts, and maybe even other people to take action to accomplish something. A mindset is a way of thinking about things you care about or want to do and motivates you to do them. I used to be a runner and I borrowed two of the greatest marketing mindsets offered by two different competing sneaker manufacturers in the mid 1980's. Nike's "Just do it" and Reebok's "You Be You" campaigns.

I made "you be you; just do it" my personal motivational mindset to get out there and do my 5 mile a day runs 5 days a week. These simple words cued several steps I needed to take to get myself out the door and on the road running. Something I enjoyed, yet had to break through the desire to also not do. These words were my ultimate motivator.

This is the awesome power of the mindset. A mindset is often a very simple way of thinking about something that puts you right into action. Things you want to do or need to do on a regular basis. I have a friend who I worked with 25 years ago when I was working as a victim advocate doing crime scene crisis intervention. This was a job I did for only 3 years, because I burnt out fast to my own detriment for years to come. At the time my mindset was "I just want to be of service", "I just want to help people". I recently asked my friend, who has been in this line of work for almost 30 years now, how she has done it all these years? She responded with beautiful wisdom, " I make sure to connect with people, God and nature every day".

This is mindset mastery. The ability to show up every day to witnessing and supporting others through their worst life experiences. She also shared that she reminds herself that "most people are good" even though some people do "bad things".

A mindset is a framework just like a TV set. A 'Tell a Vision' is a box of electronics that transmits programs. Sets are a grouping of things or if you're making Jello or pudding it is a congealing to readiness. Your mind, much like the TV set, has programs. These programs often have titles that we may or may not be aware of. They may be conscious programs or unconscious programs. They are set ideas or beliefs that overarch our responses.

I have a very special bodywork client I have worked with for 20 years now. She is successful in many ways in her life, she feels blessed and in turn blesses others. She is a mother and wife who has had an astounding career and is also a philanthropist. She is a woman who loves supporting other women. She does all she can to make things better. She recently shared with me her mindset. "There is always more". These are her own very simple words for herself that motivate her to care and create more for others through her philanthropy. Supporting big projects that help and heal the world. Her words struck a chord in me. Realizing that the way we think about things in our own minds can create massive actions of impact.

Sometimes we are given mindsets by our upbringing. Mindsets can be both supportive and not. Though some folks are motivated by negative mindsets because they don't want negative outcomes. Mindsets like "Don't be an idiot," or "No pain no gain," or " You must work hard in order to get what you want," may work for a while. Yet, many of us need to update our negative mindsets to ones that are more empowering for optimal enjoyment in our daily life and living.

When you set your mind to something you get it done. What motivates you to do the things you want to do and need to do? I propose that mindsets that are positive induce more enjoyment. I haven't been a runner for a long time. These days I swim an hour at a time. My current mindset for swimming is "I love it!" I do my best to listen to my body. Sometimes I don't feel like swimming, so I have programmed this mindset of "I love it!" to remind myself I love being outside, under the sky and sun, moving through the water. Even if I don't feel like going, when I tell myself "I love it!" I remember the cascade of actions it takes to get to the pool and that it results in my feeling more balanced and more my true self.

Mindsets are deeply personal. With your mindset you are in congruence, aligned with the actions and steps that need to be done and actually doing them. Mindset yourself up for success with the words you use to set yourself into action. Ready, set, go! Just do it!

Claire Miriam Ostrovsky

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How to Maintain a Positive Mindset

Do you have days when you know it is best to be upbeat and positive, but you just don't feel like it? When you face challenges, chaos or feel overwhelmed by your responsibilities, it can be a wee bit difficult to maintain a positive attitude.

The following techniques will improve your mood and help you experience the inner peace you deserve:

1. Start your day with something positive.

Decide each morning that you will start the day headed in the right direction. Rather than waking up on the wrong side of the bed and setting the stage for a grouchy day, resolve to experience something positive first thing in the morning.

- **Develop a morning routine** that you can repeat daily to ease into your day's tasks and responsibilities. Establish what activities help improve your mood and put you on the path to positive thinking. Find two or three things you can do each morning that will set the stage for a successful day. As these become habit, add to the routine little by little.
- A routine will help your body and mind settle in and focus upon what you need to accomplish. Instead of rushing around or forgetting important details, your plan will guide you through a peaceful set of steps that calm your mind and create unstoppable momentum.

