

FEB. 2026

ISSUE No. 1

ALIGN

MIND, BODY & SOUL

ACTIVATING HEART-LED LIVING
FOR DIVINE ALIGNMENT



Pg 21
DO YOU
BELIEVE IN
MIRACLES

WITH KERRY DORAN

THE HEALING
TRINITY

WITH TARA STICKER

Pg 11

SPIRITUAL WELLNESS
VIRTUAL DIRECTORY

CREATED BY ~ SOUL WORKS BY SUE PICKERING

Meet The Creator



Sue Pickering, Owner of Soul Works by Sue Pickering.

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

Meeting the Creator of ALIGN, Sue Pickering

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.

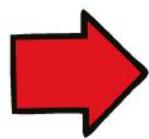
It bridges those who serve with those who are seeking natural, soul-aligned connections.

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,

Sue

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PLEASE CLICK ON ALL LOGOS AND ICONS



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2026 Cosmic Map

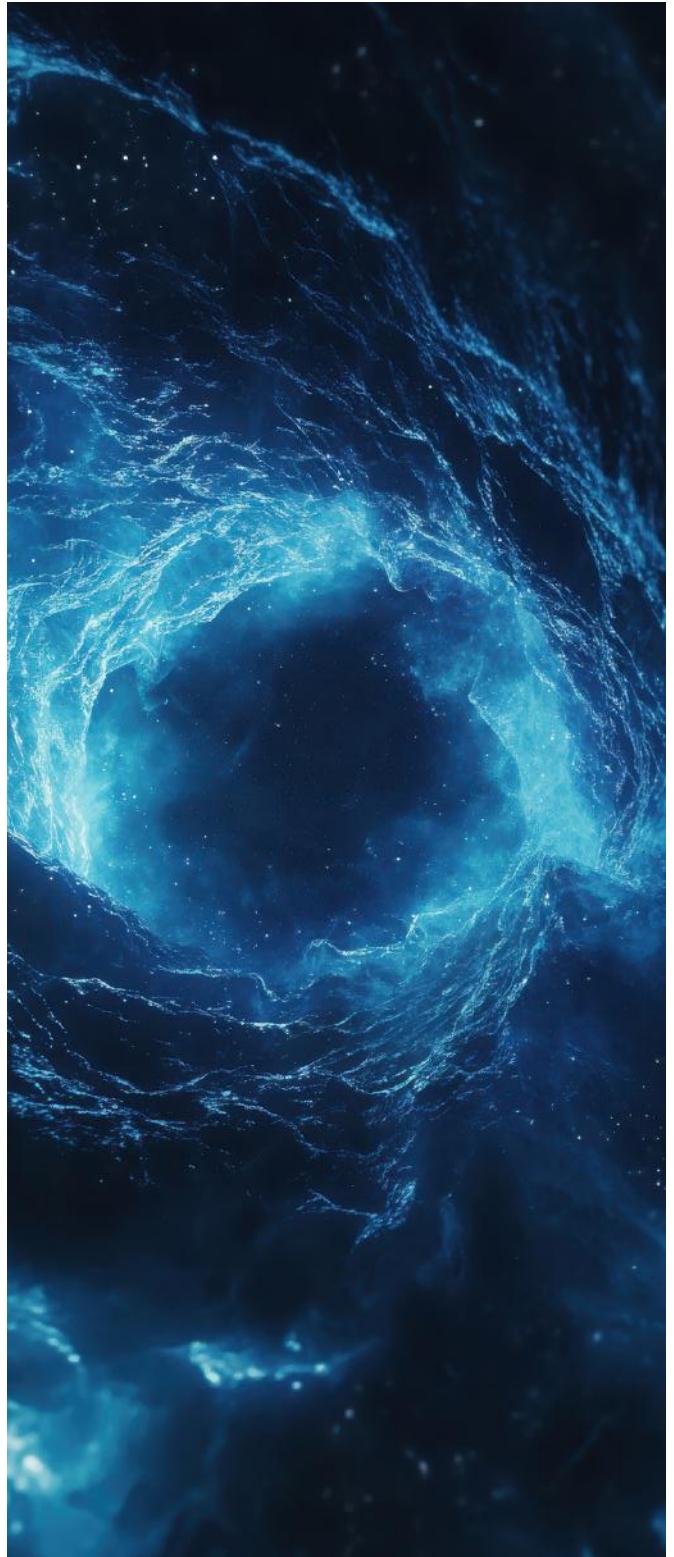
Created with LOVE by Gigi Grant

Welcome to 2026. Consider this writing to be an overview of the cosmic map of this year, grab a tea, a grounded seat and an open mind. The invitation I have for you is to grab your intention list, your vision board or what ever you may have created for this year. See if there are any potential timeline checkpoints you can integrate for your years' activities. Most of all enjoy!

What a time to be alive. So much afoot in the world, locally and abroad as well as cosmically. This year is truly embodying the mantra of "If you wait till you are ready you will never do it."

- Bruce Lee.

Whether you subscribe to the cosmos (astrology) or not, I believe we can all agree that the elements are present and exercised in our daily lives. When we need inspiration, we naturally and intuitively look up to the ceiling, sky, heavens as an action of calling for whispers of help. We bend a knee or place our bare feet, hands and body on the earth when we feel tired, lost or need literally to be grounded to reorient our being. We breathe words (air) of our hopes dreams and worries to the friend or the spirit who always is present with us. We cry tears of joy, happiness, loss, grief, frustration (insert applicable emotion to your moment); those tears are filled with the cleansing minerals of salt to support our emotion needing movement. We drink, bathe, cook, play in water. This year, 2026, we will be actively plying the elements and either consciously or not working with the astrology.



As the shift of time progresses, it is clear to me we are no longer in a state of continuing to bumble along with the thrum of hum drum routines and living. Every day holds both the potential and promise of events and synchronicities to challenge our perspectives. The opportunity to hold observations for our navigation is akin to the time of when sailors only had the stars to chart their way through the oceans. No fancy electronics, GPS or powered engines. Sails, raw strength and trusting the maps of the cosmos to carry them to the intended destinations. Somewhere between then and now, humans have diminished their capacity to navigate the world though their own internal compasses.

We began our year with a full moon in Cancer - representative of mother, nourishment, gut intuition, family, protection, connection to our feelings. We are being called to exercise discipline and strength through all we will be embarking personally and collectively.

As the captains of our ships, we will be taking the actions to analyze what is working, what is functional and where our energy is leaking. Time is actually moving faster than ever, we need to be mindful of where we are wasting time through our daily habits vs where we are enacting the rituals of our purpose. We may even be clearing clutter and outdated things, ideas, beliefs and programs to prepare us to launch into the Chinese Zodiacal new year of the fire horse, Feb 17. This first of a pair of eclipses holds the promise of being airy, fiery and moment oriented. Many are already feeling the impulse of needing movement in their lives, a sense of urgency, changes and

possibly even experimentation for new in life. This year will be dynamic, movement oriented, fast paced, intuitive and most of all like a whole new life expedition. Trust your gut and your feet. "Kick up your heels and see how it feels to raise a little hell of your own" - Trooper. No more being contained. That bus has left the station.

