

THE HIDDEN LANGUAGE OF YOUR BODY—ARE YOU FLUENT YET?

BEST **Holiday** LIFE

July 2025

EXCLUSIVE INTERVIEW
WITH NLP INNOVATOR

Scott
GATES

THE
**VOCABULARY
OF VISIONARIES.**

BREAKING FREE
FROM CHRONIC ILLNESS:
Why **FIGHTING HARDER**
ISN'T THE **ANSWER**


9 *Business Habits*
That Are **KILLING**
Your **SUCCESS**

UNLOCK HAPPINESS NOW:
HOW TO STOP POSTPONING YOUR JOY

NLP *MEETS* AI:
REWIRING
HUMAN CONNECTION
IN THE **DIGITAL AGE**

FORGET MAGIC PILLS:
How **STRUCTURED RECOVERY**
ACTUALLY *Works*





EMBRACE A LIFE
WHERE YOUR
WELLNESS POTENTIAL
HAS NO CEILING.

- JANA SHORT



EDITING

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NLP MEETS AI:

REWIRING HUMAN CONNECTION IN THE DIGITAL AGE

BY JANA SHORT

NLP Meets AI: Rewiring Human Connection in the Digital Age

In an era where artificial intelligence shapes our daily interactions, neuro-linguistic programming (NLP) principles are finding new relevance. As ChatGPT, Claude, and other AI models become integral to our communication landscape, practitioners are discovering that NLP's human-centered techniques not only survive in this new frontier but are essential for maintaining authentic connections in an AI-augmented world.

The AI-Human Dance: A New Paradigm

"We're not just adapting NLP for screens anymore," observes Dr. Sarah Chen, a pioneer in AI-integrated NLP practices. "We're creating frameworks for meaningful interaction in spaces where human and artificial intelligence converge." This evolution represents more than adaptation; it's a fundamental reimagining of how we connect in spaces where code meets consciousness.

The challenge now extends beyond translating physical presence into digital connection—it's about maintaining human authenticity in AI-mediated spaces while leveraging artificial intelligence to enhance rather than replace human connection.

Digital Rapport in the Age of AI

Traditional rapport-building takes on new dimensions when AI enters the conversation. Consider these emerging approaches:

AI-Aware Matching

Rather than simply matching digital behaviors, modern practitioners are teaching clients to maintain their authentic presence while interacting with AI tools. This includes understanding how to communicate effectively with AI while preserving human emotional nuance.

Hybrid Space Navigation

"The key is creating seamless transitions between AI-assisted and pure human interactions," explains Marcus Thompson, who specializes in AI-integrated team dynamics. "Your energy and presence should remain consistent whether you're chatting with a colleague

directly or collaborating through an AI interface."

Digital Anchors: The Human-AI Bridge

Today's anchoring techniques must work across a spectrum of interaction types:

Multi-Modal Anchors

- Visual anchors that work in both AI and human interactions
- Voice patterns that remain effective with both AI assistants and human colleagues
- Digital environments are designed for authentic connection regardless of the interaction type

AI-Enhanced State Management

- Using AI tools to track and support emotional states during digital interactions
- Creating anchors that remain powerful even in AI-mediated spaces
- Developing techniques for maintaining a presence during AI-assisted tasks

The Evolution of Submodalities in AI Spaces

The integration of AI has expanded our understanding of submodalities. Modern practitioners work with:

Digital-Neural Submodalities

- Conscious awareness of AI vs. human interaction patterns
- Adjustment of communication style for different interaction types
- Integration of AI-assisted insights with human intuition

Enhanced Sensory Awareness

- Understanding how AI processes and responds to sensory information
- Developing sensitivity to both human and AI communication patterns
- Creating bridges between digital and organic emotional expression

- **Practical Applications in an AI-Integrated World**

For Teams

- Establishing protocols for maintaining human connection in AI-assisted workflows
- Creating spaces where AI enhances rather than replaces human interaction
- Developing team cultures that embrace both technological and human intelligence

For Individual Growth

- Personal development practices that integrate AI tools while maintaining authenticity
- Techniques for staying grounded in human experience while leveraging AI capabilities
- Methods for using AI to enhance rather than replace emotional intelligence

For Relationships

- Building authentic connections in AI-mediated spaces
- Maintaining emotional presence when using AI communication tools
- Creating meaningful moments in hybrid interaction environments

The Art of Human Presence in AI Spaces

The key to modern NLP lies not in resisting AI integration but in maintaining human authenticity while embracing technological advancement. This includes:

Conscious Technology Integration

- Understanding when to use AI and when to rely on pure human interaction
- Developing awareness of how AI influences communication patterns
- Creating practices that preserve human connection in technological spaces

Enhanced Emotional Intelligence

- Using AI tools to support rather than replace emotional awareness
- Developing stronger human connections through technology
- Maintaining authenticity in AI-mediated interactions

- **Future Horizons: The Next Evolution**

As AI continues to evolve, NLP practitioners are positioning themselves at the forefront of human-AI integration. The future promises:

- More sophisticated understanding of human-AI interaction patterns
- Enhanced tools for maintaining human connection in technological spaces
- New frameworks for authentic communication in hybrid environments

Practical Steps for Modern Practitioners

1. Assess Your AI Integration

Evaluate how artificial intelligence currently influences your communication patterns and emotional states.

2. Develop AI-Aware Anchors

Create anchors that work effectively in both AI-mediated and pure human interactions.

3. Practice Conscious Presence

Maintain authentic human connection regardless of the technological context.

4. Build Hybrid Communication Skills

Develop the ability to move seamlessly between AI-assisted and pure human interaction.

Conclusion

The integration of NLP and AI represents more than an adaptation to technological change—it's an opportunity to deepen our understanding of human connection. By maintaining the essence of NLP while embracing AI's capabilities, practitioners are creating new paradigms for authentic interaction in digital spaces.

The key is not choosing between human connection and technological advancement but creating bridges between these realms. As we navigate this evolving landscape, the principles of NLP offer a framework for maintaining human authenticity while leveraging the power of artificial intelligence.

The future of NLP isn't about resisting technological change or surrendering to it; it's about creating conscious, authentic ways to maintain human connection in an AI-integrated world. As you explore these new frontiers, remember that the goal is to enhance rather than replace the human experience of connection.

UNLOCK YOUR POTENTIAL WITH THE POWER OF 'YET'

STEP INTO YOUR POWER, BREAK BARRIERS, AND CREATE THE LIFE YOU DESERVE

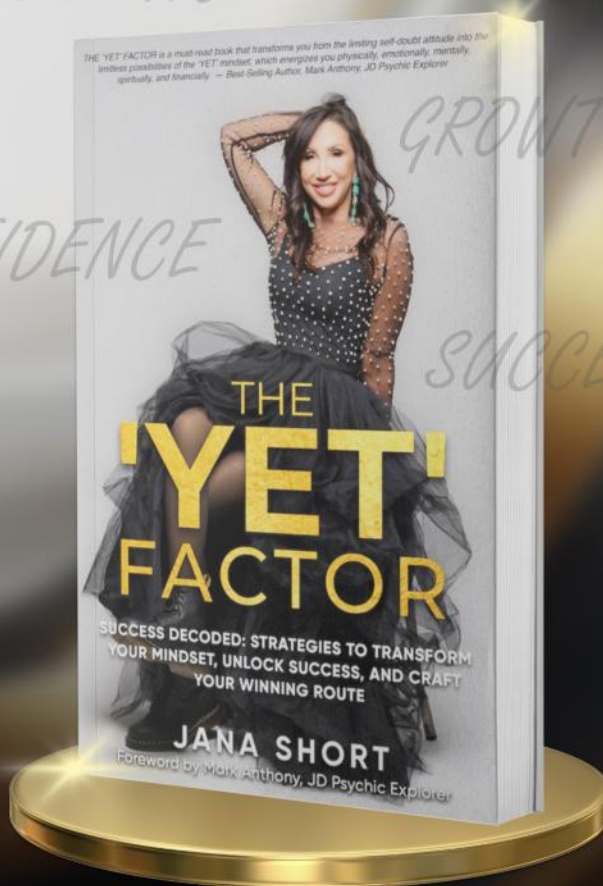


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UNLOCK BETTER SLEEP: NATURAL SOLUTIONS FOR RESTFULNESS

BY DR. DEE

In our fast-paced world, quality sleep often takes a backseat to our busy schedules and endless to-do lists. Yet, sleep is essential for our overall health and well-being, playing a crucial role in hormonal balance, immune function, and cognitive performance. If you find yourself tossing and turning at night, struggling to get the restorative sleep you need, you're not alone. In this article, we'll explore natural remedies and holistic strategies to improve sleep quality and promote hormonal harmony for optimal wellness.

Understanding the Importance of Sleep

Sleep is more than just a period of rest—it's a vital process that allows our bodies to repair, regenerate, and recharge. During sleep, the body releases growth hormone, which is essential for tissue repair, muscle growth, and metabolism. Additionally, sleep plays a key role in regulating cortisol levels, the body's primary stress hormone, and supporting overall hormonal balance.

The Impact of Poor Sleep on Hormonal Imbalance

Chronic sleep deprivation can disrupt the delicate balance of hormones in our body, leading to imbalances in cortisol, insulin, leptin, and ghrelin. These hormones regulate appetite, metabolism, energy balance, and stress response. Inadequate sleep has been linked to increased stress levels, weight gain, insulin resistance, and inflammation, highlighting the importance of prioritizing restorative sleep for optimal hormonal health.

Practical Tips for Restorative Sleep:

Establish a Consistent Sleep Schedule: Aim to go to bed and wake up at the same time every day, even on weekends. Consistency helps regulate your body's internal clock and promotes better sleep quality.