2. Set exhilarating intentions.

If you wake up each morning with nothing to look forward to, your mind may quickly latch onto negative feelings that can last throughout the day. Give your life focus by setting goals that motivate, uplift and exhilarate you. Write those intentions down and review them each day. **Every day, take some small action that brings you closer to realizing your intentions.**

- Set aside a few minutes this week to write down all the reasons why each intention is important to you. How will you feel when you reach the intention you have set? How will your loved ones be affected? How will your quality of life improve?
- Spend a few minutes each day reading through this list. A big enough "why" can help you to overcome any obstacles that may be in your way.

3. Surround yourself with positive people.

If you want to feel better about your life, hang around with people that encourage you and bring out the best in you. Spend more time with people that make you feel good about yourself and less time with those who complain about everything.

Every cloud has a silver lining, and it is easier to find that silver lining when you hang around people that help you to see it.

4. Remember that bad days happen.

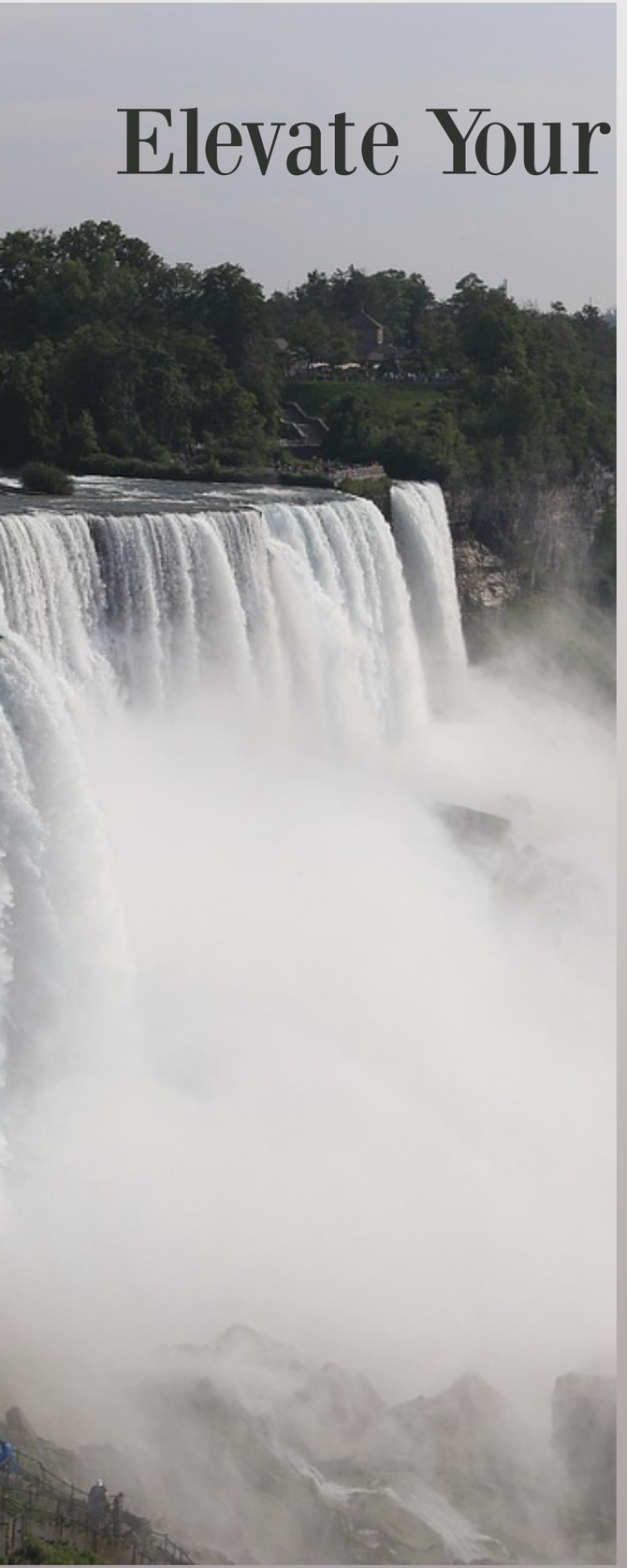
When you have a bad day, don't beat yourself up or dwell upon it. Remember that tomorrow is a new day with exciting possibilities and challenges. Your next victory is right around the corner if you resolve to start with a fresh perspective.

