

MAR 2026

ISSUE No. 2



SPIRITUAL WELLNESS
VIRTUAL DIRECTORY

ALIGN

MIND, BODY & SOUL

ACTIVATING HEART-LED LIVING
FOR DIVINE ALIGNMENT

CREATED BY - SOUL WORKS BY SUE PICKERING¹

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

TABLE OF CONTENTS



- 2 • Meet The Creator**
- 4 • Spring Equinox** *by Sue Pickering*
- 6 • Offerings**
- 7 • Ascending to 5D** *by Dayna Whitney.*
- 11 • Joining A Life Crystal With A Soul Partner**
by Kristine Pel
- 14 • Herbal Wheel Of The Year** *by Hailey Smytaniuk*
- 17 • Masterclass**
- 18 • March Energy Reading** *by Sue Pickering*
- 20 • Living With Ease & Flow** *by Kerry Doran*
- 25 • Ceremonial Cacao**
- 26 • Akashic Records** *by Sonya Roy.*
- 31 • Workshops**
- 32 • The Art of Letting Go** *by Tina Livingston*
- 34 • Events**
- 39 • Recipes**
- 41 - 48 • Heart-Led Entrepreneurs**
- 49 • Why Align?**
- 50 • Contributors**
- 51 • Thank You**

Important!

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

SPRING EQUINOX

Created With Love by Sue Pickering.

Spring equinox—often called Ostara—is more than a calendar event marking the official arrival of spring. Spiritually, it represents one of the most profound moments in the yearly cycle: a rebirth, and conscious renewal. Occurring when day and night stand together in balance, the equinox invites us into cosmic harmony and inner alignment.

At its core, the spring equinox symbolizes balance. Light and darkness share the sky evenly, reminding us that growth does not come from light alone. This balance reflects the necessity of honoring both our shadows and our strengths. The equinox asks us to acknowledge where we have been—through winter’s introspection, stillness, and even hardship—while also opening ourselves to the expansion and vitality ahead. It is a moment to stand at the center of ourselves, neither clinging to the past nor rushing into the future - A Rebirth

Seeds that lay dormant through winter, beneath frozen soil begin to stir, mirroring the subtle inner stirrings within us. This is a powerful reminder that growth often begins invisibly. Even when progress feels slow or imperceptible, life is quietly reorganizing itself beneath the surface.

The equinox also carries the energy of initiation. Spring is not simply a continuation but a beginning—a true energetic new year. The equinox aligns us with nature’s rhythm of creation. This is why intentions set around this time often carry unusual potency. The Earth itself is moving forward with momentum, and our intentions can ride that current. The equinox, is an ideal moment to ask: What do I want to bring into form? What version of myself is ready to emerge?



"The solstice marks the extremes of light and darkness."



The symbolism of light returning is especially significant. While the solstice marks the extremes of light and darkness, the equinox marks the turning point. From this day forward, light gradually increases, our days get longer (Northern Hemisphere). It represents clarity—truths becoming visible, insights surfacing, and purpose sharpening. It is a time to consciously choose what we want to nourish, because whatever receives attention now will tend to grow alongside the sun.

The equinox invites embodied awakening. Energy that was drawn inward during winter begins to move outward. Creativity, motivation, and desire return to the body. This is an invitation to participate fully in life again—not just to think or plan, but to act, express, and engage. Movement, ritual, and intentional action become sacred acts of alignment with the season.

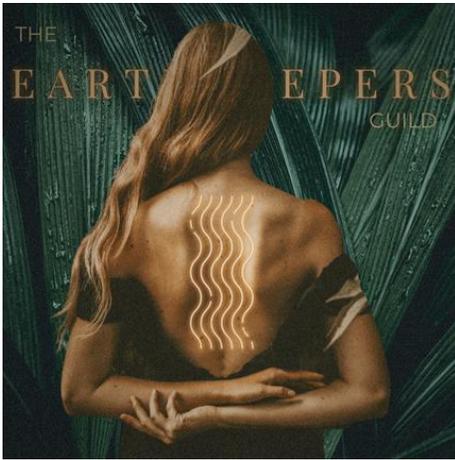
Finally, the equinox reminds us of our relationship with nature. It's easy to forget that our inner worlds are deeply tied to the Earth's cycles. The spring equinox is a gentle call back into our relationship with Mother Earth. By honoring it—through reflection, gratitude, or simple awareness—we realign ourselves with a wisdom far older than language. We remember that we, too, are seasonal beings, continually dying and being reborn.

This equinox, move toward all possibilities returning and growing. It is the quiet miracle of balance giving way to growth, of stillness transforming into motion, and of hope re-entering the world. Standing at this threshold, we are invited to step forward consciously, carrying the lessons of winter and the promise of everything yet to bloom.

HAVE A BLESSED EQUINOX

~Sue Pickering~

THE EARTHKEEPERS GUILD - MEMBERSHIP



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

RI RISE INNERVERSITY

ENROLL NOW

Offerings



"Your greatest gift becomes sacred the moment you offer it in service to others."

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

TATTOO READINGS

— with Kohkum Redwood Silver Raven —

Your tattoos carry more than art — they carry energy, memory, and hidden meaning.

Sometimes the ink you choose is your subconscious speaking, guiding you toward what you need to hear

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

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



Ascending to 5D

And Why Is This Time Different?

Created with LOVE by Dayna Whitney.

The idea of “ascending to 5D” has been circulating more loudly in recent years.

For some, it’s an energetic shift.

For others, a metaphor for expanded consciousness.

And for many, it’s something they feel but struggle to put into words.

What’s interesting isn’t whether everyone agrees on the definition – but that so many people, across cultures and belief systems, are sensing change.

A loosening of old identities.

A questioning of time, reality, and self.

A quiet unraveling of systems that once felt solid.

This isn’t new.

Ancient civilizations spoke of ages, cycles, and rises in consciousness. They built temples aligned with stars, tracked celestial rhythms, and encoded cosmology into stone. The idea that humanity evolves through phases of awareness has been with us for thousands of years.



So why does this moment feel different?

To explore that, it helps to understand what people mean when they talk about “5D.”

Rather than a physical place, 5D can be understood as a state of perception. A way of experiencing reality that moves beyond separation, polarity, and fear-based survival – into coherence, interconnection, and choice.

In contrast, what’s often called 3D consciousness is rooted in linear time, hierarchy, and identity formed through struggle. It’s not wrong – it’s simply dense. Focused on form, control, and cause-and-effect.

Ascension, then, isn't about leaving the body or escaping Earth.

It's about integrating awareness while staying here.

And that's where this cycle diverges from ancient times.

Historically, higher states of consciousness were accessed by a few – mystics, priests, initiates, monks. Knowledge was guarded, symbolic, and often deliberately hidden. Expansion happened in pockets, not across the whole.

When civilizations fell, much of that awareness disappeared with them.

This time, something different is happening.

Information is decentralized. Teachings surface simultaneously across the globe. People arrive at similar insights through vastly different paths – meditation, trauma healing, neuroscience, psychedelics, near-death experiences, or simple life exhaustion.

Awakening isn't reserved for the spiritually devoted.

It's showing up in everyday people living ordinary lives.

Another key difference is embodiment.

Ancient ascensions often emphasized transcendence – rising above the physical, leaving the material world behind. But this wave asks for the opposite.

To stay.

To feel.

To bring higher awareness into the nervous system, relationships, and daily choices.





This is not an escape from density – it’s a reorganization of it.

As individuals shift, the collective follows – not all at once, and not in the same way. Some people experience expansion as clarity. Others experience it as disorientation, grief, or collapse of meaning.

Both are valid.

Because collective ascension doesn’t mean everyone moves together.

It means the *field* changes.