Create a Relaxing Bedtime Routine: Wind down before bed with calming activities such as reading, taking a warm bath, or practicing relaxation techniques like deep breathing or gentle yoga stretches.

Optimize Your Sleep Environment: Make your bedroom a sanctuary for sleep by keeping it cool, dark, and quiet. Invest in a comfortable mattress and pillows, and consider using blackout curtains or white noise machines to block out distractions.

Limit Screen Time Before Bed: Reduce exposure to blue light from electronic devices such as smartphones, tablets, and computers at least an hour before bedtime. Blue light can disrupt the production of melatonin,

the hormone that regulates sleep-wake cycles.

Watch Your Diet and Hydration: Avoid heavy meals, caffeine, and alcohol close to bedtime, as these can interfere with sleep quality. Instead, opt for light, nutritious snacks and stay hydrated throughout the day to support optimal sleep.

Incorporate Relaxation Techniques: Practice relaxation techniques such as progressive muscle relaxation, guided imagery, or meditation to calm the mind and prepare your body for sleep.

Get Regular Exercise: Engage in regular physical activity during the day, but avoid vigorous exercise close to bedtime, as it can interfere with sleep. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.

Consider Herbal Remedies: Certain herbs, such as chamomile, valerian root, and passionflower, have been used for centuries to promote relaxation and improve sleep quality. Consult with a healthcare practitioner before using herbal supplements, especially if you're taking medications or have underlying health conditions.

Empowering Your Journey to Restorative Sleep

Improving sleep quality is essential for promoting hormonal balance and overall well-being. By incorporating these natural remedies and holistic strategies into your daily routine, you can support restorative sleep and awaken feeling refreshed and rejuvenated. If you're ready to explore additional resources and personalized guidance on your sleep journey, consider enrolling in the Balancing Abundance program.

Ready to Take Back Control Today?

Quality sleep is a cornerstone of optimal health and well-being, yet many of us struggle to get the restorative rest we need. By prioritizing sleep hygiene, creating a relaxing bedtime routine, and incorporating natural remedies and relaxation techniques, you can support restorative sleep and promote hormonal harmony. The Balancing Abundance program offers comprehensive support and guidance for individuals seeking to improve their sleep quality and achieve optimal wellness. Visit my website to learn more and embark on your journey to restorative sleep today.

Contact Info: <https://bestholisticlife.info/MeetDrDee>







LAUGH YOUR WAY TO SUCCESS: HOW HUMOR HEALS, CONNECTS, AND TRANSFORMS YOUR LIFE

BY DR. CALI ESTES

Life has a funny way of throwing curveballs. Bills pile up; your dog eats your favorite shoes, and your car decides to break down on the one day you're running late—it's like the universe has a sense of humor at our expense. But you know what? Sometimes, the only thing to do is laugh it off.

I'm not just saying that; I've taken my own advice. In fact, I took it all the way to The Comedy Store on Sunset Strip in LA, where I stepped on stage and did stand-up comedy. Nothing—and I mean nothing—forces you to embrace laughter like standing in front of a room full of strangers armed with only a microphone and a handful of jokes.

Let me tell you, waiting for those first laughs is the longest five seconds of your life. But once the audience cracks up, it's like magic. The energy shifts, the nerves settle, and suddenly, it's just a room full of people having a blast together. At that moment, I realized something powerful—laughter connects, heals, and reminds us not to take life so seriously.

So, let's talk about why laughter is the absolute best thing for your soul—and how you can bring more of it into your life.

Laughter is a Natural Stress-Buster (and Cheaper Than Therapy!)

Life is stressful. There's work, relationships, responsibilities, and the never-ending struggle of deciding what to watch on Netflix. But here's the good news—laughter is like a mental reset button.

When you laugh, your body releases endorphins, aka the feel-good chemicals that reduce stress, boost your mood, and make everything seem a little less terrible. It also lowers cortisol, the stress hormone, which means you instantly feel lighter and happier.

Think about it—have you ever been in a bad mood and then suddenly burst into laughter? That’s because humor snaps you out of negativity and pulls you into the present moment. Even if nothing changes about your situation, your mindset shifts—and sometimes, that’s all you need. Moral of the story? More laughing, less stressing.

Laughter is Basically Cardio (But Way More Fun)

You know what’s exhausting? The gym. You know what’s way more fun? Laughing until your stomach hurts. Believe it or not, laughter is a mini-workout. It gets your heart rate up, engages your core (hello, accidental ab workout!), and increases oxygen flow—just like a light cardio session. In fact, some researchers even call laughter “internal jogging” because of its benefits for heart health.

I’m not saying you should cancel your gym membership in favor of binge-watching stand-up specials, but hey, if you happen to laugh your way to a stronger core, I won’t judge.

Laughter Brings People Together (and Saves Awkward Situations)

Nothing breaks the ice like a well-timed joke. Whether it’s a first date, a work meeting, or your family holiday dinner, that’s one comment away from turning into a full-blown debate, laughter is the ultimate social glue.

Think about it:

- Couples who laugh together stay together.
- Friendships are built on inside jokes and shared humor.
- Even total strangers can bond over a ridiculous moment.

Humor is vulnerable, real, and unfiltered—and that’s why it’s powerful. When you laugh with someone, you’re letting your guard down, and in return, you create stronger, more authentic relationships.

Even in my own stand-up comedy experience, I saw firsthand how humor connects people who otherwise have nothing in common. In that room, in those moments, we weren’t strangers—we were just people laughing together.

Laughter Helps You Survive (Even When Life Is a Mess)

Let’s be real—life is ridiculous. No matter how much you try to plan and control things, something unexpected always happens. And you have two choices:

1. Get frustrated, stressed, and spiral into a meltdown.
2. Laugh it off and roll with it.

I’ve been in some hilarious (and totally unexpected) situations—like the time I found myself leaving the restroom with toilet paper stuck

to my shoe on a first date. But honestly, nothing was more nerve-racking than getting on stage at The Comedy Store on Sunset Strip and telling jokes to a crowd who really didn’t care that I was a world-renowned psychologist.

At first, I thought, What if I bomb? What if they don’t laugh? But then I realized something: Even if I failed, it would still make for a great story.

That’s the beauty of laughter—it turns life’s awkward, stressful, or even painful moments into something lighter, memorable, and survivable.

How to Laugh More (Because You Totally Need It)

If you’re not laughing as much as you should be (spoiler alert: you probably aren’t), here are a few ways to change that:

- **Surround Yourself with Funny People**—Hang out with people who make you laugh until your stomach hurts.
- **Watch More Comedy**—Whether it’s stand-up comedy, sitcoms, or hilarious animal videos, add more humor to your daily life.
- **Learn to Laugh at Yourself**—Life is messy. You might as well embrace the absurdity and roll with it.
- **Tell More Jokes**—Even if they’re terrible, own it. (Dad jokes count.)
- **Do Something Outrageously Fun**—Ever tried improv or stand-up comedy? I highly recommend it. Even if you bomb, you’ll still get a laugh—just maybe not from the audience.
- **Find Humor in Everyday Moments**—Sometimes, all you have to do is shift your perspective. That frustrating situation? One day, it’ll be hilarious. Why not laugh now?

Final Thought: Laugh More, Live Better

At the end of the day, laughter is a gift. It’s free, it’s contagious, and it makes even the hardest days feel a little lighter. It’s the ultimate reminder that life is meant to be enjoyed, not just survived. So, laugh loudly. Laugh often. Laugh at yourself, laugh with others, and most importantly, never stop finding joy in the little things.

Because in a world that can sometimes feel too serious, laughter is your greatest superpower.

Dr. Cali Estes is a world-renowned psychologist and performance coach who helps others achieve their goals and dreams while making sure they remember to laugh along the way.

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JEANNE OMLOR



9 BUSINESS HABITS THAT ARE KILLING YOUR *SUCCESS*

BY JEANNE OMLOR

Entrepreneurs and business owners at every level make mistakes—some small, some catastrophic. The kind that slams the brakes on progress drains your time, money, and energy and leaves you wondering what went wrong. And what to do next.

If you have three or more of these habits, it's time to course-correct and implement a rock-solid, sustainable strategy that doesn't burn you out or diminish your quality of life.

1 • You're too busy watching the competition instead of blazing your own trail.

Your biggest competitor? YOU. No one else has your exact skills, experience, or vision. So stop measuring yourself against others and start owning your lane. Confidence isn't found in comparison—it's built by taking action. Then, with action comes progress and data you can analyze and move forward with.

2 • You "hope" people will buy instead of making YOU the only choice.

Hope isn't a strategy. It's an emotion that many allow to rule their business. And it's not healthy. If you have an irresistible offer—crystal clear, invaluable, and positioned so well that your ideal client can't resist—then hope is not needed. Make it impossible for them to say no. Because, well, it is just that good.

3 • You're trying to do everything alone (you KNEW this was coming).

Every single one of the world's top performers—athletes, CEOs, and creatives—has coaches. Why? Because going solo limits your perspective, slows your progress, keeps you stuck in the same patterns, and leaves a whole world of unrealized genius behind. Get a coach or mentor who challenges you, strategizes with you, and keeps you accountable. And who also encourages you. Kind words can move mountains.

4 • Your organization skills are a disaster

If you're flying by the seat of your pants every day, you're not running a business—you're surviving one. Get structured. Use calendars, lists, and time blocks. Plan ahead so you're not constantly playing catch-up. Small organizational shifts lead to massive productivity boosts. Being more productive buys you credits for your free time, which you can use to NOT be structured.

5 • You're not selling what people desperately want RIGHT NOW.