These suggestions will only help if you put them into practice. Pick one or more of them and decide that your happiness is worth small changes that lead to a big payoff. Begin to experience the happiness you deserve by taking positive steps today that will lead to a bright, beautiful future.



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.
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Elevate Your Awareness

Embrace Mindfulness

About forty-five years ago, after my near-death experience, I met a metaphysical teacher who taught me the lesson of Mindfulness. You know what they say, "When the student is ready, the teacher will appear."

One afternoon, the teacher asked me if I would join him on a trip to Niagara Falls. He was excited to show me the energy vortexes of the earth and how we could harness their power. Trusting him and my higher self, which through muscle testing gave me a big "yes," – I set off on what would be a transformative adventure.

My lesson on Mindfulness:

While we were walking back to the car, the teacher asked me to stop and take a moment of stillness as he continued walking beyond me about 100 feet. Then he stopped and turned to me. He then instructed me to walk slowly towards him.

Once I reached about three feet in front of him, he told me to stop and tell him what I saw and felt while walking toward him. I said I could feel the rushing waters of the falls, people walking on the pathway, green grass, and I could smell garbage.

He said to me, "Now go back to where you began 100 feet and turn around." As I stood there, he told me to slowly walk again towards him until he said to stop. He said, "Stop, look down." The first time around, you did not see this beautiful ant hill.

Ants represent community and Unity consciousness. It is also a reminder to focus more on the present moment. Now look up he said to me. You did not see these beautiful fluffy clouds above you. Now look behind you. You did not see the park bench next to the garbage can. Now look to your right. You did not know the parking lot was filled with cars. Now, look to your left; you do not see the butterflies flying in and out of the flowers. But most of all, you did not see me in front of you guiding you today!

He told me I needed to embrace all six directions as I walked on my journey: up, down, left, right, forward, and backward. Being mindful of your surroundings will give you a sense of security. A sense of security will help you lower stress and anxiety, and it is your foundation for raising self-worth and self-esteem. It is important to be conscious of your environment. Being so will lead you towards greater awareness and joy in your life!

I still vividly remember my first encounter with these magical spots, and now I have the joy of sharing this experience with my students. Taking them to the falls to feel what I felt so many years ago fills me with excitement! Each visit is a reminder of how Mindfulness can elevate our spirits and deepen our connection to nature.

Mindfulness and Mindset are similar yet so different.

Mindset refers to a person's beliefs and attitude toward challenges and opportunities. It shapes how we approach life's hurdles—do we see them as obstacles or stepping stones? Mindset can empower us to take risks, embrace change, and ultimately thrive!

Together, Mindfulness and Mindset create a powerful duo for personal transformation.

There are two types of mindsets:

Growth Mindset: Motivates us and transforms how we approach challenges and opportunities! We see our challenges as learning experiences instead of failures.

Fixed Mindset: A fixed mindset can feel like a heavy anchor. We see our challenges as failures, holding you back from reaching your full potential

Are you ready to break free from the limiting beliefs holding you back? If so, consider finding a Life Coach! A Life Coach can be a game-changer in your personal and professional transformation journey. They provide guidance, support, and a fresh perspective to help you see beyond your self-imposed barriers.



Linda Sylvester

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The Role of Spirituality in the Various Phases of a Woman's Life

Spirituality is a fundamental aspect of human existence—an innate yearning to find meaning, purpose, and connection beyond the material world. For women, this quest often becomes a guiding force that shapes their identity, resilience, and sense of fulfillment at every stage of life. From childhood innocence to old age wisdom, spirituality offers comfort, strength, and a sense of belonging amid life's joys and challenges.

While the outward expressions of spirituality vary—from devotion and ritual to mindfulness and reverence for nature—the core remains the same: a desire to connect with something greater than oneself. To truly understand how spirituality influences women's lives, we must explore how different cultures and faiths perceive and practice it, revealing a tapestry of diverse yet interconnected paths.