Old structures strain under new frequencies. Systems built on fear and extraction become harder to sustain. Truth surfaces – not always gently – because coherence can’t coexist with distortion for long.

This can look like chaos.

But chaos is often what happens when outdated frameworks dissolve.

So perhaps ascension isn’t something that will arrive one day in a dramatic event.

Maybe it’s already happening – moment by moment – through the slow remembering of who we are beneath conditioning.

Not as an escape from humanity.

But as a deeper arrival into it.

And maybe the most radical part of this cycle isn’t that we’re “ascending” at all...

...but that we’re learning how to hold expanded awareness together, without needing a collapse to trigger it.

~ DAYNA WHITNEY ~

Energetically Programmed Sprays to support you on your journey



Purchase Sprays



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

CLICK



YouTube

Soul Essence Revival



RECONNECTING YOU TO YOUR ESSENCE

NEXT LEVEL HEALING

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

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

CLICK HERE



“Let your soul be louder than your fears, and your path will reveal itself.”

Joining A *Life Crystal* With It's Soul Partner

Created with Love by Kristine Pel

When I was about 11 years old, I had my first experience with crystals. During a family outing, as we were walking alongside a creek, I was lagging behind everyone when I spotted a beautiful pink stone in the water. Everyone had walked past it, but I was immediately drawn to it as I felt the energy pull me towards it. This raw stone was a rose quartz. It has remained in my possession to this day, even as my collection of crystals has grown.



These crystals are linked to a person and work with them closely during their present incarnation.

I had a curiosity for the spiritual realm which I started to fill by reading books by Edgar Cayce, or on topics such as meditation, clairvoyance, the Celts and Druids. My work brought me to Vancouver, Canada and my curiosity for the spiritual realms continued to grow.

Life Crystals which are normally a large stone. I assist clients on how to find their Life Crystal, then I will do a reading, give the client the crystal's name and what is the use of their Life Crystal (e.g. selling a house, finding property, easing anxiety, grounding, meditation). Crystals are living things. They speak intuitively and we can converse with them.

Through my spiritual transformation, I renewed my interest with crystals and crystal properties. I also started doing readings for "Life Crystals".

A Life Crystal is a larger crystal that has had time to grow, evolve and develop its ability to communicate with other conscious beings.

I now teach others about crystals, their consciousness and their ability to communicate. Crystals are more than just beautiful ornaments to be worn or placed on a shelf, they are conscious and we can work with them in order to clear energy blockages, recharge our energy or send energy to a particular situation or relationship. As sentient beings, crystals do not belong to the person buying them. They are the gift of mother earth and should be cherished and given freely. The only exception is a Life Crystal.

Crystals are found in every corner of the Earth and were formed thousands and millions of years ago. There are new crystals still being discovered to this day. They are beautiful and amazing creations of nature which Mother Nature continually gifts us with.

“Crystals are beautiful and amazing creations of nature which Mother Nature continually gifts us with.”

All crystals hold vibrations with many holding very high vibrations. They each have their own metaphysical properties and sacred energy. To name a few of their properties, they can help maintain positive energy, assist in letting go of what no longer serves you, balance emotions and maintain harmony in your home or environment. Some combinations of crystals will enhance each other's properties or gifts.

We can find the interest in and the use of crystals throughout our history in literature, science, cultures and myths.

Why do crystal vibrations help us? It is because we are made of energy and when our physical bodies present us with an illness it's our energy that is out of sync and has lost its high frequency vibration. The crystals hold their frequency and help us to be restored to a harmonious vibration.

The crystals are ready to work with you, and they can also be used in a crystal grid. Selecting the right crystal for the right vibration is important, but we can, once a crystal is selected bring more energy to it through the crystal grid. The crystal grid will help to link the crystals to work together thus making it more efficient.

Locating Life Crystals is a labour of love and I have joined a number of Life Crystals and their partners back together in this lifetime. Life crystals can come from anywhere in the world. Case in point, I was able to locate my life crystal while at a workshop in Mount Shasta, California. It was in a box in the basement of a shop for several years and had been brought out the day I had happened to be in the shop with a workshop group.

I have been collecting Life Crystals from all over the world and usually the owner will be intrinsically attracted to the crystal. I was able to introduce a client to her Life Crystal which I had obtained in Peru.

The Life Crystals are just waiting for the opportunity to be united with their soul partner.

~ Kristine Pel ~

"It is important to respect the crystals and let them be energized and purified."



Would you like to Contribute?

*This platform exists to amplify
meaningful work.*

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

**SUBMIT YOUR ARTICLE
WITH ALIGN (FREE)**



Herbal Wheel Of the Year: *Month 1*

Crataegus spp., commonly known as Hawthorn; is this threshold between worlds.



Hawthorn



I wanted to share a heart and blood supporting plant ally with you during this time. Although Hawthorn is usually associated with the vibrant, fiery energy of the threshold between Spring and Summer (May Day, Beltane, May 1st); We have just celebrated the Lunar New Year, which signifies new beginnings - igniting forward momentum as symbolized by the Fire Horse. New beginnings are a part of hawthorns symbolism in folklore too. With such change and newness upon us, it felt fitting to dive into this powerful tree. The hawthorn tree is ruled by the planet Mars in astroherbalism (the study of herbalism relating to the archetypal nature of astrology.).

Mars governs the blood, muscles, and the structures that carry vital force through our beings. It is movement and motivation, and when we work with this archetype, we can remember our natural flow state. When this archetype is in excess, it can lead to patterns of heat excitation both physically- impairing circulation, and you might notice excess heat or inflammation in the body. Emotionally, this can cause behaviors to surface- like anger, irritability, aggressiveness, impatience, and that of an egotistical nature.

If you notice patterns of Mars in excess in your own life, Hawthorn is a great ally to deepen your relationship with. Keep reading to learn why.

Hawthorn is known as a trophorestorative. This simply means it helps to restore the natural function of a particular organ system. In this case, hawthorn is a cardiovascular trophorestorative. It works to bring your cardiovascular system back into coherence, to homeostasis. Trophorestorative herbs work with your physiology, emotions and auric field- meeting you exactly where you are. Herbs don't cause change through force, but through resonance and consistency.

Physiologically, hawthorn is a cardio tonic herb that can help reduce fluid accumulation, and improve circulation and oxygen utilization over time. It is rich in flavonoids such as quercetin- which can reduce oxidative stress and inflammation. Hawthorn helps support those with heart palpitations, lipid accumulation, high blood pressure, even hemorrhoids - and strengthens and deeply nourishes veins, capillaries, arteries, and the heart musculature itself. It can support the digestive process, especially with difficulty digesting fats- and has been used in



those with NAFLD. Hawthorn can also help bring clarity of mind, and peace in heart with those who experience anxiety in their chest.

This is deeper than the physiological heart too. Hawthorn is a tree of protection, boundaries, supporting grief. Aiding the emotional and energetic heart to flourish also. When we are unafraid of leading our life through our heart space, we make embodied choices that flow with little resistance. When we connect to our hearts, we sit in a space of love and trust. This is a space for deep, deep growth. The work we do here impacts others too, as heart coherence is a beautiful thing. The Heart Math Institute studies and educates on this- I highly recommend looking deeper into it.

Working with hawthorn during times of grief can be exponentially helpful as this plant ally helps to move forward that which is stuck. At the same time, soothing and bringing awareness to those tender spots to encourage that movement and flow. Building up tone, reminding us of our inherent strength- that we are courageous and capable. Emotional blockages can show up physically- like high blood pressure and circulation issues.

