

Mind & Thought

Magazine

ISSUE TWO



**Pioneering New Pathways
to a Limitless Life**

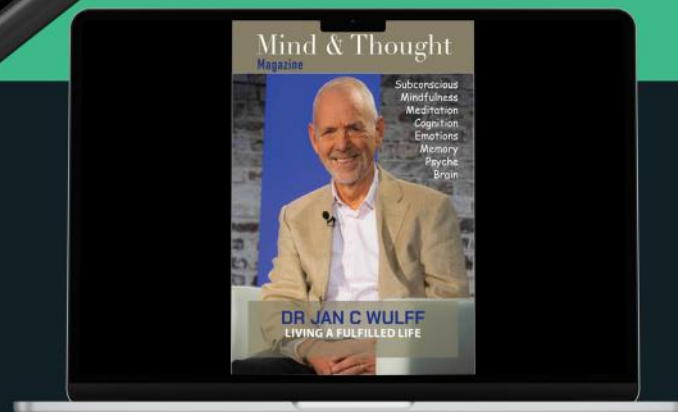
LIDIA KULESHNYK

A P O N A H E A L I N G



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EDITORS NOTE



We are moving at an ever-increasing pace and our mental well-being often takes a back seat. We push through stress, try to control our thoughts, and neglect the very foundation of our well-being—our mind. But just as we care for our physical health, we must nurture our mental and emotional well-being with the same dedication.

In this issue, we explore the many ways we can cultivate a healthier mind. Our established experts, alongside some of our fresh voices, share valuable insights on understanding our true self, emotional awakening, meditation and embracing our spirituality. From practical techniques to profound insights, this edition offers guidance on taking better care of your mental landscape.

Let this be a reminder: your thoughts shape your reality, and your mind deserves care, attention, and kindness. We hope this issue inspires you to pause, reflect, and make mental well-being a priority in your life.

Here's to a healthier mind and a more thoughtful way of living.

RANY ATHWALL
Editor

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Pioneering New Pathways to a Limitless Life

Lidia Kuleshnyk is a High-Performance Wellness Coach, four-time best-selling author, and founder of AponaHealing.com. As a 21st-century Renaissance Woman, Lidia loves her roles as a chronic stress expert, thought leader, and horse advocate. She offers pathways for every stage of personal development to help you reclaim your sovereignty and live a Centered, Connected, Conscious™ life. For over 25 years, Lidia has been helping overworked CEOs and High Performers master their inner power to end chronic stress and burnout, prevent chronic illness and create a limitless life full of energy, time, health and wealth.

Having lived through her own life challenges and transformation, Lidia understands what it takes to find solutions to seemingly impossible scenarios. Her journey began at the age of 10, when she no longer accepted living in chronic pain and chronic illness, declaring, "I didn't come to this planet to be half alive. I came to this planet to be whole and free". From thereon, her goal to reclaim her sovereignty began.

Lidia liberated herself from hopeless "incurable" health conditions and the chronic stress of living in the uncertainty of failing health and diminishing finances.

After doctors told her to "go home and die", Lidia took a stand for herself and went on a quest to heal. Lidia was seeking solutions that would create a foundation of health, peace and abundance for the rest of her life. Her journey began with mindset tools at the age of 10, adding energy healing and healing foods in her 20s, and she continued on the path of self-mastery by studying and applying ancient universal principles. Lidia yearned for a state of being expressed in ancient and historical writings relating to "sovereignty of thought, expression, body and property" and in Taoist macrobiotic philosophy as one's inherent birthright of "health, happiness and peace".

It is Lidia's deep relationship with, and passion for, ancient universal principles of Taoism that forms the foundation of her High-Performance Wellness coaching and her own life. Lidia practices what she preaches. As Lidia mastered mindset, energy and stress, she realized that she could create a pathway of ease and flow to the life she truly desired, a pathway to a limitless life of lasting self-empowerment, becoming the conscious leader of her life and a conscious leader of the world.



Through her commitment to honouring herself, combined with an insatiable drive to experience greater states of wholeness and well-being, Lidia achieved academic success with three university degrees, financial success by running her own small business and personal success by healing her chronic illnesses, conquering stress and burnout and mastering her inner power. "It is an incredible feeling of security, inner power and peace to know that I can rely on 'tried and trusted' tools, approaches and systems to not only guide me but also to support me in times of uncertainty and unexpected loss.

I no longer fear the unknown, for I know that I can turn any crisis or situation into success. I have myself, which is the greatest resource of all," says Lidia. "If I have conquered adversity in the past, I will be able to do so again in the future." One of her favorite mantras is "My mission is greater than my fear."



“My mission is greater than my fear.”



Throughout Lidia's journey to lasting self-empowerment, there was one driving factor that supported Lidia – horses. For more than 30 years, horses have come to Lidia in dreams, acting as powerful guides, leading her to make decisions for her highest and best life and her mission to help humanity evolve. From being asked to be a candidate for mayor of her city to contributing to the first global climate change policy at the United Nations as an international environmental policy analyst to supporting clients as a mental health therapist and holistic health coach to resolve chronic stress, illness and pain, it was horses who guided her on her life journey. "The horses recognized me before I recognized myself", reveals Lidia.

Lidia's favourite way to de-stress, re-connect and get grounded is to spend quality time with her horses at her sanctuary farm and retreat center Apona Healing Ranch, in beautiful Rideau Lakes, Ontario, Canada. "When I am in the presence of these divine spiritual beings and outside in the fresh country air, I feel rejuvenated physically, mentally, emotionally and spiritually," she says. Her hobby, and one of her greatest passions and missions, is healing with horses. At her farm, she helps rescue horses from slaughter, provides a forever home for them to heal and unites humans and horses in love through equine-assisted therapy and equine healing retreats.

Lidia's journey was also supported by her mentor and coach, the great macrobiotic forefather Michio Kushi, who, like the horses, saw Lidia's potential and soul path before she could see it for herself. "Michio Kushi's contribution to humanity was ahead of his time; he was a great visionary grounded in the ancient universal principles that govern life," says Lidia. "Having a trusted advisor, a guide who provides wise counsel without judgement, someone who recognizes who you truly are and what you are capable of accomplishing, is an incredible gift", says Lidia. It was Michio Kushi who said to Lidia in a pivotal meeting, "What are you planning on doing with your life?" in such a powerful way; Lidia then exclaimed, "This, I am planning on doing this", as she pointed to the healing program he had created for her.

And so was born Apona Healing, the culmination and vision of Lidia's life passion, purpose and mission. Derived from Epona, the horse goddess, Apona Healing is an innovative global leader in coaching, healing and personal development. Established in 1997, the organization recognizes the rapid evolution of the planet and the support that humanity needs to navigate through one of the greatest global paradigm shifts in human consciousness. Combining Lidia's 30 years of expertise in holistic health, Apona Healing offers four pathways to help clients navigate indecision, overwhelm and uncertainty as they heal, grow and evolve. Each pathway helps clients become grounded, energized and focused, empowering them to turn challenges into opportunities as they achieve their goals.

These four pathways are: High-Performance Wellness Coaching to master your inner power and turn chronic stress into lasting success; Apona Healing Method to resolve chronic health conditions; Apona Healing Retreats for the journey of self-discovery; Apona Healing Ranch to connect with your intuition, heart and spirit

through equine-assisted therapy. Each of these pathways offers signature coaching programs and retreats that can be fine-tuned to the client's unique needs, goals, and desires.

Trusting intuition, instinct and inner knowing is a powerful pillar in Lidia's success, creating deep fulfillment and an inner drive beyond motivation. Lidia explains, "Humans have many gifts. Sometimes, it may look like you are scattered, but if there is a foundation of being Centered, Connected, and Conscious™, a flow state is created that allows you to achieve your potential and life mission with focus, stability and ease." "It was through helping clients resolve their chronic health conditions that I worked with CEOs, corporate leaders, and high-achieving men and women to help them conquer stress and burnout so they could create their highest state of health and breakthrough into their greatest success." As a result, offering High-Performance Wellness Coaching was a natural extension of Lidia's 25 years of experience and expertise in healing and personal growth.

Apona Healing's coaching programs are founded on the three pillars of transformation and lasting success: becoming Centered, Connected and Conscious.

One of Lidia's greatest passions is helping conscious leaders cultivate an inner feeling of security, an inner knowing beyond confidence, that they can turn any crisis or situation into success and activate human potential to turn lead into gold. Apona Healing creates a safe and supportive environment by deeply listening to and supporting clients without judgment or prescription. While all the coaching programs offer a guided, step-by-step process to achieving one's goals and desires, Apona Healing recognizes each person's unique path and gifts. In addition, advanced coaching recognizes that clients have the answers to their own questions and create their own path, utilizing the coaching services as a guide, framework and foundation.

"As I always share with clients, "I don't know your soul path. I am here to support you with H.E.L.P. . . . Health, Energy and Lasting Power," states Lidia. "Self-empowerment of each client is my goal. The programs and services of Apona Healing always honour every client's personal sovereignty, unique essence and life path." For the past 25 years, Lidia has used her LOVE Method (Listen, Observe, Validate, Empower™) with her clients. This method is part of the principles of non-attachment that Lidia teaches. Judgment is not part of this process. "If my LOVE Method is considered a foundational pillar of leadership in life and business, then one's life and business will grow and flourish", adds Lidia.

Lidia plans to enhance Apona Healing's four pathways of coaching services through a foundation of health, well-being and high performance. More specifically, she is aiming to expand teaching her Capacity Principle™ of Conscious Leadership and Success: Know Your Limit, Live Within It™ to individuals, corporate leaders and organizations so that leaders avoid burnout, can effectively manage their energy and stress and create High-Performance Wellness as the new foundational model of lasting growth and abundance.

Lidia's Capacity Principle™ was born out of her own journey to prevent exhaustion and burnout from the chronic stress of being driven to achieve one's mission and purpose. In her youth, her compassion and caring for others would often leave her depleted. Through her self-development, Lidia expanded her awareness of energy and boundaries. She learned how to discern and deflect external stressors and recognize her physical, mental and emotional limits so that she does not live beyond her energetic capacity and collapse. She calls this her Capacity Principle™. Lidia explains, "I took my greatest weakness and turned it into a positive tool for myself and others to master their mindset, energy and stress."



As is the yin and yang of life, with gifts come challenges. Lidia's challenge has always been in creating a unique path forward. One of the biggest challenges Lidia has considered is being recognized as an expert and leader in multiple disciplines. This is so because humans have been taught to place people and things into categories and assume that if an individual is an expert in one speciality, they cannot be an expert in other disciplines. It has been challenging for Lidia to break through this collective mindset.

Nevertheless, she has overcome these challenges by being true to herself and her clients through honest and open communication. Never one to "fit into a box", Lidia applied her strengths of focus, intuition and aligned actions to create a life that honours who she is while helping others. Lidia has always pursued more than one passion and calling, fully capable of focusing and succeeding in diverse professions. "Like a parent with children, the hardest part always is not spending as much time with my horses as I would like.