Understanding Spirituality

Spirituality is the personal search for inner peace, connection, and higher purpose. It is often expressed through prayer, meditation, acts of compassion, or reverence for the natural world. Unlike organized religion, which provides specific doctrines, spirituality emphasizes personal experience and inner growth. For women, spirituality often becomes a source of empowerment—helping them navigate life's transitions with resilience, grace, and a deep sense of purpose.

Spirituality in the Phases of a Woman's Life

Building on these rich traditions, it's clear that spirituality evolves and deepens through the various stages of a woman's life.

Childhood and Adolescence:

In early years, spirituality often manifests as curiosity and wonder. Family traditions, stories, and cultural rituals help instill a sense of belonging and moral grounding. This is a time of questioning and self-discovery, where spirituality acts as an anchor—a gentle guide as young women explore their identities and societal roles.

Adulthood:

As women step into their careers, relationships, and motherhood, spirituality becomes a source of strength and purpose. Practices like prayer, meditation, or acts of service help women manage stress, find inner balance, and nurture resilience. Many find empowerment through spiritual affirmations of worth and possibility, enabling them to pursue their dreams with confidence.

Motherhood and Middle Age:

Motherhood is often described as a sacred journey—an act of divine creation and nurturing. Women find spiritual fulfillment in caring for their children and passing on values. During middle age, many experience a period of reflection, reevaluating life's purpose and seeking renewal. Spiritual retreats, meditation, or community service offer avenues for inner peace and wisdom.

Later Life and Retirement:

In older years, spirituality often turns inward—focused on acceptance, gratitude, and transcendence. Facing mortality and the loss of loved ones, women turn to prayer, storytelling, and reflection to find solace. This stage offers a profound opportunity to share wisdom, pass on traditions, and embrace a sense of peace and continuity.

Cultural and Religious Perspectives on Spirituality

Spirituality, though universal, manifests in diverse ways across different cultures and religions. For women, these varied perspectives shape not only their spiritual practices but also their identities, roles, and understanding of life's purpose. Exploring these differences reveals the richness of spiritual expression and how it supports women through every phase of life.

Hinduism: Divine Feminine and Inner Liberation

In Hinduism, spirituality is deeply rooted in the concepts of dharma (righteousness), karma (action), and moksha (liberation). Women are often seen as embodiments of Shakti—the divine feminine energy that sustains the universe. Goddesses like Durga, Lakshmi, and Saraswati symbolize strength, prosperity, and wisdom, respectively, and serve as spiritual ideals for women.

Spiritual practice in Hinduism involves rituals, prayer (puja), meditation, and participation in festivals honoring these deities. For example, during Navratri, women worship goddess Durga through fasting, dance, and prayer, reaffirming their connection with divine power. This festival emphasizes female strength and resilience, inspiring women to embody divine qualities in their lives.

The spiritual perspective encourages women to pursue both worldly duties and spiritual liberation, recognizing their dual roles as nurturers and seekers of higher consciousness.

Christianity: Faith, Compassion, and Service

Christianity views spirituality primarily as a relationship with God through faith, love, and moral virtue. Women have historically played vital roles as saints, nuns, and laypeople, exemplifying virtues like compassion, humility, and service.

Practices such as prayer, reading scripture, attending church services, and participating in sacraments nurture spiritual growth. For instance, the Mary of the Bible symbolizes faith and devotion, inspiring women to trust in divine providence.

Christian spirituality emphasizes love and charity, encouraging women to serve their communities and embody Christ's teachings of compassion. Women find spiritual fulfillment in acts of kindness, community service, and prayer, which help them navigate life's challenges with hope and resilience.

Islam: Submission, Devotion, and Inner Peace

Islam regards spirituality as a conscious submission (Islam) to Allah's will, expressed through prayer (Salah), fasting (Sawm), charity (Zakat), and pilgrimage (Hajj). Women are highly respected as spiritual partners and caregivers, with their devotion and piety valued deeply.

The Quran and Hadith emphasize virtues like patience, humility, and trust in Allah, guiding women's spiritual lives. Women participate actively in prayer, community service, and charitable acts. Sufism, the mystical branch of Islam, emphasizes love, devotion, and the inner journey toward divine unity—values that resonate with women seeking a personal and heartfelt connection with the divine.

