

MAY 2026

ISSUE No. 4

# ALIGN

MIND, BODY & SOUL

ACTIVATING HEART-LED LIVING  
FOR DIVINE ALIGNMENT

SPIRITUAL WELLNESS  
VIRTUAL DIRECTORY

CREATED BY - SOUL WORKS BY SUE PICKERING

# Meet The Creator



*Sue Pickering, Owner of Soul Works by Sue Pickering.*

*Sue is a Certified Soul Coaching® Practitioner, an Intuitive Psychic Reader, Entrepreneurial & Spiritual Mentor & Speaker*

## **Meeting the Creator of ALIGN, Sue Pickering**

I am the sole owner of Soul Works by Sue Pickering. I grew up in a small town in southern Saskatchewan, Canada. I now live in Alberta near the Rocky Mountains. I have always felt a deep connection to nature and the messages it offers. Spending time in the Rocky Mountains with my husband and our dog, Bodhi, continues to ground and inspire me, strengthening my connection to Mother Earth and to myself.

From a young age, I experienced strong intuitive and spiritual awareness—sensing energy, connecting with angels, and receiving guidance through my dreams. Over time, I embraced these gifts and stepped fully into my path as an intuitive psychic soul coach and reader. I am a Certified Soul Coaching® Practitioner through Denise Linn and an Angelic Reiki® Master Teacher. I've also expanded into my creative work by co-creating the Soul Guidance Oracle Deck, as well as developing the Consciousness Rising Program and the Soul Development Certification.

Today, I offer readings, soul coaching, and teach psychic development courses designed to help others strengthen their intuition, raise their awareness, and connect more deeply with their spirit and the divine. I also embrace every opportunity to speak at events, to inspire others to connect to self and step into their inner light. I am deeply passionate about mentoring those on their spiritual path—especially spiritual entrepreneurs—and guiding others to step into their purpose, share their voice, and create a life aligned with their soul.

Much Love, *Sue*

# TABLE OF CONTENTS

2	Meet The Creator Sue Pickering	26	Thought Of The Day
4	What is Align? The Purpose Behind the Directory	28	Events
5	Gardening As A Connection Listening to The Earth	34	Automatic Writing
8	Have You Ever Actually Been In the Present Moment	36	Recipes
10	Masterclasses	38	Wellness Creativity Clay Diffuser Stones
11	Define the Life You Actually Want	40	Heart-Led Entrepreneurs
20	Spiritual Bypassing When Groth Becomes Avoidance	49	Contributors
23	Offerings	50	The Mission of Align
24	May Energy Reading	51	Thank You



*This is an Interactive Directory  
Please CLICK ON ALL LOGOS AND ICONS*

# *What is Align?*

## *The Purpose Behind The Directory*

As the creator of ALIGN, I feel this is one of those moments where you know something meaningful is being birthed into the world. ALIGN is more than a magazine or directory; it is a heart-led spiritual wellness virtual sanctuary created with deep intention, integrity, and soul. I can feel that this vision was guided, not forced—rooted in service, connection, and a genuine desire to uplift spiritual entrepreneurs who are ready to be seen.

Within ALIGN, gifts are celebrated, stories are honored, and sacred work is given a beautiful platform to reach the right audience. It is a place where spiritual entrepreneurs are featured with intention, where their voices matter, and where their offerings meet seekers who are truly ready for them. ALIGN bridges connection and purpose, visibility and soul—creating a space where aligned business growth happens naturally.

This platform is created to reach the right audience—those who are energetically ready.

For readers, ALIGN becomes a place of discovery and self-connection. It offers access to heart-led practitioners, tools, wisdom, and services that support personal growth, healing, and spiritual expansion—guiding each reader to exactly what they need in the moment they are ready for it.

I thank you from the depths of my soul that you are here to share this experience with me.

With deep gratitude,  
Sue Pickering

# Gardening As A Connection

## Listening To The Earth

Created With Love by Sue Pickering

Gardening is often seen as a simple, practical activity—planting, watering, weeding, harvesting. But beneath its surface lies something deeper. For many, gardening becomes a quiet spiritual practice, one that reconnects them with energy, presence, and the earth.

There is an energetic dimension to gardening that many people intuitively feel, even if they don't always name it. The act of placing your hands in the soil, of being physically grounded, can shift your internal state. The mind slows down. Attention sharpens. You begin to notice small details—the texture of leaves, the scent of earth. This presence is not forced; it arises naturally when you engage with something living.

Plants themselves respond to your care and consistent attention and patience seem to foster healthier growth. I personally set intentions on my seeds and reiki the seeds, the plants and the harvest that comes. I also protect them from the elements that may come during their growing season.

Gardening also offers a powerful reflection of inner life. Seeds do not sprout overnight. Some fail entirely. Others take root in unexpected ways. There are seasons of abundance and seasons of rest. In this way, the garden becomes a mirror, reminding you that growth is not linear and that setbacks are part of the process, not a sign of failure.



Spiritually, this can be grounding. It shifts the focus away from constant striving and toward participation in a larger cycle. You begin to understand that not everything needs to be forced or fixed. Some things simply need time, space, and the right conditions.

Weeding, too, takes on symbolic meaning. Removing what no longer supports growth—whether in soil or in life—is an ongoing process. It requires attention and honesty. Left unattended, small imbalances can overtake what you are trying to nurture.

No matter how much knowledge or effort you bring, you remain in relationship with forces beyond your control: weather, soil conditions, and the natural life cycle. This can be frustrating, but it can also be freeing. It reminds you that you are part of something larger, not separate from it.

~ *Sue Pickering* ~



“THE SOIL DOES NOT RUSH. YET EVERYTHING  
BLOOMS—SO TOO WITH THE SELF THAT  
STAYS CONNECTED TO ITS SOURCE.”

AUTHOR - UNKNKOWN





Energetically Programmed Sprays to support you on your journey



Purchase Sprays

- ✿ I BELIEVE IN ME
- ✿ JUST BREATHE
- ✿ DIVINE PROTECTION
- ✿ CONFIDENCE BOOST
- ✿ LOVING ACCEPTANCE
- ✿ BRING BACK THE MAGIC
- ✿ SWEET SURRENDER
- ✿ ABUNDANCE



YouTube

"HEALING IS NOT A STRAIGHT PATH; IT CIRCLES, PAUSES, AND RETURNS, ASKING ONLY THAT YOU KEEP GOING."



"The deepest healing happens quietly, where no one is watching but you."

# Soul Essence Revival



RECONNECTING YOU TO YOUR ESSENCE  
NEXT LEVEL HEALING

Two gifted Intuitives coming together - Tara from TSW Life Coaching & Soul Works by Sue Pickering bring this powerful healing opportunity to you, FOR A LIMITED TIME.

Your investment offers you a Zoom recording of a TRANSFORMATIONAL GUIDED HEALING & POWERFUL CHanneled MESSAGES FROM BOTH PRACTITIONERS



CLICK HERE

# Have You Ever Actually Been In the Present Moment?

Created with LOVE by Dayna Whitney.

We hear it everywhere.

*Be present.*

*Come back to now.*

*Peace lives in the present moment.*

But here's a quiet question that rarely gets asked:

What if you've never actually experienced the present moment at all?

Not even once.

Think about it for a second.

By the time you notice "now," it's already gone. The moment you recognize it, label it, or try to hold it – it has already slipped into memory. So what exactly are we pointing to when we say *the present*?

We're often taught that anxiety lives in the future, regret lives in the past, and peace lives in the present moment. It sounds simple and comforting. But what if that framework is just slightly off?

What if the present moment isn't something that can be experienced – but something that only exists as an idea?