But I try my best to create a healthy rhythm and balance. I bring my essence, truth, and power to all areas of my life. This creates a flow of energy that strengthens throughout the day, so I don't need "recovery" time "after work". I create more energy throughout the day by living my passion, vision, and mission in everything I do. I have had the honour of being described as "The horse whisperer who creates holistic leaders""shares Lidia.

Lidia is also a sought-after speaker and trainer. She shares her insights and experiences on topics such as leadership and self-mastery, chronic stress and burnout, personal growth and self-empowerment, and healing with horses. She is passionate about helping others achieve their full potential and has a reputation for being a supportive and empowering mentor.

Lidia's life experiences have greatly helped shape the leader she is today. Passionate, committed, and guided for the highest good of All, Lidia considers her journey as the High-Performance Wellness Coach and Founder of Apona Healing to have just begun.

Lidia plans to share and extend the wealth of her personal and professional experiences, knowledge and wisdom at this exciting time on the planet, as humanity moves from an old paradigm of control and obedience to a new paradigm of freedom, responsibility and empowerment, to embrace High Performance Wellness as a model for holistic success.

**Apona Healing
will continue to
grow and build
on its existing
services to help
humanity evolve
and reclaim its
sovereignty.**





As a global leader in coaching and personal development, Apona Healing is founded on the principles of conscious leadership. Conscious Leadership is part of the future of expanding the economy in which the inherent value in all aspects of offering services and products is recognized. It is an inclusionary model that embraces a holistic paradigm within which the consequences and impacts of our actions are considered, not just the profits.

The more we honour ourselves, develop our potential, and become the conscious leaders of our lives, the easier we can share our gifts with the world," says Lidia.

While Lidia has broken through seemingly insurmountable barriers to success, her greatest accomplishment is her commitment to her own healing and personal growth, to pioneering pathways to a limitless life where her success is also the success of humanity.

Lidia loves sharing her passion, vision, and mission as a 4x Best Selling Author and Columnist with Expert Profile Magazine and Brainz Magazine. Lidia is a proud recipient of the Global Super Minds Award by Expert Profile Magazine, Global Women Leaders Award by Passion Vista Magazine and is featured in the Who's Who Of The Industries by Unified Brainz Group as well as in the Zero Limits Movie with Dr. Joe Vitale.

Lidia is dedicated to living a Centered, Connected, Conscious™ Life as a secure, sovereign being in the midst of the uncertainty of our epic global paradigm shift.

**“Everything
that we share
with the
world is an
expression of
who we are
inside.”**

www.aponahealing.com

Beyond the Mind Unlock the Soul's Power for Profound Emotional Healing

1. Introduction: The Importance of Healing from Within

What if everything you've been taught about mental health is incomplete? For years, we've been told that mental well-being comes from medication, therapy, and behavioral changes. While these methods are essential, they often only scratch the surface. The truth is, no amount of external treatment can heal the deeper emotional wounds buried in the core of our being. Real mental well-being begins with healing from within—at the level of the soul.

We live in a world where anxiety, depression, and emotional distress are rampant. According to the World Health Organization, more than 970 million people globally suffer from some form of mental disorder, with anxiety and depression leading the way. In the U.S. alone, nearly 1 in 5 adults experience a mental illness in any given year, and the economic burden of untreated mental health disorders is estimated at \$2.5 trillion annually. But rather than seeking short-term solutions, what if we could look deeper—into the emotional root causes that often drive mental health struggles?

When the soul is disconnected or misaligned, it often leads to emotional pain, which in turn affects our mental health. In this article, we'll explore how spiritual practices like soul alignment, mindfulness, energy clearing, and self-compassion can lead to lasting emotional freedom. It's time to rethink how we approach mental health—not as a problem to be managed but as a path to deep, transformative healing from within.

2. The Role of the Soul in Emotional and Mental Healing

Traditional mental health approaches focus on the mind and body but often neglect a critical aspect of healing: the soul. The soul is the core of our being—the place where our true essence, emotions, and purpose reside. Emotional pain doesn't just live in the mind; it often stems from a disconnection or misalignment with the soul. When this misalignment occurs, we experience

**‘The soul
represents
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deep emotional distress, anxiety, or depression, signaling that we are out of sync with our soul's truth.

The soul represents the essence of who we are—beyond thoughts, emotions, and experiences. It is the wellspring of our most profound truths, spiritual well-being, and connection to our truest self and the divine. When we lose touch with this sacred connection, emotional wounds and unresolved pain rise to the surface, often manifesting as mental and emotional distress.

Unresolved emotional trauma, grief, or spiritual disconnection creates internal blockages that weigh us down mentally and emotionally. By reconnecting with the soul, we unlock the potential for deep emotional healing and restore balance in our lives. This soul-centered approach addresses not only the symptoms but the root causes of our suffering, allowing us to heal at the deepest level of our being. When we heal emotionally, we are also healing the mental layers of our well-being. Emotional healing paves the way for greater mental clarity, resilience, and overall balance.

3. Spiritual Awareness as a Tool for Releasing Emotional Pain

Spiritual awareness plays a pivotal role in emotional healing, offering a pathway to release the deep emotional pain that often traps us in cycles of suffering. When we become spiritually aware, we understand that our mental and emotional struggles are not just confined to the mind but are part of a larger, interconnected system involving the body and the soul. This awareness allows us to approach healing from a holistic perspective, where we engage in practices

that not only soothe the mind but also realign and reconnect the soul.

Mindfulness and Reconnection with the Soul

Mindfulness is one of the most accessible and powerful tools for developing spiritual awareness. By practicing mindfulness, we learn to observe our thoughts and emotions without judgment, creating space to understand the deeper layers of our emotional state. This practice calms the mind and helps us reconnect with the soul, healing the disconnection that contributes to emotional and mental distress. As we become more present, we open ourselves to the messages of the soul, addressing the root causes of our emotional pain rather than just its surface manifestations.

In fact, studies show that regular mindfulness practice can significantly reduce symptoms of anxiety and depression. Research found that mindfulness interventions reduced symptoms of anxiety by 30% to 38% and depression by 20% to 25%. This powerful shift occurs by altering our mental state and bringing us back to a deeper sense of alignment with who we are at our core.



Energy Clearing: Releasing Emotional Blocks

Emotional pain is often stored in the body as blocked or stagnant energy, especially when the soul is misaligned. This emotional stagnation can manifest not only in mental struggles but also in physical symptoms such as chronic tension, headaches, or digestive issues. Practices like energy clearing work to release these blockages, enabling emotional flow and healing.

Techniques such as Reiki, chakra healing, or even simple breathwork help move stuck energy through the body, allowing us to feel lighter, freer, and more connected to our true selves. When we engage in energy clearing, we are not just addressing emotional pain on a surface level

but releasing the energetic imprints of past trauma, grief, or unresolved wounds. This restores balance to the mind-body-soul connection, helping us break free from emotional and mental distress caused by misalignment.

4. Self-Compassion: A Path to Emotional Healing

While spiritual awareness helps us reconnect with the soul, self-compassion is the key to unlocking deep emotional healing. Self-compassion is a powerful tool for breaking the guilt, shame, and self-blame cycle. Rather than judging ourselves in moments of distress, self-compassion teaches us to treat our emotional wounds with the same kindness and understanding we'd offer a loved one. This self-care nurtures both emotional and mental healing.

The Power of Self-Kindness

By practicing self-kindness, we soften the impact of emotional wounds. Research shows that self-compassion can reduce anxiety by 34%, depression by 27%, and emotional resilience by 22%. This practice nurtures emotional healing from within and strengthens our mental well-being.

Letting Go of Self-Judgment

Self-compassion also helps us release self-judgment, allowing us to accept our emotions without labeling them as "bad." Emotional acceptance doesn't mean resignation—it's a vital step toward healing. By recognizing and accepting our emotions, we move from emotional suppression to emotional healing, ultimately improving mental health by addressing the root causes of our suffering.

Conclusion

True emotional and spiritual healing is a continuous process that deeply enhances our mental health. By understanding the vital role that the soul plays in our healing journey and reconnecting with it, we unlock the potential for lasting emotional well-being. When we address the soul's misalignment and reconnect with our true essence, emotional wounds begin to heal, and mental clarity and resilience emerge.

I'm currently developing a groundbreaking, comprehensive program that considers these insights and is designed to guide you further on your journey toward lasting emotional and spiritual healing. To stay informed and receive updates, feel free to connect with me directly for more information.

By Dr. Margit Gabriele Muller

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Dr. Margit Gabriele Muller is an award-winning Certified Mental Health Coach specializing in Inner Dynamics, Professional Certified Coach by the International Coaching Federation ICF, Master Life Coach, NLP Master, Certified Meditation Teacher, Certified Advanced Trauma-Sensitive Mindfulness Practitioner, award-winning author, and sought-after speaker.





‘While spiritual awareness helps us reconnect with the soul, self-compassion is the key to unlocking deep emotional healing.’

The benefits of setting boundaries spiritually

Since working within the field of spirituality, I am asked one question regularly: “How do you remain so calm?”. My answer is always the same. I stick to my boundaries unapologetically. Throughout this journey of life and our quest for spiritual growth, we must recognise the significance of establishing boundaries. Boundaries help to protect our spiritual wellbeing by acting like a protective shield. They help us to maintain balance and harmony in our lives. Spirituality, in essence, encourages openness. Living spiritually invites us to unite as one through love. However, this should not be to our detriment.

You may be wondering what exactly are spiritual boundaries? Imagine going about your day inside a bubble. The bubble is the protective layer that keeps you safe and in soul alignment. It makes us feel whole and energised. It is about determining what fits within your spiritual journey. At the end of each day, we should not feel out of alignment with who we are at a soul level. We should be able to put our heads on the pillow and feel content that we didn't act out of character or feel depleted in energy. By adhering to our boundaries, we create a sanctuary that enables us to connect to our inner selves without feeling overwhelmed.

Putting yourself first.

If you are naturally kind and empathic, this step may feel “alien” at first. Like anything in life, it takes practice. Be patient with yourself as you begin to enforce this step.

“You can't pour from an empty cup; take care of yourself first' and “Putting yourself first is not selfish; it is necessary for your wellbeing. Two quote examples explain the importance of self-love. It is a narrative seen all over social media if like mine, your algorithm takes you down the route of spiritual awareness. This



message is a vital step when setting spiritual boundaries. It is a directive to loved ones and peers that “this is important to me” and “I am making space in my life for.....” The more we fill our cups, the more energy we have to share with others. It leads to living a happier life.