People don't wake up thinking, "I need a consultant" or "I need a business coach." They wake up thinking, "I need to fix this problem." You need to solve one big, urgent problem with one big, undeniable solution. Sell the result, not just the service. Nobody is sold on bells and whistles and overblown, false promises. The world is now too smart for this kind of outdated selling strategy.

6 • You blend in when you should be standing out.

Your story, your perspective, and your voice are what make you different. If you sound like everyone else, you'll disappear into the noise. Lean into your unique strengths, and don't be afraid to be bold. There is no one on this earth who is exactly like you. That is amazing and beautiful when you think about it. And please don't fabricate a wild backstory. Just own who you are! You are more than enough.

7 • You're stuck in planning mode instead of DOING.

Planning is crucial, but planning without action is just procrastination in disguise. What is the difference between dreamers and doers? Doers execute. Block time for real implementation. Test. Adjust. Repeat. Progress only happens when you MOVE.

8. You quit too soon when things don't go perfectly.

Success isn't about getting it right the first time. It's about failing fast, learning, and moving forward. The most successful people aren't always the smartest or most talented—they're the ones who refuse to quit and who have the courage to keep testing. Keep going, tweak the strategy, and don't give up. Ever.

9. You wait for "the perfect time" instead of making bold decisions now.

Spoiler alert: The perfect time doesn't exist. Every ultra-successful person you admire started BEFORE they were ready. If you keep waiting for some magical moment when everything aligns, you'll wait forever. Take the leap. There will never be a clearing in the forest where time is suspended so you can take action. You need to carve your way into the space ahead. And all excuses need to be eliminated. Period.

Here's the reality...

If you're doing three or more of these things, your business is not running optimally, and you are not fulfilling its true destiny. But the good news? These habits are fixable. Your success isn't about luck—it's about choices. And you have the power to make better ones starting NOW. So, the question is, what are you waiting for?

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UNLOCK HAPPINESS NOW: HOW TO STOP POSTPONING YOUR JOY

BY NATHALIE BOTROS

How many times have you told yourself, “I’ll be happy when...”? Maybe it is when you land that dream job, lose weight, find the right partner, or finally take that long-awaited vacation. It is easy to believe that happiness is just around the corner, waiting for you to check off the right box. But here is the truth: Happiness is not a future event, and it is not something you unlock after reaching a milestone. If you are always waiting for the next thing to make you happy, you will always be chasing it, never arriving. The key to happiness is not in the future; it is in how you live right now.

The Trap of Conditional Happiness

Postponing happiness is one of the biggest mistakes people make. It keeps you stuck in a cycle of never feeling fully satisfied. You reach one goal, but then another takes its place. You get the promotion, but now you want a higher salary. You find the relationship, but now you wonder if it is truly the one. This endless pursuit keeps you focused on what you lack instead of appreciating what you have.

Studies show that people who constantly link their happiness to future achievements tend to experience higher levels of stress and dissatisfaction. The problem is not the goals themselves. It is the belief that you must accomplish them before you deserve to be happy.

Why You Should Choose Happiness Now

Waiting for happiness is like waiting for the perfect weather before stepping outside. If you keep delaying joy until everything is just right, you may end up missing out on life. Choosing happiness now does not mean ignoring your ambitions. It means learning to find fulfillment along the way.

People who prioritize daily happiness tend to be more successful, more resilient, and even healthier. Studies show that those who cultivate joy in the present moment are more productive, make better decisions, and form stronger relationships. Happiness is not just an outcome. It is a fuel that drives everything else.

How to Stop Postponing Your Joy

If you have spent years linking happiness to future goals, shifting your mindset may take some practice. Here are a few ways to start unlocking happiness right now.

Redefine Success on Your Terms

Most people tie their happiness to society’s definition of success, which often means more money, more significant achievements, or external validation. But what if success was not just about what you accomplished but also about how you feel today?

Ask yourself, “What does success mean to me?” Maybe it is waking up with energy, having meaningful conversations, or feeling at peace with yourself. When you define success in a way that aligns with your values, you stop waiting for external milestones to feel fulfilled.

Find Joy in Small Wins

You do not need massive achievements to feel happy. Small moments of joy add up. Instead of focusing on what is missing, start recognizing the little things that bring you happiness each day.

Did you have a great conversation with a friend? Did you enjoy your morning coffee? Did you complete a task you had been putting off? These moments count. Happiness grows when you learn to appreciate the present instead of always looking ahead.

Stop Comparing Your Timeline to Others

One reason people postpone happiness is that they feel behind. Social media makes this worse because people are always getting engaged, landing a dream job, or traveling the world. But someone else’s timeline has nothing to do with yours.

You are not late. You are not behind. You are on your path. The more you compare, the more you delay your own joy. Instead of measuring your progress against others, focus on what makes you feel fulfilled right now.

Take Actions That Make You Happy Today

Ask yourself, “What can I do today to feel happier?” Not next month, not next year, but today.

Maybe it is moving your body, reaching out to someone you love, starting a project you have been excited about, or simply allowing yourself to rest. Happiness is not something you wait for. It is something you create through daily choices.

The way you speak about your life shapes how you experience it. If you keep saying, I will be happy when... or Things will be better once..., you are reinforcing the idea that happiness is always out of reach. But what if you changed the script?

Instead of saying, I will be happy when I reach my goal, try saying, I am proud of my progress. Instead of saying, I wish things were different, say, I am working toward the life I want. This simple shift tells your brain that happiness is available now, not just in the future.

Happiness is not something you wait for. It is in the way you show up for yourself each day, in the moments you choose to enjoy, in the gratitude you practice, and in the joy you allow yourself to feel. If you have been postponing happiness, it is time to stop.

Need help shifting your mindset? Scan the QR code below for a free 30-minute session, and let’s create happiness now.

It is time to stop saying, "I will be happy when," and start living as if happiness is already yours.

Connect with Nathalie Botros:

<https://bestholisticlife.info/TheBonVivantGirl>



Why You Need This Book:

Proven Strategies: Incorporate actionable steps and practical exercises into your daily life to boost your happiness and well-being.

Inspiring Stories: Motivate yourself with personal anecdotes and success stories from Nathalie's own journey.

Expert Insights: Benefit from the latest research and insights from happiness and mental well-being experts.

Holistic Approach: Overcome negative thoughts and emotions and cultivate a mindset of positivity and resilience.

Empowerment: Take control of your happiness with a step-by-step guide to creating your own personalized Happiness Cocktail.



UNVEILING YOUR DIVINE LAYERS OF SOUL, HIGHER SELF AND SPIRIT

BY PATTY OLIVER

Have you ever wondered why you are here? The answer lies in the vast and intricate nature of the Divine Source—the universal consciousness that seeks to experience everything in the universe from every possible perspective. To do this, Source must fragment itself into layers of energy that ultimately find its way into human form, allowing it to navigate and understand the physical realm.

To enter the physical world, Source must reduce its immense energy into smaller, more contained levels. This reduction occurs in distinct layers, known as the Spirit, the Higher Self, and the Soul. While many use these terms interchangeably, they each serve unique roles in the spiritual hierarchy:

Spirit: The Purest Connection to Source

The first and highest layer is the Spirit. Also referred to as the God Self, the Monad, or the I AM Presence, the Spirit is the closest aspect of us to the Source itself. It is our truest and fullest identity—the part of us that remains eternally connected to the infinite consciousness of the universe.

Higher Self: The Bridge Between Spirit and Soul

The next layer of Source's journey into human form is the Higher Self, sometimes known as the Oversoul or Soul Family. The Higher Self serves as an intermediary between Spirit and the individual human experience. This level of consciousness is responsible for guiding multiple incarnations of the soul, overseeing life lessons, and maintaining a broader perspective on each lifetime's purpose. The Higher Self then fragments itself into multiple individual soul extensions or personalities, each embarking on its own physical journey.

Soul: The Explorer of the Physical Realm

At last, we arrive at the soul, the aspect of the Source that enters a physical body to fully immerse itself in the material world. The soul has the direct experience

of human life, navigating emotions, relationships, and karma. Through numerous lifetimes, the soul learns, evolves, and refines itself, ultimately seeking mastery over karma before returning to its higher aspects. This process can take hundreds or even thousands of lifetimes.

Your Spiritual Team: You Are Never Alone

The soul's journey is never a solitary one. In addition to the guidance of the Higher Self and Spirit, every individual has a dedicated spiritual support team, ensuring that they have the necessary wisdom and assistance to navigate their earthly existence.

Spirit guides are benevolent beings assigned to help you throughout your life. These guides operate in the energetic space between your Higher Self and Spirit, offering guidance tailored to your unique experiences and karma. They are, in essence, "hired" by your Higher Self to provide support, insight, and protection.

Most spirit guides have lived at least one human life, meaning they understand the challenges and emotions that come with the human experience. This makes them compassionate and empathetic mentors. Some spirit guides may even be people you knew in this lifetime who have passed on but choose to assist you from the spiritual realm. Your spirit guides can take on different roles throughout your life. Some guides are permanent, remaining with you from birth until death, while others are temporary, stepping in during significant moments.



Your Akashic Guide: The Keeper of Your Soul's Record

In addition to spirit guides, you also have an Akashic guide, a being responsible for assisting you in accessing your Akashic Record. The Akashic Records are a vast, energetic archive containing every thought, experience, and lesson from all your past, present, and future lives. Once you learn how to tap into this knowledge, your Akashic guide will help you retrieve the insights you need to clear karma and rise above life's challenges.

How Your Guides Communicate with You

Your spirit guides and Higher Self are always communicating with you, but because they exist on a higher vibrational frequency, their messages are often subtle.