The second eclipse March 3 has both earthy weight and fiery contrast. This is an opportunity to lean into creative exploration and artistic playfulness. Here we receive a queue to clear our minds, sharpen our focus and lean into what is uniquely your path. Its like an incendiary spark of refined perception. Both of these eclipses will take us through the next six months of development and change through the lens of authentic journey to personal freedom aligned. Mercury will go retrograde this month and bring us a final opportunity to review what the winters' slowness and glimpses of potential which have emerged. This will certainly bring us in direct confrontation of our own emotional hinges which can either support or inhibit our movement forward. This watery retrograde will certainly offer the opportunity to allow the salt of our tears to cleanse and heal us making space for new exuberant opportunity. This leads us into the equinox.

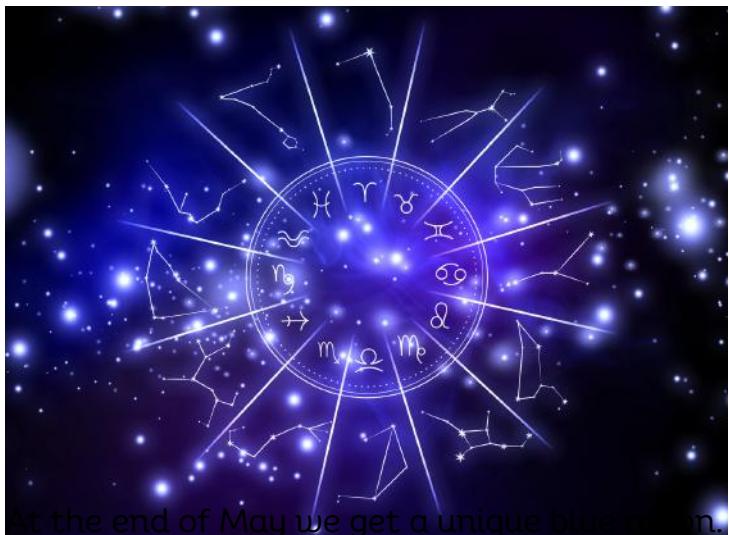




The spring equinox, one of my favourite times of year always brings the buoyant energy of new life, renewed landscape leaves budding, grass returning and buds of plants and baby animals showing up. The promise of new growth after a long period of dim light, colder temps and slower paces. Its a time to put into motion the winter's percolations and intentions into physical action. This is a time to play and bring the frequency of joy into these budding actions. We must apply ourselves and do! Its a time to experiment with our rumination by testing out our application of thought into forms - words, active learning, writing, singing, moving, remapping our neurons and putting into motion spirit guidance unapologetically.

Also at this time, we will be brought directly into our own personal moment to concretize our sovereign direction, connected to our dreams, to spirit and allowing ourselves to be vessels of higher frequency. Simultaneously we will be also facing our internal contractions to our own greatness. Will you allow all of the why you can't stories to dim your purpose or will you challenge that internal grinch and push back against the programming you have allowed yourself to be coded with? Asking for a friend ;) Trust your light, your feet and your will. You might be surprised....

Through April and into May we begin to sense the excitement and awe of the creative emanations we are producing. This may also bring some impulse to travel to a place that draws your attention for learning, experience or soul calling. This can be near or far. We learn that discipline to apply ourselves does indeed bring us freedom; it comes through repetition rather than inspiration. Here we meet a check point of reality. Are we practicing and applying to a bigger vision. We have the ability to do an internal scan and enjoy the sense of feeling grounded, connected and seeing our buds sprout. We also get to experience some potential cosmic redirection, some surprises of how when we allow spirit to support and guide us, more than we can imagine emerges... isn't that fun? It tests our pliability and resilience to flow with the go. It also will create a sense of is this the internal power base I wish to create? Am I doing it because my soul calls or does it have tentacles into ego? This is the time to sit with those questions and either course correct or continue aligned action. Either way, you can't get it wrong as the cosmos will send you spirit mail and notice of changes in progress. Taking time to work with the initiatives you have begun will be important. Not adding more to your plate until closer to the end of May will be key for the longevity to nurturing your longer vision and passion.



At the end of May we get a unique blue moon.

This moon brings us the illumination of where are loyalties and devotions have been steering us. Questions around the true nature and passion of your soul's journey may arise with polite inquiry as to where new time and work effort leaks may be developing. Its potential reconnection to your rituals and intentions keeping you on track.

Moving from May, well into June we will reach the midpoint of the winter eclipses (Feb & Mar) and the next set in August (mid to end). This is the point of the timeline where questions and curiosity into what is working, what isn't, has your time been dedicated to the seeds you planted for this year? Have you allowed momentum and movement to support the flow of activity? This might be where you buckle into some exploration of threads that have popped into your work. As the summer solstice arrives literally and metaphorically, enlightenment of the mind and spirit is part of the building your effort's success. Its a moment to count your blessings, enjoy the flickers of joy and excitement and reflect on the road you have arrived to. For all that came before led you exactly here. The path ahead will have glimpses of direction and clarity. Celebrate the fullest of your own shining light with others.

At the very end of June and into mid 2027, we see Jupiter, the planet of philosophy, truth, higher mind, beliefs and generosity arrive in Leo. At this same period of time Mercury goes retrograde. Both of these planetary bodies bring about a pause regarding how you take your role on your life's stage from thought into action. The solar warmth of your presence cannot be underestimated in what you have to share. Do so with courage and authenticity. The flame of your soul's light gets moment to shine and be seen. As you contemplate these words, please sit with how it feels to consider and do this; what emotions arise and what connection to past successes and even failures arise? You can't believe everything you think so allow yourself to question what your thoughts bring. Be brave friend - you got this!

This juncture of time will ask you to connect to healing powers of waters, internal and external to move anything that is arising. This is not the time to suppress emotions, its the time to be present, to allow your emotions to teach you what is needed to move forward and re-enter your flow. Its a time to listen deeply and work with spirit to support your personal truths, wisdom, knowing to surface. This is also a time to heed the call of community, collective connection and interaction with like minded humans. You may be surprised at where you are drawn to go.

“Celebrate the
fullest of your own
shining light with
others.”

