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**SPIRITUAL WELLNESS
VIRTUAL DIRECTORY**



ALIGN

MIND, BODY & SOUL

**ACTIVATING HEART-LED LIVING
FOR DIVINE ALIGNMENT**

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*

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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

Hypnosis

A Reset For A Busy Nervous System

Created with Love by Linda Varro

Do you want to approach the day with calmness and with composure? If stress is dysregulating your nervous system—or your sleep—hypnosis can be a surprisingly practical tool. Many people use it to downshift out of fight-or-flight and into a steadier, clearer state.

What hypnosis is and is not

The American Psychological Association (Division 30) defines hypnosis as “a state of consciousness involving focused attention and reduced peripheral awareness characterized by an enhanced capacity for response to suggestion.” (1)

In simple terms: hypnosis is a state of absorbed focus - like the space you are in just before sleep and just after waking up. The outside world fades a little and your inner attention becomes clearer. You remain aware, you can speak and you are in control.

During hypnosis, you will never do anything against your “values” or something you do not want to do. You remain aware, you are in control and you can speak to the hypnotherapist.

Why it works so well for stress

When stress is high, the sympathetic nervous system (fight/flight/freeze), can get activated and sometimes stuck. This is characterized by a rise in blood pressure,



faster heart rate, shakiness, racing thoughts, muscle tension, shallow breathing, faster heartbeat, and sleep disruption. This isn't when problem solving is at best.

The parasympathetic nervous system (rest/digest) is the recovery mode. This is characterized by slower breathing, reductions in blood pressure and heart rate, softer muscles, clearer thinking, and a sense of calm that lasts past the session itself. Hypnosis accesses this state. Other supportive ways to activate this state include progressive relaxation (often included in a hypnosis session), meditation, breathwork, being in nature, controlled breathing exercises, and practices like yoga, tai chi, and qi gong. For those who enjoy science explanations, I have included a reference to an article which shows hypnosis alters brain activity, specifically brain waves move in Alpha rhythm. (2)

What can hypnosis help with

Hypnosis has been used in many settings to support positive change. Common goals include:

- Fears (flying, the dentist, vaccines)
- Surgeries or childbirth (pre and post)
- Anxiety, stress management, and sleep
- Confidence, self-esteem, and performance
- Habit change (healthier routines)
- Releasing unwanted habits
- Spiritual guidance - connecting inwardly for support or guidance.
- Setting goals for building a business

My personal interest is in self-care and helping clients establish habits to promote their well-being and health and to connect with their intuition for guidance on the spiritual path.

What a session feels like

A session starts with an in-depth conversation about what you want to shift and what success will look like for you. Then I guide you into a deeply relaxed, focused state and work with your suggestions for change. It feels empowering and personal as it comes from our discussion. Many clients feel calm and relaxed after the session; many report sleeping better that night. One client said after her first session: "I don't think I have ever been that relaxed in my whole life."

Conclusion

Hypnosis is not the only tool to manage busy and stressful lives. However, when you have tried to "think your way" out of a pattern and it has not worked...your nervous system can benefit from a different kind of support.

~ Linda Varro ~

(1) [About the Society of Psychological Hypnosis.](#)

(2) [Blochlinger, Brigitte. Altered Consciousness: Studies reveal hypnosis alters brain activity and neurochemistry.](#)





Thought of the Day

Sometimes life asks us to pause.

Not to plan.

Not to fix.

Not to rush ahead.

Just to look back for a moment.

To see the roads we travelled,
the turns we didn't expect,
the lessons that shaped us.

Not with regret.

Not with longing.

But with gratitude.

Because every step —
easy or hard —
brought us to the place we
stand today.

Sometimes the greatest peace
comes simply from

honouring the path we've walked.

— Kohkum

Mugwort

Created with Love by Hailey Smytaniuk



Artemisia Vulgaris

Mugwort is the bridge between the earthly and spirit realms. A symbol of the moon, illuminating darkness. The gentle nudge to be present with what is, while honoring what has been. She is the hearth fire burning, transforming and warming our bodies. Allowing the warmth to build into a fiery passion of creativity, of expansion and growth. She is there as a support to help guide you through that portal of uncertainty. She is so much more than just an aromatic and pungent and bitter herb that brings warmth to the reproductive organs, and supports the liver and digestive system.

As the namesake - this beautiful plant ally is associated with the goddess Artemis. We can often see her depicted in mythology as holding a bow and arrow. Setting her sights on that which will provide sustenance. Artemis awakens our inner wildness. She is a tender of children, of the hunt. This is a good time to ask ourselves where are we aiming our arrow? What is the trajectory of our path? Do we perhaps need to slowly pull the arrow back a bit further, to allow for the fullest trajectory in the direction we have set our sights on?

When you deepen your relationship with these amazing plant kin, you realize they are as much a part of you as you are of them. Conversations and connections take place even without the physical presence of the plant. When Mugwort speaks to me, she speaks with such depth, in a calm and smooth manner. She is articulate and does not hurry; as she is deeply attuned to the lunar cycle and builds up and lets go much like the moon, like the womb, the seasons. Knowing that loss and death is just a transmutation to another form. A reminder that everything is energy.

So it was. I sat with Mugwort one day. I began my journey, focusing on my breath. Attuning to the cosmic consciousness crackling within every inhale and exhale. Allowing my physical body to soften. Tension easing as I call upon the wise Mugwort. Requesting her presence. In my third eye, memories of Mugwort come forward from past lives. A remembering of the expansive web she weaves for those who are brave enough to listen to her call. Dreams of different timelines where humanity co-created together, visions of what is to come, and how we all come together in this life. The amount of people awakening to their true nature, burning down the walls and breaking the chains of structures that don't work for humanity, for nature.

Mugwort asks us to align ourselves with the lunar cycle, with nature so we may awaken and integrate the true wisdom of the universe within ourselves, our blood, our lineage.