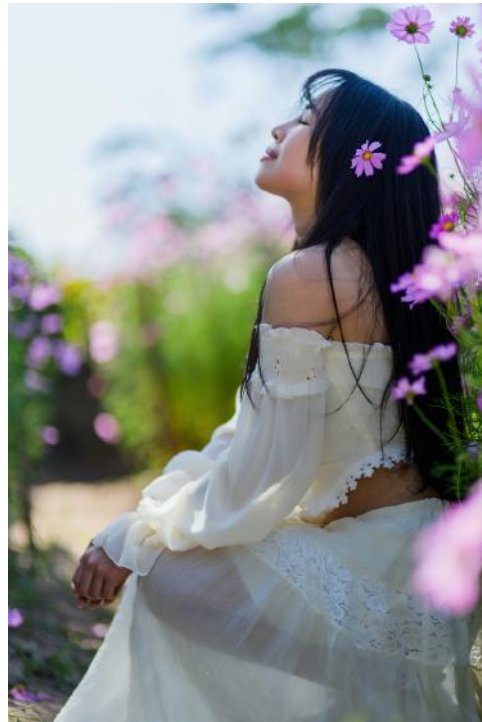
Try this instead.

Pause and notice what you're aware of right now.

Not what you think about it.

Not how you'd describe it to someone else.

Just the raw noticing itself.



Did you catch a specific moment?

Or did you notice something subtler – that awareness itself doesn't seem to arrive in moments at all?

Here's the paradox:

The present moment is talked about constantly... but it's never actually found.

The instant you try to experience it, you're already remembering it. You're already one step behind, watching something that has passed. So maybe the present moment isn't a place you can enter or stay inside of.

Maybe it's something that can't be held.

And if that's true, it might explain something else many of us quietly feel – exhaustion.

Because if you've been trying to "stay present," you may have been striving to do something that isn't actually possible. And then blaming yourself when you couldn't.

What if awareness isn't happening *in* time...  
but time is something awareness notices?

What if peace doesn't come from successfully pinning yourself into the present moment,  
but from realizing you were never outside of awareness to begin with?

In that light, the question gently shifts.  
Instead of asking, "*How do I stay present?*"  
It becomes something softer, more curious.

Like...  
*What is it that notices time passing at all?*

You don't need to answer that.

Just notice what happens when you stop trying to catch *now* – and let experience unfold  
without naming it.

~ DAYNA WHITNEY ~



# MASTERCLASS

## Build Your Business the Way You're Designed to Lead and Grow

Hosted by Jason Matthews  
Human Design Expert

Stop forcing strategies that don't fit and start working with how you're actually designed to make decisions, use your energy, and grow your business. Unlock your Human Design.

May 12, 2026 @ 1pm MST

Join live or watch the replay (48-hour access)

May 12th @ 1pm MST

Join live or watch the replay (48 - Hour Replay)

Live inside The Suite™

[Join this Masterclass](#)



# Define the Life You Actually Want

CREATED WITH LOVE BY KERRY DORAN

There comes a point where you realize you've been busy for a long time... but not necessarily moving in a direction you chose with intention.

You look at your days and they are full—full of tasks, responsibilities, distractions, obligations—but something feels unclear underneath it all. There's a quiet sense of drifting. Not a crisis, not necessarily failure, just a lack of alignment. You're functioning, but you haven't paused to ask if the life you're living is actually the one you want.

And the longer this goes on, the easier it becomes to accept it as normal.

Most people don't wake up one day and consciously decide where their life is going. They respond to what's in front of them. They follow routines, habits, expectations, and opportunities as they come. Over time, those small, unexamined choices compound into a life that may not reflect their true desires.

This is the pain point:

**You can spend years moving without ever defining your direction.**

Not because you're incapable—but because you never stopped long enough to get clear.



Turn everything off.

No phone in your hand. No notifications. No scrolling. No background noise pulling your attention in different directions. Just you, a pen, and a quiet space where you can actually hear yourself think.

This matters more than most people realize.

Because if you don't take the time to define where you're going, you will accept wherever life happens to take you. And that path can feel busy, even productive at times, but still leave you years down the road wondering how you ended up somewhere you never consciously chose.

### **How do you expect to arrive somewhere you cannot describe?**

If you cannot define the destination, you will accept any direction. And that direction may not lead you to the life you actually want.

This is where a lot of people lose time—not in one big dramatic failure, but in small moments of indecision, distraction, and avoidance that compound over years.



## **The Question Most People Avoid**

There's a great question that changes everything if you are willing to answer it honestly:

### **If failure was impossible, how big would you dream?**

Now I am not talking about the safe version or the version that fits neatly into what others expect. And it's not the version that feels "realistic." The real answer, the one that sits underneath the conditioning, the fear, the hesitation, is where your clarity begins.

Most people never allow themselves to answer this fully. They stay within the boundaries of what feels realistic, what feels familiar, what feels achievable based on their current identity.

But your future is not built by staying inside your current identity. It's built by expanding beyond it.

### **Imagine Yourself 10 Years From Now**

Close your eyes for a moment and actually picture it. Ten years into the future. Don't rush this. Don't keep it vague. Sit with it long enough that details begin to form.

What does your life look like?

And more importantly—**who are you in that life?**

*"Your dreams are not asking for perfection—only that you give them a place in the rest of your life."*

- What do you look like physically?
- How do you carry yourself when you walk into a room?
- What is your posture like?
- How do you speak when you're confident, grounded, and not seeking validation?
- What is your energy like? Calm? Focused? Clear? Assertive?

Notice the difference between imagining an outcome and actually describing a version of yourself that lives inside that outcome.

This isn't about fantasy. This is about identity.

Because your life will eventually reflect who you believe yourself to be consistently.

### **Get Specific—Details Matter**

Vague intentions create vague results.

If you say you want a better life, that doesn't give your mind anything concrete to build toward. But when you get specific, everything begins to shift.

#### **So write it down:**

- Where do you live?
- What does your home look like?
- What kind of environment are you in daily?
- What does your workspace look like?
- What is on your desk?
- What do you drink from when you sit down and work?



These may seem like small details, but they matter because they anchor your vision into something tangible.

The more real it becomes in your mind, the more naturally your actions begin to align with it.

### **Define What You're Known For**

#### **What problems do you solve?**

This is another important question. Not in general terms, but specifically.

What do people come to you for? What do they rely on you for? What do you consistently contribute that has value? Too often, people describe their goals using words like "successful," "happy," or "fulfilled," without ever defining what those actually mean in practice. But what does that really mean?

Clarity comes when you move beyond those words and start describing the actual role you play in the world.

- What skill is tied to your name?
- What do people associate with you?
- What impact do you have on others?



This is where your identity starts to take shape in a meaningful way.

### **Your Environment Reflects Your Identity**

Look at your surroundings honestly.

The space you live in, the people around you, the conversations you engage in—these are not separate from your identity. They are expressions of it.

So ask yourself:

- What kind of environment do you live in?
- Is it supportive of the life you want to build?
- Does it reflect the version of you you are becoming?

Even small details matter more than people think. The condition of your space, the intentionality behind it, the energy it carries—these things influence how you feel and how you show up.

Your environment either reinforces your growth or reinforces your comfort.

### **The People Around You Matter**

Take inventory of your relationships.

- Who are your friends?
- What kind of conversations do you have with them?
- Are they expanding your thinking, or keeping things familiar and stagnant?
- Do they challenge you to grow, or simply validate where you already are?

This is not about judging others—it's about being honest about alignment.

The people around you will either pull you forward or hold you in place. Sometimes it's subtle, but over time it becomes significant.