Finding the calm in the storm

This step is the one I credit for allowing me to live a calm and peaceful life. Life can be chaotic and disappointing and doesn't always go as we hope. Imagine spiritual boundaries to be similar to putting on noise-cancelling headphones. No matter what is happening around you, your mind remains calm and still because you aren't paying attention to the “noise.” Introducing meditation into my daily life had the same effect. It helps me to filter out the things that throw me off balance. Over time, I was focusing more on maintaining inner calm than what was creating “the noise in my life.” It doesn't have to be meditation; it can be anything that brings peace to us, such as gardening, reading, etc. By introducing this step, we can discover reconnection to ourselves. When we face trials, having a strong spiritual foundation will provide us with stability and strength.

Being honest

What feels right for you? Begin to ask this question frequently. The more you familiarise yourself with the answer, the faster you step towards alignment. Avoiding pleasing people is essential. We can remain polite and kind while saying no to anything that feels wrong. Authenticity is attractive on a soul level. We were not born to be anyone else but ourselves. Being authentic makes the spiritual journey a genuine one.

People appreciate knowing where they stand. Honesty, when it comes from the heart centre, is respected and admired as it comes from the place of good intentions. People around us start to recognise that we are comfortable with our own decisions and will most likely not try to influence us. The more honest I became with myself and others, the less anxious I became. I started to communicate my needs more easily, which simplified my life.

Harbouring healthy relationships

Being clear on what our spiritual values are is imperative for nurturing healthy relationships. By establishing boundaries, we create a framework for mutual respect. This helps enhance our personal relationships and contributes to having strong bonds within our community, home, and place of work. If you have had a relationship or friendship that didn't respect your personal space, it most likely led to toxicity or mental exhaustion.

By explaining what we are okay with or not okay with, we begin to understand more about what makes us happy, therefore chasing more of it. Ultimately, this guides us to our soul path and purpose. We then naturally gravitate towards people on the same wavelength. We gain a sense of belonging when we surround ourselves with like-minded people.

It is important that we do not confuse boundaries for being emotionally unavailable. It is not about putting our walls up. We are able to be emotionally available and still have boundaries. Good, positive people to have around will respect your boundaries. When we embark on a life with boundaries, we strengthen our connection to the divine.

By Lisa Andrews

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'We can remain

polite and kind

while saying no

to anything that

feels wrong.'



TIME TO HEAL

“TRIGGERED”

A term commonly used, yet widely misunderstood

Growing up, I developed the belief that I needed to prove my worth at a very early age. Although I was a child who was dealing with frequent illness and symptoms, I never wanted anyone to doubt my abilities. I was determined to excel at even the smallest tasks, to steal the show and be the light on any stage.



I felt if I could prove I was okay, I could avoid the humiliation of appearing weak or broken. I hid things well and, on the surface, appeared to be living a normal and happy childhood.

Back then, we were raised by a generation that did not express their inner pain. They pushed through life with a shield and only revealed their hardened, tough exterior. Our parents gave us tough love, which isn't necessarily a negative trait, leaving us to experience and explore our world independently. It certainly helped us become very independent but also forced us to figure out the complex dynamics of life through the perception of our very young eyes. We became very good at caring for ourselves and quickly learned to remain tough while internalizing our biggest emotions and experiences.

We were raised in a different time when expressing emotions wasn't accepted as normal. The days of “toughen up” or “I will give you something to cry about” was the norm for us. We were pretty tough kids, and as adults, we became very hard workers with thick outer skin. There are many wonderful things to be said about our generation, but with an ever-changing world; we are realizing that there is a lot we are just beginning to learn.

Fast forward to today's world. Times have changed, as they always will. We are raising our children to feel their emotions. They do not have the freedom and independence we once did, and the idea of being tough isn't a priority. Older generations think these kids are too fragile, coddled too much, and overly sensitive. Maybe in some ways, that is a valid observation. On the contrary, maybe everyone needs to take a much deeper look at it. Perhaps this rise in sensitivity was always there before; it just wasn't accepted or expressed this way.

The truth is ALL generations are seeing a rise in anxiety, anxious thoughts, depression, and other mental health issues. Sensitivity and heightened emotions are not selective to any specific age group. In fact, anxiety seems to be a household diagnosis these days. These symptoms tell us a lot about ourselves and our society. Understanding how and why we are seeing such an uprise in anxious thoughts, behaviors, and reactions is crucial to begin seeing an overall healthier and happier way of life for all.

When someone displays an emotional reaction or what appears to be an irrational outburst to a not-so-serious situation, I am sure you have seen people use the word triggered to describe them. In many instances, people will use this word as a condescending term while suggesting that people have simply become too “soft” or “sensitive” to the everyday stressors we will inevitably face. This term has become very



common, yet it's widely misunderstood. When someone is triggered, it may appear that they are overreacting, but the truth is, their nervous system is responding to something that it perceives as an actual threat (despite how safe it appears to you). This term "triggered" may be something new in our culture, but the definition of the term is a genuine occurrence that has been happening to many of us most of our lives without our awareness.

I was always the type of girl known for being strong-willed, charismatic, and outgoing. At the same time, I was often told I was too sensitive or overly dramatic, aka "drama queen." The truth is, YES, I was very sensitive, and this was not simply a personality trait. I was "triggered," and there really was nothing humorous about it. In fact, my reactions reflected the trauma I had endured since I was born. At a very young age, my nervous system was already telling a story. I am an empath. I feel things deeper than the average person, and I already had overwhelming traumatic experiences that were too much for my developing mind and body to handle.

This is where it all began—the suppression, the internal wounds that already were reflected in my day-to-day life. Decades of symptoms followed, and illness eventually led to disease in my adult life.

My life could have gone in a completely different direction had there been more awareness of what nervous system health looks like and how to help a child who is sensitive and or triggered. I wasn't soft in any way. I was strong as hell. I was fighting things other kids could never imagine. Before we

criticize anyone, who states they are triggered, understand that you have likely been triggered many times. You are just unaware of what exactly is happening and why it is happening.

What is really happening when you are triggered:

When someone is living with unresolved trauma or chronic stress, their neuroception is affected. Your neuroception is how your nervous system detects if someone or something is safe, dangerous, or life-threatening. (Think of your Neuroception like your very own built-in alarm system).

If there is unresolved trauma or chronic stress, your nervous system may perceive something that is not dangerous as a threat and will set off a false alarm that isn't necessarily warranted at the moment. Meaning the nervous system will respond to a situation or environment that feels similar or reminds it of the event that once put you in danger. The nervous system perceives it as a current threat as if the past traumatic situation is happening again in real time. It reacts accordingly in an effort to protect you. You are now "triggered."

To understand the significance of this, you must first understand the crucial role your nervous system plays in your entire well-being. The balance of your nervous system is critical to maintaining or restoring balance in every part of your health. In fact, addressing my nervous system was the missing piece to the puzzle in my health journey. Once I began to address my nervous system health, all the major healing work I had been doing for years for my body fell into place. My healing ignited, and my body could find the balance needed to function optimally again. I now have a clean bill of health with zero evidence of disease.

The foundation of our health begins in the nervous system. Today, people are speaking of others being triggered, yet have no idea how significant that term is not only in the lives of others but in their state of health and longevity.

When we speak of nervous system work, it does not mean your nervous system is broken or sick in any way. Your nervous system is doing its job and

believes it is protecting you. We are not looking to heal our nervous system per se; we are looking to regulate it.

A nervous system that is flexible and regulated will flow between these three states:

Ventral Vagal State: Your state of calm and safety.

Sympathetic State: Fight or flight, hyperarousal.

Parasympathetic State: Dorsal state/Freeze, hyperarousal. This is also your state of rest and digest.



When someone is triggered, they go into either a sympathetic (fight or flight) state or a parasympathetic (freeze, dorsal) state. These two states are typical for our

nervous systems to flow into, but problems arise when we go into these states too often, for the wrong reasons, and for a prolonged period. When we remain in one of these states for too long, we end up with what is known as a dysregulated nervous system.

Important Note:
Your Body Cannot Heal in a Dysregulated State.

A regulated nervous system will also go into each of these states but flow between them easily and flexibly. After a perceived stressor is resolved, the regulated nervous system will return to its Ventral Vagal State. While a dysregulated nervous system will have less flexibility and will not flow back into that state of calm as it should.

Dysregulation will lead to poor vagal tone, which leads us to the powerhouse of our nervous system and overall health: our Vagus Nerve.

I know this is a lot of science I am throwing at you quickly. It's so important for the world to grasp this. This knowledge is golden for healing from any disease or ailment you may face. It's not something anyone will teach us. It's the knowledge we must learn for ourselves. It is how you empower yourself and ignite your own innate ability to heal.

What is the Vagus Nerve?

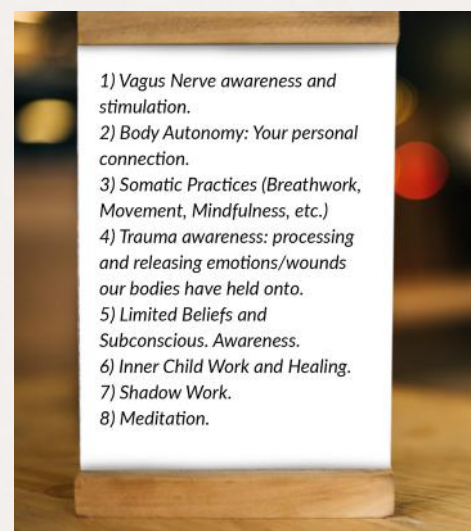
The Vagus Nerve is a cranial nerve that extends from the brain all the way down into your gut! Yes, it is huge and connects our brain to ALL our major organs. Did that get your attention?? The role of our Vagus nerve is tremendous. It is how our gut and brain are connected and have direct communication. The Vagus nerve is how our brain sends and receives messages from our body and organs.

Imagine what happens when the Vagus nerve loses its vagal tone or is not functioning optimally. The Vagus nerve sends and receives signals of safety and balance. When our nervous system becomes dysregulated, our Vagus nerve begins to lose vagal tone, and the messages of safety and ease are no longer being communicated as they should be. This literally has a domino effect on every system of our body. This is how imbalance occurs, symptoms arise, and over time, disease becomes inevitable.

The good news? We can regulate our nervous systems and increase our vagal tone. We can change the direction of our entire well-being!

The process of nervous system regulation does take time and commitment. Not only did this work ignite my healing, but it has also profoundly impacted every area of my life. The goal is truly about creating a relationship with yourself and your body. The reconnection with yourself leads to the restoration of your health.

Here are some examples of the work I have done, and many of my clients also practice beginning their journey of nervous system regulation:



I personally worked with numerous coaches and mentors and continue to practice a lot of this work in my life today. Yes, I healed from my diseases, but healing is ongoing. It's a beautiful process that leads to more self-awareness and has helped me continue to grow and evolve in every aspect of my life.

I highly recommend getting support and joining a program when you choose to begin this type of work. Yes, you can start independently, but in my experience and opinion, having support is everything. This work digs deep, and having someone you trust to guide you, support you, and empower you along the way, will help you reach your goals and process these wounds with the compassion and grace you need.