For example, the spiritual practice of dhikr (remembrance of God) helps women cultivate inner peace and mindfulness, fostering resilience amid life's hardships.

Buddhism: Mindfulness, Compassion, and Enlightenment

Buddhism emphasizes the pursuit of enlightenment through mindfulness, ethical conduct, and compassionate action. Women have historically been both practitioners and teachers within Buddhist communities, exemplifying resilience and spiritual strength.

Meditation practices such as Vipassana or Zen help women develop self-awareness and inner calm. The Buddha's teachings on compassion (karuna) emphasize empathy and kindness—virtues that women often embody and promote in their families and communities.

In many Buddhist traditions, women are recognized as capable of attaining enlightenment and liberation (nirvana). For example, in Theravāda Buddhism, women can become nuns and pursue spiritual goals equally as men, emphasizing the universality of inner awakening.

Indigenous and Traditional Cultures: Harmonious Living with Nature

Indigenous cultures worldwide often perceive spirituality as an integral part of life, nature, and community. Women are typically revered as custodians of sacred knowledge, healers, and storytellers.

For instance, Native American, African, and Aboriginal traditions emphasize rituals, ceremonies, and reverence for natural elements—rivers, mountains, animals—as sacred. These cultures honor the divine feminine as life-giving and nurturing, often associating women with earth's fertility and wisdom.

In many African traditions, women serve as spiritual leaders and healers, conducting rituals that connect their communities to ancestors and nature. Similarly, in Amazonian tribes, shamans—often women—use plant medicines and rituals to maintain spiritual harmony.

These perspectives underscore the interconnectedness of life, nature, and spirituality, fostering a deep sense of purpose and belonging.

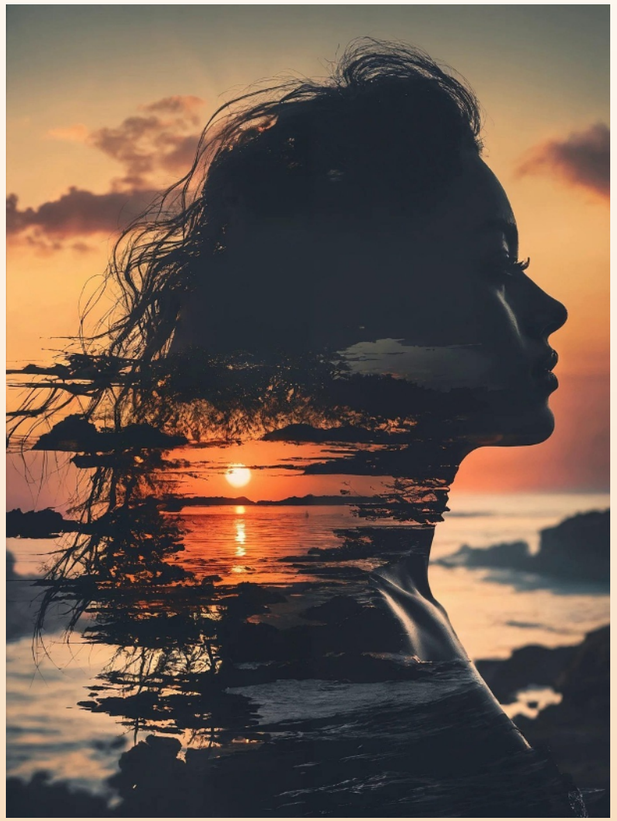
The ways in which spirituality is viewed across different cultures and religions reveal a common thread: a quest for connection, purpose, and inner peace. For women, these diverse spiritual frameworks offer guidance, strength, and identity at every stage of life—whether through devotion, ritual, service, or inner reflection.

By appreciating these varied perspectives, we gain a richer understanding of the universal yet uniquely personal journey of spiritual growth. Regardless of cultural or religious background, spirituality remains a vital resource for women navigating life's challenges and embracing their full potential.

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The Stories We Tell Ourselves: Shifting the Assumption Mindset and Set Yourself Free



Have you ever stopped yourself from doing something you truly wanted because you assumed what might happen? What others might think? What failure might feel like?