An ode to the sacredness of this plant ally that beckons us to spiral deeper, still. That which brings forth our subconscious, guiding us to the astral realm. Not only for our emergence into this human life, but also for viewing and integrating soul ties, karmic lessons and deep soul-level energy work. A plant of protection, bravery, connection, warmth, transcendence. Mugwort is our guide of liminal space between the old and the new, the seen and unseen. Wise Women have been working with this plant for centuries- across cultures, oceans and lands.

I often talk about how herbalism is more than just, "take this herb for this symptom". It is a divine connection between the great plant spirit and every living thing. A stewardship, tending to the earth and guiding others back to their birthright. Deepening your relationship with Mugwort will certainly remind you of your connection to the entire web of life!

Planetary Ruler: The Moon & Venus

Chakra: Sacral & Third Eye

Element: Fire

**Organ Affinity:
Reproductive, Digestive,
Nervous System, Liver &
Gallbladder**

Mugwort Practice:

Add a small crystal of your choosing to a drawstring bag filled with Mugwort. Hold this up to your heart, and take a few deep breaths. Imbuing your intention into the herbs. Place this under your pillow at night to assist with dream recall & astral travel. Or have it nearby during ritual & meditation.

~ Hailey Smytaniuk ~

*"In every herb grows a
story of healing
written by nature."*



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- ☉ 15-20 minute readings

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



Listening to your soul begins when you turn inward and become still. Beneath the noise of daily life, there is a quiet wisdom within you that already knows the path meant for your growth. When you slow down, breathe, and gently bring your awareness inside, you begin to feel the subtle guidance of your inner truth. The soul does not push or force; it speaks softly through intuition, peace, and a sense of alignment. The more you learn to listen inwardly, the more your life begins to flow with clarity, purpose, and deeper harmony.

Sue Pickering

DREAMS

Inside The Dream World

Created With Love by Sue Pickering.

Dreams can be portals into the subconscious mind, the soul, and even higher realms of awareness. They are believed to carry messages, guidance, warnings, and opportunities for growth. Understanding the types of dreams can help us interpret their meanings and even learn to influence them.

Normal (Everyday) Dreams

Ordinary dreams reflect on our daily life, but through symbolic language. A conversation, a location, or a random object may represent emotions, relationships, or lessons your spirit is processing. These dreams help cleanse emotional energy and restore balance.

These are the most common types of dreams, typically occurring during REM (Rapid Eye Movement) sleep. They often blend memories, emotions, and recent experiences into story-like sequences. For example, you might dream about being at work while also being back in school.

Lucid Dreams

Lucid dreams occur when you realize you are dreaming while still inside the dream. It is often viewed as a sign of expanded awareness. It suggests your soul is conscious even while the body rests. Lucid dreaming allows you to interact with the dream environment intentionally.

Vivid Dreams

Vivid dreams are intense, colorful, and deeply emotional. They feel almost more real than waking life. They are often seen as heightened spiritual experiences. They may occur when your intuition is stronger than usual, when your energy is shifting, or when you are receiving guidance from higher realms.

The meaning of vivid dreams depends on their emotional tone. A joyful vivid dream may signal alignment and spiritual growth. A fearful one may indicate unresolved energy or a message urging attention. Because they are so clear, vivid dreams are often considered important messages rather than ordinary mental activity.





Prophetic or Precognitive Dreams

Dreams that predict future events. Dreaming about a situation, conversation, or outcome that later appears to happen in real life. These experiences can feel powerful, mysterious, and deeply meaningful.

Why Do Prophetic Dreams Feel So Real?

Dreams that feel predictive are often vivid and emotionally charged. Strong emotion strengthens memory, so when something similar happens later, the connection feels undeniable.

Recurring Dreams

Recurring dreams repeat over time, sometimes for years. The repetition suggests an unlearned lesson. The dream will continue until the emotional or spiritual message is acknowledged and integrated. For example, someone might repeatedly dream about missing an exam or being unprepared for an important event.

False Awakening Dreams

In false awakening dreams, the dreamer believes they have woken up, but they are still dreaming. A person might dream about getting out of bed, brushing their teeth, or starting their day – only to wake up later and realize it was all part of the dream. These dreams can sometimes lead into lucid dreaming.

Visitation dreams

Are experiences in which a loved one who has passed away appears. These dreams feel peaceful, clear, and emotionally powerful. These are genuine spiritual encounters rather than symbolic dreams. They can often bring comfort, reassurance, or closure.

"In sleep, the veil thins and intuition becomes sight."



Nightmares

Nightmares are distressing dreams that often cause fear, anxiety, or sadness. They may involve themes of danger, falling, being chased, or loss of control. Frequent nightmares can be associated with stress, trauma.

When nightmares recur with the same theme, they may signal unresolved emotional concerns.

My experience in replaying dreams?

- I set an intention before I go to sleep to remember my dreams and their meanings behind them. As well as what messages do I need to know for my highest good.
- I wake up slowly, keep my eyes closed and remain still. I avoid moving and start to replay my dream in my mind from beginning to end.
- I visualizing all I can remember
- I picture myself back in my dream.
- I find I can re-enter the dream and continue my unfinished dream, maneuver around, as well as re-write the dream and change the outcome.
- When I do this I remember the dream very vividly, and it strengthens my ability to retain my dreams.
- It gives me huge insites to what I need to be aware of, what is coming in the future and what awareness I have around myself and the collective.

Dreams are sacred spaces of insight and transformation. They are not random – they are reflections of the soul's journey. Vivid dreams may signal heightened awareness. Prophetic dreams may reveal intuitive foresight. Recurring dreams may urge growth.

Most importantly, dreams are interactive. With intention, awareness, and courage, you can revisit them, reshape them, and learn from them. In doing so, you step into a deeper relationship with your inner world.

~Sue Pickering~

Offerings



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What Ascension Feels Like in the Body

Created with LOVE by Dayna Whitney.

For many people, awakening doesn't begin with clarity.

It begins in the body.

A wave of fatigue that doesn't match your schedule.

Sudden sensitivity to noise, food, or crowds.

Moments of lightness followed by inexplicable heaviness.

And often, confusion.