Your future is influenced by the energy you consistently surround yourself with.

## **Your Habits Define Your Direction**

The version of you that exists 10 years from now already has habits.

So instead of thinking of that version as distant or abstract, start identifying what their daily life looks like.

- What time do they wake up?
- How do they take care of their body?
- Do they move? Train? Rest intentionally?
- How do they respond under pressure?
- How do they handle uncertainty, setbacks, or challenges?

Your habits are not just routines—they are signals of identity.

If you want to become someone different, your habits must reflect that shift. This is where change becomes real.

## **What Are You Willing to Sacrifice?**

There is always a cost to becoming the person you want to be.

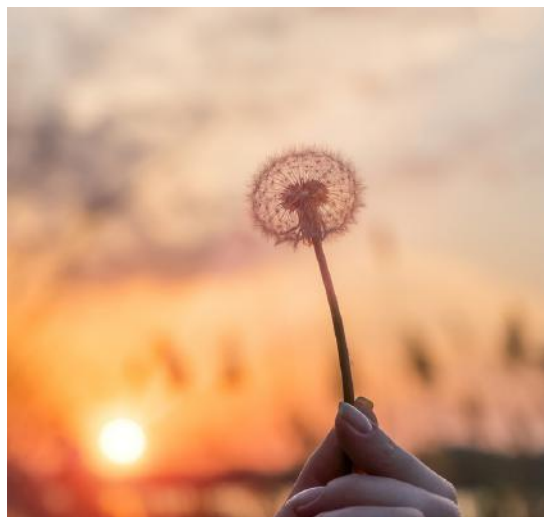
The question is not whether you will sacrifice—but what you are willing to let go of.

- Is it comfort?
- Is it distraction?
- Is it the need for approval or validation?
- Is it old patterns that no longer serve you?

Many people want transformation, but they resist the discomfort that comes with it. They try to hold onto both their current habits and their desired future at the same time.

It doesn't work.

At some point something has to shift.



## Why People Drift

Most people don't sit down and define their future. They stay busy. They stay distracted. They scroll. They compare themselves to others. They fill their time with input instead of direction. Without realizing it, they drift.

Drifting doesn't feel dramatic. It feels normal. It feels like "just life." But over time, drifting leads to outcomes that were never intentionally chosen. Years pass. Opportunities pass. Potential remains unrealized—not because it wasn't there, but because it was never directed.

## This Is Not About Motivation

You don't need more motivation.

Motivation comes and goes. It's inconsistent. It depends on mood, energy, and external circumstances. What you actually need is clarity.

When your future is clearly defined, your decisions begin to align naturally. You stop second-guessing every choice because you have something to measure against.

- Does this move me closer to the life I've defined?
- Or does it pull me away from it?

That level of clarity simplifies everything.

## Sit Down and Write It Out

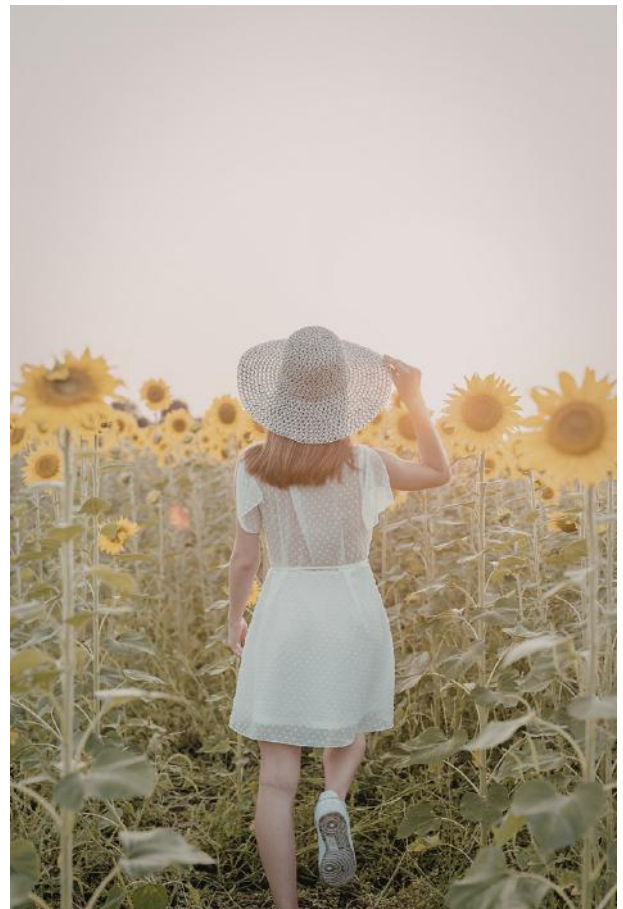
So here is the practice:

Turn everything off. Sit in silence. Take a pen and paper and begin writing your

future in detail.

Not in general terms. Not in surface-level statements. But in a way that forces you to be honest, specific, and intentional. Describe your life as if it already exists. Describe who you are, how you live, what surrounds you, who you spend your time with, and what you are known for. Don't edit yourself while you write. Don't filter your thoughts based on what feels realistic or acceptable.

Let it come out fully. Because once it's on paper, something important happens: You begin to see it clearly. And when you can see it clearly, your behavior starts to align with it.



## Clarity Changes Everything

Clarity sharpens focus and strengthens discipline. It also reduces internal conflict. You stop moving randomly and start moving with intention. Your decisions become easier because they are guided by something real rather than vague desire. You begin to recognize when something aligns—and when it doesn't.

### Final Question

Now I want you to take a moment and ask yourself honestly:

What does your future look like? Not the version that feels safe. Not the version shaped by hesitation. The real one that reflects who you are becoming when you are no longer holding yourself back.

Write it down.

Because once you define it, you give yourself something powerful:

A direction.

- CREATED WITH LOVE BY KERRY DORAN -



# Would you like to Contribute?

This platform exists to amplify  
meaningful work.

Within ALIGN, stories are shared  
with intention, and spiritual  
entrepreneurs are featured in a  
space that recognizes the depth  
of their calling.

SUBMIT YOUR ARTICLE  
WITH ALIGN (FREE).



# Whispers Of The Cards Tarot Course



Whether you're beginning to learn Tarot for the first time or cultivating a Tarot practice to help you understand the guidance on how to navigate your career path, better understand relationships, & understand the patterns in your life, this Tarot Course – Whispers of the Cards – will illuminate your path with Clarity & Growth.

Whispers of the Cards Tarot Course, not only helps you learn the cards—it deepens your connection to your inner wisdom, your intuition and channeling abilities, by revealing and mapping patterns to step into your awareness with confidence in any situation. With this insight, you gain the clarity and confidence to help others make empowered decisions to create a more joyful, aligned life.



soul works  
by sue pickering

Course Offered by  
Soul Works

# SPIRITUAL BYPASSING

## When Growth Becomes Avoidance

*Created With Love by Sue Pickering.*

Spirituality has become more accessible than ever. Meditation apps, mindfulness practices, manifestation techniques, and “high-vibration” lifestyles, shadow work, healing all promise peace, clarity, and transformation. But beneath the surface lies a quieter, more uncomfortable reality: not all spiritual practice leads to genuine growth. Sometimes, it becomes a way to avoid it. Avoiding the uncomfortable inner work.

Spiritual bypassing refers to the use of spiritual ideas or practices to sidestep unresolved emotional issues, wounds, and unfinished developmental work. It’s not always intentional. In fact, most people engaging in it believe they are doing the right thing. But instead of fostering healing, bypassing often reinforces the very patterns one is trying to escape.