More importantly, one of the most effective ways to help a dysregulated nervous system is to provide yourself with compassion and grace. If you feel triggered, stressed, guilty, or ashamed, you no longer need to suppress these feelings. Emotions are meant to be felt. Emotions are normal. We were created to feel and experience this beautiful life in ways most have never considered before.

The more I allow myself to feel, the stronger and more resilient I have become. There is nothing wrong with being a tough cookie; as we know, this life gets tough. It's time to step back and understand that when someone is triggered, it's likely because they have been through storms that we have never walked through ourselves.

A triggered person carries wounds in their body that past trauma has left behind. Remember that the next time you see someone overreact or appear highly sensitive. Their courageous transparency is something most have spent a lifetime avoiding. We all have been triggered. We all have been through hard times.

Learning how to heal from our past wounds is how we stop carrying the weight of the past into our current and future life. It is how we create a new inner environment of peace and the space and resilience needed to deal with the everyday stressors we will all inevitably endure.

All of us were raised at different times, facing different stressors. We have very different experiences, traumas, and successes, and that

is a beautiful thing. But, we cannot continue to carry the wounds of our past, as it prevents us from living a life of flow, health, and vitality in our present.

If you or anyone you know is struggling with any health issue, I urge you to reconnect with yourself. Take a few moments each day and



observe how your body responds to stress and big emotions. Your nervous system and body will show you how your past wounds are still a part of you and where your body needs love, compassion, and healing.

Remember, we all were born with the ability to heal. You are your greatest healer.

Jacqueline Goncalves

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Remember Who You Are

Embracing Your True Self

This life. This journey. This world. This Universe.

*This is what you came for!
Remember?
Remember what? You may be asking.
The truth of who you really are!*

Your soul is always guiding you. It even guided you here to this very article. That's why you're reading this right now ;) That feeling! That niggles from within. I know you know what I'm talking about. This time, pay attention to it! I invite you to play with me and use this exercise to help: Let this exercise be your permission slip and repeat it as often as desired, each time meeting new versions of yourself and remembering more of who you are.

Consciousness is Self-Realization

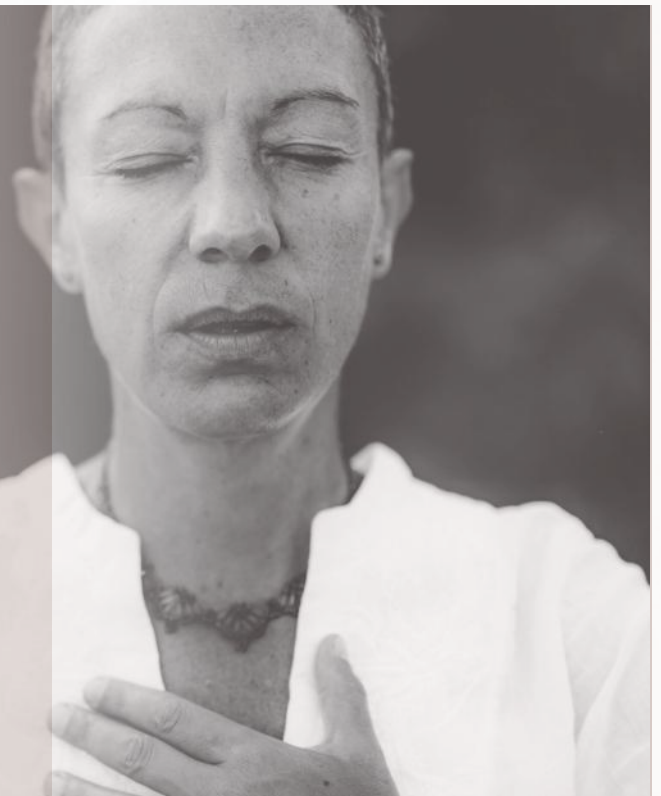
In the limitless expanse of consciousness, it's easy to forget who we truly are amidst the distractions of daily life. Yet, the essence of being transcends the mundane. At our core, we are spiritual beings having a human experience. This profound truth awakened me and guided me to align with the divine within and embody my true nature. This experience, this ride, this game that we call life is a journey of self-discovery, collective awakening, and realization—the see, with our REAL EYES, All That Is, and to explore, experience, and expand limitless consciousness.

My Journey to Becoming

For much of my life, I, too, was entangled in the web of everyday life, unaware of and unconscious

An Exercise to Remember

1. Place one hand on your lower belly and one on your heart.
2. Close your eyes.
3. Breathe deeply, drawing air into your belly, then your ribs, and finally your chest. Hold your breath for a few moments, then release it slowly through an open mouth. Repeat three times.
4. Take another inhale, and on the exhale, make some noise, sliding down a scale from a higher note to a lower note, using a vowel sound like Oooooo or Ahhhhhh.
5. Set an intention. Say out loud to yourself, in your head, or your heart: I am open and receptive to remembering in all loving ways.
6. Ask yourself: "Why do I remember everything?"
7. Sit quietly, breathing naturally, and allow memories to come into your awareness.
8. Enjoy the experience, letting the emotions amplify in your body.
9. Come out when you are ready.
10. Write a journal about the experience or write down anything important so that you can keep this memory and use it to help you remember more.



So then, divine soul being:

*How are you feeling?
Shook?
Expansive?
Neutral?*

All feelings are welcome here. Checking in is an essential practice of present-moment awareness.

of the spiritual depths within me. My journey of awakening began in childhood. In truth, I feel like I was one of the lucky ones. I hadn't yet forgotten the magic and infinite possibility until I was forced to grow up.

"You're lying! I hate you! Santa is real!" I screamed at my mother, hurling myself face-first onto the cushions of the green couch in our living room with a wail as agonizing and deathly as the reality of my childhood innocence, belief in magic and



miracles, and love for Jesus. “Jesus is the reason for the season.” My mother’s words mocked, echoing in my mind. I was so angry. How could my mother say this? Did she not remember? Had I imagined things? I was six. I was still very much unaware of the veil. The illusion was shattered, yet a part of me always held onto my own version of the truth. And then I fell asleep—figuratively speaking. I forgot about the magic and miracles. I forgot who I truly was. More accurately, I deliberately shut her down and hid her in the shadows in an attempt to keep her safe.

Yet she was always keeping me safe.

For a moment of awakening, sparked by many profound personal crises and a series of unfortunate events, I was faced with immense challenges. I was pushed to the brink, time and time again, where the only way out was to look inward. Finally, I had crumbled. I experienced a breakdown, and the following period of intense self-reflection and soul-searching became the catalyst for my transformation.

Breakdowns lead to breakthroughs.

At my lowest point, I was destroying everything, including my seven-year relationship and my life as I knew it. Despite being a free spirit, I repeatedly found myself in a self-imposed golden cage. A cage created by, I know now, no one or no thing other than myself and my own definitions and beliefs. I felt trapped, out of control, and alone. I had everything I thought I wanted, but I was deeply unhappy and unwell. Even though yoga was my permission slip to BE my most authentic self yet, making me the fittest and most flexible I had ever been, and I was in a loving relationship that seemed “on track” to my desired outcome of marriage and belonging, none of it felt right. I had become adept at abandoning

myself, ignoring my intuition, and numbing myself to all the signs from Source. The Universe had to make me uncomfortable enough to force me to move.

**BREAKDOWNS LEAD TO
BREAKTHROUGHS**

As I broke free from my self-imposed golden cage and retreated to a special island, I sought refuge in yoga and delved deeper into my inner world. This journey helped me uncover dormant gifts and remember who I am.

Practices like Reiki, meditation, time in nature, and soul tribe connections revealed my path as a spiritual leader, healer, and ascension guide. I realized my purpose was not only to heal myself and navigate the journey back through and to my **HEART’S HOME** but also to share these gifts with the world, helping others navigate their spiritual awakenings and ascension journeys.

The Nature of Your True Self

Recognizing the nature of the true self—conscious awareness—is the cornerstone of spiritual awakening. At our core, we are not transient thoughts, emotions, or physical sensations but the eternal soul, a spark of the Divine. Understanding this helps us see beyond the limitations of our perceived identity. When we realize the true self is infinite and interconnected with All That Is, we can live from a place of greater awareness and compassion.

The Great Awakening

We are living in extraordinary times known as the Great Awakening. As a collective, we are raising our vibration and expanding our perspectives. More individuals are awakening to their true

spiritual nature, inviting us to remember who we are beyond our individual stories. This process involves transcending old patterns of fear, judgment, and separation and moving towards a higher state of awareness where love, unity, and interconnectedness prevail.

The Journey of Self-Discovery

Our human experience is a journey of self-discovery, where we are here to be more of who we truly are. It's not meant to be a solo journey. It's meant to be a "Soul! Oh! There you are!" journey as we discover new perspectives of ourselves, shedding layers of societal conditioning, limiting beliefs, and false identities that obscure our divine essence. As we reconnect with our inner wisdom and innate divinity, we align our actions with our true purpose.

This journey requires courage, grace, patience, and faith. As we reconnect with our true self, we experience greater peace, joy, and fulfillment. We begin to live in alignment with our highest potential and contribute to the collective awakening of humanity.

Choose Faith Over Fear

In this age of transformation, we are recognizing distortions in our belief systems. Beliefs are powerful constructs, but they are not immutable. We have the ability to change our beliefs and, in doing so, transform our reality. This involves moving from limiting beliefs to limitless ones—choosing **FAITH over FEAR**.

- *Fear (False Evidence Appearing Real) represents constriction, where belief is anchored in doubt and limitation.*

- *Faith (Full Assurance in the Heart) signifies expansion, where belief is rooted in trust and infinite potential.*

To shift from fear to faith, analyze your definitions and belief systems. Doubt is often seen as a

lack of conviction, but this lack is an illusion perpetuated by fear. When you realize you cannot truly lack trust, you begin to dissolve the experience of doubt. You don't lack trust; you are simply trusting in something undesirable. By understanding this, you can place your trust in your desires—choosing faith.

Having faith means having 100% trust in something that represents your truth. This Full Assurance In The Heart is connected to your intuition and higher levels of consciousness. Unlike the fear matrix, which distorts your perspective, the faith matrix is unconditionally loving and supportive, allowing you to be free and limitless.

Seeing Everything as Versions of Yourself

A profound realization in spiritual awakening is understanding that everything and everyone around you are versions of yourself from different perspectives. You are a seed, an extension, of **ALL THAT IS**.

Everything and everyone is inextricably interconnected. Compassion, empathy, and love become natural extensions of this awareness.

This realization transforms our interactions with the world. We begin to see that every person we meet is a reflection of ourselves, offering opportunities to learn, grow, and expand. This perspective fosters greater understanding, empathy, and compassion as we recognize the divine in each person and situation.