Because no one tells you that shifts in consciousness don't just happen in the mind – they move through the nervous system, the tissues, and the way the body perceives safety and reality.

When people talk about ascension, they often focus on light, expansion, and higher awareness. But the lived experience can feel far more physical – and sometimes far less comfortable.

One of the most common sensations is *fatigue*.

Not the kind that comes from doing too much, but a deep cellular tiredness. As if the body is rewiring itself faster than the mind can keep up. Rest becomes less about sleep and more about integration.

Another frequent experience is nervous system fluctuation.



You might notice heightened alertness followed by sudden drops into stillness. The body oscillates between activation and collapse, not because something is wrong, but because it's learning how to hold more energy without bracing.

This can show up as heart flutters, tightness in the chest, changes in breathing, or a sense of being "on edge" without a clear reason.

Grounding becomes essential – not as a spiritual practice, but as a physiological need.

Ascension can also heighten sensory awareness.

Lights may feel brighter. Sounds sharper. Emotional undercurrents more noticeable. You might feel overstimulated in places that never bothered you before, or deeply moved by small, ordinary moments.

This isn't sensitivity as weakness – it's perception becoming more refined. The body is tuning itself to subtler information.

Digestive changes are also common.

Foods that once felt grounding may suddenly feel heavy. Others may stop resonating altogether. This isn't about restriction or perfection – it's about the body asking for coherence between what it takes in and what it's becoming.

Emotionally, ascension often moves through the body as release.



Old grief surfacing without a clear story. Tears without narrative. Anger that feels ancient, yet unpersonal. These emotions aren't regressions – they're stored patterns discharging as the system becomes safer to feel them.

This can be unsettling if you expect awakening to feel only peaceful.

But embodiment isn't linear.

Moments of expansion are often followed by contraction – not as failure, but as integration. The body needs pauses to recalibrate.

You may also notice changes in your relationship with time.

Days stretch or collapse. Memory shifts. The body seems to operate outside of linear urgency, asking you to slow down even as the world speeds up.

This mismatch can feel isolating – but it's also a sign of reorientation.

April Energy Reading

SueA Pickering

There is huge energy coming in April and going to continue to ramp up throughout spring time. Energy of letting go of people or even societal indoctrination. The things that are no longer TRUTH to you. It's a deeper knowing. A sense of deeper peace. A deeper understanding of your intuition and trust in what & where it is bringing you and who you really are and your capabilities. Trusting that that inner pull is bringing you to more abundance than ever before. A pull to take bigger risks for bigger gains. A space of KNOWING you are worthy & deserving of MORE.

Connection to nature and self is of utter importance to follow your own creative aspects of self, rather than the old patterns, or ways of thinking that kept you stuck or not moving toward something bigger.

There is an aspect of your inner light & knowing becoming more prominent in your life decisions. Following your own path rather than choosing from other peoples aspects of what they think of feel you should do. Understanding your own power in your decisions and standing in it. It is a space of trusting your own gut, over all the noise outside of yourself to become who you wish to be, and the choices you make.





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.

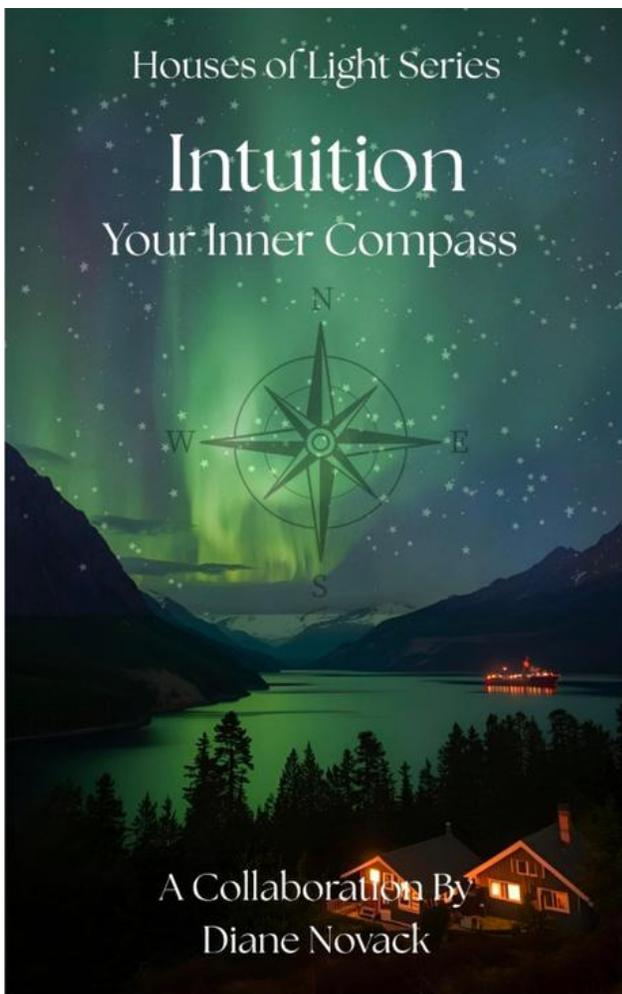
Bright enough to guide ourselves.

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.



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Burnout or Misalignment?

CREATED WITH LOVE BY KERRY DORAN



There are seasons in life where momentum feels unstoppable. Ideas are flowing, opportunities are opening, and the excitement of building something meaningful pulls you forward. Lately, I have found myself in one of those seasons - running one business while building two more, juggling multiple writing projects, and still trying to keep my personal life and household in check. From the outside, it probably looks productive. Even inspiring. But behind the scenes, the pace has been relentless.

This past weekend was a perfect example of what happens when momentum meets limits. I rented a hall to process canned products in a compliant kitchen for upcoming markets and stores - a big step forward for one of my new ventures. I pushed hard to make the most of the time, even with friends helping me along the way. It was an exciting and productive day.

Afterward, my friends encouraged me to relax in a barrel sauna, which I happily agreed to. What I didn't realize was that I hadn't been drinking enough water throughout the day. The combination of intense work and a heavy sweat left me depleted.