At its core, spiritual bypassing is about avoidance dressed up as enlightenment. Avoiding embodiment to it’s core.

It can look like insisting on “positive vibes only” while suppressing anger or grief. It can sound like “everything happens for a reason” used to shut down difficult conversations. It may show up as excessive detachment, where someone avoids intimacy or responsibility under the guise of being “above it all.” In other cases, it appears as compulsive self-improvement—endlessly consuming spiritual content without ever applying it in a grounded, honest way.

The problem isn’t spirituality itself. Practices like meditation, reflection, and compassion are powerful tools. The issue arises when they are used to escape rather than engage.

Real growth is rarely comfortable. It asks for honesty, humility, and a willingness to sit with discomfort. It involves acknowledging painful emotions instead of transcending them prematurely. Anger, jealousy, fear, and sadness are not signs of failure; they are signals. When we bypass them, we lose access to the information they carry.





Doing the “inner hard work” means turning toward those signals rather than away from them.

This work often includes examining patterns we’d rather ignore: recurring conflicts in relationships, defensive reactions, deeply held beliefs about self-worth, or unresolved past experiences. It requires accountability—recognizing how our actions affect others—and resisting the urge to hide behind spiritual language to avoid responsibility.

For example, saying “I’m just protecting my energy” might sometimes be healthy boundary-setting. But it can also be a way to avoid difficult but necessary conversations. Similarly, “letting go” can be a sign of acceptance, or it can be a strategy to avoid processing grief.

The difference lies in intention and awareness.

Inner work is not glamorous. It doesn’t always feel peaceful or enlightening. It can be messy, frustrating, and slow. Progress is often nonlinear, marked by setbacks and uncomfortable realizations. But it is also where genuine transformation happens.

Spiritual practices can support this process—but they cannot replace it.

Meditation might help you notice your emotions, but it doesn’t resolve them on its own. Affirmations can shift mindset, but they don’t heal unexamined wounds. Mindfulness can create space, but you still have to step into that space with honesty.

A more integrated approach to spirituality recognizes that healing involves both transcendence and inclusion. It’s not about rising above the human experience, but fully inhabiting it. It means allowing spirituality to deepen your engagement with life, not distance you from it.

## **So what does it look like to move beyond spiritual bypassing?**

It starts with curiosity. Instead of asking, “How do I get rid of this feeling?” ask, “What is this feeling trying to show me?” It involves developing emotional literacy—learning to name, tolerate, and understand your internal states.

It requires building the capacity to sit with discomfort without immediately trying to fix or escape it.

There is a subtle pressure in many spiritual spaces to seem calm, detached, and perpetually positive. But authenticity is far more valuable than performance. Admitting “I’m struggling” is often a more meaningful step than maintaining the illusion of peace.

Spiritual bypassing offers a shortcut—but it’s one that leads in circles.

The deeper path asks more of you. It asks you to feel what you’ve been avoiding, to face what you’ve been rationalizing, and to take responsibility where you’ve been deflecting. It asks you to integrate, not escape.

And while that path is harder, it is also more honest—and ultimately, more freeing.

~Sue Pickering~



“Spirituality isn’t about rising above your pain—it’s about having the courage to walk through it without pretending it isn’t there.”

# Offerings

The Symbols You Wear  
Carry Messages You  
Didn't Know You Needed.

## TATTOO READINGS

with Kohkum Redwood Silver Raven

Your tattoos carry more than art — they carry energy, memory, and hidden meaning. Sometimes the ink you choose is your subconscious speaking, guiding you toward what you need to hear

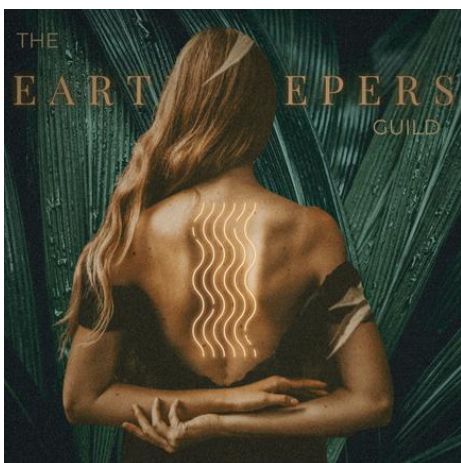
- Discover the message your tattoo holds
- Gain clarity, healing, and direction
- 15-20 minute readings

*"The ink you wear is the story  
your soul remembers."*



*"Spring reminds us  
that every small  
seed holds the  
courage to become  
something more."*

## THE EARTHKEEPERS GUILD - MEMBERSHIP



Join the private membership designed to help you master your energy, embody your purpose, and build an aligned, thriving business — season by season.



RI RISE INNERVERSITY

ENROLL NOW

# May Energy Reading

SueAPickering

May brings the energy of trusting a BIG leap!!!!

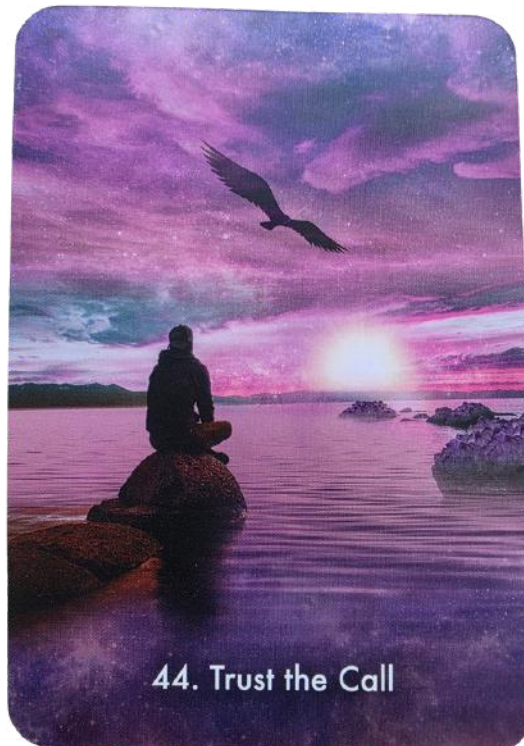
You may get some downloads to new ideas and new paths to step into. The energy in May is about trusting those messages and ideas and to step into them. Even if you don't know exactly what it will look like.

Moving out of your comfort zone to create a much BIGGER & BETTER life. The life that brings you more joy and fulfillment.

I am also receiving that you have more stability than you think if you step right in. That you also need to give yourself more credit and belief in what you can accomplish.

DO YOU BELIEVE YOU CAN REALLY DO IT?! Trust yourself that you CAN & WILL!!

DREAMS DO COME TRUE!!!



*Would you like to be part  
of the wellness  
directory?*

ALIGN is a place of discovery. It offers access to heart-led practitioners, tools, wisdom, and services that support personal growth, healing, and spiritual expansion—guiding each reader to exactly what they need in the moment they are ready for it.

APPLY TO ADVERTISE  
WITH ALIGN



## Thought of the Day

**Trust.**

**Trusting.**

**Trusted.**

**Every day of our lives holds some form of trust.**

**Rising to a new day.**

**The alarm going off.**

**The first sip of coffee, tea, or water.**

**Every breath we take.**

**So much of life is built on quiet trust, often without us even realizing it.**

**And yet, how often do we only stop to think about trust when it has been broken?**

**What if we leaned a little more toward gratitude for what still holds steady?**

**For what is working.**

**For what remains.**

**For the quiet ways life continues to carry us.**

**Trusting that all is well in our world does not mean life is perfect.**

**It means choosing to notice what is still here, what is still good, and what is still worthy of thanks.**

**May today be a reminder to breathe, to notice, and to trust in the simple blessings that hold us each day.**

**— Kohkum**

DOES ALIGN RESONATE  
WITH YOU?