August brings us the second set of eclipses and new solar, lunar directions being issued to the earth. Here we begin preparing to accept our own self authority, decisions and authorship of our lives without apology. Your self expression is the ultimate form of freedom. Here we sit with the medicine of the eclipses (Aug 12 and 28). We find some of our soul answers, what medicine we need and walk with the breakthroughs available for us to begin to integrate for the rest of the year. These eclipses are powerful as they bridge the beginning of the new set in Leo Aquarius and begin to wrap up the Virgo Pisces we have been experiencing in the last year. I think we can all agree that 2025 challenged the shit out of the world, of our lives and beliefs. It has been a call to surrender our egos to our spirit and trust we have what we need and more to move forward in this time of monumental change. We are no longer who we were and we are not yet fully who we are meant to be. The space between the space. Continue your march forward into the destined being you came here to be.

Here we arrive once again to the fall equinox. The time where we reap what we have sown, we see the concrete results of our efforts and take the time to evaluate the intention with endeavours against the result. Here we see what has been a trusted enduring set of efforts measured to our will to commit to structured works of the soul. At this time we will also most certainly experience a collective moment of have I trusted my self agency allied with my guides and spirit to allow myself to rise to my true potential? We may receive some surprises and radically honest answers to those questions however this is an important juncture in our journey. It is where we see if we have been aligned with our passion and true to our ability to rise to it.



October is a month which will challenge our internal egos, passions and vision of the work we are in the motions of. Both Mercury and Venus in October. Mercury will Venus goes retrograde for a period of around 40 days at the beginning of October where she moves from Scorpio to Libra and back into Scorpio mid November. This is a time to follow her into the underworld and be reborn into our creative endeavours, efforts, passions and truths. This time will challenge us in our struggle with our enough(ness), our balance, our desires and our egos. Has our work become passion or obsession? Are we being true to our nature and allowing our inner creatrix to emerge fully in her divinity? This moment is about the divine feminine arising fully, expressing through our soul and dream work. The underworld is akin to death, sleep, dreaming and leads to a rebirth. This is the time to honour the depths of your own ego death (through Samhain by the way), honour all the deep wisdom your bones holds from ancestors and to become the one they dreamed of to heal forward, presently and back to them. The resurrection of Venus in this time brings with her the discernment, precision and strategic focus of your path onward. Be truthful, discerning and ruthless with the inessential. One of the key outlets to navigate this time is gratitude.



November brings renewed momentum where the sense of progress and speed once again palpable. Another Bruce Lee quote, "To understand your journey is to express yourself. Truth is no longer avoided, it becomes your fuel." Journaling the intense shadow work of Venus and Mercury will be key to delineating the way forward. It synthesizes the embodiment of the journey into fierce authority in motion. The fire reignites as inner sovereignty after the watery journey both of these planets have taken.

Arriving into December, there will be many opportunities to evaluate the work and be presented with numerous choice points of action. These will be the timeline and directional markers of the intentions impregnated through the last two months. What a fertile and potent time. This month also brings the winter solstice where we are once again being asked to rise to our true spiritual and soul potential to offer the collective what we came here to share. My sense of the cosmos is this is the true new year emerging where the light begins to extend and returns. Where the re-emergence of light provides the space of slowness to consider the next branch of our creation.

I wish everyone success, bravery, truth, opportunity, growth, expansion and most of all, ease in your being allowing the emergence of who you came to become. Gratitude to all.

~ Gigi Grant ~

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“Self compassion isn’t just an act of kindness...
--- it’s an act of transformation. Every gentle thought you offer yourself rewires your brain for resilience, proving that the way you speak to yourself becomes the house you live in.”

--- Author Unknown

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- ✿ SWEET SURRENDER
- ✿ ABUNDANCE



The Healing Trinity

Created with LOVE by Tara Stricker

The healing journey is something that is not easy to explain, as each of us has our own unique journey that we chose at a Soul level before we were born.

The way I like to think of this sacred journey is it is like untangling a ball of string. The string is covering up our Divine Self. It is not that we need to find it; we just need to remember who we are at this level. Remembering involves removing the layers of string that are covering this Truth. The more we uncover, the easier it is to see and feel who we truly are, the Divinity within.

And that leads us to the healing path itself, everyone's ball of string is tangled in its own way, which will provide each individual with the exact lessons and experiences that are for their own Soul's evolution. The path itself is based in mind, body and soul, and as the path unravels, it does so through all three.

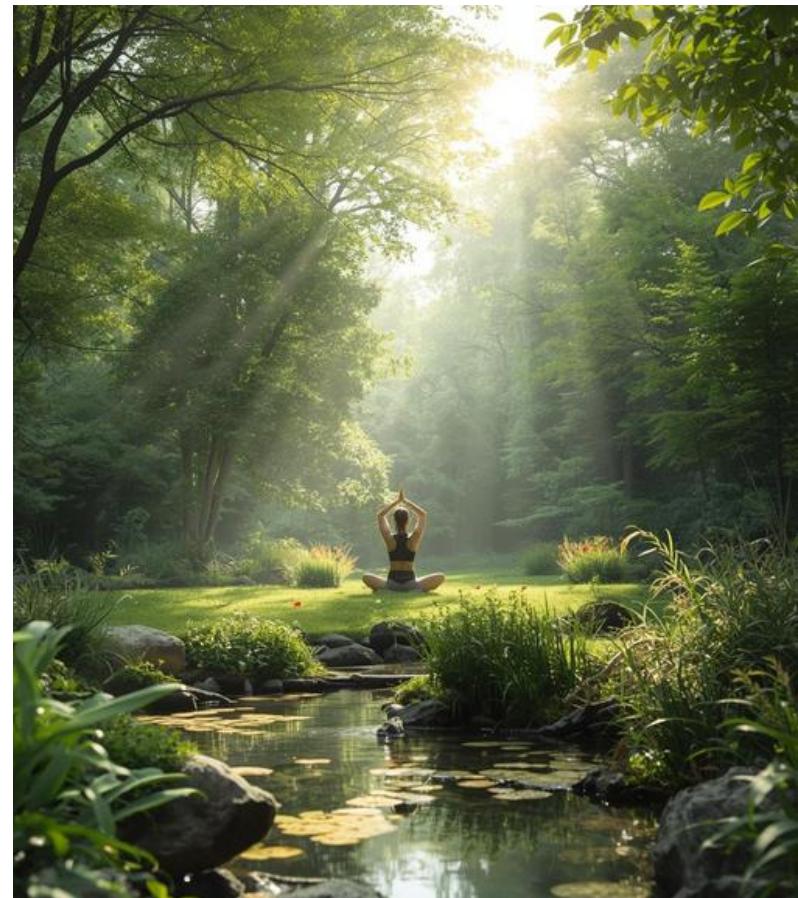
I find this to be a beautiful movement of these energy bodies, yet one of the issues people face when they walk along their sacred path is that they fail to look at all three levels. There is no right or wrong way, and everyone has their own way. What I have noticed, though, is that people often approach their path with ego conditioning of which way it should go, and they often give little consideration to the way their Soul wants them to unravel the ball of string. What most people will do is focus on one area of healing, neglecting the others. This is partly due to our societal conditioning that strongly favors physical health over Mind and Soul. From my experience, it is the body



that speaks the loudest and draws the most of our attention, yet doing the physical healing is generally only a symptom of what is happening on the other levels.