The next day, something unusual happened: my body simply stopped. I spent most of the day in bed - something very unlike me. The message was impossible to ignore. My body wasn't asking for rest; it was demanding it. Dehydrated and exhausted, I had no choice but to replenish myself with fluids, rest, and stillness.

At first glance, moments like this seem like classic burnout. After all, when we think of burnout, we imagine someone doing too much for too long until the body and mind finally protest. But lately I have been questioning whether that explanation always tells the full story.

We often assume exhaustion is simply a matter of workload. Work too much, rest too little, and eventually you crash. The solution, we're told, is to reduce the number of things on your plate.

But what if the deeper issue isn't quantity?

What if the real drain comes from direction? You wake up already tired. Your mind feels foggy. You procrastinate tasks you used to enjoy.

You fantasize about escape - not because you dislike effort, but because the effort feels disconnected from meaning.

This is where an important distinction begins to emerge: the difference between burnout and misalignment.

Burnout often happens when the nervous system has been pushed beyond its capacity for too long. The body was designed to handle stress in short bursts. In our earliest human history, this response might have been triggered by encountering a lion or another immediate threat. The body floods with adrenaline, the heart rate increases, and the nervous system prepares for survival. Once the threat is gone, the body returns to baseline.

In short bursts, this system is protective.

But modern life often keeps that system activated for far longer than it was ever meant to be. Deadlines, obligations, financial pressure, social expectations, and the endless list of responsibilities can keep the nervous system in a prolonged state of alert.



Eventually, the system demands recovery.

However, there is another possibility that looks similar on the surface but has a different root cause. Sometimes the exhaustion we feel is not simply from doing too much. It can come from doing things that are not fully aligned with our deeper values, identity, or purpose.

When you are aligned, effort still exists. You can work long hours. You can face challenges. You can feel physically tired at the end of the day. But there is a difference in the quality of that fatigue. It feels purposeful rather than draining.

Misalignment, on the other hand, creates a different kind of exhaustion. The work may not be objectively harder, but it feels heavier. Progress feels slower. Motivation fades. The body resists.

In my own situation, lying in bed that day forced me to ask a deeper question. Was I simply exhausted from the sheer volume of

what I was doing? Or was my body asking me to pause long enough to evaluate the direction I was moving in?

Sometimes the answer is rest.

And sometimes the answer is realignment.

The Real Reason You're So Tired

There's a particular kind of exhaustion that sleep doesn't fix.

It isn't the satisfying fatigue that follows a productive day. It's heavier than that. It lingers. It follows you into the weekend. It greets you on Monday morning. It makes even small tasks feel disproportionate.

We tend to call it burnout.

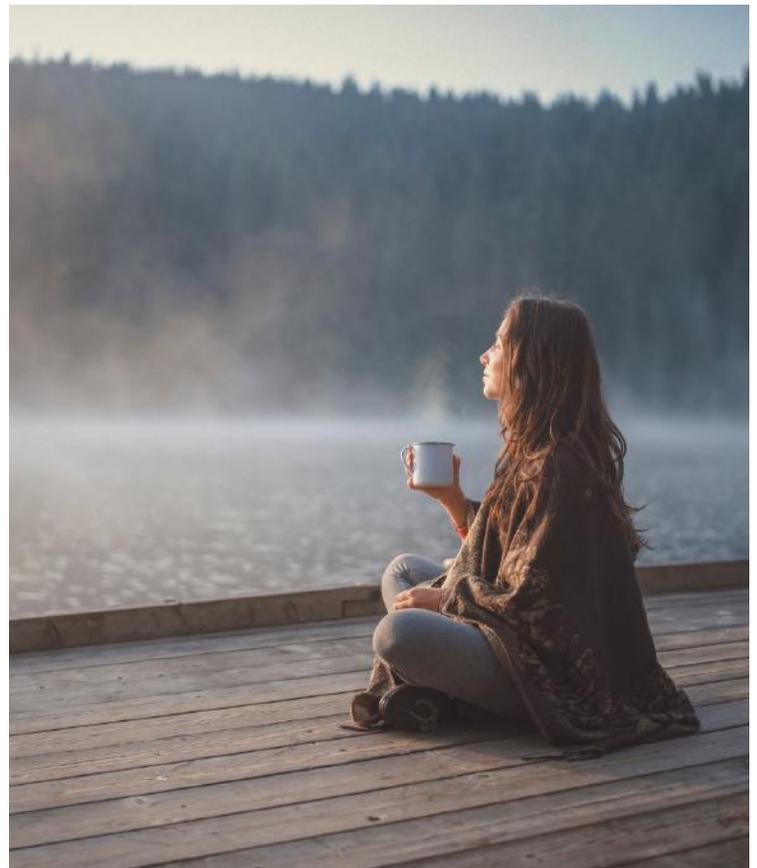
In modern culture, burnout has become shorthand for doing too much - too much work, too many responsibilities, too many expectations. And certainly, overload can exhaust us.

What if the problem isn't quantity at all, but that your effort is pointed in the wrong direction?

What if you're not exhausted because you're doing too much, but because you're doing too much of what isn't aligned with who you are anymore?

When Success Feels Strangely Empty

Misalignment rarely announces itself dramatically. It's subtle. You may still be performing well. You may still be praised. On paper, your life may look successful. Yet internally, something feels slightly off.



Morning arrives and as soon as you open your eyes they are already heavy. Your mind feels clouded. The things you once enjoyed now sit untouched on your list. You drift into quiet fantasies of leaving, not to avoid effort, but to escape the feeling that your energy is being spent in the wrong place.

Misalignment occurs when your outer life no longer reflects your inner truth.

Perhaps you've grown, but your environment hasn't. Perhaps your values have shifted, but your career hasn't. Perhaps you're still living according to an older version of yourself - one who said yes out of survival, obligation, or fear.

The tension between who you are becoming and what you are doing quietly drains energy over time.

And that tension has a physiological cost.



Burnout Through the Nervous System Lens

True burnout is not simply emotional fatigue. It is nervous system exhaustion.