Some say that the hawthorn tree is a portal to the other world, and has long been associated with faeries, folklore and the druid tradition. I wonder if working with hawthorn during meditation can help us remember the joy and wonder we experienced as a child- and bring that back into our lives. Softening our hearts. Spiritually, the hawthorn tree is said to symbolize love, protection and deep nourishment to the heart.

One of the most beautiful aspects of this tree are its strong, formidable thorns. This is medicine too. Protecting our hearts, our blood, our vitality - so that we may blossom and flourish. Signifying that boundaries and protection are a necessary part of the process of unfolding. This also shows us the plants astringent qualities, toning tissues so they are not too lax and without structure.

Hawthorn Affirmation: "I trust my choices as they are made through my heart center"

Plant Energetics:

Tastes: sweet & sour

Energetics: neutral, cooling

Herbal Actions: cardiac tonic, anti-hypotensive, diuretic, astringent, vasodilator, amphoteric, trophorestorative

Organ Affinities: cardiovascular (veins, arteries, capillaries, heart, blood- all structures relating to the cardiovascular system)

TCM Organ Affinities: spleen, stomach, liver

Contraindications: speak with your healthcare provider before using hawthorn if you're on beta blockers or dealing with congestive heart failure. For educational purposes only, not meant to diagnose, cure or treat

Brew a cup of hawthorn tea. You can use the berries, flowers, leaves or a combination of. 1tbsp per cup of boiled water, let infuse for 15 minutes. Alternatively you can ingest a dropper of hawthorn tincture. Take a deep inhale of your brewed tea, or tincture, taking in the scent. Exhale slowly. Take a small sip of your tea, or take your tincture, and feel it enter your mouth, go down your throat and into your body. Sometimes when we do this, we notice thoughts, energetic sensations, images in your third eye, or emotions arise in our bodies or minds. There is no judgement here- it is a space to be open to noticing. Noticing how the herbal medicines respond to your physiology, your vibration. This is how we deepen our relationship with the plant allies. Not by reading what symptoms they are for- but by experiencing personally, and learning the patterns in which plants speak and work through us.

The herbalism that I practice is so much more than "take this herb for this symptom.". It is integration of the physical, emotional, mental and spiritual plane. Working with the whole plant's essence, and noticing how that is reflected in the entire web of life.

~ Hailey Smytaniuk ~



MASTERCLASS

HOSTED BY LILIAN SUE

SAFE TO BE SEEN:
BUILD A MEDIA VISIBILITY STRATEGY
THAT'S ALIGNED WITH YOUR LEADERSHIP

MARCH 10TH @ 1PM MST
LIVE INSIDE THE SUITE™
JOIN LIVE OR WATCH THE 48-HOUR REPLAY



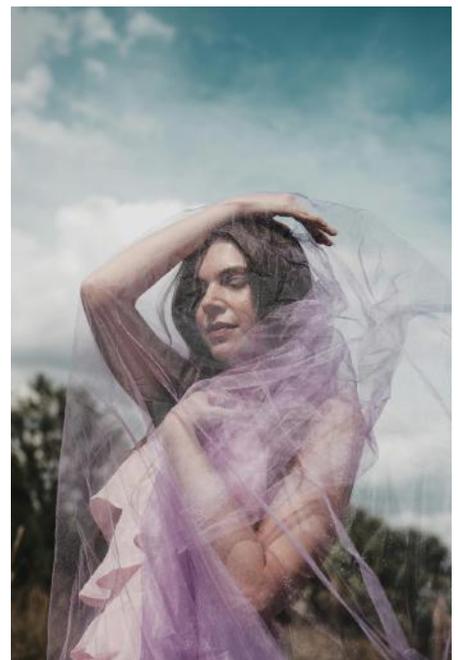
JOIN LILIAN SUE A MEDIA AUTHORITY
AMPLIFIER & PUBLICITY STRATEGIST

LEARN HOW TO BUILD A VISIBILITY STRATEGY
ROOTED IN SAFETY AND ALIGNMENT - SO YOU
CAN EXPAND YOUR REACH WITHOUT PUSHING,
PERFORMING, OR OVERRIDING YOURSELF.

JOIN THIS MASTERCLASS



"The most powerful marketing
strategy is being fully expressed
in who you truly are."



March Energy Reading

Sue Pickering

In March you may be guided to seek guidance from higher dimensions. Find inspiration through the Ascended Masters, who have walked before us.

Ascended Masters are “Beacons of Light.” They are our support & guidance through our evolution here on earth.

March is bringing in a time for transcendence and space to illuminate ourselves. Opening our heart to receive timeless wisdom. Allowing reflection of the knowing and embody that wisdom, love and compassion, to become the highest expression of ourselves.



What dreams have you forgotten that ignited your soul at one time? What passions used to stir your soul? ~ Allow yourself to feel them once more.

Trust the wisdom of your inner guidance and step toward those passions again.

March is a time to remember what treasures you hold as gifts and talents within, that are waiting to be discovered.

“Your light illuminates the world with brilliance.”

You will also find in March that community is key on your journey. Find the people to uplift and support you and nurture each other's growth and well-being. A community of networking, of love and support. Seek those that share your values, passions and dreams. That inspire you to be the best version of yourself, who celebrate your successes as if it was their own. ~ True connection is built on authenticity.

Refect and reclaim your magic this month.

“Your light illuminates the world with brilliance.”

Whispers Of The Cards Tarot Course



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

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



soul works
by sue pickering

Course offered by
Sue Pickering

Living With Ease And Flow

CREATED WITH LOVE BY KERRY DORAN

There was a time when being alert wasn't optional.

Long before I had language for intuition or nervous systems, my awareness learned to stay switched on. I learned to read rooms before I entered them, to feel the emotional temperature before words were spoken. Silence wasn't emptiness – it was information. Stillness didn't mean safety; it meant paying attention. As a young child my body learned early that noticing mattered. Anticipating mattered. Staying one step ahead mattered. I became hyper aware of my surroundings.

I didn't experience this as stress at the time. It simply felt like how life worked. My mind became quick, responsive, creative – always scanning for what was needed next. That kind of awareness sharpens you. It teaches you to connect dots, to imagine outcomes, to hold multiple possibilities at once. It also teaches you to stay busy internally, even when the outside world appears calm.

Over time, that alertness matured into ideas. Lots of them. Concepts, connections, questions, possibilities constantly forming and reforming. My mind learned to build, to solve, to create – not because it was restless, but because it was practiced. This wasn't random. It was pattern recognition refined through repetition. Created by the need for safety.

Only later did I realize that a mind trained to stay aware doesn't easily power down on command. It doesn't respond well to being told to "just relax." It needs a different kind of permission – one that comes through the body, not the intellect. What once helped me navigate my world eventually needed a new outlet, a place where that awareness could soften without disappearing. Where it could rest, without being shut off.

When the Mind Rarely Rests

So as a result of my upbringing I have a lot going on in my head. Always. Ideas stack on top of



each other, branch into other ideas, multiply faster than I can organize them. My mind doesn't wander quietly – it builds, imagines, questions, plans. It hums. And sometimes, it refuses to slow down.

To live with a mind like this, I've learned to put ideas into motion. I test them. I follow them. I let them show me where they work and where they don't. Many fall flat. Some never make it past the design stage. And once in a while, something clicks – an idea takes shape, becomes tangible, meaningful, real.

Even then, my mind rarely rests on its own. I know I'm not alone in this. So many people live with minds that are constantly scanning, solving, anticipating, or creating. We all find different ways to quiet the noise – sports, reading, cooking, gardening, music, meditation... sometimes even a glass of wine at the end of the day.

For me, there is one place where my mind doesn't need to be quieted. One place where it simply steps aside on its own.

Massage therapy -Where the Noise Fades

When I'm working with a client, my mind drops into what I can only describe as a meditative hum. I close my eyes and the mental noise dissolves – the loops, the worries, the constant commentary. Gone.