Secondary to the body, we tend to favour the Mind, excluding the Soul and sometimes the body. We follow the self-help books on healing to change our thinking, yet for most of us, this is not enough, as it is still not getting to the root of the lesson. What I have learned from my own path is that you must work with the three in a way that heals all levels. This is why I like to work with all three when I support others on their journey. I like to look at where the energy is being held in the body, how the energy is being filtered through the mind and at the Soul lesson underneath.

I will give you an example from my own journey. I started out wanting to heal my mind from overthinking and ruminating on the negative. With that in mind, I was focusing on my mind, and as I followed my intuition and the guidance of my Soul, I quickly saw that the thinking pattern I



was used to employing was a trauma response that had been hardwired into my cognitive processing. As I worked on releasing this pattern, I started to see that these thinking patterns were intimately tied to my tight shoulders and continual issues with neck and jaw pain. Diving deeper into it, I got to the root of the lesson. My Mind and Body were reacting to my empathic nature and my sensitivity, and after years of unconsciously being an empath (very typical for empaths), I had relied on my brain to provide my safety by focusing on the negative and ruminating as a way of explaining the vast input I was receiving from the energies. This kept my mind fixated, my body tense, and my nervous system in a constant



heightened state. It was my brain's way of making sense of the overwhelm of what my Soul was experiencing, and my body was showing through holding the tension from the perceived threat. The thing I realized is that the more I worked through all layers of this, the more I healed. When I was trying to focus solely on my mind, it would make little difference, and I would find myself back in the same place. That is the same thing with my body.

Until I figured this out, I was seeing chiropractors and other physical wellness practitioners to get my shoulders, hips and jaw adjusted. The thing is that I would have to continue to go back, and it was always the same parts that were receiving the work. When I started doing the Soul work of releasing the backlog of emotions and healing the patterns of behavior of unconsciously soaking up others' emotions (a wounded empath pattern), my body started to relax, I was experiencing less pain, my mind was able to calm down, i got really good at mindfulness and being present. The trinity had to work together to actually experience that healing.

This is the path as I see it. I have witnessed many others and can say with confidence that true healing happens when we incorporate all three: the trinity. If we are focusing on one area and neglecting others, then we are in effect causing more instability within us. If you think of the mind, body and soul as a tripod, if you only focus on one or two of the legs and start doing the healing, your tripod is uneven, and it will topple.

“IT IS ESSENTIAL TO FOLLOW THE GUIDANCE OF OUR SOUL THROUGH THE LANGUAGE OF OUR INTUITION AS WE MOVE THROUGH OUR HEALING JOURNEY.”

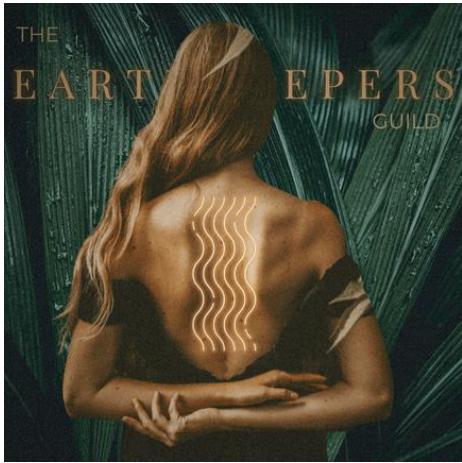
This is also why I feel that it is essential to follow the guidance of our Soul through the language of our intuition as we move through our healing journey. It is our Soul that knows how to unravel the ball of string encompassing it, most effectively and beneficially, a way that can bring on more ease and stability rather than a further tightening of the string that entangles it more. If we randomly just tug on a string, or we get fed up and just get a knife out and start trying to loosen the string by cutting it, then we risk causing ourselves more suffering and, at times, even harm. As is the case of someone who chooses substances that open them up to what they are not ready for. Both of these can take us further from the goal of uncovering our Divinity.

To truly heal, we need to give ourselves grace, have patience with the process and a healthy dose of self-love! All of which are qualities that, funny enough, will all deepen as you untangle the string and see the beautiful Soul you are!

~Tara Stricker ~



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THE SACRED PAUSE OF WINTER

The Sacred Pause of Winter

Created With Love by Sue Pickering

Winter has arrived, now is a time to exhale. Trees are bare, animals are hibernating, and the earth itself rests beneath the ice & snow. Society has constant productivity and continues to push forward. Winter is a time to honor nature as well as "self". It is the season of hibernation, of inward turning, of deep and necessary rest.

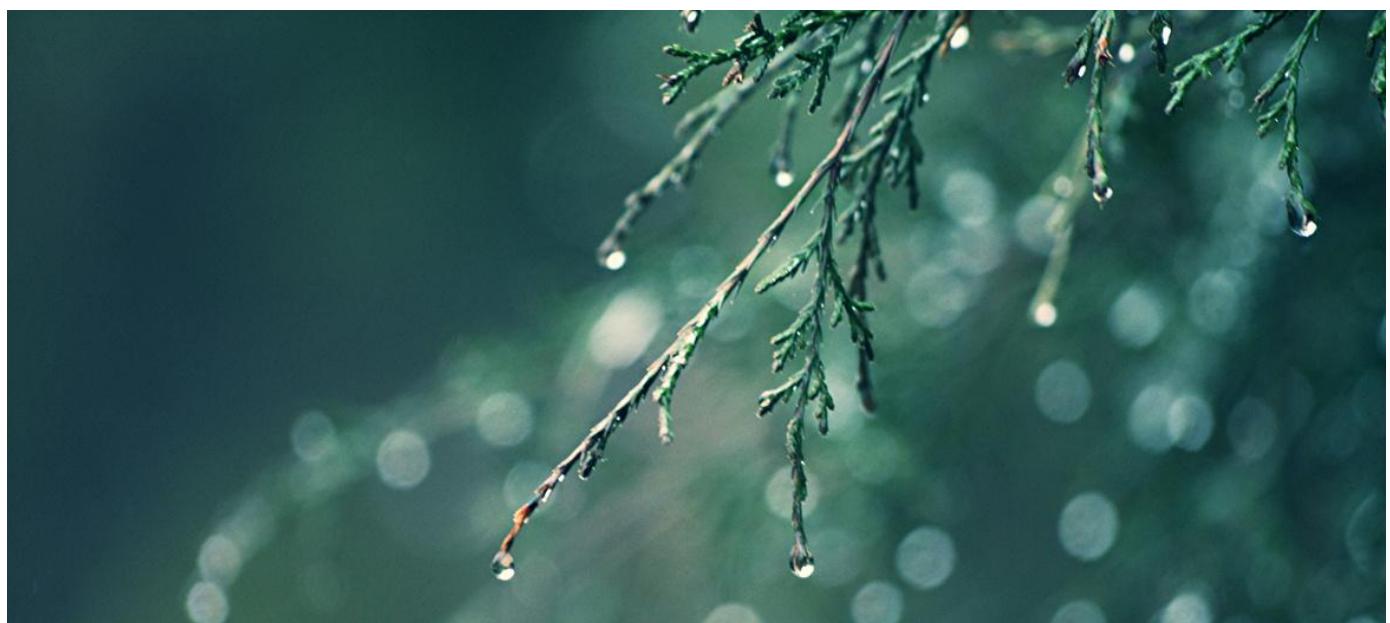
Winter is not a mistake in the cycle of life. It is a vital chapter. Without it, there would be no spring.