CHECK OUT OUR PAST ISSUES



[Click for ALL past issues of Align](#)

# Events



4th Annual  
**Elevated**  
WELLNESS RETREAT

SATURDAY  
MAY 2<sup>ND</sup>, 2026

9:00 AM - 5:30 PM  
Human Habits Hub  
Lloydminster, AB

**Year of the Fire Horse | Elevated Wellness Retreat**

In this bold, high-energy Fire Horse year, we're leaning into movement, expansion, and courageous growth — and this retreat reflects exactly that.

We've expanded our space this year, adding a nearby studio to allow for more spacious, immersive workshops and deeper experiences. We'll be spending the day at one of our local favorites, Human Habits Hub, where you'll have access to sauna and cold plunge sessions, nourishing food, and intentional spaces designed to support real transformation.

Expect new topics, fresh sessions, and powerful conversations that will move you physically, mentally, and energetically. This is not a sit-and-listen kind of day — it's immersive, embodied, and designed to elevate you on every level.

You won't just leave feeling inspired — you'll leave with actual, actionable tools to build momentum and continue applying the teachings long after the retreat ends. This is about integration, not just motivation.

You won't want to miss this.  
Buy your tickets now to ensure you get first choice of workshops before they fill up.

Register through the QR Code



**DRUMMING FUN**

MAY 25, 2026 @ 7 PM

Spruce Haven Golf Course Bluffton

\$25 bring your own drum  
\$30 rent a drum must preregister to hold drum

- we will be learning some drum beats then drumming to some fun music I have and by request.
- listening to a meditation
- We will drumming outside in the trees by water. Drumming in natural settings, such as forests or by bodies of water, can enhance the therapeutic effects of sound vibrations and foster a sense of connection to the earth and its rhythms.

Please pre register space is limited  
text Barb 403-704-0452 or respond to this post  
etransfer empoweringbalance@protonmail.com to hold your space  
in message put name and have drum or borrow drum.

Complimentary Tea & Coffee provided by Spruce Haven



“Creativity is a form of self-care—when you create, you give your mind space to breathe, your heart room to heal, and your soul a way to speak.”

# Events



**Monroe Institute**  
**GATEWAY RETREAT 2026**  
*with Beth Haley*

The **Gateway Voyage** is a fully residential, immersive retreat using Monroe Sound Science® audio technology to support deep meditation, expanded awareness, and exploration beyond the physical senses. With no guaranteed outcomes, participants may experience heightened focus, insight, healing, or non-physical perception—each in a uniquely personal way. Open to both beginners and experienced meditators, the retreat's supportive group setting and dedicated facilities provide a depth of safety and coherence not available through self-guided audio alone.

**Program Flow**  
 We begin on July 31 around 4:00 pm, allowing time for arrival, settling in, and supper together. From August 1 onward, days begin after breakfast and include several guided Gateway sessions spaced throughout the day, with breaks for meals, rest, and integration. Most evenings conclude after supper, allowing time for reflection and rest. The retreat concludes after breakfast on August 6, 2026.

**Accommodations & Meals**  
 Your registration includes:

- Comfortable on-site accommodations
  - A limited number of queen rooms with private ensuite bathrooms (assigned on a first-come basis)
  - All other participants will have private rooms with shared bathrooms
- All meals for the duration of the retreat
- Expert Guidance & Facilitation

**Cost and Currency**  
 For the Canadian offering, the total cost is \$3,350 CAD, with a \$500 deposit required to secure your space and the balance due by April 15, 2026. The Monroe Institute lists the program at \$2,695 USD; alternatively, you may register through my website in USD at \$2,395, if preferred.

**SANCTUM RETREAT CENTRE**  
 Caroline, Alberta, Canada

**JULY 31 – AUGUST 6, 2026**

**MORE INFORMATION:**  
[www.BethHaley.com](http://www.BethHaley.com)

**About Beth Haley**  
 I am an International Residential Trainer with The Monroe Institute, with over fifteen years of experience teaching Monroe Institute programs and working with hundreds of participants. This experience allows me to guide participants safely and skillfully, provide individualized support, and help integrate their experiences in a grounded and meaningful way.

**SCAN ME!**  

*"Spirituality is found in the present moment, where nothing is lacking and nothing is missing."*

*The Sweet Spring Event*



Insightful Speakers  
 Creative Workshops  
 Psychic Mediums  
 Healers  
 Tattoo Artist  
 Shopping  
 and so much more!

Saturday May 23 12:00 - 8:00  
 Sunday May 24 11:00 - 3:00

Falun Community Hall  
 Falun, AB

*Come with an open mind,  
 leave with an experience of a lifetime!*

# Events



Neuro Rewire Art Workshop

May 9th and May 30th

12pm-4pm

\$35

The Neuro Rewire Art Workshop introduces you to the basics of neurographic art, a simple yet powerful art-based practice designed to help shift patterns in the brain.

Through guided drawing, you'll explore new ways of thinking about challenges, habits, or conflicts, allowing creative solutions and new neural pathways to emerge.

This deeply introspective process requires no artistic skill, it's not about the final piece, but the transformation that happens as you create.

**\*\*All supplies included\*\***





# Events

RED DEER HEALING AND WELLNESS CENTER



## Group SIT and SoulFlow™

Upcoming Dates:

April 29th @6:30pm-8:30pm

May 27th @6:30pm-8:30pm

June 17th @6:30pm-8:30

Cost: \$30

Experience a rewiring of the mind and body, creating a full-system shift toward your desires.

These 2-hour, in-person small group sessions explore a variety of focused topics, offering a supportive space for deep transformation and integration.

Dismantle limiting beliefs and stories with the subconscious imprinting technique framework. Then release what is being held in the body and anchor in what you are desiring through the 4 steps somatic embodiment of SoulFlow™. Combining these modalities creates the opportunity for deep and meaningful shifts to place in both the body and the mind.

These sessions are for EVERY BODY everything is an invitation and however you choose to participate is perfect. Some people might feel called to dance with free flowing movement while others prefer to stay seated or lay on the floor. There is no right or wrong way to experience it. Come with an open mind, prepare to turn inward and lean into trusting the wisdom of your body.

Topics of focus:

April 29th: Personal Power

May 27th: Stress and Anxiety

June 17th: Increasing Our Capacity To Receive





# Events

RED DEER HEALING AND WELLNESS CENTER

## Build Your Own Salt Bowl

May 23rd

2:00 pm

\$30



When created with devotion and intention, placing a salt bowl in your space can help to harmonize your environment through its purification properties.

Join Sherry on May 23 at 2:00pm to build your own salt bowl. All supplies included.

In this workshop we will explore:

- where to place a salt bowl
- the properties of different types of salt
- additions to your bowls
- intention
- refreshing your bowl

[CLICK HERE](#)



# Events

## RE-ENERGIZE WOMEN'S WEEKEND

JUNE 19 - 21, 2026 SCHOTT'S LAKE, ALBERTA



### *The Invitation*

Imagine a weekend surrounded by nature, supportive women, delicious food, and experiences designed to help us unwind, de-stress, inform and recharge. Join hosts Dawn Wickberg and Jill Lewis for an all-inclusive women's weekend focused on wellness, connection, and re-energizing.



### *Your Weekend Includes*

- Private accommodation
- All Meals
- Yoga
- Flow Breath
- Human Garage workshop
- Women's supplementation info session
- SOMAMVMNT with Lindsay
- Bonfire
- Time in nature!