My focus moves fully into my hands. Into the tissue. Into the subtle conversation happening beneath the skin.

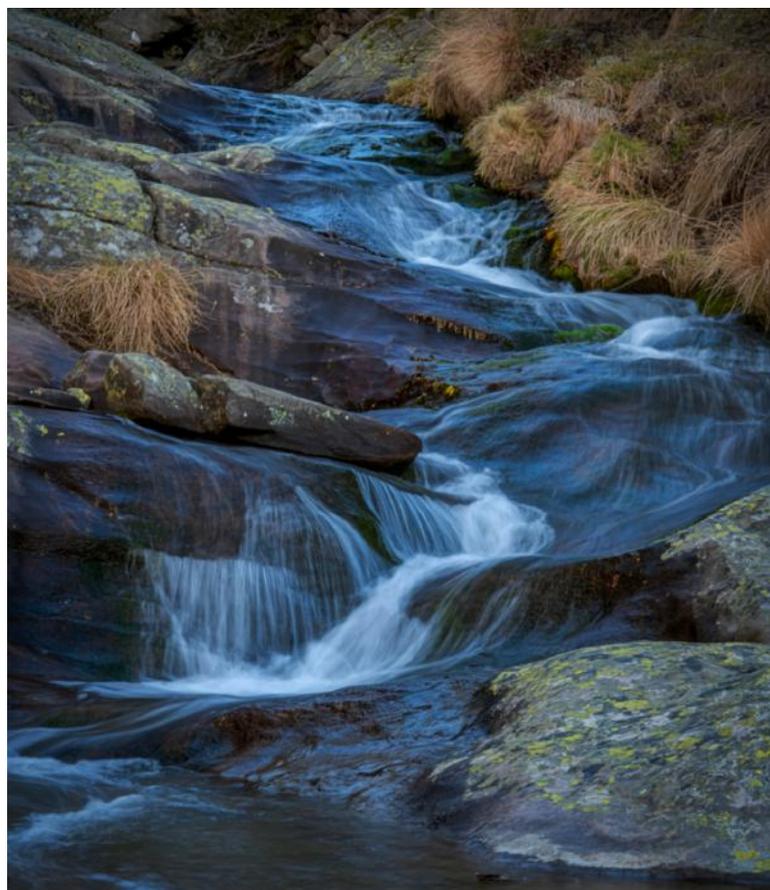
My hands know where to go. I don't think about it. I don't force it. I listen – through touch.

For someone with a naturally overactive mind, this feels like a gift. Not just relaxation, but a reset. My nervous system settles. My body exhales. Even though I'm not the one on the table, I'm receiving something just as profound.

This is where I enter flow.

Flow – and Something More

In flow, self-consciousness disappears.



Attention is effortless. Time shifts. The work almost does itself. The part of the brain that questions, evaluates, and doubts goes quiet. Not because intelligence is gone – but because it reorganizes.

The thinking mind releases control.
The subconscious steps forward.
The body leads.

Flow happens when skill, intention, and safety align – when you’ve practiced enough to trust your body, you know what you’re doing without needing to think about how, and there’s no fear of judgment or interruption. This is why flow appears so easily in healing work, creative expression, teaching, writing – anywhere presence matters more than performance.

But for me, flow is only part of what’s happening.

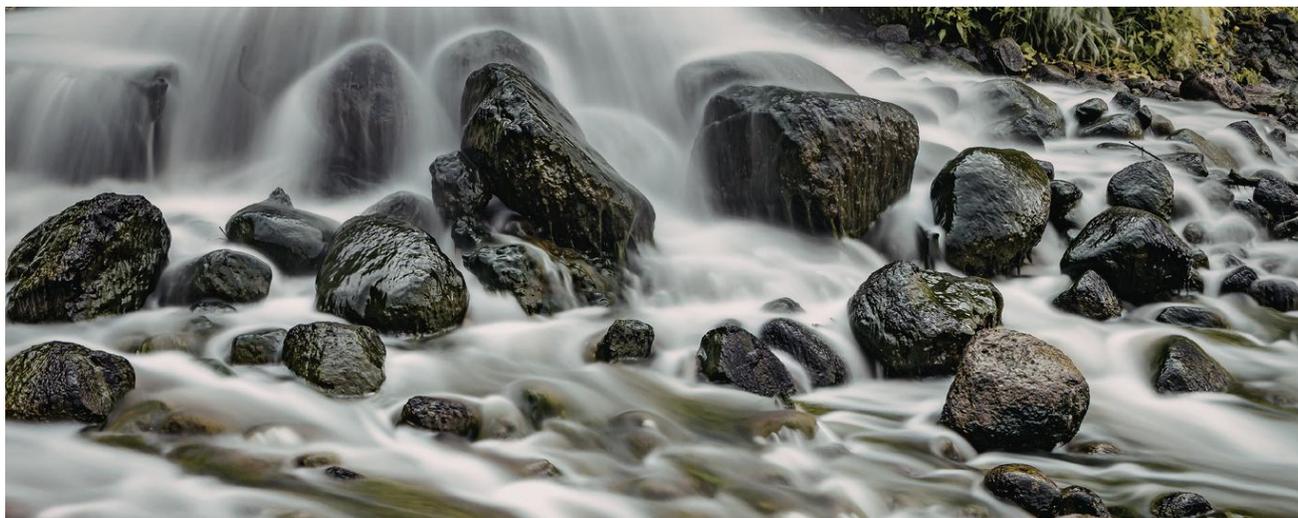
Sometimes, while I’m massaging a client, I receive what I can only describe as downloads. A solution. A refinement. A sudden clarity about a course, a product, a meditation, or a piece of work I’m building. Not from thinking harder – but from listening more deeply.

Holding space for another person seems to open a channel. My nervous system quiets, my intuition sharpens, and answers surface from a place my conscious mind can’t access on its own.

How It All Weaves Together

Massage doesn’t exist in isolation for me. It’s deeply intertwined with my other modalities – pendulum work, intuition, energy awareness.

Using a pendulum is another way of stepping out of the mind’s way. The pendulum doesn’t think. It responds. It allows the subconscious and energetic body to speak clearly when the conscious mind is stuck.





Often, I sense restriction or imbalance before I even touch a client. That same sensitivity allows me to feel when something is off – or aligned – in my own work. Sometimes clarity arrives as a feeling. Sometimes as an image. Sometimes as a quiet knowing that lands fully formed.

This ease didn't come out of nowhere. My background in physical education gave me a deep understanding of anatomy, biomechanics, and how the body adapts under stress. Massage therapy layered lived, tactile intelligence on top of that foundation. When I close my eyes in session, I'm not guessing. I can feel the muscles, the tension patterns, the restrictions – clearly. The academic and the intuitive merge into one language.

And in that space, ideas unlock.

Why This Matters

Research tells us that insight often arrives when the thinking mind softens and sensory awareness is high – when brainwaves slow, when the body leads, when attention moves out of analysis and into presence. What I experience isn't random. It's a state of relaxed, receptive awareness where intuition and subconscious problem-solving thrive.

Massage, pendulum work, and energy awareness create that state for me – again and again.

This work has become my anchor. A place where overthinking turns into over-feeling. Where abstract ideas become embodied knowing. Where clarity arrives without force.

It reminds me that creativity isn't always about effort. Sometimes it's about trust – trust in the body, trust in intuition, trust in what emerges when we stop trying to control the process.