They may reach you through:

- **Intuitive insights:** Sudden "gut feelings" or knowing something without logical explanation.
- **Signs and symbols:** Recurring numbers, animals, or objects appearing in meaningful ways.
- **Synchronicities:** Unusual coincidences that feel too significant to be random.
- **Dreams and visions:** Messages delivered while you sleep or during meditation.

Learning to recognize these forms of communication can deepen your connection with your guides and make their guidance more accessible.

The Power of Free Will: Your Choices Shape Your Path

While your spiritual team is always there to assist you, they can never interfere with your free will. You have the ultimate authority over your choices and direction in life. However, by cultivating awareness and openness to their guidance, you can navigate your journey with greater clarity and purpose.

You are not just a human being going through life randomly. You are an extension of the Divine Source! As you walk this path, remember that you are never alone. Your spiritual team is always by your side, whispering insights, offering guidance, and supporting you every step of the way. By tuning in and embracing their wisdom, you can navigate your life with greater ease, fulfillment, and spiritual awareness.

If communicating with your spirit guides and accessing your soul-level information interests you, I can teach you how in my Akashic Records course, "Live a Soul-Powered Life!" I also offer private soul coaching using your Akashic Record to help you create your desired future.

Visit my website for details.

Connect with Patty Oliver:

<https://bestholisticlife.info/PattyOliverAkashicRecords>



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The Akashic Truth Oracle

An oracle card deck that will connect you
to your Akashic Record and reveal your soul's truth!





BREAKING FREE FROM CHRONIC ILLNESS: WHY FIGHTING HARDER ISN'T THE ANSWER

BY LORI CLEMMONS

Most people see me now and think, “She loves her life.” They’re right—I do. But what they don’t see is how long it took me to get here.

For nearly three decades, chronic illness controlled my world. I spent years homebound—sometimes bedbound—watching life move forward while I felt trapped in a body that wouldn’t cooperate.

Now, I have the freedom to do things I once only dreamed of. More importantly, I help others do the same. My book, *Rewire Your Wellness*, became a #1 Amazon bestseller, connecting me with thousands who feel stuck, hopeless, and exhausted—because I’ve been there. I know what it’s like to search for answers and feel like nothing is working. Now, I guide others toward a new path—one rooted in self-compassion, nervous system regulation, and true healing.

The Moment Everything Changed

One morning, I woke up staring at the ceiling, feeling nothing. No hope. No fight left in me.

For years, I battled relentless fatigue, pain, brain fog, food sensitivities, and chemical reactions that controlled every aspect of my life.

I had tried everything—doctors, medications, and endless supplements. I eliminated foods, avoided chemicals, and even left behind our home and everything we owned in search of a healthier environment.

At first, it seemed to help. My symptoms improved. I had hope. Until I crashed again—even harder than before.

I had done everything possible. It still wasn’t enough.

I let go of the belief that things would ever improve.

Despite everything, one simple thought remained:

I just wanted to be in nature.

So I asked my husband to drive me to a nearby park.

The forest that day was misty, quiet—almost surreal. As I stepped onto the path—slowly, carefully—I felt something shift.

Not in my body.

But in my heart.

For the first time in years, I stopped fighting.

I wasn’t searching for a cure. I wasn’t forcing my body to change.

I was just there, present in the moment.

And in that stillness... came something unexpected:

Acceptance.

I had always thought that if I stopped fighting, I’d be giving up.

But I wasn’t giving up.

I was giving myself grace.

Because real acceptance isn’t about giving up hope; it’s about making peace with where you are so you can begin to heal.

For the first time, I met myself with compassion.

Not judgment. Not frustration. No shame.

Just love.

In that moment of letting go—of control, fear, and constantly



chasing solutions—my body finally had space to heal.

The Body Heals When It Feels Safe

What I hadn't realized then was that my body had been trying to heal all along—I had just been keeping it in a constant state of stress.

My nervous system was stuck in overdrive, bracing for the next crash, trapped in a cycle of fear and exhaustion.

Every ounce of energy was going into survival, leaving nothing for healing.

The moment I stopped pushing and started listening was the moment my body could finally do the work it had been trying to do all along.

And when I let go of the "I'll be happy when..." trap, something else happened.

I started to see what was already there.

For years, I focused on what I had lost. But at that moment, I saw what remained.

I felt gratitude—for my husband, who stood beside me; my children, who never stopped loving me; my friends, who stayed by my side; and for my body—yes, my body—that had been fighting for me all along.

That moment changed everything. For the first time, I understood:

Fighting harder wasn't the answer.

Shaming myself wasn't the answer.

Self-compassion was.

As I leaned into self-compassion, my body responded.

At first, the changes were subtle—more energy in the mornings, fewer crashes after small outings. But as I continued to meet myself with kindness, something incredible happened.

The patterns that had kept me stuck for years began to unravel.

My body no longer felt like an enemy.

And one day, I realized I was no longer just surviving. I was really living.

I know many people feel stuck—trapped in bodies that seem to have betrayed them.

I remember that feeling. But I also know healing is possible because I experienced it firsthand.

It's not about pushing through or overriding symptoms. I teach a different approach—one that helps people work with their nervous system, not against it.

In *Rewire Your Wellness*, I introduce Compassionate Self-Coaching, a gentle yet powerful approach that shifts the nervous system out of survival mode so the body can heal.

Compassionate Self-Coaching is comprised of:

- **Compassion awareness**—Recognizing patterns of fear and stress without judgment, allowing us to observe thoughts and emotions with kindness.
- **Self-Coaching**—Gently guiding ourselves toward thoughts, beliefs, and behaviors that calm the nervous system.
- **Self-Care**—Taking intentional steps to nourish body and mind, reinforcing safety.

Healing isn't about forcing change—it's about creating the conditions where healing can unfold naturally. I won't tell you there's a magic solution.

But I can tell you this:

- When you stop waiting for happiness and start creating it now...
- When you stop fighting yourself and start meeting yourself with love...
- When you stop focusing on what's missing and start seeing what's already here...

Healing becomes possible.

So, today, I invite you to take one deep breath.

To notice one small moment of beauty.

To meet yourself with just a little more kindness.

Because healing doesn't begin in the future,

It begins right here, at this moment.

Connect with Lori Clemmons:

<https://bestholisticlife.info/LoriClemmons>

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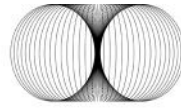


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FORGET MAGIC PILLS: HOW STRUCTURED RECOVERY ACTUALLY WORKS

BY MEL HOPPER KOPPELMAN

Like most people, I wanted to be the energetic, healthy, and active person I saw myself as. I'd already had enough health challenges that I didn't take this for granted. But I wanted to wake up in the morning excited for my day, doing what I love: using my heart and brain to guide people toward their own vibrancy while having the energy to care for and enjoy my family.

Yet, my body had other plans.

This wasn't my first battle with health challenges. After college, while volunteering in India, I contracted amebic dysentery. The infection wasn't treated properly, leaving me with a chronic condition that took over two years to resolve. Industrial medicine dismissed me; one ER doctor even claimed I'd be dead if I'd had dysentery that long. Fortunately, he was wrong—but finding real help was anything but straightforward. By 2016, a new challenge emerged: body-wide pain, crushing fatigue, cognitive fog, and blood pressure crashes. But this time, I was armed with two Master's degrees—one in Chinese Medicine and another in Nutrition and Functional Medicine—plus five years of clinical practice. I thought I was prepared.

At first, I doubled down on what I already knew. My diet and environment were clean. I ordered tests for infections, toxins, hormones, genetics, and deficiencies. Results showed multiple infections, elevated inflammatory markers, disrupted metabolic pathways, and antibodies to my own collagen. Even though I had all this data, I lacked a clear plan.

I threw every tool at the problem: gentle movement, grounding by walking barefoot, CBD, mushrooms, sauna, molecular hydrogen,

acupuncture, chiropractic care, cold showers, meditation—you name it. I even had a custom supplement formula tailored to my genetics. Yet progress was slow and unpredictable.

I soon learned about Dr. Robert Naviaux's **Cell Danger Response (CDR) model**, which explains how cells get stuck in survival states. This was a revelation: my body wasn't just "broken"—it was following a logical, protective pattern. Chronic illness can trap cells in either "summer mode" (inflammation) or "winter mode" (down-regulation). For people like me—and many of my patients—stuck in winter metabolism, common anti-inflammatory strategies often backfired. But knowing this still didn't mean I had the right map to recovery.

I realized I was trying to fix a broken brain with a broken brain. It felt like being trapped in an escape room with no clues. If I kept blindly adding treatments, I might never find my way out.

The breakthrough came when I shifted my approach: **Recovery isn't about trying everything—it's about doing things in the right order.** Almost all tools have value, but only when used at the right time.

Learning the Body's Language

The first key lesson? **The body heals in a preferred sequence.** You wouldn't install new carpets if the roof was leaking—similarly, healing requires prioritization. Jumping ahead in the process can backfire.

The second? **Learning to interpret the body's feedback.** Lab tests and expert opinions have value, but your body provides real-time data if you know how to listen. Small shifts in digestion, pain, or sleep can reveal whether you're moving in the right direction.



Just as ancient navigators crossed oceans by reading the stars and wind, this feedback became my internal compass for recovery.

This is a skill set that anyone can develop.

One of the most powerful tools I integrated was **“medicinal herbs”**—but not in a scattered way. Instead, I used them strategically, in the right sequence, based on metabolomics research. Unlike isolated supplements, well-designed herbal formulas influence hundreds of pathways simultaneously, making progress clearer and more predictable.

Another key insight was **“the nervous system’s role in chronic illness”**. Many health challenges echo early-life nervous system imbalances, but simple home tests can reveal these patterns in under ten minutes. Supporting brain and nervous system function became foundational—not just for me, but for my patients as well.