Expanding Individual and Collective Consciousness

Our journey of self-discovery contributes to the expansion of both individual and collective consciousness. By remembering and embodying our true nature, we raise our own vibrational





frequency, influencing the collective energy field. Every act of kindness, self-awareness, and realization of our oneness with all adds to the collective awakening.

This process involves letting go of old patterns of fear and separation and embracing a higher state of awareness where love, unity, and interconnectedness reign. As we expand our individual consciousness, we contribute to humanity's collective awakening.

Enjoying the Human Experience

It is important to remember that we are here to enjoy the human experience. Life is a gift; that's why they call it the present ;-). This life is an opportunity to experience the full spectrum of human experience in all its forms. By leading with love, seeking joy, pursuing our passion, and expressing gratitude, we align with the divine within, live a life beyond our wildest dreams, and celebrate the beauty of **All That Is!**

Remembering who you are as a spiritual being and having a human experience is a transformative realization. It invites you to explore the depths of your true self, see the divine in everything, and contribute to the great awakening of collective consciousness. Enjoy the evolution of this journey with love, compassion, grace, and joy, knowing you are here to be more of yourself and to experience every moment of this miraculous existence.

By Lizzie Siegel

To connect with Lizzie further for more teachings, mentorship, retreats, and to receive her latest offerings, follow her on **Instagram @lizzienamasteplantbased** or email her at **namasteplantbased@gmail.com**



HONOURING THE WATERS OF YOUR BEING

Emotional Healing...Journey To Awakening

"Without understanding how our feelings, thoughts and behaviours work together, it's almost impossible to find our way back to ourselves and each other. "

(Brene Brown ~ Atlas Of The Heart)

What does it mean to honour your being?

Do you honour all aspects of your being: physical, emotional, heart, mind and spirit? Do you honour all the experiences you have passed through? These experiences, especially when they challenge you, are opportunities for you to heal, grow, transform, and evolve. In other words, to awaken.

As within, so without

What draws your attention most closely in the world outside you right now? It will be deeply connected to that within you and how you feel. There is an illusion that we are separate from the world, but how you feel about yourself affects the outcomes of your life and your relationship with all those around you. All are interconnected. The world around you is truly your mirror—as within, so without.

Emotions are innate

Love them or hate them; emotions are innate to your nature as a human being ~ joy, sadness, anger, relief, resentment, grief, bliss, frustration, heartache, hope... When they flow through you, they ensure your emotional wellbeing. When they are suppressed, they give rise to emotional imbalance. This can range from deep unhappiness to a mild sense of unease.

Sometimes, in your need to protect yourself from further hurt, you may repress your emotions so they are no longer felt. Herein lies the danger zone.

Emotions have a bad press

People will do almost anything not to feel pain, including causing pain and abusing power. Some may numb out, disconnect, or shrink from life and new experiences, seek solace in drugs or alcohol, or live over busy, distracted lives. All of this takes them further from themselves. But we forget that emotions are also positive: joy, optimism, hope, happiness, enthusiasm, curiosity, compassion...

Suppressed emotions create physical dis-ease

When you are unable to articulate your emotions, you may feel hopeless, isolated, or even destructively angry. Ultimately, unreleased emotions like shame, fear, blame, anger, and grief are toxic, especially when these feelings are directed towards the self. It is well documented that emotional stress ultimately gives rise to dis-ease physically and mentally. What is less well understood is that it also affects us energetically and spiritually.

Emotional experiences determine the mindset

In my healing work with others, I witness how childhood experiences fundamentally affect their beliefs about life, relationships, and expectations of life. Life rises to meet their expectations, and they get locked into repeating generational patterns.

"Scientists have repeatedly confirmed our emotional reactions show up in brain activity before we have time to think."
Doc Childre & Howard Martin, The HeartMath Solution

Nurturing role of the mother

The kind of mothering you have received profoundly affects your own ability to receive the goodness of life. If you felt nurtured and loved unconditionally, your self-worth will be healthy. Your ability to love yourself rests upon your ability to value yourself.

Protective role of the father

The degree to which you felt protected by your father will deeply affect how safe you feel. If you felt safeguarded and precious to your father, you will find it easy to set boundaries, saying no with ease to anything not for your wellbeing.

Wounded emotions as a healing resource

As people move through emotional healing, their view of what is possible shifts organically, positive expectations and emotional experiences increase, and damaged relationships mend or fall away. This creates space for new and healthier emotions, attitudes, and relationships to form. Personal and family healing occurs.

Vulnerability as strength

We are all human and mixed bags of emotions. When we allow this, we enable healing, transformation, and evolution. Vulnerability becomes our growth point, and our empathy, compassion, and understanding increase for others.

The healing response

When emotions are released in a safe and gentle manner, physical discomforts can ease, minds calm, and perspective and expectations shift. Life rises to meet those changed expectations, offering you new and life-enhancing experiences. You awaken to your beautiful potential. You honour and come home to yourself.

By Elizabeth Chanter

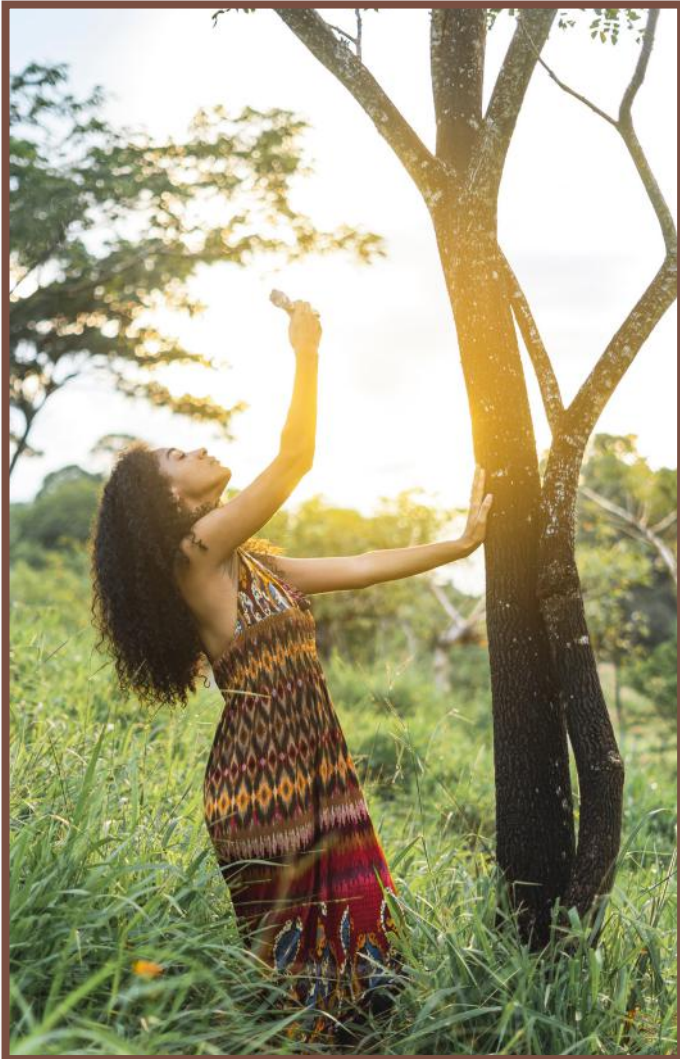


For the past 20 years, shamanically trained Elizabeth Chanter of Honour Being has been transforming lives by honouring all aspects of being. She does this through interweaving the gentle healing art of Golden Way Reiki, compassionate listening, energy medicine and Dreaming Your Inner Child Sacred Art Workshops and Retreats. She is passionate about helping others to create bright, beautiful and balanced lives. Her next article will offer more on how to come home to yourself.

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The Healing Alchemy of Nature

Embracing Elemental Connection for Spiritual Renewal



Life can get busy, making it difficult to find time for yourself.

However, one of the fastest and most effective ways to ground your energy and find calm is through nature. Regardless of your location, you can always access nature's healing power.

Let the earth be your teacher and guide as you reconnect with your inner self. By deepening this connection, you will make healthier choices, gain confidence in your decisions, and experience more fulfilling relationships.

Read on to reignite your spiritual flame, find calm, and experience life more fully with these six practices:

Tree Therapy: Sharing and Healing with Trees as Silent Listeners

When you need to express yourself:

- 1) Turn to the trees as your empathetic listeners.*
- 2) Find a tree that resonates with you in a park, forest, or on a tree-lined street.*
- 3) Introduce yourself and ask for permission to connect.*
- 4) Place your hand on the tree's bark, feeling its texture and temperature.*
- 5) Give the tree your full attention, letting go of the world around you.*
- 6) Share your thoughts, worries, and frustrations with the tree, knowing that it can transmute your emotions harmlessly into nature.*
- 7) Spend as much time as you need with the tree, expressing yourself openly.*

Once complete, express gratitude and bid farewell.

Earth's Healing Pulse: Resetting Your Vibration with Grounding Techniques

When you feel scattered, grounding can help reset your energetic vibration. Lie on your back in the grass, palms facing down. Close your eyes and take deep breaths, syncing your breath with the earth's rhythm. Visualize the earth's molten core as a glowing ball of red light,

gently expanding and contracting in time with your breath. Feel the solidity of the soil, roots, and rocks beneath you. Whenever your mind wanders, gently bring your attention back to your breath and visualization. Notice how your energy settles as you recalibrate your root chakra, fostering a sense of security and belonging. If lying on the earth isn't available, place your bare feet on the ground or hold soil in your hands while practicing the same breathing and visualization.

Flowing Forgiveness: Releasing Hurt and Finding Inner Peace

To release negative energy and restore balance when you feel wronged or hurt:

- 1) Embrace the purifying and cleansing power of*



appreciate the beauty of the stars. Find a place with the largest expanse of sky possible, and minimize light sources in your field of vision. Put away your phone and allow your eyes to adjust to the darkness. Gaze at the night sky, marvelling at the captivating tapestry of light above you. Trace the constellations, creating your own stories or recalling their legends. Keep an eye out for shooting stars. Remind yourself that you are an integral part of this magical world; everything is divinely conspiring for your well-being.

Solar Radiance: Invoking the Power of the Sun Within You

Boost your self-confidence by embracing the fiery masculine energy of the sun and invoking your solar plexus chakra. Find a spot in the sun, either outdoors or indoors, where sunlight streams in. If direct access to sunlight isn't available, you can light a candle, sit by a fire, or have an image of the sun.

Sit tall with your hands gently resting on your belly. Visualize a glowing ball of yellow light in the space between your navel and sternum, representing your inner fire. Take a deep breath, and picture the oxygen fueling the fire as it expands and grows brighter. Exhale slowly while

water.