A Gentle Invitation

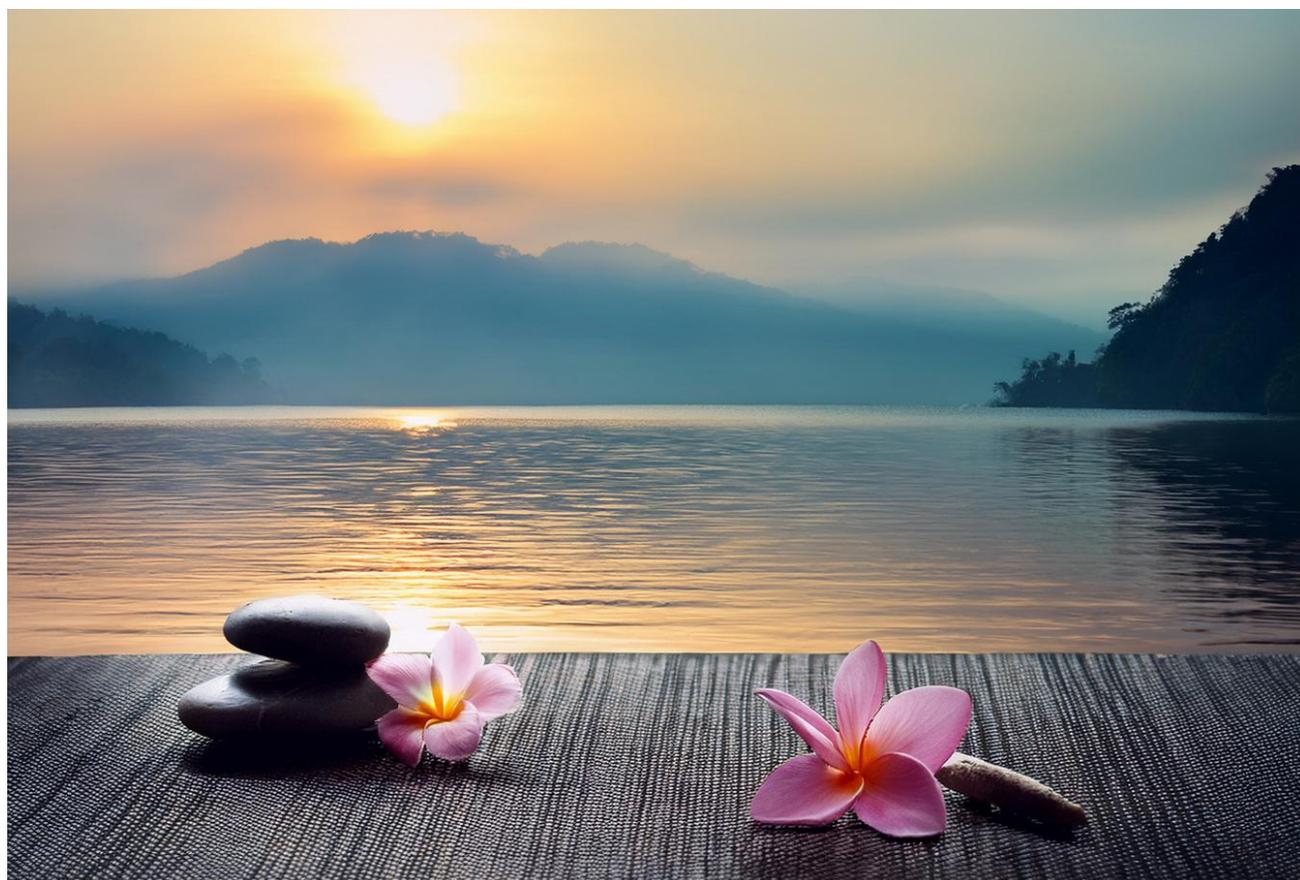
If your mind is busy, if your ideas are relentless, if clarity feels just out of reach – maybe the answer isn't to push harder. Maybe it's to find the place where your body and subconscious are allowed to lead.

For me, that place is massage, energy work, and pendulum guidance. My hands are engaged. My attention is present. My intuition awakened.

Yours may look different. But the truth is the same:

When the mind relaxes, the subconscious speaks – and sometimes, the answer arrives right at your fingertips.

- CREATED WITH LOVE BY KERRY DORAN -



Ceremonial Cacao



NOT ALL CACAO SHOULD BE TREATED EQUALLY

Ceremonial Cacao has potent heart-opening compounds, and energetic integrity, allowing it to function as a sacred plant medicine rather than just a sugary treat.

The high theobromine-to-caffeine ratio provides a "warm, uplifting hum" and mental clarity rather than a coffee-style caffeine rush and crash.

It allows for a beautiful "heart-opening" feeling—a sense of love, empathy, and emotional warmth that assists in meditation and introspection. It is Mood Boosting - It helps increase serotonin and endorphin levels, which can ease anxiety and promote feelings of happiness and mental focus.

Ceremonial Cacao should always be treated with respect and intention.

High quality cacao used in ceremonies will help bring buried emotions to the surface, allowing for healing, self-reflection, and inner work.

Keith's Cacao is high-quality "ceremonial grade" cacao, sourced from Guatemala to support you on your path to opening your heart, healing, to bring you emotional clarity, creativity, and spiritual expansion.

Each bean goes through a Hand-Crafted Processing which means the beans are carefully roasted and hand-peeled, avoiding, over-processing that destroys the beneficial properties.

It is widely used by practitioners for personal growth, creativity, and, boosting productivity.



Discount:
Use Coupon Code
WHITTINGTON20US20

Click for more info
on [Keith's Cacao](https://www.keithscacao.com)



AKASHIC RECORDS

Created with Love by Sonya Roy

Akashic Record or also named the Book of life, is the place where all your actions, words and thoughts are recorded, for each life time and in between lifetimes by your body Elemental.

What is it?

The book of life or Akashic Records stores every act, word and thought a soul makes. Each soul has a book and it is written in the language of the angels or light language. Your name and its symbols are aligned to resonate with your soul. The book can be accessed through images rather than words or a knowing of what is in there.

Where is it?

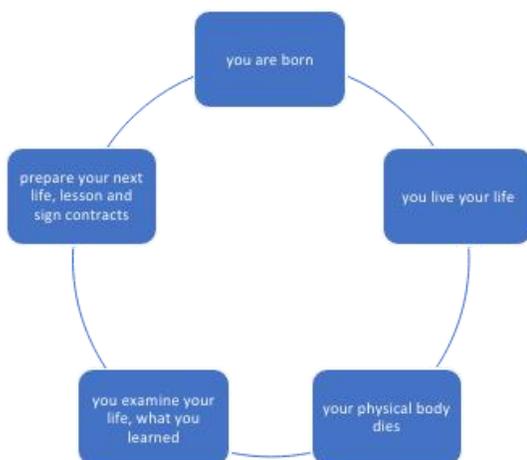
This book is kept in the ether, inside a hall in a separate dimension than earth's 3rd dimension but can be accessed through a soul journey or a meditation. The hall is populated by ascended masters and angels that are there to get us to our book once we enter the hall and allow us to consult the book. You request your higher self to help access the information in the book.

The people that come to our lives do so only because they agreed to help us before we were born. Now a soul journeys through lifetime after lifetime, with the main goal of evolving to be like its parents, the creator who is composed of the divine will, divine wisdom and divine love.

Its evolution towards perfection of love, compassion and purity, may take several lifetimes to master simple life lessons like honesty, respect, compassion. We make our way in the pool of humanity and as such share in the general progress of humanity. Our action influence the evolution of our community, which in turn affects and influences our province, our country and then eventually the planet.

As we grow, each lifetime, we review our lives, our words, our actions, our thoughts from the book of life. We prepare our next life lessons, with our soul group. It is with our highest regards that these souls volunteer their help out of love for us. You don't judge your own words, actions or thoughts but evaluate them and from the soul perspective you understand your learning experience.