In nature, hibernation is wisdom. Bears do not question their need to sleep. Seeds do not panic beneath the soil. Rivers slow their flow. Everything knows when it is time to pause. So why don't we choose it?

Winter asks us to do what nature does instinctively: to stop pushing outward and begin listening inward.

Hibernation is a surrender to stillness. It is a recognition that growth does not always look like movement.

When we allow ourselves to "hibernate" in winter—emotionally, spiritually, even socially—we give our souls space to breathe. We stop performing. We stop striving. We stop trying to be visible, or endless availability. Instead, we turn toward the quiet inner self - our soul, that we tend to not put first throughout the rest of the year.



“Hibernation is a surrender to stillness. It is a recognition that growth does not always look like movement.”

Winter invites us to ask a few questions or to seek awareness; soul searching to a deeper level. You can discover what needs tending rather than fixing. What has been ignored within, because you were too busy pushing forward?

These are not questions that demand immediate answers. They are questions meant to discover deeper meanings as you go inward.

Slowing down requires trust—trust that life will continue even if we rest, trust that we are still worthy even when we are not producing, trust that we do not need to rush toward the next version of ourselves.

Many spiritual traditions speak of darkness not as something to fear, but as a womb. Darkness is where seeds germinate. It is where transformation begins unseen. In winter, nature seems to have stopped, but beneath the surface, roots are strengthening and energy is gathering.

When we allow ourselves to slow down, we enter this same sacred darkness. We stop demanding clarity and allow for the unseen to work its magic. We stop forcing outcomes and allow intuition to strengthen.

There is something profound in realizing, “I don’t need to figure everything out right now.”

Winter is an invitation to come home—to the body, to the breath, to the quiet truth within. Going inward does not mean withdrawing from life entirely. It means shifting from the external world to the internal one. Choosing stillness, meditation, journaling and less social interaction. It also allows for emotions to come to the surface without rushing to “figure” them out.

It is about moving inward remembering who you are at a soul level. It is a return to the self beneath the roles we play. Beneath the expectations we carry. Beneath the identities we’ve constructed to survive.

In the quiet of winter, we may hear truths that were previously too soft to notice. When we rest, we soften. When we soften, we heal. Rest allows the nervous system to recalibrate, the heart to open, and the spirit to realign. It clears the inner clutter so that when inspiration returns, it has space to land.



When we honor the quietness of winter to go inward, we emerge changed. We carry clarity, we bring forth insights that arose organically, we step into spring not depleted, but renewed.

You are listening.

You are healing.

You are becoming.

And when the light returns, as it always does, you will rise—not rushed, not exhausted, but rooted, nourished, and deeply alive.

Winter is not an ending.

It is a sacred pause.

And within that pause, the soul remembers how to grow.

~Sue Pickering ~



OH, I see how it is.
Bears can hibernate and it's "NATURAL"
But when I do it
It's "CREEPY" and "ANTI-SOCIAL"

WORKSHOPS



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Tarot Class: learn how to read tarot
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“The Wound Is The Place Where
The Light Enters You”

—Rumi



Course offered by

Sue Pickering





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FREE

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Feb 7 - 10am - ZOOM

Learn the Pendulum Workshop

Learn to use your pendulum with confidence and clarity. Ground your energy, ask aligned questions, and trust the answers you receive. This workshop teaches practical, intuitive pendulum skills you can use safely in everyday life.

Feb 14 - 10am - Zoom

FREE



WORKSHOPS

Do You Believe In Miracles?

Created with Love by Kerry Doran

For a long time, I thought miracles were something that happened to other people.

They were the stories you heard in hushed voices. The dramatic healings. The sudden turnarounds. The moments that felt so rare and otherworldly that they seemed reserved for those who were somehow chosen, favored, or worthy in ways I wasn't taught to believe I was.

My early life didn't leave much room for miracles. Back then I learned vigilance and responsibility, I was far too young to need to know those things. I learned quickly that survival required awareness, not wonder. Reading the room mattered more than dreaming. Anticipating emotional shifts was safer than hoping for something better.

And yet, miracles were happening anyway, behind the scenes. I just didn't have the language, safety, or nervous system capacity to recognize them.

From my perspective now, a miracle is not always a lightning bolt moment. It's not always the thing that stops time or makes headlines. In fact, most miracles are quiet. They arrive softly. They ask us to be present enough to notice them.

A miracle can be many things. It could be the moment you finally trust your intuition after years of doubting it. It could be the first boundary you set without apologizing. It could be the breath you take when your body has known only holding. It could even



be the instant something inside you says, "*This ends with me.*"

I didn't grow up being encouraged to wear a crown. Every time I spoke up or asserted myself, subtle currents of disapproval reminded me that my authority was not permitted here. My instincts, my intuition, my inner knowing was not celebrated. They were inconvenient. And yet, those very parts of me became the foundation of my life's work. That, to me, is a miracle.

Let's look at it from a scientific perspective. Science doesn't negate miracles, it explains how we interface with them.

"And yet, those very parts of me became the foundation of my life's work. That, to me, is a miracle."

One of the most important concepts here is the Reticular Activating System (RAS), a filtering mechanism in the brain. It determines what we notice and what we ignore. When we believe the world is unsafe, our RAS looks for danger. When we believe life is against us, we see proof everywhere.

But when we begin to believe that support is possible, when we soften just enough, the brain starts highlighting different data. Opportunities. Synchronicities. Helpers. Patterns. The miracle didn't suddenly appear. Our capacity to perceive it did.

Another piece is neuroplasticity, the brain's ability to rewire itself based on experience. Trauma wires us for hypervigilance. Healing rewires us for reception. When we repeatedly choose grounding, awareness, and self-trust, the brain begins to expect safety, not threat. From that state, what once felt impossible suddenly feels accessible. This is why miracles often follow inner shifts, not the other way around.

One thing I know now that I didn't know then: A dysregulated nervous system cannot receive miracles, even when they are present.