2) *Write a letter to the person who wronged you, pouring out your heart and sharing their actions' impact on you.*

3) *Hold nothing back, as this is your opportunity to vent and release.*

4) *Once you've expressed all the hurt, pain, and anger, shift your energy by physically shaking your body and moving your arms, legs, and head.*

5) *Write down how you wished the situation had played out, envisioning the ideal actions and treatment.*

6) *Find a stream, river, ocean, or flushing toilet, and read your letter aloud, addressing the water as the recipient.*

7) *Tear the letter into tiny pieces and let the water carry it away, symbolizing the release of negative energy.*

By doing this, you free yourself from the burden of unmanaged negativity and communicate your expectations to the universe for future encounters.

Celestial Serenity: Finding Magic and Wonder in the Night Sky

When life feels overwhelming, take time to lighten up by indulging in the enchantment of stargazing. Even in urban areas, you can still





affirming to yourself, “I can do anything.” Feel your energy and self-confidence ignite as you repeat this breath cycle and mantra, allowing your inner fire to grow with each inhale.

Moonlit Restoration: Reclaiming Your Energy through Self-Care

If you often prioritize others and feel unappreciated and exhausted, as a result, the nurturing energy of the full moon is ideal for radical self-care.

The power of the full moon lasts for three days before and after its peak, providing ample time for indulgence. Create three columns on a sheet of paper titled “things to do,” “resources,” and “results.” In the “things to do” column, list activities you enjoy but rarely make time for, encompassing both indoor and outdoor, big and small, expensive and free practices.

In the “results” column, describe the benefits you experience from each practice, such as feeling calm, loved, sexy, or sleepy. Populate the middle “resources” column with the requirements for each practice, such as time, cost, and logistics.

Congratulations! You now have a personalized self-care menu. As the next full moon approaches, check in with yourself and identify what your heart

yearns for. Look through the third column and find the result that aligns most closely with your desired feeling, then prescribe yourself that activity. This system makes it easier to prioritize yourself, fill your cup, and continue giving to others.

Enjoy exploring these practices, and pay attention to which elements resonate most with you. These elemental connections offer a unique pathway to spiritual renewal and self-discovery. Whether you find solace in the fiery sun’s empowering energy, the soothing embrace of the gentle moon, the wisdom of ancient trees, the grounding force of the earth, the awe-inspiring allure of the stars, or the purifying flow of water, remember that the true power lies within your willingness to connect and engage.

As you continue to nurture your relationship with nature’s elements, you will find a more profound sense of harmony and fulfillment, rekindling the flame of your spiritual essence. Embrace the healing alchemy of nature, for it holds the key to unlocking the limitless potential within you. So, step outside, breathe in the fresh air, and let the transformative magic of nature guide you on your journey of spiritual renewal and self-discovery.

By Emma Hull

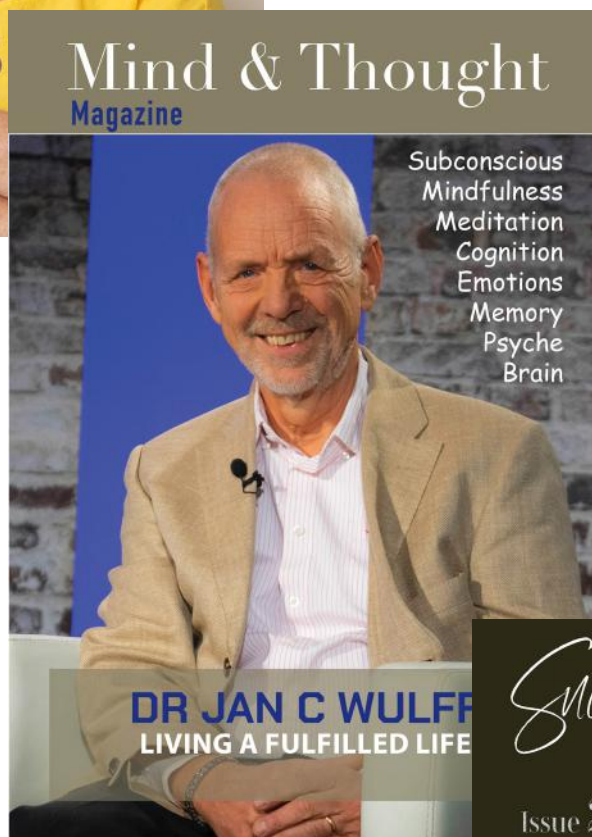
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MINDFUL MOMENTS

Being mindful and knowing that you have changed, and that's okay as tough times and cycles do shift and end.

We all have ups and downs, and I want to reassure you that tough times and cycles do end - in one way or another. They do shift as you navigate yourself through them. You change as a person through them, too, with everything you're experiencing.

As you go through life, you're going to encounter negativity—maybe in families, relationships, business, the workplace, friendships, the weather, and much more.

You may have planned something amazing on a glorious day, but then the heavens opened, it poured down, and your plans changed.

Things test you. Things push you to a limit. Things test your patience. Things happen. The main thing to focus on is your willingness to change, grow, and heal from whatever is testing you. Life happens, relationships change, experiences take place, and work goes on. Nothing you ever go through lets you stay the same person forever. Everything that arises shapes you into the person you are right now. And that's okay.

Being mindful of this is paramount so that you can be gentle with yourself, nurture yourself, and really do the inner mindset work needed to continue along your journey, knowing that everything is going to work out the way it's supposed to. So, what's the lesson? What's the change needed? What decisions need to be made? Do you need to change your job? Release that old "friendship"? Walk away from a business niche and start a new one? Do you need to set boundaries? Have more patience?

What is it? **We always ask what others need, don't we?**

BUT..... what's important is to ask ourselves what WE need. So, what do YOU need? Want?

Answer honestly and.... know at the end of a storm there is a rainbow and better days ahead. You can canoe, paddle or sail through your issues and experiences - it's all about mindset. Face the reality of things, show up for yourself, and know that you are strong and powerful. Even through tears and frustrations, you CAN get through the tough times and cycles. Nothing stays the same forever. Be prepped to pull out all the stops and go for it! You have nothing to lose and everything to gain.

You have a commitment to yourself and this life to always move, change, and grow through what shows itself in you. Learn the lessons and always take care of yourself.

That all starts with MINDSET and ends with MINDSET, too - the whole thing! You can find yourself going around in circles, or you can decide to change what you need to in order to transform your life.

But it all depends on you.

A death will change you.

A breakup will change you.

An experience will change you.

Knowledge and wisdom will change you.

Skills and talents will change you.

Relationships (love, family or friendships) will change you.

Health will change you.

ALL OF THIS ULTIMATELY BOILS DOWN TO YOUR MINDSET!

A butterfly changes from an egg to a caterpillar to a chrysalis to a butterfly along its journey. It also trusts in its wings to be able to fly and can't see the beautiful colours on the wings

themselves. It trusts the process and goes with the flow of its life. So, embrace your own life in the same way – different seasons will happen, and that's okay too. Over the years, I have worked with many clients to help them understand that there is nothing wrong with them at all. And there's nothing wrong with you either. Circumstances must have happened for you to have changed as a person, and every single person is unique and different, so life affects all people differently.

It's what YOU do with the opportunity of mindset with what arises in your life to how you feel, think and what plays out for you.

Let your heart expand.

Do the inner mindset work.

Do the inner child healing.

Regulate your nervous system.

Release the pain, sorrow and heaviness within you.

Nurture yourself.

Flourish where you are.

Believe in yourself.

Keep showing up to your life.

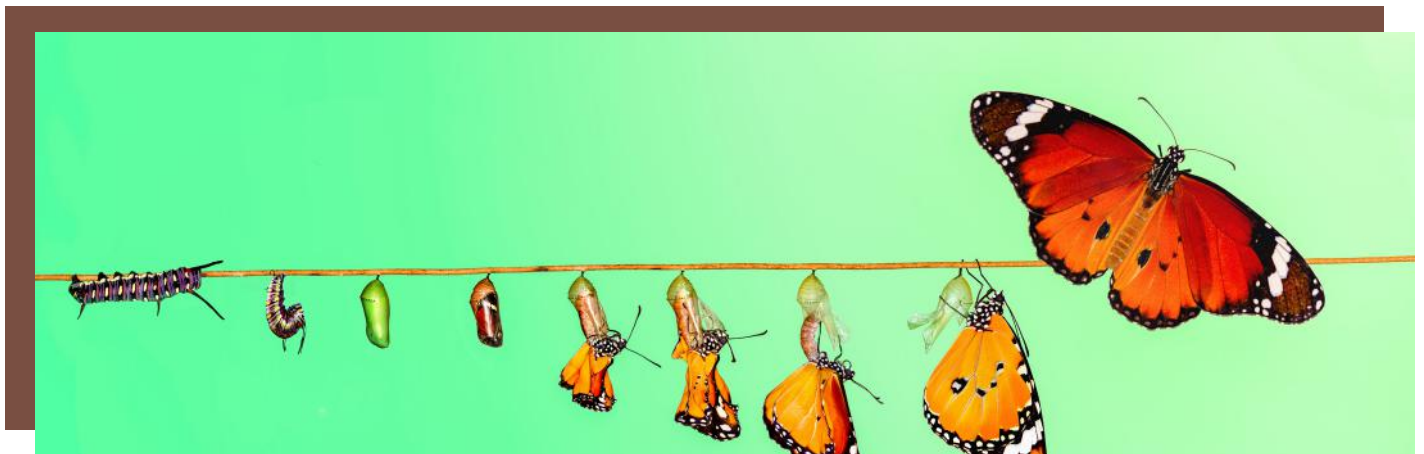
It's okay to be a different person - we all change. You are not the same person you were when you were 10, 20, or even 35 years old.

You are like a butterfly - transitioning through life.

Knowing the "how" to really step into the life purpose that is, to be okay with yourself changing and really do the deep healing needed to feel alive and have the phenomenal life you aspire to experience is all on you.

But know that you're not alone. *Go, go for the job, car, house, relationship, promotion, business or whatever you have your heart set on. Release all the control and go with the flow of everything working out the way it's supposed to, and easier times are ahead.*

Program your head that way, and your brain will believe you as it believes what it's told. **You've got this!**



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Looking Through Our Colored Lenses

A Mindful Exploration of Perception and Personal Transformation

Have you ever stopped to think about how you view the world? How does your perception of what you see shape the interactions around you? What if some of us have lenses that magnify the good while others cast a more shadowed perspective?

But what if we could choose our lens?

There's an art to this, ingrained in how we instinctively view and judge people and situations. These quick judgments often arise from past experiences, like a set of codes shaping our responses. It's like the software running in our minds - sometimes, it needs an upgrade. The beauty lies in questioning these ingrained beliefs that form our self-talk and discerning whether they still hold true, especially when viewed from the eyes of the observer.

Now, here's where it gets interesting: our thoughts and feelings are intertwined in a loop depending on the situation or experience. A positive thought can uplift our mood, leading to a positive action and experience. On the other hand, negative thoughts can trap us in a cycle of pessimism. Recognizing this loop within us is crucial. By becoming aware of our thought-feeling-situation patterns, we gain the power to interrupt and redirect them.