Assumptions are sneaky. They often wear the mask of truth, but they're really just fear in disguise. They whisper that we're too much or not enough. That people won't understand. That our dreams are too big, too late, too impossible. And just like that, we shrink.

I see it every day, in my work — bright, capable women holding themselves back from the lives they deeply desire, all because of assumptions. If you're ready to shift from fear to freedom, this is your invitation to begin.

The Hidden Scripts of Assumptions

Assumptions are like invisible scripts running in the background of our minds. They're not facts — they're conditioned beliefs we've absorbed through past experiences, cultural messaging, or old wounds. We assume we're being judged, so we hide. We assume rejection, so we don't ask. We assume we'll fail, so we don't even try.

They don't sound like "I'm afraid." They sound like:

- "They'll think I'm selfish."
- "They won't understand."
- "It's too late for me."
- "I'll let people down if I say no."

Assumptions reflect where we're still operating from survival rather than soul. They are the minds way of protecting us — at the cost of expansion, joy, and authenticity.

The Subtle Ways Assumptions Shape Our Lives

Assumptions often show up in small, daily choices:

- You hold back your laughter — assuming it's "too much."
- You avoid an honest conversation — assuming you'll be misunderstood.
- You stay in a job that drains you — assuming it's too risky to leave.
- You silence your desire — assuming it's selfish to want more.

These little inner edits add up. They disconnect us from who we really are. They shrink our world until we're living not by truth, but by fear-based fiction.

Real Life, Real Shifts

I used to assume that all men were emotionally unavailable. That no man could hold space for an independent woman with big dreams. That belief cost me love. I stayed guarded, and kept my heart behind a wall.

But when I learned to believe differently, everything changed. I opened my heart to love — and eight years later, I'm celebrating a relationship that's intimate, supportive, and soulful. Dominic is everything I assumed wasn't possible — and more.

In business, I assumed success meant struggle. That building a business meant burnout... It wasn't until I realised it could be joyful, aligned, supported — that I began to soar. And I see this in my clients too:

- A client assumed she didn't have the skills – landed her dream job.
- Another who assumed it was too risky is now running her dream private chef business.
- So many who assumed they had to wait for permission — have now taken bold steps toward their dreams.

The Cost of Living by Assumption

Every assumption comes with a cost. We trade:

We assume we're responsible for everyone else's happiness, and so we abandon our own. We assume we're letting others down by honouring our needs, and so we stay stuck. But living a soul-led life means choosing truth over story — even when it's uncomfortable.

What Becomes Possible When You Let Go

Imagine if you didn't assume the worst. If you didn't assume judgment, rejection, failure, or disappointment. What would you do differently?

You might...

- Express yourself.
- Go for the role.
- Start the thing that's been tugging at your heart.

Freedom begins when we stop believing the thoughts that keep us small.

Shifting the Assumption Mindset

Mindfulness is the key to unlocking a new mindset. Here's how to begin:

1. **Notice the thought**
   When a limiting story pops up, name it: "That's an assumption." This tiny pause creates massive space.
2. **Ask: What else could be true?**
   Could they actually support me? Could this work out better than I imagined?
3. **Get curious, not critical**
   Curiosity softens judgment and opens possibility. It's the soul's guide.
4. **Choose expansion over fear**
   One small, brave step in a new direction begins to rewrite the narrative.
5. **Speak a new truth**
   Try these:
   - "Something beautiful is unfolding, even if I can't see it yet."
   - "I'm allowed to follow what lights me up."
   - "I don't need all theanswers — just an open heart."

A Soulful Question to End With

What joy, opportunity, or possibility are you unknowingly blocking... simply because of an assumption?

Let that question land in your heart. Journal it. Sit with it. Let it guide your next step.

Because the truth is, the life that's calling you isn't on the other side of certainty — it's on the other side of the stories you've outgrown.You don't have to believe everything you think.
You get to choose again.
And when you do — that's where the freedom

Jennifer Evans is a transformational coach, retreat leader, and host of the *Soar and Flourish* podcast. She guides women through bold life transitions with soul, courage, and clarity—helping them break free from fear and step into joyful, aligned living.