1. Cycle of Life



“THE PURPOSE OF HUMAN LIFE IS FOR THE SOUL TO LEARN IT’S LESSON FOR ITS GROWTH AS A DIVINE BEING.”

The events of your life are filled with love, joy and grace, or that they are filled with hate, anger, pain; these events are all life lessons. The lessons benefit you and the other person involved in the event.

Why access the book of Life?

Because it contains all your experiences of past lives and this one, it can allow you to gain previously learned knowledge from language, skills, and relationships. You can access the book as often as you like and you can use the skills and knowledge, in this life. The knowledge of a past life is accessible once the trauma has been removed and healed.



What was my first experience with it? What did I see?

I attended the Akashic Record Library with my grand mother, we walked into the building and we were escorted to my book. Mine was white with gold letters on the spine and I got to examine why I felt I would die at 16 years of age. I was able to heal my past lives where I was sacrificed as a virgin or killed as a teenager for being accused of being a witch, witchcraft and the likes. This allowed me access to my other lives, where I was an herbalist and an oracle at Delphi and release my fear of dying at 16.

What can I change?

We cannot change the words, actions or thoughts but we can heal the wounds by understanding the lesson and forgiving. THIS IS REALLY IMPORTANT!!!!2 steps....

1) understand there is a lesson 2) forgive.

You can access your akashic records, to heal in the present and healing of a string of past lives, that have the same thread weaved into them. Whatever lives are related to the lesson of empathy, will all be affected by the healing of the one. Same goes, for any other lessons our soul had planned on learning and did not always succeed. By accessing your Akashic records you may clear addiction, bad habits or negative thought patterns or heal a physical issue they may be struggling with.

You can clear your limited beliefs to create abundance and an ability to manifest what you need, to move forward in your life, toward a life that is aligned with your soul purpose and not your ego. You will forgive yourself for your experiences and learn valuable lessons.

You release your old Karma and achieve forgiveness on a grander scale. Each time you heal karma, you also resolve conflict you had with others and clear space around you, to bring in light, love and grace. The more peace you find, the clearer the message and guidance you receive, the easier it becomes to follow your soul path.

There are 5 ways to access the records, by choosing what situation you want to heal or by accepting that your higher self, will know exactly which incident to heal. There are 5 ways because you have 5 bodies and wherever the lesson is located, is the method or technique you will use. You are a spiritual being, having a human experience, to help you grow exponentially. You learn SPIRITUALLY, MENTALLY, EMOTIONALLY, ETHERICALLY AND PHYSICALLY.

When you consciously open and work with your soul record and experience a new awareness of your soul contract, you will be able to determine your soul's destiny which allows you to embrace your highest potential. Your soul's purpose on this planet is the key to your existence.

You came here to grow, to learn but then you are supposed to use this experience and knowledge to help the planet grow. We actually know this from our soul's birth vision. We just need to be able to remember it all.

First you can learn about your soul contract and past lifetimes. Healing present day fears through past lives, because they originated there. You will learn to trust messages, receive and communicate back with your higher self.

Your higher self is a diamond, that is being polished by all your lives, past, present and future, since it lives outside of time itself. Each face of the diamond represents a life on earth, each as valuable as the next because it polishes this diamond that your higher self is.

Your higher self looks at you as a part of the whole, as a key component, to refracting that light inside its diamond body. It knows that without that perfectly polished cut, the results won't be perfect. It looks at you with love and compassion and doesn't blame you for anything, it doesn't ask more of you, than what you said you would provide.

When you receive a prompting inside your mind, or have an intuition, it is guidance from your higher self, trying to guide you. It doesn't force you to act because it respects your free will. You are part of your higher self yet you retain the right to choose your actions.

God doesn't allow for anything bad to happen. God allows us to choose right or wrong. God gave everyone the equal opportunity to choose. This is tremendously important in the Forgiveness process because it hinges on your ability, to choose to forgive or not to forgive. The use of free will.

When you work on healing your present life, you affect the body elemental and your etheric body. Your memory will change because your perspective will change with it. In the end, at the time of your death, that is what gets recorded in the Akashic records.

**“There are 5 ways
to access the
records.”**

Therefore, until the time of death you can change your learning, perspective and spiritual growth and affect your Karma. As the new beliefs and lessons are downloaded to the akashic records, your other lives also get amended with the new growth, lessons and perspective. The purpose of this life, is to become a co-creator with God, in that we must grow in love and wisdom and understand that our free will, doesn't mean that we can do whatever we want, at whatever the cost. It means to choose right.

In order for us to learn, we have multiple opportunities but they are all linked through our soul, that remains outside of time and space. In effect, what we do now, affects our past and our future all at once. To consciously learn and grow, affects us outside of time and space. We don't necessarily have to go to the past lives, as they follow us into our lives today. Everything is connected, not one method is better than another. They all work, are effective as long as we are honest, complete a true inventory of who we are, what we know and where we need to be.

What are my Soul intentions? Can I learn my lesson and accept my role. Can I release my anger, resentment and forgive others involved? Remove judgement, guilt or shame from the equation. How does it serve them or me to believe or participate in the drama and release the situation, let it go.

It is an opportunity to release an event in your life, that is charged emotionally and weighing you down.

Forgiveness is the key, to allow you to move forward. But more importantly, if you wait for the other person to change before you forgive



them it will never happen because they can't change until you forgive them. It's a vicious circle, that feeds on itself and grows only bigger, darker and more horrible with time. Imagine that the event actually has you and the other person tied by a chain. No matter how much you want to change, you can't run away or move forward or sideways until you cut the chain and it can only be cut if you forgive.

Forgiveness does not mean to forget. Everyone has at least been through something traumatic, horrible and just about broke their spirit. Forgiveness is not about saying that what happened was not so bad, or that it didn't happen. The traumatic events happened; they were real and shape your life. They may have influenced several decisions in your life and you or they led a difficult and miserable path for a long time.

Forgiveness, does not mean that you must trust and love the people who hurt you. It certainly does not mean that you need to be friends again or try to be close to them again. By all means, you have every right to protect yourself from future harm to come to you. However, if you cannot forgive what was done to you and what you have done to yourself, you will continue to attract the same kind of people in your life because you have not learned the valuable lesson, this person was there to teach you.



Forgiveness that you offer, is part of your journey and it should be given without strings or conditions. You either forgive or you don't, no matter what the other person says or does. You are giving forgiveness as a gift. It doesn't mean you need to restart a relationship with them, it just means you are both free of the past.

Anger is important, as it teaches you something is wrong, that you are hurt or feel betrayed and it is a tool for change. It is your motivation. It should not take over and you should not be used be destructive. You need to use your anger as your motivation to change what is wrong.

Forgiveness is not about forgetting, ignoring, or downplaying what took place but about learning what the lesson is. Sometimes the lessons are easier to learn and others require some introspection. Respect the process and take the time you need.

I teach 5 powerful methods, one for each of the bodies: Physical, mental, emotional, etheric and spiritual during a weekend class. I encourage people to take a class and learn how to do it and take charge and responsibility for their own sake. We have entered an age where we need to take our power back and stop being told what other's think our inner soul is like and get to know ourselves.

There can be times, when someone with more experience, can help us see through our pain providing more light on our soul mission. I do this through a soul reading, which is interactive requiring the individual's participation and input providing guidance for development, for the next 12 to 18 months. Soul work, is not for the faint of heart, as it requires introspection and honesty in regards to who we really are and our strong desire to change. This was part of my process in discovering my Soul's purpose.