When the body is in fight-or-flight, it prioritizes survival over perception. It narrows focus, misses nuance and rejects uncertainty. This is why so many people say, "Nothing good ever happens to me," while standing in the middle of quiet, ongoing miracles. Their system simply doesn't feel safe.

If you believe the world is unsafe, it highlights the threat. If you believe you're unsupported, it highlights abandonment. If you believe nothing ever works out, it finds proof. Not because it's cruel, but because it's efficient. As beliefs shift, perception shifts enough to register them.

My own journey of grounding, breathwork, meditation, and intuitive practices wasn't about becoming "more spiritual." It was about becoming regulated enough to receive what was already here.

When I teach pendulum work, manifestation, or intuitive guidance, I'm not teaching people to force outcomes. I'm teaching them to listen. To feel. To return to neutrality. To stop wrestling with life long enough to hear what it's been saying all along, because that's where miracles live.

I used to think everyone felt the way I did. The way energy fills a room like thick mist. The way emotions speak before words do. The way the body knows before the mind catches up. For years, I called it anxiety. Hypervigilance. Trauma response. And yes, those played a role. But they weren't the whole story.



What I now understand is that intuition is not mystical fluff. It is pattern recognition at a level deeper than conscious thought. It's the nervous system, subconscious, and sensory field communicating faster than language.

When I stopped dismissing that voice and started honoring it, my life changed. Not overnight. Not dramatically. But steadily. Consistently. Miraculously.

One of the most honest things I can say is this: I often recognize miracles after I've lived through them. And in reality I think many people are this way. Because at the time, miracles look like endings. Loss. Distance. Silence. In my case it was choosing myself when it would have been easier to stay loyal to what hurt me.

Only later did I see that what didn't work out was protecting me, what fell apart was misaligned, and what I lost made space for something truer. Miracles aren't always kind in the moment. They are kind in the long game.

From a physics perspective, we live in a universe of constant interaction. Energy exchanging information. Matter responding to observation. Systems influencing systems.

Coherence matters.

When your thoughts, emotions, and actions align, you enter a state of coherence—and coherent systems function more efficiently, more creatively, more resiliently. Heart-brain coherence research shows that when we regulate emotion and breath, we improve perception, decision-making, and intuition.

In other words, when we are aligned, we are more receptive to life's intelligence. Miracles are not interruptions of natural law. They are expressions of it.

But why do some people see miracles and others don't? This isn't about worthiness. It's about bandwidth. If you are overwhelmed, ungrounded, constantly bracing for impact, your system is busy surviving. That doesn't make you broken. It makes you human.



But survival mode narrows the lens. As healing unfolds, perception widens. You may begin to notice the right book at the right time, the conversation that shifts something inside you, the pause that saves you from an old pattern, or the clarity that arrives without force. These aren't coincidences. They are responsive actions. Miracles, in fact.

Miracles do not require blind optimism. They require presence. And presence is a choice. Grounding is a choice. Listening instead of forcing is a choice. And those choices compound. The more you choose awareness, the more life responds. The more you trust yourself, the more life mirrors that trust back.

A miracle, to me, is not something that defies reality. It is something that reveals it. It is the moment you realize you are not powerless. Or when your body exhales for the first time in years. It is the moment your intuition is proven right, and you believe it. It is the moment you stop asking for permission to exist fully.

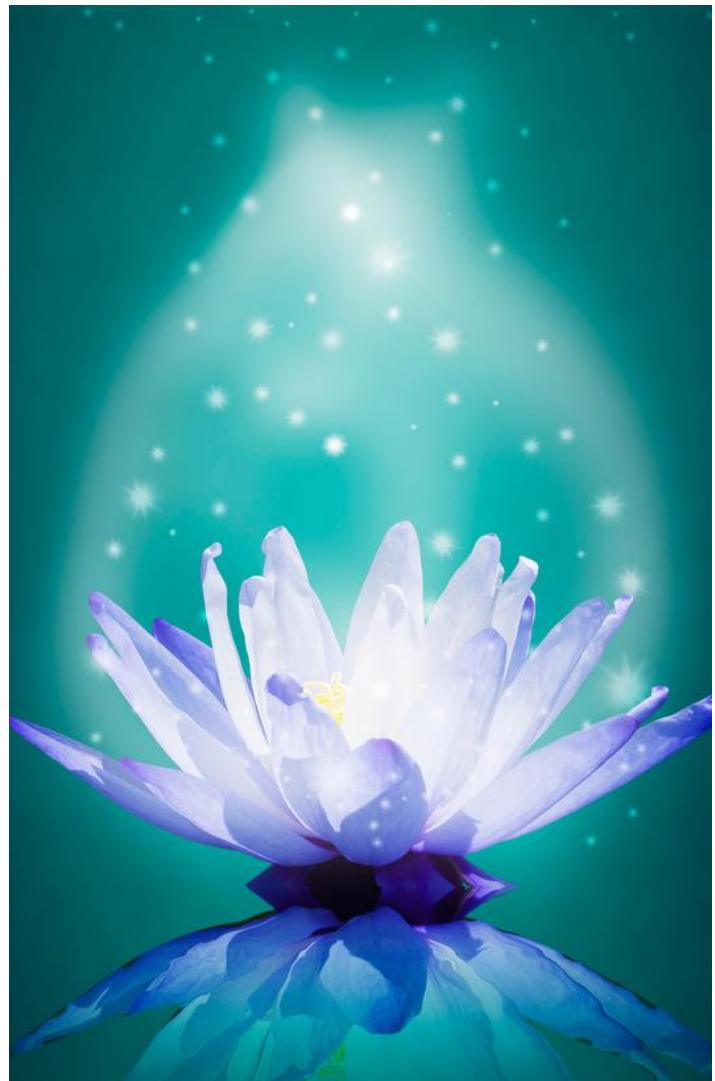
Miracles are happening all around us. Always in all ways.

Whether we experience them depends not on luck, but on regulation, awareness, and willingness to receive. And sometimes, the greatest miracle of all is this: After everything, you are still here.

Still listening.
Still choosing the truth.
Still open enough to notice.

~Kerry Doran~

**“Miracles are
happening all
around us.
Always in all
ways.”**



Events

 REDU Spiritual Wellness Center presents:

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In stillness, I find my strength.
In silence, I hear my truth.
In simplicity, I discover my peace.