The Path Forward

Healing isn’t about finding a magic pill—it’s about following a structured process based on **“how complex living systems actually recover”**. Labs and experts can provide insights, but no one knows your body better than you do. By tuning into your body’s signals and making intentional, step-by-step changes, you can develop clarity about what works for you. For those facing chronic illness: **“Don’t chase every new trend. Instead, build a clear plan tailored to your needs, and learn to trust your body’s feedback.”** Recovery takes patience, strategy, and self-awareness—but it is possible.

If you’re looking for support on this path, you can apply to our **“Synthesis Health Solutions + Support Group”** website for free as a guest. Join a group of positive, inspiring people and experience what it’s like to have a clear, step-by-step plan to reverse-engineer your health.

Connect with Mel Hopper Koppelman:
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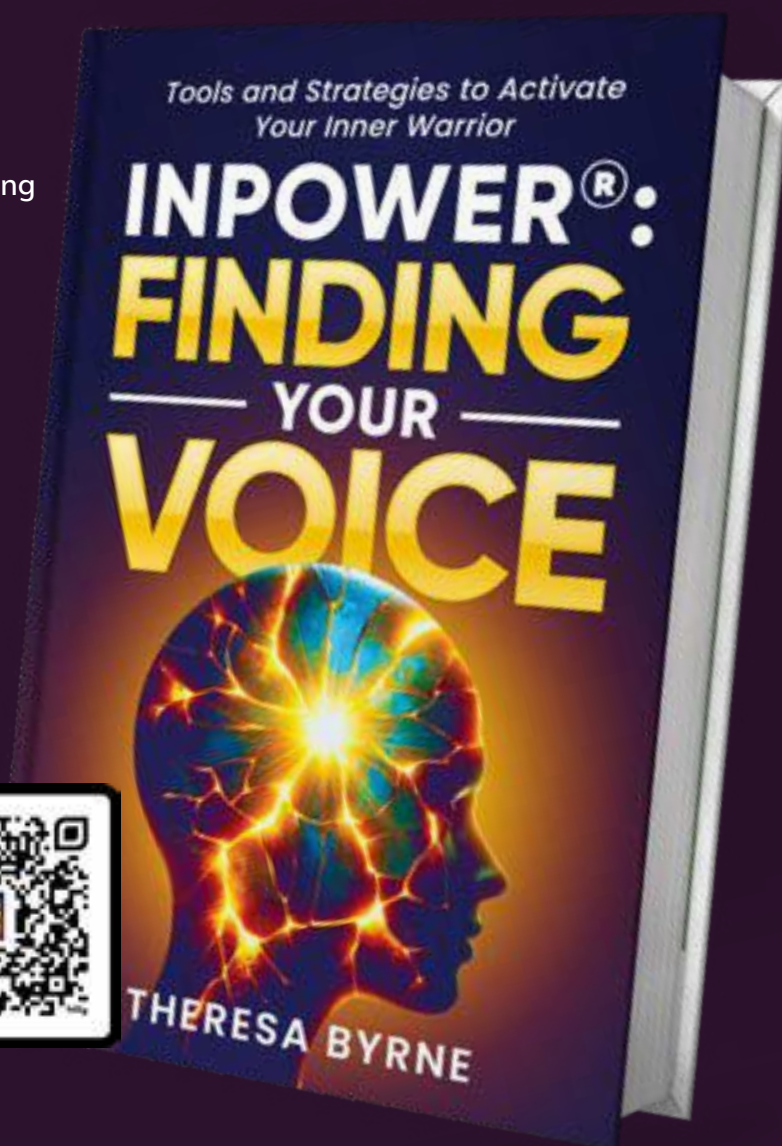
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support you

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be and allowing space for an
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THE SNEAKY UNSEEN SIDE EFFECTS OF CHILDHOOD TRAUMA

BY THERESA BYRNE

When Survival Becomes Your Nature

Childhood trauma doesn't always leave scars you can see—it leaves patterns you don't even realize you're repeating. What happens when childhood coping mechanisms become adult burdens? When the thing that once saved you is now silently sabotaging you? Let's talk about the hidden ways trauma shapes us—and how to rewrite the story.

Maybe you're the one who never asks for help because depending on others never felt safe. Or you over-function, always "on," and your mind and system constantly moving you forward, or you're busy taking care of everything and everyone because that's how you earned love. And then there's procrastination—not laziness, but a straight-up nervous system frozen between perfectionism and fear.

These aren't just habits; they're survival instincts, strategies created by a younger version of you who did whatever it took to feel safe, loved, or in control.

How Coping Mechanisms Can Show Up:

1. Over-Functioning: Need to Be in Control

Children raised in chaotic or neglectful environments often take on adult responsibilities early. This leads to over-functioning—constantly managing, fixing, and taking charge of everything. As adults, over-functioning struggle to delegate and often burn out trying to control situations and people around them.

How It Shows Up:

Taking on more than your fair share at work or in relationships

Struggling to relax because "there's always something that needs to be done"

Feeling anxious when things aren't under your control

2. Over-Independence: "I'll Do It Myself" Trap

For children who couldn't rely on caregivers, independence becomes a survival tool. While self-sufficiency is often praised, extreme independence can make it hard to ask for help, trust others, or accept support.

How It Shows Up:

Difficulty delegating or sharing responsibilities

Feeling like a burden when you ask for help

Preferring isolation over-dependence on others

Let's not forget the rebel. The one who refuses rules, expectations, or any hint

of control. The one who resists authority—sometimes self-sabotaging in the process—because following the rules once meant losing yourself. The rebels learned early independence was the only safe way, so pushing back became second nature.

3. People-Pleasing: Need for Approval Cycle

Children who grow up in unpredictable or high-conflict households may become people-pleasers to avoid anger or rejection. This habit continues into adulthood, leading to over-accommodation, lack of boundaries, and prioritizing others' needs over one's own.

How It Shows Up:

Saying yes when you want to say no

Feeling responsible for other people's emotions

Avoiding conflict at all costs

4. Procrastination: Fear Masquerading as "I Don't Know!"

Procrastination isn't just laziness—it's often a trauma response. For children who were harshly criticized or had unrealistic expectations placed on them, taking action can feel paralyzing. The fear of failure, rejection, or not being "good enough" leads to avoidance and delay.

How It Shows Up:

Putting off tasks until the last minute

Feeling overwhelmed by simple decisions

Avoiding projects due to fear of imperfection

5. Hyper-Vigilance: Constantly Scanning for Threats

Growing up in an unpredictable or dangerous environment teaches the brain to always be on high alert. Hyper-vigilance means constantly scanning for danger—even in safe situations—which can lead to anxiety, exhaustion, and difficulty relaxing.

How It Shows Up:

Startling easily or feeling constantly on edge

Reading too much into people's words or actions

Struggling to trust others or feel safe

6. Emotional Numbing: The Art of Not Feeling

When emotions are too painful or unsafe in childhood, the brain learns to shut them down. Emotional numbing can make it hard to connect with feelings, leading to a sense of detachment or disconnection.

9. Difficulty Resting: Productivity as a Reaction

In an environment where love or safety felt conditional, rest may have been seen as laziness. Many trauma survivors struggle to relax without guilt, constantly feeling the need to be productive to earn their worth.

How It Shows Up:

Feeling guilty when resting or doing “nothing”

Overworking or overcommitting to tasks

Equating self-worth with achievements

10. Self-Sabotage: Fear of Success or Happiness

If positive experiences in childhood were short-lived or always followed by something bad, the brain may associate success or happiness with impending failure. This leads to unconscious self-sabotage, where people undermine their own progress.

How It Shows Up:

Quitting before reaching success

Undermining relationships or opportunities

Feeling uncomfortable when things are going too well

Healing Starts with Awareness

Recognizing these patterns is the first step toward healing. These coping mechanisms once served a purpose, but they don't have to control your life anymore. Therapy, self-awareness, and intentional boundary-setting can help transform survival strategies into healthier habits.

You are not broken—you adapted. Now, it's time to rewrite the story.

Connect with Theresa Byrne:

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How It Shows Up:

Feeling emotionally distant or “checked out”

Struggling to experience joy, excitement, or sadness

Using distractions (work, TV, social media) to avoid emotions

7. Over-Apologizing: Taking the Blame Patterns

If a child is blamed for things outside their control or has to keep the peace in a chaotic home, they may develop a habit of over-apologizing. This extends into adulthood, leading to unnecessary guilt and diminished self-worth.

How It Shows Up:

Apologizing for things that aren't your fault

Feeling responsible for other people's discomfort

Struggling to assert yourself

8. Conflict Avoidance: Keeping the Peace at All Costs

For those raised in homes where conflict is dangerous or unpredictable, avoiding confrontation becomes second nature. Even in adulthood, conflict avoidance can lead to resentment, suppressed emotions, and difficulty advocating for oneself.

How It Shows Up:

Avoiding difficult conversations, even when necessary

Bottling up emotions until they explode

Feeling like standing up for yourself is “selfish”





UNLOCKING THE SECRETS TO DEEP, RESTORATIVE SLEEP WITH SIA SILK

BY EVALEE GERTZ

The night was restless. Tossing, turning — it was a cycle she couldn't escape. Like so many, Sarah, struggled with achieving the deep, restorative sleep her body needed. No matter how early she went to bed, she'd wake up feeling exhausted. The culprit? Light pollution, stress, and the lack of a nighttime ritual.

Then one night, everything changed.