### *ALL-INCLUSIVE Investment*

\$975 per person (1 person 1 room)  
Bring a Friend (share a room) + \$560  
\* One person private room \$975, shared room with a friend \$1536 total

*No prior experience is needed—just a willingness to show up for yourself.  
To register email: [soulmodewithjill@gmail.com](mailto:soulmodewithjill@gmail.com)*

There is something powerful about stepping away with intention.

This summer solstice, we invite you into a beautifully curated weekend designed for rest, connection and renewal.

This is more than a getaway—it's a space to reconnect with yourself, to be held in meaningful conversation, and to experience the quiet luxury of time well spent.

An all-inclusive experience where every detail is thoughtfully considered—from nourishing meals and private accommodations to a seamless flow of wellness practices including yoga, fascial maneuvers, breath work, bonfires, time to relax, walks in nature and more. (No experience required)

Re-Energize Women's Weekend 2026  
June 19–21 | Schott's Lake Conference Center, Alberta

Come on your own or share the experience with a friend.

Investment: \$975 CAN

Shared room option available for only an additional \$560. That's 2 lovely ladies EVERYTHING INCLUDED for only \$1535

If you've been craving space, softness, and connection... this is your invitation.

[To reserve your spot, Click HERE, to connect with Jill](#)

# *Automatic Writing*

Automatic writing is a practice where you write continuously without consciously planning or editing your words. It's often associated with spirituality, creativity, and the subconscious mind.

The idea is to quiet the analytical part of the brain and allow thoughts, images, or feelings to flow directly onto your page. This can feel like the words are coming from somewhere deeper than everyday thinking. From the subconscious, intuition, or a spiritual source.

It can allow you to access unfiltered expression. It is also a way of communicating with spirits and higher guidance.

Practicing automatic writing requires a certain mindset. You typically set a timer, begin writing, and keep your pen moving without stopping—even if what you write feels repetitive, nonsensical or even disjointed. The goal is not to produce polished work, but to keep the flow going without judgment.

Over time, this can help surface hidden thoughts, emotions, or insights that might not emerge through more structured writing.

Automatic writing is a tool for self-discovery, emotional processing, or creative inspiration. It can be especially helpful when you feel stuck, overwhelmed, or disconnected from your inner voice.



*"In automatic writing, the mind steps aside so awareness can finally speak."*



# Intuition

Your Inner Compass

Intuition is our internal compass. When the world feels chaotic, confusing, or just plain upside-down, that inner knowing becomes the grounding force that helps us steady ourselves and keep moving forward.

And when we trust it?

Our internal Light gets brighter.

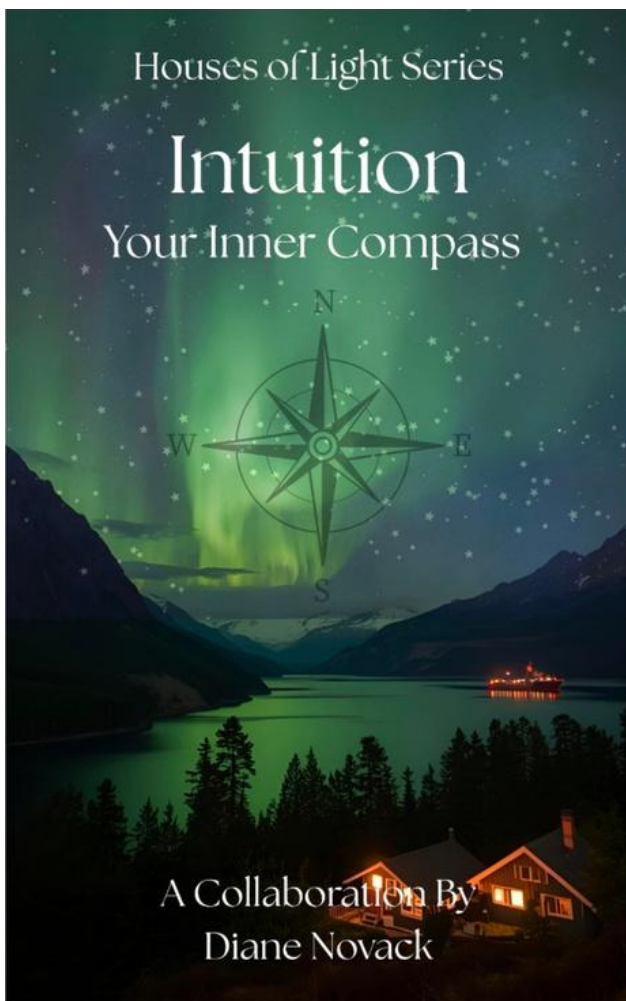
Bright enough to guide ourselves.

Bright enough to light the way for others, too.

So if you felt pulled toward this book, don't overthink it.

Your intuition may have just led you exactly where you needed to be.

Welcome to the conversation.



[Purchase e-Book or Paperback Here](#)

[Purchase in the USA](#)

# Stuffed Mushroom Dip



## Ingredients

- 2 tablespoons olive oil or butter
- 8 ounces mushrooms, sliced
- 2 cloves garlic, minced
- 8 ounces cream cheese, softened
- 1/2 cup sour cream
- 1 cup shredded mozzarella cheese, divided
- 1/4 cup grated Parmesan cheese
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 teaspoon fresh thyme or parsley, chopped

## Instructions

Heat olive oil or butter in a skillet over medium heat. Add sliced mushrooms and sauté for 8-10 minutes until browned and tender. Add garlic and cook for 1 minute more.

2. Reduce heat to low. Add cream cheese and sour cream to the skillet, stirring until melted and fully combined.

3. Stir in half of the shredded mozzarella and all the grated Parmesan. Mix until smooth and creamy.

4. Sprinkle remaining mozzarella on top and transfer skillet to a preheated oven at 375°F. Bake for 15-20 minutes, until bubbly and golden on top.

5. Garnish with fresh thyme or parsley and serve hot with bread, crackers, or veggie sticks.

# Ranch Garlic Parmesan Chicken Skewers

## For the Marinade:

- ½ cup ranch dressing (store-bought or homemade)
- ¼ cup grated parmesan cheese
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1 teaspoon dried parsley (or fresh parsley, chopped)
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- 1 teaspoon lemon juice (optional for extra tang)

## For the Skewers:

- 1 ½ lbs boneless, skinless chicken breasts or thighs, cut into 1-inch cubes
- Wooden or metal skewers



## Prepare the Marinade:

- **Combine the Marinade Ingredients:** In a bowl, mix together the ranch dressing, parmesan cheese, olive oil, garlic, parsley, black pepper, garlic powder, and lemon juice (if using). Stir until everything is well combined.

## Marinate the Chicken:

- **Marinate the Chicken:** Place the cubed chicken into a resealable plastic bag or shallow dish. Pour the marinade over the chicken, ensuring that all pieces are well-coated. Seal the bag or cover the dish and refrigerate for at least 30 minutes, or up to 2 hours for more flavor.

## Prepare the Skewers:

- **Prepare the Skewers:** Thread the marinated chicken cubes onto the skewers, leaving a little space between each piece for even cooking. If using wooden skewers, soak them in water for 15 minutes before threading the chicken to prevent them from burning on the grill.

## Grill the Skewers:

- **Preheat the Grill:** Preheat your grill to medium-high heat.
- **Grill the Chicken:** Place the skewers on the grill and cook for 10-15 minutes, turning occasionally, until the chicken is fully cooked through and has reached an internal temperature of 165°F (75°C). The chicken should have a nice char on the outside.