When you operate under chronic stress, your body lives in prolonged activation - fight, flight, freeze, or fawn. Cortisol remains elevated. Sleep becomes lighter. Muscles stay slightly contracted. Digestion slows. Focus fragments.

In short bursts, this system is protective. It exists for real danger - the ancestral moment of stepping outside the cave and locking eyes with a lion. Your body floods with adrenaline. Blood moves to your limbs. You either fight, flee, or freeze. It is a brilliant survival mechanism.

But over months or years, sustained activation of this stress response becomes depleted.

You may begin to experience:

- Chronic fatigue
- Brain fog
- Irritability
- Reduced motivation
- Increased susceptibility to illness
- Emotional numbness
-

Burnout from overload happens when your nervous system has not been given adequate recovery.

When burnout comes from aligned effort, rest helps. A true break restores you. Time off feels regenerative. Boundaries bring relief.

When exhaustion comes from misalignment, rest doesn't fix it.

You can take a week off and still feel the heaviness return the moment you re-enter the environment. Because the stress isn't just from effort - it's from internal contradiction.

When the Body Knows Before the Mind

We are conditioned to override ourselves. Push through. Stay disciplined. Be grateful. Keep going.

But the body is rarely confused.

Looking back on earlier chapters of my life, I can clearly see a period when everything appeared to be working exactly as it should. I was working in a municipal office, and from the outside my life looked stable and successful. The work was expanding, opportunities were increasing, and by most conventional standards, things looked "right."

But behind the scenes, the environment was deeply toxic. At that point in my life, I didn't yet have the tools or confidence to stand up for myself or set boundaries in the way I can today. I simply endured it (and reacted to it), believing that this was just part of being an adult and maintaining a career.

And yet, every morning I woke up with a heaviness I couldn't quite explain. I wasn't physically exhausted or burned out from long hours. It was something quieter than that - a weight I carried into the day before it had even begun.

I began to notice something subtle: I could work long hours on certain projects and feel energized. But other commitments - ones I had agreed to out of loyalty or expectation - left me disproportionately drained.

The exhaustion wasn't coming from work itself, it was coming from misdirected effort.

From saying yes when my body had quietly said no.



When I made one aligned decision to leave this particular business - and was finally being honest with myself - the relief in my body was immediate. Nothing externally was fully resolved. But internally, something softened. Energy returned. Not because life became easier.

Because self-betrayal stopped.

Draining vs. Demanding

Not all hard work is depleting. Aligned work can be incredibly demanding. It can require long hours, resilience, and courage. But there is a distinct emotional difference between being stretched and being drained.

When you are aligned:

- Effort feels purposeful.
- Fatigue feels satisfying.
- You experience immersion.
- You feel challenged, but not hollow.
- There is strain, but also meaning.

When you are misaligned:

- Tasks feel heavy before you begin.
- Procrastination increases.
- Resentment builds quietly.
- You fantasize about escape.
- You feel depleted yet unfulfilled.

Aligned effort stretches you.

Misaligned effort shrinks you.

Your body often senses this distinction before your mind articulates it.

A Pattern I See Often

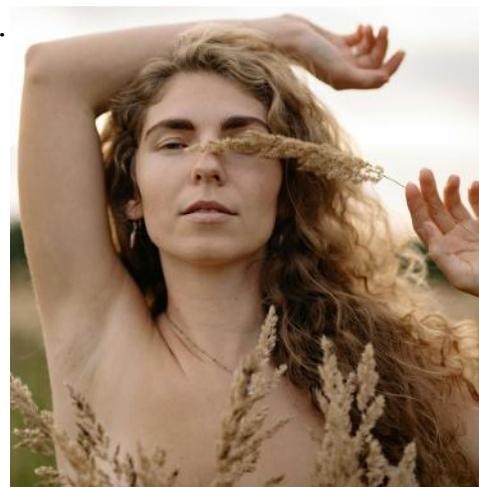
A high-capacity woman once came to me describing burnout. She was juggling multiple projects, a demanding job, family obligations, and community commitments—and she was excelling at all of it.

Her own conclusion was simple: *“I just need better time management.”*

But as we slowed the pace and looked more closely, a different story emerged. When she spoke about one particular responsibility, her posture tightened, her breath grew shallow, and her voice flattened. It wasn't about doing too much. It was about obligation.

She had outgrown a role she once loved, but she felt compelled to keep it alive. Her sense of self was wrapped up in being dependable. Her nervous system wasn't worn down by the workload itself, it was taxed by carrying something that no longer fit.

When she began to reduce her involvement carefully, intentionally, without guilt. Her energy stabilized, her sleep improved, and her creativity returned. Nothing about who she was changed. Only the direction of her effort shifted.





Passion Is Powerful – But It Needs Direction

For high-achievers and creatives, there's an added layer to consider.

Passion is like fire. When focused, it builds, it warms, illuminates, and transforms. But when it spreads without direction, it can consume everything in its path.

Some burnout isn't about misalignment with purpose - it's misalignment with capacity. Too many projects. Too many ideas. Too many yeses.

Ambitious nervous systems often equate busyness with security: If I am producing, I am safe. If I am needed, I am valuable. But left unchecked, that drive leads to mental overwhelm and emotional exhaustion.

Alignment doesn't mean extinguishing ambition - it means aiming it. One or two focused fires will shine brighter and last longer than five scattered ones.

Not All Resistance Means Leave

It's important to recognize the difference between misalignment and the natural discomfort that comes with growth.

Growth asks us to stretch beyond who we have been. It exposes our insecurities and often activates fear. When we are evolving, it is normal to feel uncertain or challenged. The real question becomes: does this challenge feel expansive, or does it feel contracting?

Expansion can still be uncomfortable. It may bring self-doubt or moments where you question your abilities. But underneath that discomfort, there is still a sense of purpose. There is a quiet knowing that what you are moving toward matters.

Contraction feels very different. Instead of growing into something, you feel like you are performing a role. You find yourself shrinking, managing perceptions, and operating from obligation rather than inspiration.