It comes down to taking responsibility for your choices but also clearing everything that stands in the way of you connecting with your soul. Inspiration comes from the soul, once the ego is quiet. The ego is the sum of your fears and undealt emotions. There are many ways to clear this but the work must be done in order to clear the obstructions. Once the clearing has happened, you will receive the guidance and messages to lead you back to your path.

The way of the middle path encourages you to clear your Karma and to become conscious beings. It's about learning to be the real you, your authentic self and heading in the direction you were meant to travel.

JAYLI

JUST ATTUNE YOUR LIFE INWARD

LEARN THE PENDULUM WORKSHOP

LEARN WHO USE YOUR PENDULUM WITH CONFIDENCE AND CLARITY. GROUND YOUR ENERGY, ASK ALIGNED QUESTIONS, AND TRUST THE ANSWERS TO RECEIVE. THIS WORKSHOP TEACHES PRACTICAL INTUITIVE PENDULUM SKILLS YOU CAN USE SAFELY IN EVERYDAY LIFE.

MARCH 14TH – ZOOM

FREE



"Every experience is a teacher when the soul is ready to listen."

WORKSHOPS

THE ART OF LETTING GO

WHY RELAXATION AND RELAXATION MASSAGE MATTERS MORE THAN EVER!

Created With Love by Tina Livingston

By the time you finish reading this sentence, your shoulders may already be tense.

Modern life is loud, fast, and relentlessly connected. Notifications buzz, deadlines loom, and even our downtime is often scheduled. In this constant state of “on,” relaxation isn’t a luxury—it’s a necessity. And among the many ways to truly unwind, relaxation massage stands out as one of the most powerful, time-tested tools for restoring balance to both body and mind.

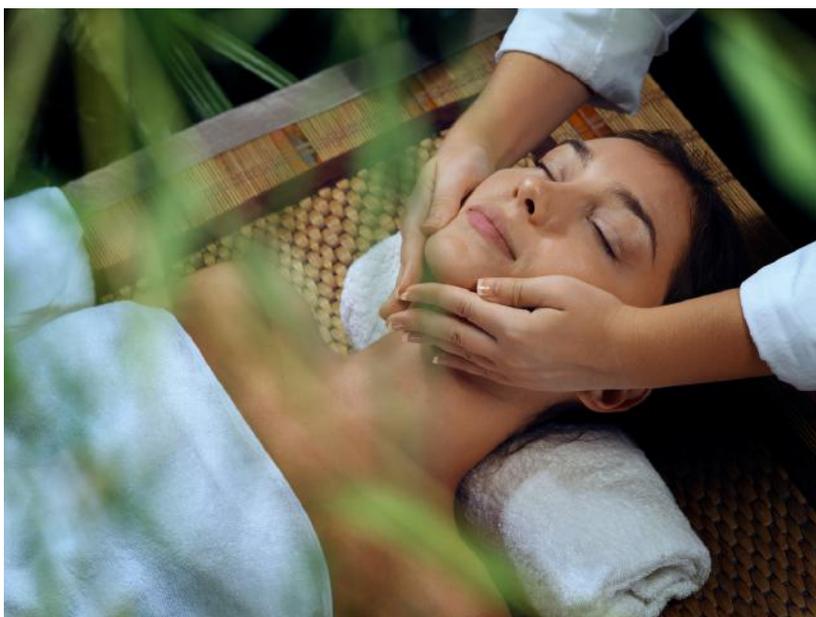
Stress doesn’t always announce itself dramatically. More often, it settles quietly into the body: tight neck muscles, shallow breathing, restless sleep, recurring headaches, or that vague sense of always being “wired but tired.”

When the body remains in a prolonged state of stress, the nervous system stays on high alert. Over time, this can contribute to fatigue, weakened immunity, mood changes, and chronic pain. Relaxation, therefore, is not about indulgence—it’s about prevention.

True relaxation is more than collapsing on the couch with a phone in hand. It’s a physiological state in which the nervous system shifts from “fight or flight” to “rest and digest.” Heart rate slows, breathing deepens, muscles soften, and mental chatter quiets.

Learning to relax takes practice. Techniques like mindful breathing, gentle movement, time in nature, and intentional rest all help. But one of the fastest and most effective ways to guide the body into this state is through relaxation massage.

“When the body remains in a prolonged state of stress, the nervous system stays on high alert.”



Relaxation massage is designed with one primary goal: to calm the entire system. Unlike deep or corrective bodywork, it uses smooth, flowing strokes, gentle pressure, and rhythmic movements that signal safety and ease to the nervous system.

The benefits go far beyond feeling good in the moment:

- Reduced stress and anxiety through lowered cortisol levels
- Improved sleep quality by calming the mind and body
- Relief from muscle tension caused by daily stress and posture
- Enhanced circulation supporting overall vitality
- Mental clarity and emotional balance after deep rest

Many people describe the experience as “resetting”—as if their body remembers how to feel at ease again.

Human touch is one of the most basic and powerful forms of connection. In a relaxation massage, touch communicates safety, care, and presence—without words. This is especially important in a world where physical connection is often limited or rushed.

Studies consistently show that therapeutic touch can lower heart rate, reduce blood pressure, and promote the release of endorphins and oxytocin—hormones associated with happiness and bonding. In short, massage reminds the body that it is safe to relax.

Relaxation works best when it’s consistent, not occasional. Think of it as maintenance rather than a remedy reserved for burnout.



Scheduling regular relaxation massage—whether monthly or biweekly—can help keep stress from accumulating in the first place.

Pair massage with small daily rituals: stretching before bed, intentional breathing breaks, or simply allowing moments of stillness without stimulation. These practices reinforce what the body learns on the massage table.

In a culture that celebrates productivity and speed, relaxation can feel counterintuitive. But slowing down is often the most powerful way to move forward with clarity, health, and resilience.

Relaxation massage is more than a treat—it’s an invitation. An invitation to pause, to breathe, and to reconnect with a calmer version of yourself that’s been there all along, just waiting for permission to rest.

~Tina Livingston~

Events

“When we create meaningful experiences, we create moments where people discover their next level.”

4th Annual
Elevated
WELLNESS RETREAT



SATURDAY
MAY 2ND, 2026

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

Year of the Fire Horse | Elevated Wellness Retreat

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

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

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

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

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

Register through the QR Code

PATH TO
WELLNESS EXPO
April 18, 2026

holistic, alternative &
natural wellbeing



10 am - 3 pm
Rimbey Community
Centre

For more information: contact Carolyn

text: 403-392-6885
email: pathtowellnessnow@hotmail.com
<https://pathtowellnessnow.wixsite.com/expo>
<https://www.facebook.com/share/181vZR9GSj/>



"GROWTH HAPPENS
WHEN PEOPLE CONNECT,
REFLECT, AND ARE
INSPIRED TO ACT."

Events

[Click Here](#)



Souful Connections Psychic Fair & Market

RED DEER CURLING CENTRE
4725 43 ST, RED DEER, AB

APRIL 11 ~ 11 AM - 6 PM
APRIL 12 ~ 10 AM - 4 PM

INTUITIVES • PSYCHICS • ASTROLOGY
HUMAN DESIGN • MEDIUMS
SHAMONIC HEALING • AKASHIC READERS
AURA PHOTOGRAPHY • LOCAL ARTISANS
METAPHYSICAL SUPPLIES • CRYSTALS
ESSENTIAL OILS • & MORE

TICKETS AT THE DOOR \$5



 REDU Spiritual Wellness Center presents:

**2026 Annual Sacred valley
Spiritual & Metaphysical fair**

Conferences, Readers, Healers & Vendors
Free Entry to Vendors and Door Prizes
Tickets required for Conferences

September 26th & 27th 2026
Saturday and Sunday 9am to 5PM
At the Badlands Community Facility
80 Veteran's way, Drumheller, Alberta

www.sonyaroy.com (825)777-7685

Events

March 28th and 29th

small group

THE BECOMING mini retreat

with Red Deer Healing and Wellness



RED DEER HEALING AND WELLNESS CENTER

CLICK
HERE!