Sarah discovered the transformative power of sleeping in total darkness. She learned that exposure to even the smallest sliver of light can disrupt melatonin production—the body's key hormone for regulating rest and recovery. Inspired to make a change, she invested in a Sia Silk Sleep Mask, paired it with Sia Silk's Lavender Aromatherapy Essential Oil Roll-On, and completed her new ritual with the Sia Silk Sleep Kit Gift Box. That night, for the first time in years, she experienced deep, uninterrupted sleep.

The Power of Sleeping in Total Darkness

Science confirms what Sarah experienced — sleeping in total darkness is one of the most effective ways to enhance sleep quality and longevity. When your body is exposed to any amount of light at night, it can suppress melatonin production. This disruption has been linked to increased stress levels, a higher heart rate, and even

a greater risk of obesity. Research suggests that sleeping in complete darkness can lower cortisol levels, support cardiovascular health, and enhance cognitive function. But achieving true darkness isn't easy. That's where Sia Silk Sleep Masks come in.

Sia Silk Sleep Masks: Your Gateway to Better Sleep and Longevity

Not all sleep masks are created equal, and we set out to design one that addresses the pain points of traditional sleep masks. Many masks on the market are either too tight, too flimsy, or made from synthetic materials that can irritate the skin. Here's how Sia Silk Sleep Masks stand apart:

Key Features:

- **Luxurious Mulberry Silk for Anti-Aging Benefit** – Sia Silk masks are made from 100% pure mulberry silk, not only incredibly soft but also packed with beauty benefits. Silk is naturally hypoallergenic, moisture-retaining, and gentle on the skin, helping to prevent sleep lines, wrinkles, and dryness. Unlike cotton or synthetic fabrics, silk helps your skin maintain hydration and has been shown to speed up cell turn over, making it ideal for those with sensitive or aging skin.

- **Larger-Than-Standard Eye Cups** – Many sleep masks press against the eyes, causing discomfort and damaging delicate lashes. Sia Silk masks feature extra-deep eye cups, designed to provide total blackout without pressure on the eyes or lashes.
- **Adjustable Silk-Wrapped Strap** – A common complaint with other sleep masks is that they are either too tight or too loose, causing discomfort throughout the night. Our adjustable silk-wrapped strap ensures a custom, snug fit without hair pulling or discomfort, making it the perfect choice for all sleep positions.
- **Ergonomic Design for Maximum Light Blocking** – Our innovative design includes a high nose cutout, larger coverage and extra-thick padding, ensuring total blackout promoting deep sleep and melatonin production.
- **Beautiful Colors and Gift-Ready Packaging** – We believe that functionality should also be beautiful. Our masks come in a variety of elegant colors and arrive in a luxurious gift box with a travel pouch, making them a perfect gift for loved ones or a well-deserved self-care treat.

With its luxurious feel and science-backed benefits, a Sia Silk Sleep Mask is more than just an accessory—it's a tool for wellness, anti-aging, and longevity.

Enhance Relaxation with Sia Silk's Aromatherapy Lavender Essential Oil Roll-On

To truly relax before bed, Sarah needed more than just darkness—she needed to quiet her mind. Enter Sia Silk's Lavender Aromatherapy Essential Oil Roll-On, a calming blend of pure lavender, and amethyst-infused essential oils designed to ease stress and promote tranquility.

How It Works:

- Roll onto pulse points (wrists, temples, and behind ears) before bed.
- Breathe in the calming aroma to reduce anxiety and promote relaxation.
- Enjoy a deeper, more restorative sleep.

Amethyst is known for its calming and healing properties, making it the perfect addition to our roll-on to enhance emotional balance and spiritual well-being.

Sarah rolled a small amount onto her temples and wrists,

inhaling deeply. The soothing aroma signaled to her body that it was time to unwind, making it easier to drift into a deep sleep.

The Ultimate Self-Care Gift: Sia Silk Sleep Kit Gift Box

For those looking to enhance their nighttime routine, the Sia Silk Sleep Kit Gift Box is a must-have. Whether for yourself or a loved one, this thoughtfully curated set includes all the essentials for a truly restorative night's sleep.

What's Inside?

- **Sia Silk Sleep Mask** – Featuring deep eye cups, an adjustable strap, and premium silk fabric.
- **Aromatherapy Lavender Essential Oil Roll-On** – All-natural, infused with amethyst for relaxation.
- **Lavender Woods Lip Balm** – All-natural, deeply moisturizing, and infused with calming lavender and sandalwood.
- **Lavender Test Tube Bath Salts** – A blend of Epsom salt and lavender for a soothing soak.
- **Bedtime Single-Serving Organic Tea** – A caffeine-free, herbal tea blend for relaxation.
- **Foam Ear Plugs** – Reduce noise and distractions for a peaceful sleep.

Why Choose Sia Silk?

At Sia Silk, we believe that sleep is the foundation of beauty, health, and longevity. Our products are designed with the highest quality materials, ensuring they are vegan, cruelty-free, and made with sustainability in mind. We are passionate about helping people achieve better sleep, glowing skin, and a calmer mind through simple yet effective tools.

Sleep Better Tonight – Experience Sia Silk

If you're tired of restless nights and waking up feeling exhausted, it's time to prioritize your sleep. With Sia Silk you can transform your nighttime routine and embrace the deep, rejuvenating rest your body craves.

Ready for your best sleep ever? Visit our website to shop now and start your journey toward better rest, radiant skin, and optimal wellness.

Connect with Evalee Gertz:

<https://bestholisticlife.info/SiaSilk>

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THE 3 LAWS OF ENERGY THAT INSTANTLY CREATE UNLIMITED ABUNDANCE

BY DAWNA CAMPBELL

You've been told success demands blood, sweat, and burnout. That the grind is the price of greatness. But what if the very struggle you believe creates success... is the thing keeping it away? Meanwhile, the universe is standing there, sipping its cosmic latte, shaking its head:

'Sweetie, it doesn't have to be this hard.'

The truth? Abundance is an energy you align with, not a prize to win. Success isn't something you chase. It's something you become. The struggle dissolves. The doors swing open. The opportunities that once seemed impossible? They start showing up unprompted. The Law of Frequency: Elevating Your Energy to Match Your Desires. Everything—your thoughts, your bank account, your love life—carries a frequency. Ever notice how when you're in a bad mood, everything seems to go wrong? You spill your coffee, hit traffic, and suddenly, your whole day feels cursed. That's because energy attracts energy. If you're stuck in Scarcity FM, all you'll hear is a never-ending loop of 'There's never enough, why is this so hard?' But the moment you switch your mindset to Abundance 101.1—by focusing on gratitude, possibility, and trust—life starts opening up. People treat you differently. Opportunities flow in. Your energy is your order form to the universe. What are you asking for?

Elevate Your Frequency with:

- Rewiring your thoughts. When a scarcity thought creeps in, replace it with an empowering one.
- Gratitude – an instant frequency upgrade. Shift your focus from what's missing to what's already extraordinary.
- Curate your surroundings. Energy is contagious—clean up your space, unfollow negativity, and surround yourself with high-vibe people.
- Move your body. Stagnant energy creates stagnant results. Dance, walk, stretch—keep the flow going.
- Act like it's already yours. Feel abundant before the money lands. The energy shift changes everything.

The Law of Flow: Releasing Resistance & Letting Abundance In

Ever notice how the best things in life seem to happen when you're not trying so hard? Maybe you finally met the right person after giving up on dating, or a job offer landed in your inbox just when you stopped obsessing over your career. That's flow. It's not luck—it's alignment. When you're forcing, chasing, and over-controlling, you're like a clenched fist: too tight to receive. But when you relax, trust, and follow what feels good, you create space for abundance.



to flow in naturally. The universe isn't holding back—it's just waiting for you to loosen your grip and let it in.

But most people live in resistance. They force, control, and cling to their goals so tightly that they unknowingly block the very abundance they're chasing. The more you desperately need something to happen, the harder it becomes to receive it—forcing creates resistance, not results. Chasing creates distance. Trusting creates magnetism. Which one are you choosing? Follow what feels good because joy is the universe's way of signaling that you're on the right path, while stress and frustration are clear indicators that it's time to pivot. Trust the timing of your manifestations; just because they haven't arrived yet doesn't mean they aren't already on their way.

Remove Your Abundance Blocks:

- Identify your limiting beliefs. Do you believe money requires struggle? Does success make people lonely? Isn't that love meant for you? These hidden programs are running your life.
- Let go of the "how." Stop micromanaging the universe—it knows what it's doing.
- Heal your relationship with receiving. If you sabotage good things, it's time to shift that.
- Shift from effort to alignment. Hard work alone doesn't bring success—alignment does.

The Law of Receiving: Opening Yourself to More Abundance

Have you ever tried to give someone a heartfelt compliment, only for them to brush it off? 'Oh, this old thing?' or 'No, I didn't do that much.' It feels awkward, right? Now imagine the universe trying to send you abundance—but you keep deflecting it the same way. When you struggle to receive—whether it's a compliment, help from a friend or unexpected money—you're signaling that you're not open to more. You can't manifest abundance while rejecting it at the same time. The shift? Start saying 'thank you' and

truly letting it in. The more you receive with ease, the more abundance naturally flows your way.

Start Receiving Like a Pro:

- Say YES without guilt. Next time someone offers you something—whether it's a compliment, a free coffee, or a major opportunity—just say Thank you and take it.
- Receive money with ease. When the money arrives, don't immediately stress over expenses. Instead, say, More of this, please!
- Let yourself be supported. You don't have to do everything alone. Accept help in business, love, and life.
- Clear your receiving blocks. If receiving more than you "need" makes you uncomfortable, start reprogramming your beliefs around receiving.
- Gratitude multiplies abundance. The more you appreciate what you receive, the more the universe sends your way.