# Wellness Creativity

## Clay Diffuser Stones

### WHAT YOU'LL NEED

- 2 CUPS AIR-DRY CLAY (AVAILABLE AT CRAFT STORES OR ONLINE)
- 1/2 CUP WATER (YOU MAY NEED A BIT MORE OR LESS)
- 30–40 DROPS OF ESSENTIAL OIL (LAVENDER, PEPPERMINT, EUCALYPTUS, ETC.)
- (OPTIONAL) A FEW DROPS OF FOOD COLORING OR NATURAL DYE
- (OPTIONAL) COOKIE CUTTERS, STAMPS, OR TEXTURED OBJECTS (LIKE LEAVES OR LACE)

### STEP 1: MIX YOUR CLAY

IN A BOWL, COMBINE YOUR AIR-DRY CLAY AND WATER. START SLOW—ADD WATER A LITTLE AT A TIME UNTIL THE CLAY BECOMES SOFT BUT NOT STICKY. THINK PLAY-DOUGH CONSISTENCY.

### STEP 2: SCENT IT UP

ADD YOUR ESSENTIAL OIL DROPS RIGHT INTO THE CLAY. USE YOUR HANDS TO KNEAD IT WELL SO THE SCENT IS EVENLY DISTRIBUTED. YOU'LL START SMELLING THE MAGIC ALREADY.

### STEP 3: SHAPE YOUR STONES

ROLL THE CLAY INTO MARBLE-SIZED BALLS OR FLATTEN IT INTO DISCS. OR USE COOKIE CUTTERS FOR SEASONAL SHAPES OR PRESS TEXTURES INTO THE CLAY (LIKE A SPRIG OF ROSEMARY OR A LACE DOILY).

### STEP 4: LET THEM DRY

LAY THEM ON PARCHMENT PAPER OR A COOLING RACK AND LET THEM DRY FOR 24–48 HOURS. DON'T RUSH THIS—AIR DRYING IS WHAT LOCKS IN THE SCENT.

### STEP 5: REFRESH & ENJOY

ONCE DRY, YOU CAN ADD A FEW MORE DROPS OF OIL TO ENHANCE THE AROMA. THEN PLACE THEM WHEREVER YOU WANT SOME CALMING VIBES!

- NEED GIFTS? POP A FEW STONES INTO A LITTLE MASON JAR WITH A LABEL—INSTANT HOMEMADE PRESENT!
- REFRESHER TIP: REAPPLY OIL EVERY FEW WEEKS OR WHENEVER THE SCENT FADES.



DON'T MISS ANOTHER  
ISSUE OF ALIGN!!

Get it sent right to your inbox





soul works  
by sue pickering

## Soul Works by Sue Pickering



Psychic, Soul Coach,  
Entrepreneurial  
Mentor, Speaker



"YOUR PACE IS YOUR POWER"



Online made easy

### CT Digital Management

- Website Design & Development
- Social Media Management
- Branding & Visual Identity
- Graphic & Content Design
- Industry Specific Content Strategy
- Digital Consulting & Support



Kerry Doran is a writer, intuitive guide, and trauma-informed mentor who helps people reconnect with their inner truth, build inner authority, and restore a sense of belonging. Through energy work with pendulums and intuitive charts, as well as workshops, courses, and one-on-one sessions, Kerry guides clients toward deep healing and self-trust. Grounded in lived experience, emotional insight, and intuitive wisdom, her work centers on helping people identify their own personal energy source and move from survival into clarity, sovereignty, and authentic self-expression.



**“Like a Lotus flower we too have the ability to rise from the mud, bloom out of the darkness and radiate into the world”**

An advertisement for "ALIGN" featuring a close-up of a white lotus flower in bloom. The background is a soft-focus bokeh of more lotus flowers. In the upper right corner, the text "ADVERTISE WITH ALIGN" is written in white, underlined, sans-serif font. Below this text is a square QR code.

# TSW Life Coaching



## Healing & Coaching Offerings



“Wellness is the art of listening to your body, honoring your mind and nurturing your soul”

## Soul Song Therapies



Brenda Dutertre is the only licensed Modern Energy Trainer in Canada, helping people shift stress, anxiety, and overwhelm in a refreshingly different way. Through Modern Energy, Brenda empowers clients to reconnect with their own inner strength—no fixing, no forcing, just simple tools that create real change. She offers one-on-one virtual sessions, making this work accessible no matter where you live, and loves traveling to lead engaging, transformative workshops. Brenda's approach is grounded, practical, and deeply empowering—because in her world, there are no victims, only heroes ready to step into their best lives.



Redu Spiritual Wellness Center®



Sonya Roy owns and operates the Redu Spiritual Wellness Center® in Drumheller, Alberta. She is medium, master holistic healer, and shamanic practitioner, Certified Tarot and Card reader, Angel Therapy Certified Practitioner and PSYCH-K® Facilitator, Certified Yoga Teacher, End of life Doula, BACH® Flower remedies practitioner. She is a Reiki master Teacher ( Usui, Karuna , Universal, Light , Flames) She teaches bilingual workshops and conferences around the world. She created the Wisdom School of Spiritual Transformation©TM. "I work with people to empower them and recognize their divine self. I was trained by my grandmother from a young age and help those who want to help themselves. We recognize the individual is not simply a human physical body but also carries an emotional, mental, spiritual body as well as karmic debt accumulated from past lives. The shamanic perspective includes all the bodies and is spiritual in nature and welcomes all people from all nations, beliefs and languages." She wrote the first two books of Tinay the warrior Princess Series with a third installment coming soon. She wrote the 13th chakra of ancient Egypt, I Dragon, Narcissism Reiki Teacher Manuals in French and English and has a podcast and You tube channel.



*"Balance is not something you find,  
it is something you create"*

*Dayna Whitney*

Helping people heal one reading and event at a time. I have a deep passion to help others to not just start their own healing journey but to help give them clarity and direction in their life  
We all deserve to heal, bloom and grow

I help women reconnect to the truth of their inner knowing that there is more for them in this world by guiding them into discovering & understanding their natural intuitive abilities, how to apply them and begin living their purpose while creating more freedom and joy.



Psychic / Medium / Reiki Master  
Spiritual Mentor / Channel for  
Zahara Collective





Kohkum Redwood Silver Raven is a spiritual guide, Intuitive reader and ceremonial space holder. Who works at the intersection of story, symbol, and soul remembrance. Through, Tarot, Tattoo reading, Sound and intuitive insight, Kohkum helps people reconnect with their inner wisdom , ancestral threads, and life path. Her work is gentle, grounded, and deeply respectful – offering clarity, healing, and reflection without force or fear. Every session is an invitation to listen, remember and realign with what the soul already knows.



Wellness isn't about perfection, It's about presence, patience, and purpose



Astrology Readings,  
Healing Sessions,  
Guidance & Mentorship



369 Amor Fati

Gigi practices astrology, tarot, oracle, and energy healing as an intuitively psychic specialist. Gigi responds to client questions, concerns, and life events through exploring these capacities via the liminal spaces translating symbolism and omens into practical guidance.

Gigi supports client agency through offering readings, coaching, mentoring, and energetic dimension analysis. Her joy and earth assignment is to support clients' discovery, manifesting milestones of their path to soul evolution. The goal is to support personal destiny.