VENDOR SPOTS
STILL AVAILABLE

The Sweet Spring Event



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

Saturday May 23 12:00-8:00

Sunday May 24 11:00-3:00

Falun Community Hall
Falun, AB

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

Events

Monroe Institute

GATEWAY RETREAT 2026

with Beth Haley



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

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

 **JULY 31 – AUGUST 6, 2026**

 **MORE INFORMATION:**
www.BethHaley.com



About Beth Haley

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



Program Flow

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

Accommodations & Meals

Your registration includes:

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

Cost and Currency

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

SCAN ME!



Would you like to Contribute?

This platform exists to amplify
meaningful work.

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

**APPLY TO ADVERTISE
WITH ALIGN**



**SUBMIT YOUR ARTICLE
WITH ALIGN**



Chili-Lime Roasted Chickpeas



Ingredients

- 2 cans chickpeas (15 oz each), drained and rinsed
- 1½ tbsp olive oil
- 1 tsp chili powder
- ½ tsp smoked paprika
- ½ tsp ground cumin
- ½ tsp garlic powder
- ¾ tsp fine salt
- ¼ tsp black pepper
- Zest of 1 lime
- 1½ tbsp lime juice (added after roasting)
- Optional heat: ¼ tsp cayenne

Instructions

- Preheat your oven to 425°F (220°C). High heat is how chickpeas go from “soft beans” to “snack that shatters pleasantly.”
- Drain and rinse chickpeas, then spread them on a clean kitchen towel or paper towels and pat them very dry. This matters more than any spice blend. Wet chickpeas steam. Dry chickpeas crisp.
- Peel off any loose skins if you have patience. If you don’t, don’t worry—this is a snack, not a personality test.
- Toss chickpeas with olive oil, chili powder, paprika, cumin, garlic powder, salt, pepper, and cayenne (if using). Stir until every chickpea is glossy and coated.
- Spread chickpeas on a sheet pan in a single layer. If they’re piled up, they roast unevenly and you get some crunchy, some chewy, some confused.
- Roast 25–35 minutes, shaking the pan every 10 minutes. When they’re done, they feel crisp when you bite, not tooth-breaking hard.
- While still warm, toss with lime zest and squeeze lime juice over them. Lime juice before roasting makes them soggy; lime juice after roasting makes them bright.
- Cool completely before storing. They crisp more as they cool, like they’re showing off.
- Store uncovered for the first hour, then in a jar loosely covered. Tight lids trap moisture and soften the crunch.

Cottage Cheese “Pizza Dip” With Pita Chips

Ingredients

- 1½ cups cottage cheese (full fat tastes best)
- ½ cup marinara sauce
- ¼ tsp garlic powder
- ½ tsp Italian seasoning
- ¼ tsp black pepper
- ½ cup shredded mozzarella
- 2 tbsp Parmesan
- Optional toppings: chopped olives, red pepper flakes, basil



For Dipping

- Whole wheat pita chips or sliced cucumbers/peppers

Instructions

- Blend cottage cheese until smooth if you want a creamy dip. If you like it chunky, skip blending.
- Stir in marinara, garlic powder, Italian seasoning, pepper.
- Spread into a small baking dish or oven-safe bowl.
- Top with mozzarella and Parmesan.
- Bake at 400°F (200°C) for 12–15 minutes until bubbly and lightly browned.
- Cool 10 minutes. Room temp dip tastes better than tongue-burning cheese lava.
- Serve with pita chips or vegetables. It stays delicious sitting out.



soul works
by sue pickering

Soul Works by Sue Pickering



Psychic, Soul Coach,
Entrepreneurial
Mentor, Speaker



"Shine so bright, that others remember their own light."



Online made easy

CT Digital Management

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



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



"Your body is not a burden to transcend — it is the throne from which your soul reigns."

An advertisement with a dark blue background featuring glowing white stars and several flowers in shades of white, purple, and pink. The text "ADVERTISE WITH ALIGN" is written in large, white, bold, sans-serif capital letters. Below the text is a large black and white QR code.



THE RULE OF 3



"When you dare to shine, you give the world permission to rise."

HEARTFELT YOGA IS A COMMUNITY OF SEEKERS. WE OFFER ACCESSIBLE YOGA, YOGA THERAPY, RESTORATIVE, STRENGTH BUILDING, PHILOSOPHY, SPIRITUALITY & REIKI



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.



“Spiritual wellness is the quiet harmony between your inner truth and the life you choose to live each day.”

Dayna Whitney

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

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



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



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



“YOU ARE NOT MEANT TO SHRINK TO FIT THE WORLD – YOU ARE MEANT TO STAND FULLY IN YOUR BODY AND LET THE WORLD RISE TO MEET YOU.”



Astrology Readings,
Healing Sessions,
Guidance & Mentorship



369 Amor Fati

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

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

The Suite™

COACHING PLATFORM

PERSONALIZED SUPPORT FOR CONSCIOUS ENTREPRENEURS.

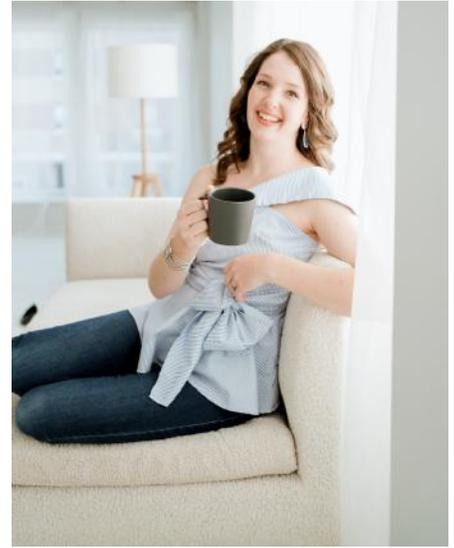
Hi, I'm Jeanine

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

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

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

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



"Each challenge is an invitation to awaken to a greater version of yourself."

Soul Song Therapies



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





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



ADVERTISE WITH ALIGN

A large QR code is centered on a background of vibrant green leaves and a bright, sunny sky. The text 'ADVERTISE WITH ALIGN' is positioned above the QR code.

Directory of Heart-Led Entrepreneurs



TSW Life Coaching Healing & Coaching Offerings



Living Well Massage & Raindrop Therapy



RISE INNERVERSITY

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



Build Your Soul-Aligned Empire Without Burnout



Rural Roots Healing by Sheila

Evidential Psychic Medium • Intuitive Energy Healer • Reiki Master



Earth Wisdom Apothecary HERBALIST & ENERGY WORKER



Psychic Sol

Psychic Medium
Reiki Master



Auricular Therapies by Jadah

AURICULAR THERAPIES
by Jadah

Balance The Whole-Body
Through The Power Of The Ear



jadah.earwellness@gmail.com



- ◆ Financial Independence For Everyone
- ◆ Building Entrepreneurs



ADVERTISE HERE



"True wellness begins the moment you remember that your body is a temple, your mind is a garden, and your soul is the light that guides them both."

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



Hailey Smytaniuk
Earth Wisdom
Apothecary.



Sue Pickering
Soul Works



Kristine Pel
Redu Spiritual
Wellness Center



Dayna Whitney



Tina Livingston
Living Well Massage &
Raindrop Therapy.



Kerry Doran
Jayli



Sonya Roy
Redu Spiritual
Wellness Center



*"Your expertise deserves more than silence
– it deserves a stage."*

thank you

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

This platform lives and thrives because of our amazing community.



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