Abundance Isn't Earned—It's Activated

Most people spend their lives chasing abundance, never realizing it's been within them all along. You don't have to hustle for it. You were never meant to chase abundance—it was meant to chase you. The struggle was never yours to carry. So breathe, soften, and open your arms. The universe has been waiting for this moment.

And this? This is the moment you stop waiting, stop doubting, and finally say YES!

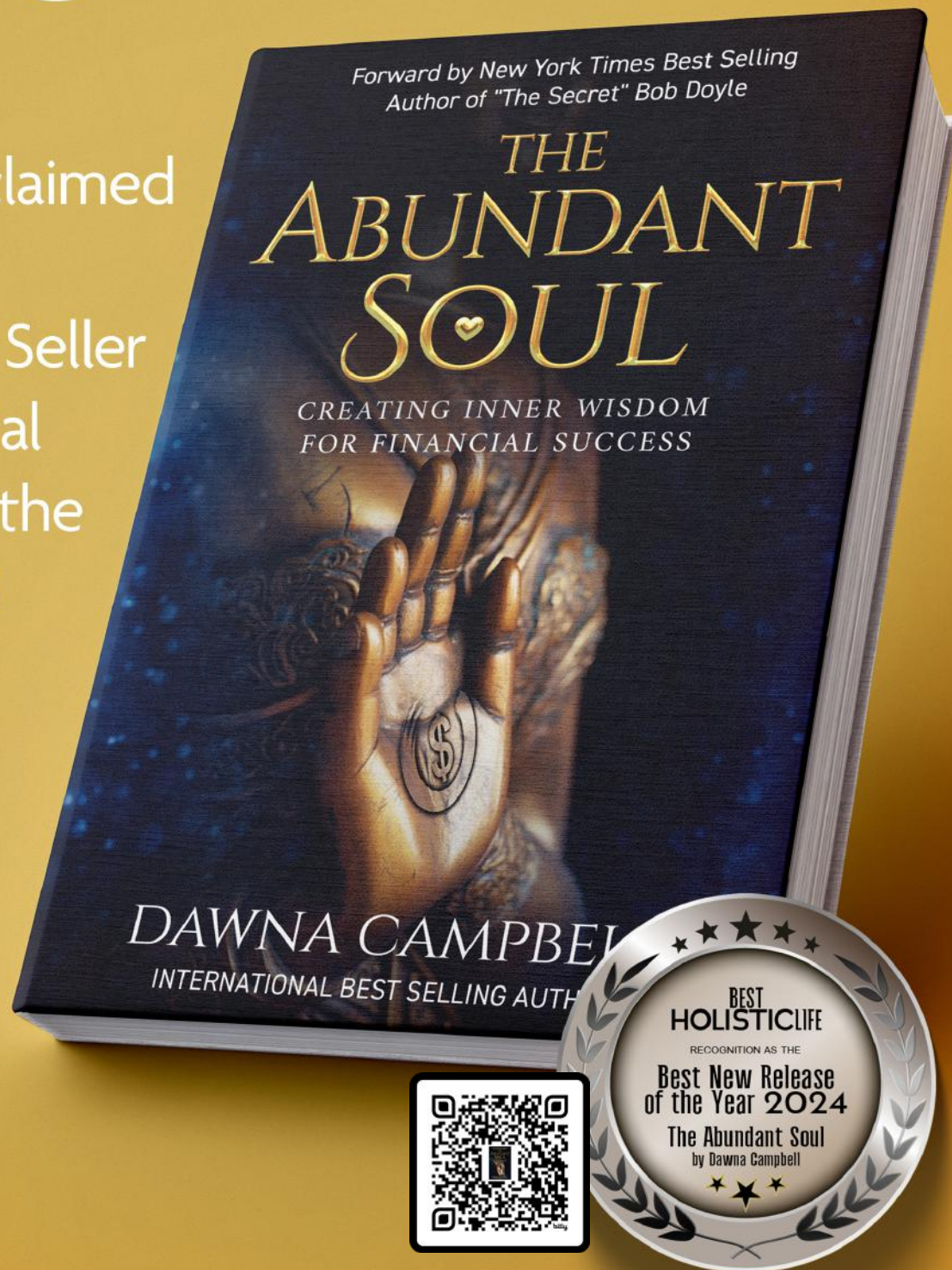
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THE PURPOSEFUL PIVOT: HOW LIFE'S UNEXPECTED TURNS REVEAL YOUR AUTHENTIC PATH

BY MALAYSIA HARRELL

We plan our lives with such careful precision—the education, the career trajectory, the relationships, the achievements. Yet inevitably, life introduces unexpected turns that disrupt these well-laid plans. A health crisis emerges a relationship dissolves, a carefully constructed career path suddenly closes, or a global pandemic reshapes everything overnight.

In these moments of disruption, we face a profound choice: resist the unexpected turn or recognize it as a sacred invitation toward a more authentic path. As a transformation guide who has navigated my own journey from childhood trauma to purposeful service, I've witnessed how these apparent detours often become the most direct route to our truest calling.

The Illusion of the Linear Path

The narrative of success we've inherited suggests a linear progression—set goals, work diligently, overcome obstacles, and arrive at your predetermined destination. This narrative isn't just oversimplified; it fundamentally misunderstands how authentic purpose emerges.

Your deepest purpose isn't something you invent or pursue. It's something you uncover and align with. And often, this uncovering happens most powerfully when your predetermined path falls away, creating space for something more aligned to emerge.

The corporate executive whose health crisis forces a pause

reveals her deeper calling in wellness advocacy. The educator whose institutional restructuring creates the opening to develop a more innovative approach she'd been quietly envisioning. The professional whose relationship dissolution initiates a profound identity reclamation that transforms her approach to leadership.

These aren't stories of plans gone wrong. They're testimonies to deeper wisdom orchestrating our lives when we're willing to release our grip on how things "should" unfold.

Disruption as Divine Intervention

What if we considered an alternative interpretation of life's unexpected turns? What if, instead of seeing them as obstacles to overcome or failures to remedy, we recognized them as divine interventions guiding us toward greater alignment?

This perspective transforms our relationship with disruption entirely. Rather than merely "getting through" challenging transitions, we approach them with reverence and curiosity—asking not just "How do I solve this problem?" but "What might this disruption be revealing or making possible?"

This isn't spiritual bypassing or toxic positivity. It's not about denying the genuine pain, fear, or uncertainty these pivots often involve. Instead, it's about holding that very real human experience alongside a deeper recognition of the potential wisdom unfolding through the disruption.

The Anatomy of a Purposeful Pivot

Purposeful pivots typically unfold through several distinct phases, each offering its own invitation for growth and alignment:

1. The Dismantling

First comes the dismantling of what was—the role, relationship, identity, or circumstance that previously defined your path. This phase often involves grief, disorientation, and the vulnerability of not knowing what comes next. The invitation here isn't to rush through these feelings but to honor them as part of the necessary clearing that creates space for new possibilities. The discomfort of this dismantling isn't a sign that something has gone wrong but rather that something significant is being rearranged.

During this phase, gentle self-compassion and permission to be exactly where you are become essential practices. The temptation to immediately replace what was lost with a new version of the same pattern is strong. Resisting this urge creates the sacred emptiness from which authentic purpose can emerge.

2. The Deepening

As the dust settles from the initial dismantling, a deeper inquiry becomes possible. This phase invites you to look beneath the surface circumstances to examine the patterns, values, and authentic desires previously obscured by external expectations or habitual ways of being.

Questions that facilitate this deepening include:

What parts of what was lost actually aligned with my authentic self, and what parts didn't?

What has this disruption made visible that I couldn't see before?

What values or needs have I been compromising that I'm no longer willing to sacrifice?

What quiet voice within me has been waiting for permission to be heard?

This deepening isn't merely intellectual. It requires creating quiet space to listen to your body's wisdom, to notice what brings genuine energy versus what depletes you, and to reconnect with the spiritual guidance always available beneath the noise of doing.

3. The Discernment

From this deepened self-connection emerges the ability to discern the next steps with greater alignment. This discernment isn't about figuring everything out at once or having a complete roadmap for what's next. It's about recognizing the next aligned action that honors both your practical circumstances and your authentic truth.

Discernment differs from conventional decision-making in that it integrates intuition, bodily wisdom, and spiritual guidance alongside analytical thinking. It asks not just, "What makes logical sense?" but "What feels aligned with my deepest truth?" and "What choice creates the greatest coherence between my inner and outer worlds?"

This phase often involves experimental steps, trying new approaches while maintaining an attitude of curiosity and openness to feedback—both from external results and from your internal guidance system.

4. The Development

As you take aligned action based on your discernment, a development phase unfolds where new skills, relationships, and opportunities emerge to support your evolving path. This development rarely follows a linear trajectory. It more typically involves cycles of expansion and integration, action and reflection.

This phase invites you to remain flexible while holding the essence of what matters most. The exact form your purpose takes will likely evolve, but the core energy or contribution at its heart remains consistent.

The development phase also involves recognizing and releasing old patterns that no longer serve your authentic path—whether these are habits of people-pleasing, scarcity thinking, or defining success by external metrics rather than internal alignment.

5. The Devotion

Eventually, what began as an unexpected disruption transforms into a path of devoted service—to yourself, to others, and to the greater purpose your life is designed to express. This devotion isn't about perfection or arrival. It's about committing to the ongoing evolution of your authentic expression.

In this phase, you recognize that purpose isn't something you achieve once and complete. It's a dynamic relationship between your unique gifts and the needs of the world around you—a relationship that continues to deepen and expand as you grow.

Devotion also involves gratitude for the very disruption that initiated your pivot, recognizing that what once appeared as an unwelcome detour has revealed itself as the most direct path to your authentic contribution.