But how, you might ask? Through my experience of trialing a number of modalities, I've realized that mindfulness has a powerful ability to disrupt our colored lenses. Ultimately helping us construct new visions and ideals that can help bring greater clarity to what we once viewed as a distorted image.

Mindfulness teaches us to be present and to observe our thoughts without judgment. Imagine being in a crowded room but feeling like you're in a bubble of calm. That's the power of mindfulness. It breaks the thought-feeling-situation loop, allowing us to respond rather than react to life's ups and downs.

I haven't always been teaching these concepts to my clients; it has been through my own experiences that I have undeniably noticed the positive changes in my life. Personally, I increased my mindfulness practices, like paying attention to my breathing, during a particularly challenging time in my life.

The chaos around me seemed overwhelming, and my lenses were tainted with stress and overwhelm. There was a constant need to project my frustrations on others. That was the moment, the moment where the penny dropped. It was quite possibly the most significant insight I had from observing my thoughts. I had created a subjective narrative that was on constant replay, the thought-feeling-situation loop, which was distorting my vision.

Slowly, I began to notice a shift. The once overpowering inner critic started to lose its grip, and a sense of calm replaced it. It was like I had wiped away the fog from my lenses, revealing a clearer, more vibrant world. Mindfulness wasn't about escaping reality; it was about seeing it with fresh eyes, unburdened by preconceived notions and judgments.

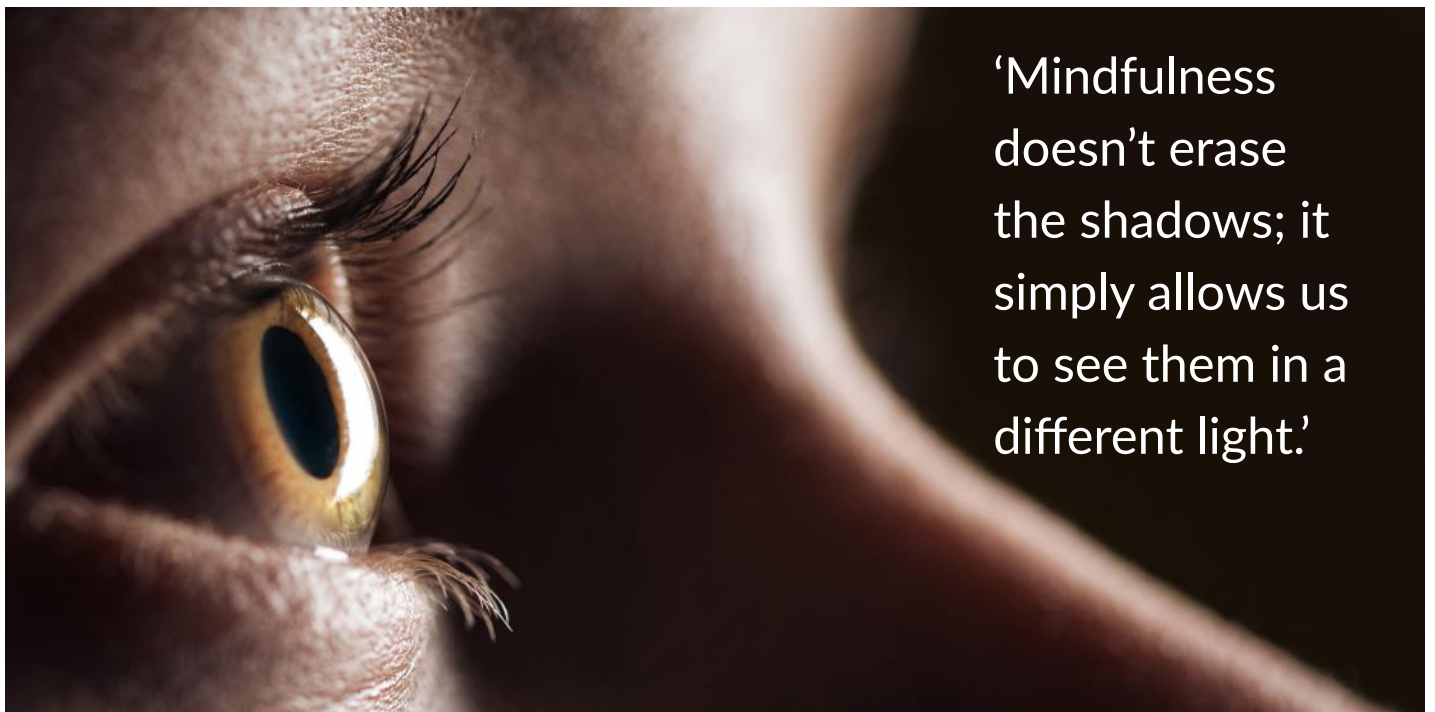
As I continued incorporating mindfulness into my daily life, I found that my interactions with others improved.

I became more present in conversations, listening without the cloud of judgment. The colors of my relationships became brighter, and I discovered a deeper connection with those around me.

It's not about denying the challenges or difficulties life throws at us. Mindfulness doesn't erase the shadows; it simply allows us to see them in a different light. It empowers us to choose how we respond to situations, breaking free from the automatic reactions dictated by our colored lenses.

In essence, mindfulness becomes the key to unlocking our ability to choose our lens consciously. It's the bridge between our thoughts, feelings, and the situations we encounter. With a mindful approach, we can reshape our reality into a vision of possibility rather than a fixed, predetermined image.

So, the next time you find yourself viewing the world through a lens tainted by stress, overwhelm, or preconceived judgments, consider how mindfulness can offer you a clearer perspective. Take a moment to breathe, observe without judgment, and consciously choose the lens through which you want to see the world. Because in that choice lies the ability to shape your reality.



‘Mindfulness
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different light.’

by Joseline Carballo
Positive Psychology Practitioner, Coach & Mentor



From the Void to Creation

Deep within us lies the origin of compromise. It has become a norm accepted by many. As we grow, we are taught to conform to society's systems. This compromise of self creates a state of living void of personal freedom and settling for second best. There is no space to truly and authentically relish in what we do. And after all, if we don't enjoy what we do, how can we ever really excel in it?

It has become so embedded in our psyche that we frequently compromise our loftiest dreams, most of us without even realizing it. So, the spark of genius that we all have present within us when we are born gets stamped out over time. But you, in the depths of your being, know the truth: the spark of genius you possess is always available to cultivate.

As an entrepreneur and consultant, I have worked for and employed many individuals. I did whatever I deemed necessary to elicit praise and recognition from those who were my superiors, as if their opinion would somehow prove my worth to me. Ah, if it was only that simple. Others would never eliminate the insecurities that lived deep inside me. And along the way, in my

quest for external validation, my path became one of compromise.

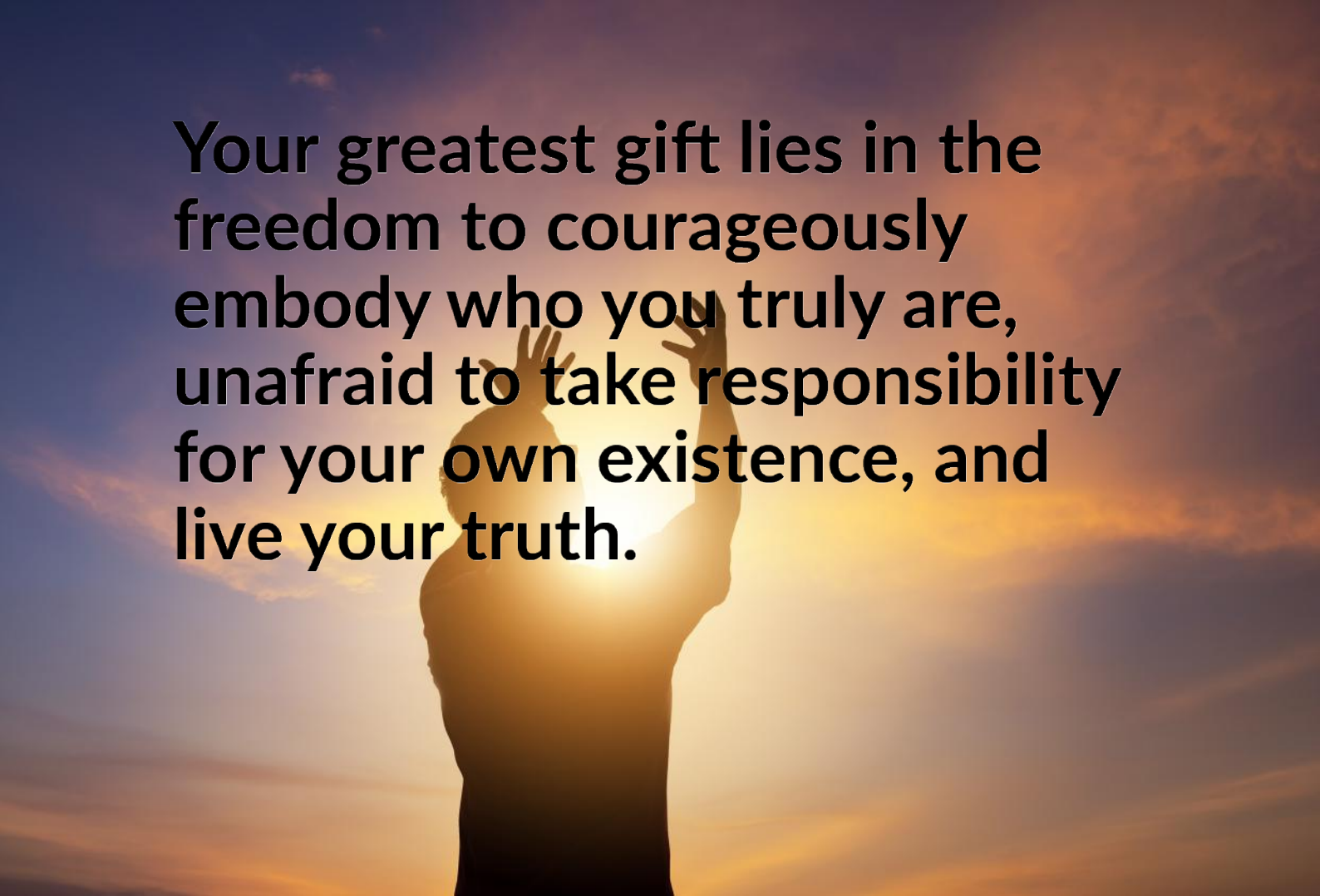
I found myself presented with and being asked to show support for policies that betrayed what I wanted to uphold in this world. There were often policy changes that were detrimental to employees or customers, policies that I was to enforce. So I did. And while it is one thing to meet another halfway, to understand differing perspectives and work towards a harmony of opposing forces. It is quite another to 'cave in' and forsake our nature.

This is a betrayal of self.