Alignment is not always easy, but it rarely feels like abandoning yourself. Misalignment, on the other hand, often carries that exact sensation.

Learning to tell the difference between fear and truth is an internal skill that one develops through reflection, awareness, and the ability to regulate your own nervous system.

A Self-Reflection Audit

Pause and consider:

- What parts of my life feel heavy before I begin?
- Where do I feel resentment building?
- What did I once love that now feels obligatory?
- If I had permission to change direction, what would I admit?
- Does rest restore me – or does dread return immediately?

Now shift to the body.

When you imagine continuing exactly as you are for the next three years, what happens in your chest?



Expansion? Tightness? Numbness?

Your body is rarely confused.

It communicates long before your mind forms language.

Why Rest Alone Doesn't Resolve Misalignment

Many people try to **self-care their way out of a life that no longer fits**. They book vacations, schedule spa days, or experiment with new productivity systems in hopes that the exhaustion will ease.

These things can absolutely help when the issue is simple overload. But they rarely solve a deeper problem of misalignment.

You cannot relax or organize your way into loving something that no longer reflects who you are. No amount of recovery time will transform a path that fundamentally no longer fits.

What self-care and nervous system regulation can do is create enough space and calm for you to hear yourself more clearly.

Regulation brings clarity.

Alignment is what restores energy.

The Quiet Power of Support

Clarity is hard to find when you're surrounded by noise.

Coaching, therapy, and grounded conversations don't tell you what to do - they help you see what you're already feeling. They provide perspective, a mirror for your inner truth.

Support gives you the space to regulate before making decisions, to pause before dismantling everything, and to set boundaries thoughtfully rather than reactively.

Alignment doesn't require chaos. It requires awareness.

Sometimes that awareness looks like a gradual transition: reducing hours, delegating tasks, exploring new directions, and creating safety before taking a leap. Sustainable change honors both your truth and your nervous system.

So – Are You Burned Out?

If rest restores you, you may be overloaded.

If rest doesn't restore you, it may be a sign that something deeper needs your attention.

Notice where your energy goes. If certain efforts leave you feeling alive while others drain you completely, that difference is worth paying attention to. It often reveals more about direction than it does about workload.

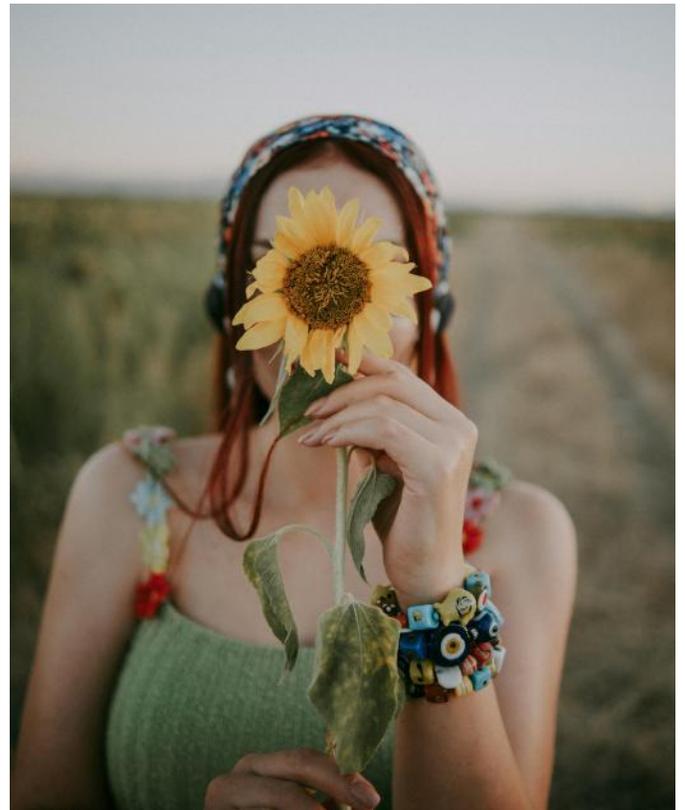
Fatigue from work that is aligned with you is usually temporary. With rest and recovery, the energy returns. But exhaustion that comes from prolonged misalignment carries a different quality. It feels heavier, more discouraging, and harder to shake.

That distinction matters. Because the truth is, you are not lazy. You are not incapable. And you are not weak for feeling tired.

Exhaustion is information.

Sometimes it's simply telling you that you're doing too much. (and maybe not drinking enough water, lol). But other times, it's telling you that you're doing too much of something that no longer belongs in your life.

When you begin building your life from alignment rather than obligation, something begins to shift. Not because everything suddenly becomes easy, but because what you are doing finally feels true.



- CREATED WITH LOVE BY KERRY DORAN -

MASTERCLASS

The Evolution of an Entrepreneur

Hosted by Jeanine Hauck

~ Founder of The Suite™ & Energy Alignment Mentor ~

Truths About Trial by Fire, Failing Up & The Messy Middle

April 14th @ 1pm MST

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

Live inside The Suite™

Join Jeanine in this Masterclass - Entrepreneurship rarely follows a straight line. In this honest and reflective masterclass, Jeanine shares the hidden phases of growth every entrepreneur experiences—from the spark of an idea to the resistance, shedding, and reinvention that shape true leadership. Discover how the messy middle isn't failure, but the evolution of the entrepreneur.

Join this Masterclass



:We Meet At The Colons:

Written with Love by Ray

During the initial stages of my spiritual awakening, I spent a great deal of time reading questions and answers on Quora, a popular question-and-answer platform that fostered a great deal of spiritual discussions. I am sure I clicked on a link along the way, but one day I started receiving emails from their site with specific and timely questions to some of the things I was asking myself. Each day, my inbox would show an email highlighting a pertinent topic that I was working through, and I would click the link and go down the proverbial rabbit hole. While reading spiritual questions and answers, I noticed the same contributor providing the same advice in a lot of the questions. Richard Martini. He spoke a lot about the afterlife and has written a book called Hacking the Afterlife. A lot of my understanding of how life - and death - works is attributed to his perspective.