## PERSONALIZED SUPPORT FOR CONSCIOUS ENTREPRENEURS.

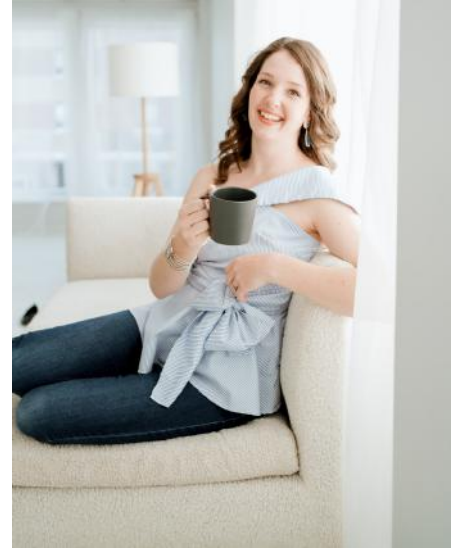
Hi, I'm Jeanine

Founder of The Suite™ – a supportive space for heart-led entrepreneurs and leaders who don't want to build their dreams alone.

Instead of trying to be the expert at everything or juggling five different coaches, The Suite brings strategy, mindset, energy work, and intuitive guidance all under one roof – a whole “village” of experts you can lean on.

It's business growth that feels aligned, supported, and human.

If you're creating something meaningful in the world and craving the right support around you... come say hi. I'd love to connect



# The Suite™

COACHING PLATFORM

- The Suite is a flexible coaching membership that gives you access to a collective of vetted experts across business, leadership, mindset, and energetics.
- Instead of committing to one coach or one rigid pathway, you choose the experts you work with each month based on what will move you forward most right now.
- Book multiple expert sessions monthly
- Choose from business strategy, marketing, leadership, and energetic support
- Access a growing library of masterclasses and replays
- Receive support that evolves as your goals and season change
- Grow without burnout, pressure, or hustle culture
- This is for entrepreneurs who are done outsourcing their authority and ready to build from clarity, alignment, and sustainability.



ALLOW ME TO INTRODUCE MYSELF. MY NAME IS CORINE DUBRAY, AND I AM THE PROPRIETOR OF CHOUETTE REIKI HEALING, A HOME-BASED METIS BUSINESS THAT I AM PROUD TO REPRESENT. AS A CERTIFIED USUI/TIBETAN REIKI MASTER AND MEDICAL INTUITIVE, I OFFER A RANGE OF SERVICES INCLUDING CANDLE WAX READING PAIRED WITH ORACLE CARD READINGS, HOME CLEARING, AND CORD CUTTING. WITH A LIFELONG CALLING TO HEALING, I HAVE FOUND MY PLACE WITHIN THE HOLISTIC COMMUNITY, WHERE I CAN UTILIZE MY SKILLS TO PROVIDE A SAFE, INCLUSIVE, AND NON-JUDGMENTAL SPACE FOR INDIVIDUALS SEEKING HEALING. I AM PASSIONATE ABOUT PROVIDING COMPASSIONATE CARE AND HOLDING SPACE FOR THOSE IN NEED, NURTURING THEIR MIND, BODY, AND SPIRIT.



WHEN YOU REALIZE THERE IS NO LACKING, THE WHOLE WORLD BELONGS TO YOU."  
~ LAO TZU ~



Watch for  
future Issues to  
be available in  
Audio





RED DEER HEALING AND WELLNESS CENTER

HYPNOTHERAPY • MASSAGE • SOMATIC THERAPY • REIKI  
• SOUND HEALING • MEDIUM & CARD READINGS



"HEALING DOESN'T MEAN THE DAMAGE NEVER EXISTED. IT MEANS THE DAMAGE NO LONGER CONTROLS YOUR LIFE."

Psychic Sophia by Sonja



I HELP PEOPLE FIND CLARITY, PERSPECTIVE, AND UNDERSTANDING AROUND LOVE, RELATIONSHIPS, CAREER, AND LIFE TRANSITIONS, ESPECIALLY WHEN THINGS FEEL CONFUSING, STUCK, OR UNRESOLVED. MY WORK IS ABOUT HELPING YOU UNDERSTAND WHAT'S UNFOLDING, WHY CERTAIN PATTERNS ARE SHOWING UP, AND WHERE YOU HAVE ROOM TO MOVE FORWARD WITH MORE CONFIDENCE.

I WORK INTUITIVELY, USING TAROT AS A SUPPORTIVE TOOL ALONGSIDE DIRECT INTUITIVE INSIGHT. TOGETHER, THESE OFFER GROUNDED GUIDANCE THAT HELPS YOU SEE SITUATIONS MORE CLEARLY AND MAKE SENSE OF WHAT YOU'RE NAVIGATING.

MY APPROACH IS CALM, RESPECTFUL, AND FOCUSED ON OFFERING CLEAR, HONEST GUIDANCE YOU CAN ACTUALLY USE.



# Directory of Heart-Led Entrepreneurs



THE RULE OF 3



## RISE INNERVERSITY

TOOLS, TRAININGS & MEMBERSHIPS FOR VISIONARIES, SOULPRENEURS, AND LIGHT WARRIORS READY TO STEP INTO THEIR PURPOSE.



Build Your Soul-Aligned Empire Without Burnout



*Living Well*  
Massage & Raindrop  
Therapy



**Rural Roots Healing by Sheila**

Evidential Psychic Medium • Intuitive  
Energy Healer • Reiki Master



Earth Wisdom Apothecary  
**HERBALIST &  
ENERGY WORKER**



*Psychic Sol*

Psychic Medium  
Reiki Master



Reflexologist of the Ear &  
Auricular Therapist



Balancing the Whole Body  
Through the Power of the Ear



Hazey Moon Essentials

Specializes in handmade  
jewelry and gemstone  
products



- ◆ Financial Independence For Everyone
- ◆ Building Entrepreneurs



Mountain Aura Crystals

Canadian crystal shop located  
in the heart of the prairies



# contributors

"KNOWLEDGE IS NOT JUST WHAT YOU LEARN, BUT WHAT YOU UNDERSTAND DEEPLY ENOUGH TO LIVE BY."



Dayna Whitney  
Psychic / Medium / Reiki  
Master / Spiritual Mentor /  
Channel for Zahara Collective



Sue Pickering  
Soul Works



Kerry Doran  
Jayli



# The Mission Of Align

My hope for Align is for you to experience this creation and feel instantly aligned—one rooted in heart, vision, and deep spiritual purpose.

ALIGN is not simply a magazine or directory; it is an interactive, sacred, virtual space intentionally created to support and elevate the spiritual wellness community. Every aspect of ALIGN reflects devotion to connection, authenticity, and the honoring of soul-led work.

ALIGN is a one-of-a-kind heart-centered spiritual business community designed for entrepreneurs, lightworkers, healers, and spiritual guides who are ready to be seen, discovered, and celebrated. It offers visibility without compromise—allowing heart-centered businesses to share their gifts in a way that feels true, expansive, and energetically aligned.

This platform exists to amplify meaningful work. Within ALIGN, stories are shared with intention, and spiritual entrepreneurs are featured in a space that recognizes the depth of their calling.

It bridges those who serve with those who are seeking natural, soul-aligned connections.

To encounter ALIGN is to witness my vision devoted to collective elevation. It is an invitation to step forward, claim your space, and allow your heart-led mission to be seen and supported—exactly as it was meant to be.

Much Love,

A handwritten signature in black ink that reads "Sue". The signature is written in a cursive, flowing style with a large initial 'S'.

# thank you

A huge thank you to our contributors, entrepreneurs, and YOU—the viewer.

This platform lives and thrives because of our amazing community.



**\*\*Articles are viewpoints of the writers. Take what resonates. They are intended for entertainment purposes ONLY! Articles should not to be used in substitute of any professional advice in any matter of health, financial, mental, emotional, emergency, physical, and any other matter and/or non-material considerations. Consult with Doctors or certified professionals only, before making any health/personal choices.**