As the emotions from my compromise mounted, a realization dawned upon me. ***An individual cannot be validated by the actions or thoughts of others or by proximity to others.*** The only validation that matters is the cultivation of personal validation. This can only be developed from within. I was lost in the pursuit of recognition while constructing a façade to convey authority. As I sought, and was eventually provided with, the validation I craved, I discovered it was hollow and unfulfilling, for I had betrayed my true potential while making countless concessions. What a

Choose to trust - both yourself and others, and move away from the inner dialogue that keeps our focus on the unimportant.



A silhouette of a person with their arms raised in a gesture of triumph or surrender, set against a vibrant sunset sky with orange and purple hues. The sun is low on the horizon, creating a strong backlight effect.

Your greatest gift lies in the freedom to courageously embody who you truly are, unafraid to take responsibility for your own existence, and live your truth.

slippery slope I had traversed; once compromise appears in one area of your life, it becomes easier to concede elsewhere.

It took years to provide myself the space to soothe the bitter taste of sacrificing my values and find the strength to rise, renewed in purpose and with a deeper understanding of my emotional landscape. No longer bound by the shackles of external validation in that way, I embarked on a journey to redefine power. Through the authenticity and vulnerability of my sharing, I now forge a path of true power from within.

Your greatest gift lies in the freedom to courageously embody who you truly are, unafraid to take responsibility for your own existence, and live your truth. To breathe life into your deepest passions, unyielding to your concerns and filled with focus on what you care about. ***Much about the human condition eludes us, for we have crafted a complex tapestry that keeps us busy, distracted, and yearning for more.*** Yet it all serves a great purpose... to experience the polarity of possibility and, through our own will, manifest our authentic selves in this world.

As you develop emotional awareness, you harness the ability to choose freely, at any moment, to feel through all the feelings that present.

Choose to trust - both yourself and others, and move away from the inner dialogue that keeps our focus on the unimportant.

In the realm of the Chinese I-Ching, the 14th hexagram embodies the concept of "Possession in Great Measure," symbolized by a grand wagon laden with boundless treasures. It has long represented health, wealth, and prosperity, all fruits of both fortune and dedicated labors of love. This hexagram revolves not only around the choice of work you do, but also the individuals you work with and, above all, the manner in which you harness your abilities.

As I began to nurture my inner landscape and found that latent spark of genius in my abilities, seismic shifts occurred in my life. I found myself surrounded by individuals who shared and championed the values I held. Consequently, compromising was no longer a necessary option.

Stepping out of that abyss of compromise liberated me to dare to envision this plane's boundless possibilities. My dreams now had the space to take flight. It was then that I realized that in all my seeking of approval, I had become a follower, not a creator, hindering all of my prospects for genuine fulfillment and prosperity.

Prosperity is an infectious energy field and has the remarkable ability to grow and expand exponentially. Authentic prosperity emerges from creating your own unique enthusiasm and flair, transcending your role as a mere cog in the collective machine. It blossoms from the fruits of individual creativity and receptivity and cultivates unwavering resolve. The moment compromise infiltrates our path, that once-abundant wagon of treasures begins to leak energy—the riches we were born with decay.

The frequency of compromise shatters the prospects of good fortune and synchronicity, leaving a barren wasteland where beauty ceases to thrive and purpose remains elusive.

Through the depths of my journey, I realized the significance of seeking approval from others. In this desperate pursuit, ***I discovered the courage to remain true to my values and embrace the power within me.***

This transformative experience unveiled the tapestry of life, encompassing both darkness and light, depth and height. We truly come alive in these moments, gaining wisdom and understanding that shapes our perspective. Intertwined with its blessings, life's challenges allow us to embrace all it has to offer to become truly integrated beings.

The most important thing you can do for yourself and your community is to honor who you are and be open to the possibility of breaking free from all the societal conditioning that has limited your potential. As we meet our own needs, we expand our capacity to allow others within our communities to do the same; only then can our collective truly thrive.

Now is the time to explore the vastness of you. There's no one like you. There will never be anyone like you again, EVER. This is it. This life is extraordinary, and you are worthy of all you will reap when you step into yourfullest potential!

By Angie Grimes

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Health Benefits of Meditation



What if I told you there were health benefits to meditation? Would you want to know more? When I mention meditation to my clients, they often conjure up the visuals of a Yoga guru in nature surrounded by throngs of people doing various yoga poses.

Or you may be one of those who believe that “sitting cross-legged and chanting for hours is not my thing” If the latter describes you, you’re not alone. Let’s discuss some of the incredible health benefits of meditation – no matter your fitness level or spiritual beliefs.

What Is Meditation?

Meditation is often misunderstood. Some think it’s a religious practice, while others see it as a way to relax. But meditation is neither of those things. What is meditation? “You might want to understand what meditation isn’t. It isn’t about zoning out, or having earth-shattering experiences, or even controlling the mind. Meditation, as a spiritual practice, is more about working with the mind and training in awareness. Simply working with the mind leads to an improved sense of presence, calmness, attentiveness, and an increase in valued human qualities such as empathy and patience. It’s simply a way of training your mind to become more aware.” [1]

When you meditate, you usually sit with your back straight and your eyes closed. You then focus your attention on your breath and heart and try to let thoughts pass through you without latching on to any thought whatsoever. The goal is to become present in the moment. “Research has shown that meditation can have both physiological and psychological effects. Some of the positive physiological effects include a lowered state of physical arousal, reduced respiration rate, decreased heart rate, changes in brain wave patterns, and lowered stress.” [2]

If you don’t master it the first time, it’s okay! I remember my first time attempting to meditate. My goal was to start with 2 minutes of stillness. After all, how difficult could it be for 2 minutes? I sat in my chair, closed my eyes, and nothing happened. My mind wandered all over the place. I thought about everything from laundry to my dog’s vet appointment. When I checked my timer, only 30 seconds had passed. I was determined to improve, and now I can meditate for up to 15 minutes. Meditation can be difficult at first, but with practice, it can be a valuable tool in your wellness kit. Meditation has a variety of different benefits.



‘Meditation, as a spiritual practice, is more about working with the mind and training in awareness.’

Stress Management

Stress is a commonality we share as humans. It is an inevitable part of our lives, and we all know how bad stress is for our health when it becomes chronic. However, what we can do is manage our stress in more effective ways. One way to do this is through meditation. Meditation has been shown to be an incredibly useful tool for managing stress.

“Meditation affects the body in exactly the opposite way that stress does—by triggering the body’s relaxation response. It restores the body to a calm state, helping the body repair itself and preventing new damage from the physical effects of stress”.[3]

When stressed, we often ruminate on the past or worry about the future. This can be incredibly detrimental to our mental health. Again, meditation allows us to live in the present moment and be more mindful of our thoughts and actions. As a result, it can help reduce stress levels and, in turn, improve our overall well-being.

Enhanced Self-Awareness

How could sitting still and doing nothing possibly be beneficial? As it turns out, meditation is a great way to enhance self-awareness, which can indirectly improve health by making you make better choices. When you meditate, you focus your attention on your breath and let other thoughts come and go without judgment. This allows you to become more aware of your thoughts and emotions, which can help you better understand yourself and how/why you act in this world. In turn, this self-awareness can lead to healthier choices in both your personal and professional life.



“Self-awareness is about more than just paying attention to emotions and feelings – it’s also about using your discoveries to live more fully in the present moment. With self-awareness, you have a better sense of which situations and emotions leave you feeling drained or anxious, and which ones give you a sense of purpose and joy.” [4] For example, you may be more likely to choose foods that are nourishing for your body or to pass on that second helping of dessert. You may also be more likely to take a break when you’re feeling overwhelmed at work rather than pushing yourself too hard and burning out. With this in mind, we can undoubtedly say that if you’re looking for a way to improve your health, both physically and mentally, meditation may be one of the best solutions!

Anxiety Control

Meditation has been around for centuries, and it’s no wonder why. This simple act of focus and breath control can profoundly affect the mind and body. “According to the National Alliance on Mental Illness (NAMI), an estimated 40 million adults in the U.S. have some kind of anxiety disorder. Worldwide, 1 in 14 people are affected. So, if we feel like we’re the only ones dealing with anxiety — and yes, that’s how isolating it can feel — be assured none of us is alone.” [5]

If you’ve never tried meditation, you may be surprised at how just a few minutes of peace and quiet can make a world of difference. If you’ve tried meditating, you know that it can help reduce anxiety, improve sleep quality, and even boost immunity. And while there are many different ways to meditate, the benefits can be felt by everyone, regardless of experience level.

Improved Sleep

We’ve all heard of the benefits of meditation- decreased stress levels, better focus, and more creativity. But what about the benefits that we can’t see? The ones that happen inside our bodies when we shut out the world and clear our minds? Well, because it reduces stress and anxiety, meditation can improve sleep. And we all know - with great sleep comes great health. Why? Well, because when we sleep, the body rests and repairs itself. But in order to get deep, restful sleep, our minds need to be quiet. You know the stressful feeling of a racing mind as soon as we hit the sheets, right? Meditation helps to calm the mind and ease anxiety, two of the most common reasons for sleepless nights.

Did you know that meditation creates a relaxation response in the body? “Through techniques that focus on breathing and bringing the mind’s attention to the present moment, meditation evokes the relaxation response which is conducive to sleep. It induces physiological responses like lowered heart rate, controlled breathing, and enhanced melatonin levels.” [6]





Decreased Blood Pressure

For a long time, it was believed that the only way to decrease blood pressure (BP) was through medication or other medical interventions. However, one way to reduce BP and, in turn, lower the chances of heart disease is... Meditation! The effects of meditation on blood pressure are thought to be due to the ability of meditation to reduce stress and promote relaxation. "Some studies have shown patients who regularly meditate may be less likely to need blood pressure medication or eventually transition to lower doses. While these results seem promising, more studies are needed to prove the theory. You should always consult your doctor before stopping or changing any prescription medications you take." [7]

When we are stressed, our bodies go into fight-or-flight mode, which can lead to an increase in heart rate and blood pressure. By reducing stress levels, meditation can help decrease blood pressure and improve cardiovascular health. Incorporating meditation into your life can reap numerous rewards. Meditation is an incredibly powerful tool whether you're looking to improve your mental clarity and physical health or just find a little more peace in your day-to-day life. Give it a try – we promise you won't regret it!

- [1] <https://mindworks.org/blog/meditation-definition/>
- [2] <https://www.verywellmind.com/what-is-meditation-2795927>
- [3] <https://www.verywellmind.com/meditation-4157199>
- [4] <https://mindworks.org/blog/what-does-self-awareness-mean/>
- [5] <https://www.headspace.com/meditation/anxiety>
- [6] <https://www.sleepcycle.com/how-to-fall-asleep/benefits-of-meditation-for-sleep/>
- [7] <https://health.umms.org/2020/08/04/meditation-and-blood-pressure/>



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