One piece of advice I'll never forget is this: We meet our passed loved ones at the decimals.

Think of the timestamp 11:11. Most people see this as a sign from the angelic realm and leave it at that. However, Martini suggests that we meet our passed loved ones at the decimals, at the colon. The first 11 represents our yard, the living world. The colon is the fence. The second 11 is their yard, the Spirit realm, the afterlife. In their yard, they must slow their frequency down to impart a message. It takes a lot of effort to create sound, so they use images to start. In our yard, we need to quiet the cacophony and raise our vibration to receive the message.

This is why people report visitations when they're relaxed, asleep, in quietude, unstressed, unbothered. Some don't need that to bypass the filters - we call these folks mediums. And anyone can be a medium with practice!

The point is that your loved one still exists. They are not gone, they're just not here. We need to take the time to learn how to communicate with them. It isn't as hard as one might think. It takes some practice and some common symbolism to help you decipher their messages. With dedication and patience, you'll develop a language that you understand, and they will lock into those symbols to communicate.





This is why mediumship is so personal, as everyone develops their own code to use when working with Spirit. I tend to use a lot of fictional characters, songs, and entertainment from pop culture to connect with Spirit. And of course, memories help immensely as they take you back to that moment with such clarity.

When a loved one passes away, we assume that they are in Heaven and all is well for them. From my interaction with the Spirit realm, there is a period of rest and healing prior to the soul moving onto new and exciting incarnations. (For more info on this concept, see works by Michael Newton.) During their period of rest, there is also a life review where they compare their life lived to the goals they set out prior to incarnating. It is here that the soul reviews significant trespasses against others. In the review process, the soul will feel the effects their victims felt because of their perpetration. This provides a strong (and humbling) sense of how their actions affected, and possibly stunted, the individual. It is in this phase that many souls struggle and feel shackled by remorse for their actions. Many souls battle through this stage as the pain of their actions - and lack of forgiveness by the victim - can render them hopeless. Think of how your mother's soul feels when you are complaining to your therapist about something dreadful she did to you in your childhood. Not only did this affect your development in some way, but neither one of you is able to let go of that imprint in your (and her) soul's journey.

Stuck emotions from painful memories keep us trapped in the past, which is not where we want our energy spent. (See works by Dr. Joe Dispenza who teaches the scientific effects this does to our brain and our health.) Talk therapy recreates the event, and our bodies can't decipher it as a current or past event, so we are reliving the traumas rather than truly releasing them.

One thing I have learned through my ancestral work is that not all ancestors are healed ancestors, and worse yet, not all ancestors are benevolent. It seems hard to believe that a passed loved one may not have your best interests at heart, but I have learned the hard way to differ. Many people are not healed when they pass away and are left with the struggle of healing in the after life. As such, they may become stuck because the opportunities to ask for forgiveness, and to forgive others, has passed. To help our ancestors heal, we need to forgive them. Honest, heart-felt forgiveness.



I know this seems hard, considering you can no longer sit down for coffee and hash it out. But as discussed earlier - we can! We meet at the colons, and this is a great opportunity to help your loved ones heal by holding space for their regrets and providing true, authentic forgiveness.

When I heard the idea of meeting at the colons - I set to work. Each time I saw an angel number, be it 11:11, 2:22 or 5:55, etc., I stopped what I was doing, calmed my mind and asked, "Is there anyone here with a message for me?" Almost immediately a friend who passed away at the age of 18 came through. I was able to see her face, feel her energy imprint, and receive images from her. I thanked her for her time and continued to ask the question each time I saw angel numbers. She, and others, continue to meet me at the colons without fail.

By meeting at the colons, my mediumship skills have strengthened, and I no longer wait for time-based opportunities to connect with loved ones. Through meditation, journaling, contemplation, dreamwork, prayer, and quietude, I can connect with loved ones, including my mother. Together we have worked through events that hurt me, and events that hurt her, and have offered each other the forgiveness both deserved for our souls' growth. Forgiving my mother has healed me, and in turn has healed my children, my grandchildren, my great-grandchildren...you get the point.

Do the work. Meet your loved ones at the colons and start the conversation. Help them heal. Help yourself heal. Your ancestors want to be on your team; they just need some help and guidance. Free them (and yourself) through forgiveness.

~ Ray ~

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.

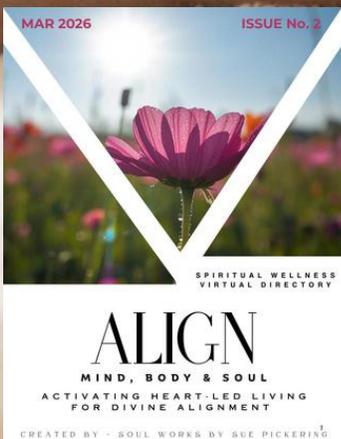


soul works
by sue pickering

Course Offered by
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SATURDAY
MAY 2ND, 2026

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

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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



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Events

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APRIL 27, 2026 @ 7 PM

Spruce Haven Golf Course Bluffton

\$25 bring your own drum

\$30 rent a drum please preregister to hold drum

- we will be learning some drum beats then drumming to some fun music.
- listening to a meditation
- Robin Cordell said drumming on your own is powerful but when you get a group of people together it is off the charts what it can do.

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

Complimentary Tea & Coffee provided by Spruce Haven



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.

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

Dates: **JULY 31 – AUGUST 6, 2026**

MORE INFORMATION:
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!



Sweet Potato, Carrot, Apple, and Red Lentil Soup

Ingredients

- ¼ cup butter
- 2 large sweet potatoes, peeled and chopped
- 3 large carrots, peeled and chopped
- 1 apple - peeled, cored, and chopped
- 1 onion, chopped
- ½ cup red lentils
- 1 teaspoon salt
- ½ teaspoon minced fresh ginger
- ½ teaspoon ground black pepper
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- ½ teaspoon paprika
- 4 cups vegetable broth



Instructions

STEP 1

Melt butter in a large, heavy-bottomed pot over medium-high heat. Add sweet potatoes, carrots, apple, and onion; cook and stir until onion is translucent, about 10 minutes.