Events

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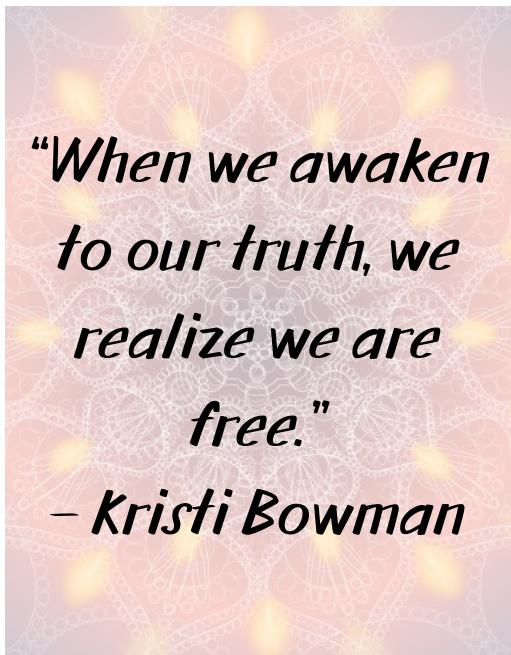
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to our truth, we
realize we are
free."*

– Kristi Bowman



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A CONSCIOUS ENTREPRENEUR'S STORY:

"WHEN I STOPPED CHASING \$100,000 AND FINALLY STARTED LIVING"

Created with Love by Jeanine Hauck

For years, \$100,000 was the number.

The number that meant I had made it. That I had cracked the code of entrepreneurship. That I belonged in the invisible "it" club. That I had proven, to myself and to the world, that I was finally good enough.

When I hit \$100,000, everything would make sense. All the time, effort, late nights, and investments would be justified. I would be right. They would see.

Them? The faceless crowd I had been silently competing with for years. Family members, former colleagues, classmates, old versions of myself. Some familiar, some blurry, all carrying the same unspoken question: Am I enough yet?

Truth time. I've never crossed that threshold in my business. And every time I set it as my goal, something in me quietly resisted. It felt like I was creating from a watered-down version of myself, chasing someone else's definition of success rather than my own truth.

Still, I followed the formula. I drank the Kool-Aid. I believed that if I worked hard enough, perfected myself enough, followed the right mentors closely enough, the gates would open and abundance would pour in. Effort plus perfection equaled worthiness. Or so I thought. The universe had other plans.

While I was busy trying to become enough, I married a man who loves me deeply and consistently. While I was becoming enough, I welcomed three children who teach me presence, joy, and humility every single day. While I was becoming enough, I met someone who changed my life in the most unexpected way. I met myself.

That shiny \$100,000 finish line had quietly blinded me to what was already luminous in my life. When the fixation finally softened, my perspective shifted. The brightest light was not something I was chasing anymore. It was something rising within me.



"THE BRIGHTEST LIGHT WAS
NOT SOMETHING I WAS
CHASING anymore. IT WAS
SOMETHING RISING WITHIN
me."

I had been asking for years to become my highest and best self, with the unspoken assumption that it would show up as money in the bank. Instead, the path looked messier. It looked like confusion, surrender, identity unraveling, and learning how to let go of who I thought I had to be. I was not becoming more impressive. I was unbecoming what was never truly mine.

This is what not spiritually bypassing looks like. It is not skipping over discomfort with affirmations. It is not pretending you no longer desire growth, impact, or wealth. It is staying present while the old identities dissolve, while the nervous system learns safety without performance, while worth stops being outsourced to external validation.

Today, the prize looks different.

It looks like laughing with my kids in the middle of the day because I gave myself permission to be unavailable to urgency. It looks like letting a day unfold without gripping it, controlling it, or measuring its productivity. It looks like putting down the heavy backpack of do more, prove more, become more. It looks like peace that lives in my body, not just my mindset.

“Success isn’t measured by what you earn, but by the difference you make.”

— Unknown

I still desire financial abundance. I still love building, creating, and expanding. But money is no longer the thing that grants me permission to belong, to rest, or to trust myself. It gets to be a result, not a requirement for worthiness.

So many of us were taught, directly or indirectly, that success is the benchmark of being enough. We internalized the rules without realizing it. And yes, you are already enough can sound cliché on the surface. But there is a deeper truth underneath it.

You are already enough, and you are also reclaiming the parts of yourself you had to shelve in order to survive, succeed, or fit into old paradigms. The soft parts. The playful parts. The intuitive parts. The spacious parts. The parts that did not make sense in a productivity-driven world.

When we stop bypassing and go deeper instead, there is a real prize waiting for us. Not perfection. Not arrival. But integration. Wholeness. A nervous system that knows safety. A life that feels lived from the inside out.

So no, I do not have \$100,000 in the bank. And in the ways that matter most, I have already made it.

~ Jeanine Hauck ~



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Financial Wellness For The Well-being

RRSP Season Is Here

Created by Daryl Pickering

Financial wellness is defined as a holistic state of being that extends far beyond the balance in a bank account to encompass a person's overall quality of life, mental health, and physical security. It is the ongoing ability to comfortably meet current financial commitments, absorb unexpected economic shocks, and remain on track toward long-term life goals with confidence. There's no one-size-fits-all approach to financial wellness—this is simply one tool that can help you move forward with clarity and intention.

RRSP Season is the unofficial term for the period at the beginning of each year, when Canadians are reminded to make final Registered Retirement Savings Plan (RRSP) contributions for the previous tax year.

The key feature of this period is that contributions made up to the deadline (the first 60 days of the calendar year) can be claimed as a tax deduction against the income earned in the previous year. This allows for valuable last-minute tax planning to reduce one's current tax bill or increase a tax refund.

For the 2025 tax year, the RRSP contribution deadline is March 2, 2026.

The RRSP is one tool of Canadian retirement planning, offering a powerful combination of tax benefits and long-term wealth building opportunities. More than just a savings account, an RRSP is a strategic tool designed by the Canadian government to encourage citizens to save for their post-working years by providing significant tax advantages both now and potentially in the future.





Immediate Tax Relief: Reducing Your Taxable Income Today

One of the most attractive features of an RRSP is the immediate tax deduction you receive for your contributions. When you contribute to your RRSP, that amount is deducted directly from your total taxable income for the year. This reduces your overall tax liability and can result in a tax refund or a smaller tax bill.

Consider this: if you earn \$80,000 a year and contribute \$14,400 to your RRSP, the Canada Revenue Agency (CRA) will calculate your income tax as though you earned only \$65,600. For individuals in higher tax brackets, this upfront tax break is particularly valuable, as it allows them to reduce their taxable income during their peak earning years. Unused contribution room can also be carried forward indefinitely, allowing for strategic contributions in years of higher income to maximize tax savings.

Tax-Deferred Growth

Within the RRSP account, your investments grow on a tax-deferred basis. This means you do not pay tax on the interest, dividends, or capital gains earned within the plan as long as the funds remain in the account.

Paying Less Tax in Retirement

The fundamental strategy behind the RRSP is to defer paying taxes until retirement, when most people are in a lower income bracket than during their working years. When you withdraw funds from your RRSP (or convert it to a Registered Retirement Income Fund, or RRIF, by age 71), the withdrawals are taxed as income. By being in a lower tax bracket at that time, you effectively pay less tax on the savings and the accumulated growth than you would have if you paid taxes on the initial contributions.