Learn More @TheZenJen.com

Tune into The Podcast Soar and Flourish on Spotify and Apple



The Silent Breakdown Before the Calling Breakthrough

Why You're Stuck, Spinning, and Suffering - and What You Must Do Next

You feel it.
That pressure under your ribs. That weight in your chest. That nauseating dread when you think about "going back." Back to the relationships, the work hustle, the expectations, the version of life that once gave you identity—and now makes your soul recoil.

You're not confused. You're conflicted.
Because deep down, you already know. Something is shifting. Something *has* shifted. And it's not just burnout or disinterest. It's a *calling* that's beginning to whisper—and in moments, roar—through every cell of your being.

And yet, you resist it.

You play a dangerous game of stall tactics:

- "I just need more time."
- "I need money lined up first."
- "I'll wait until I have more energy."

Let's be honest. You're lying to yourself.
Because none of that is coming *until* you answer the call.

You think you're buying yourself safety.
You're actually selling your soul.

Right now, you're sitting at a spiritual crossroads—one foot in the old world, one twitching toward the new—and you're frozen. Your mind loops in fear. You overthink. You spin. You watch the clock and dread tomorrow, yet still do nothing today. You're in energetic chaos, and you've mistaken this swirl of suffering for "figuring it out."

You're not. You're avoiding.
Because *avoiding* gives the illusion of control.

Except here's what no one else is telling you: You are not stuck because of your circumstances. You are stuck because you're not willing to surrender.

You think you'll be ready once it feels comfortable, and here's the thing - *callings don't wait for your comfort*. They require your courage, and come to life in discomfort.

The longer you stay in the "maybe," the heavier your life feels.
The more you delay your next move, the more you drift from alignment.

It's not the old job that's killing you. It's your refusal to choose a new way.

And here's the kicker:
You've convinced yourself you can do it alone.
You believe you can piece together the answers, push through with logic, pull yourself up by sheer force of will.
That's your ego talking. And it's lying to you.

If you could have shifted on your own, you would've by now.
What's interesting? You're not just facing a career pivot.
You're facing an *identity death*.
And no one walks through that alone.

You need guidance, not because you're weak, just because this isn't a performance problem—it's a transformation and it's catalytic.
You're not building a plan. You're birthing a new version of yourself.

And like any birth, it requires presence, support, and pain with purpose.

Here's what's really going on:

- You are being stripped of the identity that once made you feel valuable.
- You're being asked to trust in a future you cannot yet see.
- You're being pulled by something divine—and you're trying to negotiate with it on your terms.

Stop.

Stop trying to intellectualize what is meant to be embodied.
Stop bargaining with the soul-work that is non-negotiable.
Stop pretending that doing it alone will make you stronger. It only makes you lonelier.

Right now, your nervous system is in survival mode.
You are trying to make decisions from a place of fear, not faith.
You're holding scarcity as your baseline energy—and expecting abundance to meet you there.
That's not how it works.

The energetic mismatch is real. You cannot attract clarity while you're committed to chaos. You cannot access your power while you're worshipping your limitations.

And you know this. That's why you're tired in a way sleep doesn't fix.
Why your body is breaking down while your mind races to nowhere.
Why you feel invisible even when surrounded by people.

You're not broken. You're blocked.
You're being called, and you're not answering.
And it's costing you *everything*—your peace, your health, your purpose.

Here's the truth that will set you free:
Your next chapter is not waiting for conditions to be perfect.
It's waiting for *you* to get real, get help, and get moving.

There is no plan B. There is only postponing the inevitable:
You must leap.
You must *step into* the unknown, *walk with* the fear, and *trust* the process.
Simply understand - you do not have to do it alone.

If you've read this far, it's not random.
It's time.
I'm the one people find when they're finally ready to shift—*for real*.
Not just talk about it. Not just plan it.
Actually *do it*.

You don't need more information. You need activation.
You don't need to be convinced. You need to be *held* as you cross the bridge from what was… into what's next.

Let's be clear:
You're not stuck because you lack potential.
You're stuck because you've outgrown your current reality—and you keep trying to shrink to fit it.

Enough.

The calling doesn't go away. It gets louder. And more disruptive.
Your only job is to stop pretending it's not real. If you're feeling the friction of a future trying to find you…
Let's talk.
Because this isn't about what you do next—it's about *who you become* next.