STEP 2

Stir in lentils, salt, ginger, pepper, cumin, chili powder, and paprika, then pour in broth. Increase the heat to high and bring to a boil. Reduce the heat to medium-low, cover, and simmer until lentils and vegetables are soft, about 30 minutes.

STEP 3

Purée soup in the pot with an immersion blender until smooth. Increase the heat to medium-high and cook until simmering, about 10 minutes. Add water as needed to thin the soup to your preferred consistency.

"A warm bowl of soup is a quiet kind of comfort for the soul."



Vibrant Spring Salad



Salad Ingredients

- 4 cups Mixed greens A mix of baby spinach and spring mix for variety.
- 1 large Avocado, diced Should be ripe and diced at the last moment.
- 1 cup Cherry tomatoes, halved Should be glossy and burst when bitten.
- 1 medium Cucumber, sliced Slice on a diagonal for visual appeal.
- 1/2 cup Red onion, thinly sliced Soak slices in cold water to reduce sharpness if desired.
- 1/2 cup Feta cheese, crumbled Add just before serving to maintain texture.

Dressing Ingredients

- 1/4 cup Olive oil Combine with lemon juice for dressing.
- 2 tablespoons Lemon juice Freshly squeezed for best flavor.
- 1 teaspoon Salt To taste, adjust as needed.
- 1/2 teaspoon Pepper Freshly ground for best taste.

Preparation

1. In a large bowl, combine mixed greens, diced avocado, halved cherry tomatoes, sliced cucumber, and red onion.
2. Sprinkle crumbled feta cheese on top.
3. In a small bowl, whisk together olive oil, lemon juice, salt, and pepper to create the dressing.
4. Drizzle the dressing over the salad and toss gently to combine.
5. Serve immediately.

An excellent source of Certified 100% Italian Premium Extra Virgin Olive Oil. Cold-extracted and polyphenol-rich



Junk Journaling for Mind, Body & Soul

Junk Journaling is a creative practice that supports emotional, mental, and even spiritual well-being.

A junk journal offers a space to express your creative aspects of yourself. Combine writing with creative elements like collage, scraps, and textures.

This kind of expression can help release stress, reduce overwhelm, and create a sense of calm and clarity.

It also encourages mindfulness and presence. As you gather materials such as receipts, pieces from nature, etc as well as when you arrange pages, and engage your senses, you naturally slow down and become more grounded in the moment. This can be deeply soothing for the nervous system and helps create a ritual of self-care that feels both nurturing and enjoyable. It also allows connection to higher self to listen deeper into your soul and its path.

CREATIVE RULES FOR MAKING A JUNK JOURNAL

The Only Real Rule: There Are No Rules
A junk journal is your creative space. Anything goes.

- 1. Use What You Love**
 - Vintage book pages
 - Music sheets
 - Fabric scraps
 - Envelopes
 - Tags, labels, ephemera
- 2. Mix Old and New**
 - Combine: "junk" (packaging, receipts, envelopes)
 - Pretty papers
 - digitals *he rstenanc?*
- 3. No Perfect Edges Needed**
 - Rips, creases, uneven cuts = character.
- 4. Layer, Layer, Layer**
 - Add lace
 - Washi tape, small clusters
 - tuck spots
 - Stamping
- 5. Make It Functional or Just Pretty**
- 5. Make It Functional or Just Pretty**
 - A writing journal
 - A glue book
 - A memory book
 - Decorative art book
- 6. Reuse & Recycle**
 - Clothing tags
 - Paper bags
 - Book pages
 - Postcards
 - Packaging from craft supplies
- 7. Add Pockets and Tucks**
 - Side pockets
 - Belly bands
 - Hidden journaling spots
 - Fold-outs
- 8. Tell a Story**
 - Even if it's just a feeling
- 9. Use Any Binding Style**
 - Enjoy the process



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soul works
by sue pickering

Soul Works by Sue Pickering



Psychic, Soul Coach,
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"IF YOU SEEK PEACE, BE STILL. IF YOU SEEK WISDOM, BE SILENT. IF YOU SEEK LOVE, BE YOURSELF."

~ BECCA LEE ~



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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.



“THE BODY BENEFITS FROM MOVEMENT, AND THE MIND BENEFITS FROM STILLNESS.”

- SAKYONG MIPHAM -

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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.



“Your body is the greatest ally in the healing process. Listen to its wisdom.”

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.



“Stillness is not stagnation, It’s sacred recalibration.”

~ Dr. Rachna Jain ~



Astrology Readings,
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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.

The Suite™

COACHING PLATFORM

PERSONALIZED SUPPORT FOR CONSCIOUS ENTREPRENEURS.

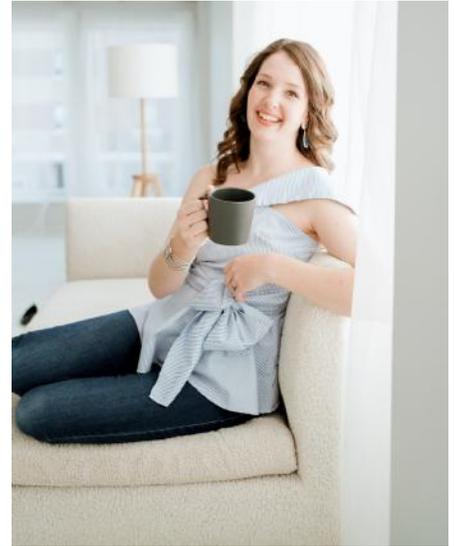
Hi, I'm Jeanine

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



Soul Song Therapies



Brenda Duterte 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.





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 ~



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Hazy 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

"Wisdom is not a product of schooling but of the lifelong attempt to acquire it."



Linda Verro
Heal With Hypnosis



Hailey Smytaniuk
Earth Wisdom
Apothecary



Sue Pickering
Soul Works



Kerry Doran
Jayli



Ray



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 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.