Versatility

While primarily designed for retirement, the RRSP offers flexibility for other significant life events through specific government programs:

- **Home Buyers' Plan (HBP):**

- This program allows eligible first-time homebuyers to withdraw up to \$60,000 from their RRSP tax-free to buy or build a home. The withdrawn amount must be repaid over a 15-year period, starting in the second year before 2022 and the fifth year after the withdrawal for those who withdrew between January 1, 2022, and December 31, 2025.

- **Lifelong Learning Plan (LLP):**

- You can also withdraw up to \$10,000 per year (maximum of \$20,000 total) to finance full-time education or training for yourself or your spouse, with a 10-year repayment window.

- **Strategic Spousal RRSPs:**

- For couples with a significant income disparity, a spousal RRSP can be a powerful income-splitting tool. The higher-earning spouse contributes to an RRSP in the lower-earning spouse's name and receives the tax deduction. In retirement, withdrawals are taxed in the hands of the lower-income spouse, helping the couple balance their retirement incomes and potentially pay less tax overall.

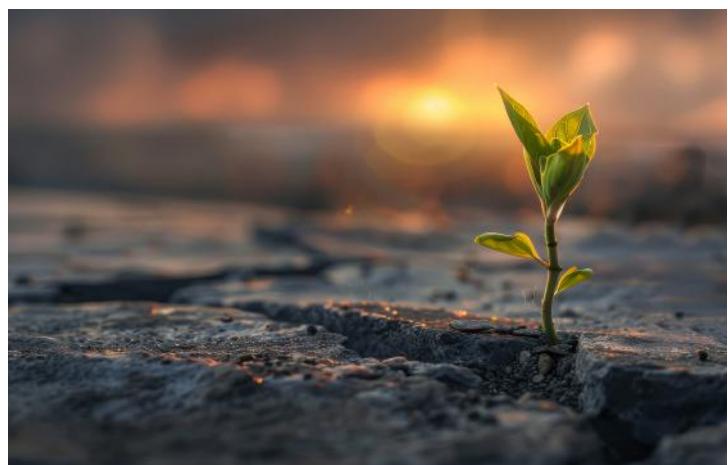
THERE'S NO ONE-SIZE-FITS-ALL APPROACH TO FINANCIAL WELLNESS—THIS IS SIMPLY ONE TOOL THAT CAN HELP YOU MOVE FORWARD WITH CLARITY AND INTENTION.

What to do with your refund?

There are many options that you can use your refund that could add to your financial wellness. A few options might be reinvest to your RRSP, pay off credit card debt, pay off RRSP loan or create an emergency fund. Each individual situation will determine the best options for you.

To ensure you are leveraging solutions like the RRSP effectively and integrating them into a cohesive financial plan, we strongly recommend reaching out to a licensed financial professional. An advisor can provide personalized guidance to optimize your strategy, mitigate risk, and confidently help you reach your specific financial goals.

~ Daryl Pickering ~



“The more you learn, the more you earn.”
— Warren Buffett

Zesty Oil and Vinegar Salad Dressing Recipe to Elevate Salads

- 1/2 cup Extra Virgin Olive Oil
- 1/4 cup Aged Balsamic Vinegar
- 1 tsp Dijon Mustard
- 1 tbsp Honey or Maple Syrup
- 1/2 tsp Sea Salt
- 1/4 tsp Freshly Cracked Black Pepper

- In a medium bowl, whisk together the olive oil, balsamic vinegar, mustard, and honey until creamy and smooth.
- Season with salt and pepper; adjust sweetness if desired.
- Continue whisking until the dressing emulsifies and all ingredients are well combined.
- Drizzle generously over your favorite salad or vegetables, and enjoy!

Your ingredients play an important role in a healthy dressing



- Extra Virgin Olive Oil: Use high-quality olive oil for its rich flavor; it's essential for that perfect texture and taste.
- Balsamic Vinegar: Choose aged balsamic for deeper sweetness; it adds incredible complexity to the dressing.
- Mustard: A dash of Dijon mustard brings depth; it helps emulsify the dressing perfectly.
- Honey or Maple Syrup: Sweeteners balance acidity; adjust according to your preference for sweetness.
- Salt and Pepper: Freshly cracked black pepper and sea salt enhance all the flavors; don't skimp on these essentials.

Greek Chicken Marinade Recipe

- 4 boneless, skinless chicken breasts (about 1.5 lbs)
- 1/3 cup extra virgin olive oil
- 1/4 cup fresh lemon juice (about 2 lemons)
- 4 garlic cloves, minced
- 2 tsp dried oregano (preferably Greek)
- 1 tsp salt
- 1/2 tsp black pepper
- 1 tsp smoked paprika



Instructions

1. In a medium bowl, whisk together the olive oil, lemon juice, minced garlic, oregano, salt, pepper, and smoked paprika until well combined.
2. Place the chicken breasts in a large resealable bag or shallow dish. Pour the marinade over the chicken and ensure all pieces are thoroughly coated.
3. Seal the bag or cover the dish and refrigerate for at least 30 minutes or up to 4 hours for maximum flavor.
4. Preheat your grill to medium-high heat or your oven to 400°F (200°C).
5. For grilling: Cook each side of the chicken breasts for about 6-7 minutes until they reach an internal temperature of 165°F (75°C). For baking: Place in a greased baking dish and bake for about 25-30 minutes.
6. Remove from heat and let the chicken rest for 5 minutes before slicing to allow juices to redistribute.

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THE RULE OF 3

**WHERE EVEN THE
SMALLEST SPARK,
IGNITES ENDLESS
MAGIC**



Redu Spiritual Wellness Center®



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



"The vibration of your soul determines the reality you attract."

— Anonymous

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.



Directory of Heart-Led Entrepreneurs



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.



“He who looks outwards dreams: he who looks inwards awakens.”

~ Carl Jung

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



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This is for entrepreneurs who are done outsourcing their authority and ready to build from clarity, alignment, and sustainability.

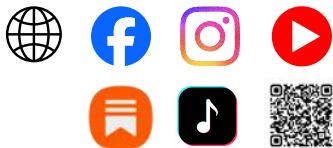


“You don’t need more willpower; you need deeper alignment.”

Directory of Heart-Led Entrepreneurs



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Living Well Massage & Raindrop Therapy



Soul Works by Sue Pickering

Psychic, Soul Coach,
Entrepreneurial
Mentor



Auricular Therapies by Jadah Balance The Whole-Body Through The Power Of The Ear



jadah.earwellness@gmail.com



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"You find peace not by rearranging the circumstances of your life, but by realizing who you are at the deepest level."

– Eckhart Tolle

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

contributors



Sue Pickering
Soul Works



Tara Stricker
TSW Life Coaching.



Gigi Grant
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Kerry Doran
Jayli



Jeanine Hauck
The Suite™



Daryl Pickering
WFG

thank you

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

This platform lives and thrives because of our amazing community.



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