Jenn Drakes, Accelerated Life Strategist and Wealth Creator

Jenn Drakes played small. Until she didn't. Until she chose to get curious… and rise. Now, she guides purpose-led individuals to reset, renew and reclaim clarity on who they really are, and move forward aligned, unburdened, and unapologetic. Your journey forward starts with a YES, and transformation starts with a shift in perspective. Let's chat.

www.jenndrakes.com



Women's Wellness

Women's wellness is a broad term that encompasses various aspects of health and well-being specific to women. Women's health has historically been overlooked or misunderstood in many ways, leading to disparities in healthcare. While there has been progress in recent years, there are still many areas where women's health doesn't receive the attention it deserves, specifically when it comes to the perimenopausal and menopausal years.

Perimenopause is the transitional phase leading up to menopause, typically occurring in women between their late 30s and early 50s. It can last for several years and is marked by various physical and emotional changes as the body approaches menopause.

Menopause is a natural stage in a woman's life that marks the end of her menstrual cycles and fertility. It typically occurs between the ages of 45 and 55. While it is a natural process, it can come with a range of physical and emotional changes as the body transitions through different hormonal stages.

Hidden struggles can include:

- Hot flashes and nights sweats
- Mood swings and emotional changes
- Sleep disturbances
- Vaginal dryness and decreased libido
- Brain fog
- Physical changes like weight gain, decreased muscle mass & bone density
- Hair and skin changes

You're not alone in facing these symptoms and feelings. With the right tools, treatments, and care, it's possible to manage symptoms and regain your emotional balance. At Spa Lumina, we're here to support you every step of the way. We have introduced some new wellness solutions and look forward to working with you towards feeling your very best.

Biote® bioidentical hormone replacement therapy. This easy pellet therapy is personalized to your body's needs using compounded hormones that are identical in structure to those produced by the body. Hormones are natural substances the body produces to regulate major processes such as metabolism, sexual reproduction, and moods. The Biote® Method involves hormone replacement personalized for your body's specific needs using pellet therapy. Tiny pellets, about the size of a grain of rice, are inserted under the skin during a simple office procedure. As the pellets dissolve, they release a steady stream of hormones into your bloodstream that your body uses as needed. Over time, the pellets are completely absorbed, leaving nothing behind.

Metabolic Balance® Weight Loss Program. Your natural metabolism may hold the key to your struggles with weight, food allergies, hormone imbalances, diabetes, or other health concerns. Metabolic Balance is a scientifically proven, personalized nutrition program that helps you optimize your metabolism by eating the foods that work for your body and avoiding the foods that cause problems. Metabolic Balance is a 12-week nutrition plan that helps you reset and support your metabolism. The program is based on a detailed analysis of your blood. To support you throughout the program, you will have access to our certified Metabolic Balance Coach.

Nutritional IV therapy makes it simple and efficient to give your body what it needs, whether you want more

- Energy
- Mental clarity
- Weight loss
- Strengthened immunity
- Or another health goal.

We offer products from Färsk Health Canada because of their safety and vegan, cruelty-free ingredients approved by Health Canada. It is a treatment that delivers fluids, vitamins, minerals, electrolytes, and other nutrients directly into the bloodstream through an intravenous (IV) drip. This method allows for faster absorption than oral supplements because the nutrients bypass the digestive system and are directly delivered to the cells that need them.

IV therapy has gained popularity for its ability to provide hydration, boost energy levels, and improve overall wellness. *It is commonly used for things like rehydration, immune support, energy boosts, detoxification, and even recovery from fatigue.*

The Alma Duo®. A woman's sexual health is important to her emotional and physical well-being. But it can be difficult for many women to discuss this topic or seek treatment. At Spa Lumina, we offer Alma Duo®, a breakthrough treatment for women. The Alma Duo was originally developed as a treatment for erectile dysfunction and has been clinically proven to improve blood flow and restore sexual performance in 80% of men and women. Low-intensity shock wave therapy doesn't require any pre-treatment preparation by clients. During the procedure, a provider moves the wand-like device (externally) as it emits gentle pulses to stimulate increased blood flow. Treatment sessions take about 15 minutes.

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