Navigating Your Current Pivot

If you find yourself in the midst of an unexpected turn, consider these practices for navigating it with greater purpose and alignment:

Create Contemplative Space

Amid disruption, the tendency is often to act quickly to reestablish certainty and control. While appropriate action matters, it must emerge from a grounded connection to your deeper wisdom. Regular practices that quiet external noise—whether meditation, time in nature, journaling, or creative expression—create the conditions for authentic clarity to emerge.

Honor the Both/And

Purposeful pivots involve holding apparent contradictions: grief alongside opportunity, ending alongside beginning, vulnerability alongside strength. Resisting the impulse to oversimplify your experience into either purely positive or negative allows the full wisdom of your situation to reveal itself.

Notice Energy Signatures

As you consider potential directions, pay careful attention to your energetic response. Options that truly align with your authentic path typically evoke a sense of expansion, aliveness, and resonance—even when they also involve challenges. Those that represent old patterns or external expectations often create contraction, heaviness, or a subtle sense of disconnection from yourself.

Follow the Breadcrumbs

Authentic purpose rarely reveals itself all at once. More commonly, it unfolds one step at a time, with just enough light for the next aligned action. Trust the breadcrumb trail of what genuinely calls to you, what utilizes your unique gifts, and what creates a sense of meaning—even if you can't yet see where the complete path leads.

Cultivate Supporting Relationships

Purposeful pivots often challenge conventional wisdom and may confuse those accustomed to your previous path. Intentionally cultivate relationships with those who can witness your transformation with understanding and encouragement rather than fear or judgment. These might be friends, mentors, or professional guides who recognize the wisdom unfolding through your transition.

The Collective Invitation

As we navigate an era of unprecedented change and disruption, the ability to pivot purposefully becomes not just personally valuable but collectively essential. Our world faces challenges that cannot be addressed through old patterns and outdated approaches. The wisdom that emerges through your personal pivot contributes to the larger evolution our world so urgently needs. When you honor your authentic path—especially when it emerges through unexpected turns—you become part of a growing community, creating new possibilities through conscious alignment with deeper purpose. Your personal transformation becomes a gift not just to yourself but to everyone your authentic expression touches.

The unexpected turn you're navigating isn't a detour from your purpose—it's the very pathway revealing it. By embracing the wisdom within the disruption, you discover that what appeared as an interruption to your plans was actually an invitation to something far more aligned with your authentic truth than anything you could have planned.

Feel free to contact me directly or book a one-on-one call with me.

Connect with Malaysia Harrell: <https://bestholisticlife.info/MalaysiaHarrell>



WELLNESS AND WEALTH... USE YOUR PASSION TO CREATE A BUSINESS YOU BELIEVE IN

BY SAM TEJADA

If you're reading this, chances are you care deeply about health and wellness. You understand that true health isn't just about avoiding disease—it's about thriving. Maybe you've experienced firsthand the power of holistic healing, whether through IV therapy, nutrition, hormone balance, or regenerative treatments. Maybe you're the go-to person in your circle for advice on supplements, longevity hacks, and natural ways to optimize energy. But have you ever considered turning that passion into a business?

The wellness industry isn't just growing—it's exploding. More people than ever are ditching the outdated "sick-care" model and seeking proactive, preventative health solutions. They're tired of waiting until something goes wrong.

People want to feel vibrant, energized, and in control of their well-being – and that creates a massive opportunity for people who truly believe in holistic wellness to step in and help others while building a thriving business.

You Don't Need to Be a Doctor to Own a Wellness Business

One of the biggest misconceptions about the wellness industry is that you need to have a medical background to be part of it. Nope. What you do need is a passion for helping people, an interest in holistic health, and the drive to grow something meaningful. The business side of things? That's where franchise models like Liquivida® come in.

There's a lot to be gained from the successes and the mistakes of those who are already doing this. At Liquivida®, we've built a turnkey wellness business model that allows franchise owners to step into this booming industry without having to figure everything out on their own. From training and medical protocols to branding and marketing, we give franchisees everything they need to hit the ground running.

The Wellness Industry Is Booming—And It's Not Slowing Down

Holistic wellness isn't a trend; it's a movement as more people prioritize proactive self-care, longevity, natural healing, and optimizing their bodies from the inside out.

Take a look around:

- IV therapy is now mainstream, helping people rehydrate, boost immunity, and recover faster.
- Peptide therapy and hormone optimization are changing the way we think about aging, energy, and metabolism. Weight loss solutions like GLP-1s are revolutionizing how people take control of their health.
- Medical aesthetics are no longer just about vanity—they're about confidence, self-care, and feeling good in your skin.
- If you're searching for these services, odds are that there are plenty of other like-minded people doing the same.

Why Wellness Franchises Are a Perfect Fit for Holistic Entrepreneurs

In my book about franchising in the wellness industry (*How To Win In Modern Wellness*), about half of the people I interviewed were not medical professionals – but they are some of the most prominent CEOs and industry leaders in the wellness space. Like you, they had a passion for learning about new therapies, optimizing their own body, and sharing knowledge with others.

Your passion for health and wellness is precisely what makes you a great candidate for a wellness business. You're not just starting a business—you're creating a space where people come to feel better, look better, and take control of their well-being.

Here's what makes wellness franchises like Liquivida® an ideal opportunity:

1. You Get to Be Part of Something Bigger

Wellness is about helping people live their best lives. When you run a wellness center, you're not just selling a service—you're giving people the tools to thrive. Whether it's an IV drip that helps someone recover from burnout, a weight loss solution that changes someone's confidence, or regenerative treatments that help people age better, you're making a difference every single day.



2. Multiple Revenue Streams = More Stability

A successful wellness business isn't reliant on just one service. At Liquivida®, franchisees can offer a mix of high-demand services like IV Vitamin Therapy – Hydration, immunity, and performance in a drip. Hormone Optimization & Peptides – Age-defying solutions for energy, metabolism, and vitality. Medical Aesthetics – Botox, fillers, and skin rejuvenation treatments. Weight Loss Solutions – Cutting-edge programs that actually work.

3. You Don't Have to Build It Alone

Starting a business from scratch is tough. It takes years trying to build a brand, develop protocols, and figure out marketing strategies. A wellness franchise removes the guesswork. With Liquivida®, franchise owners get: A proven business model, Training for owners and staff, Medical oversight and protocols, National brand recognition, Marketing, and operational support. It's like getting a shortcut into the wellness industry—without the years of trial and error.

4. People Are Searching for What You Have to Offer

The demand for wellness services has never been higher. More people are seeking alternatives to traditional medicine and are actively looking for holistic wellness centers that align with their values and their goals. Is a Wellness Franchise Right for You? Full disclosure: not everyone

who has a passion for health and wellness is the right fit to start their own business.

Check in with yourself first:

- Do you love learning about holistic health, wellness trends, and ways to optimize the body?
- Is your goal to make a difference in this life?
- Do you want a business that aligns with your lifestyle and values?
- Would you like to step into a growing and collaborative industry with a proven model?

At Liquivida®, we're building a network of wellness entrepreneurs who are passionate about bringing high-quality, science-backed wellness solutions to their communities.

The Future of Wellness Is Here—Are You In?

Wellness isn't a trend—it's the future. The world is shifting toward preventative health, longevity, and self-optimization. And you can be part of it.

If you're ready to turn your passion into a purpose-driven business, we'd love to help you get started. Visit [Liquivida.com](https://liquivida.com) and take the first step toward a business that aligns with your passion and values.

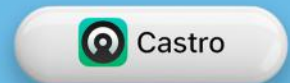
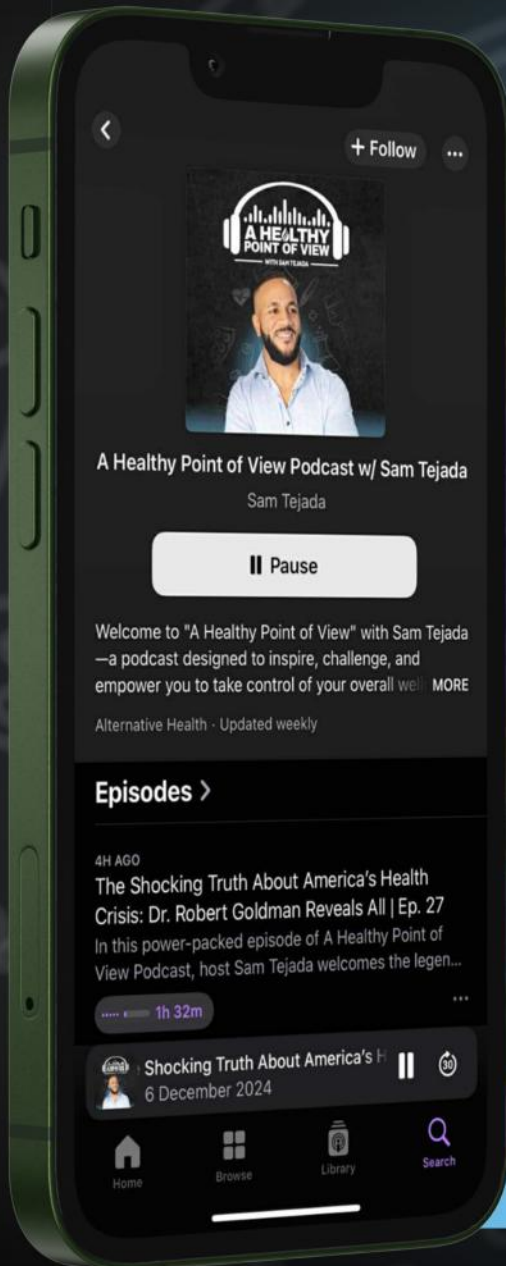
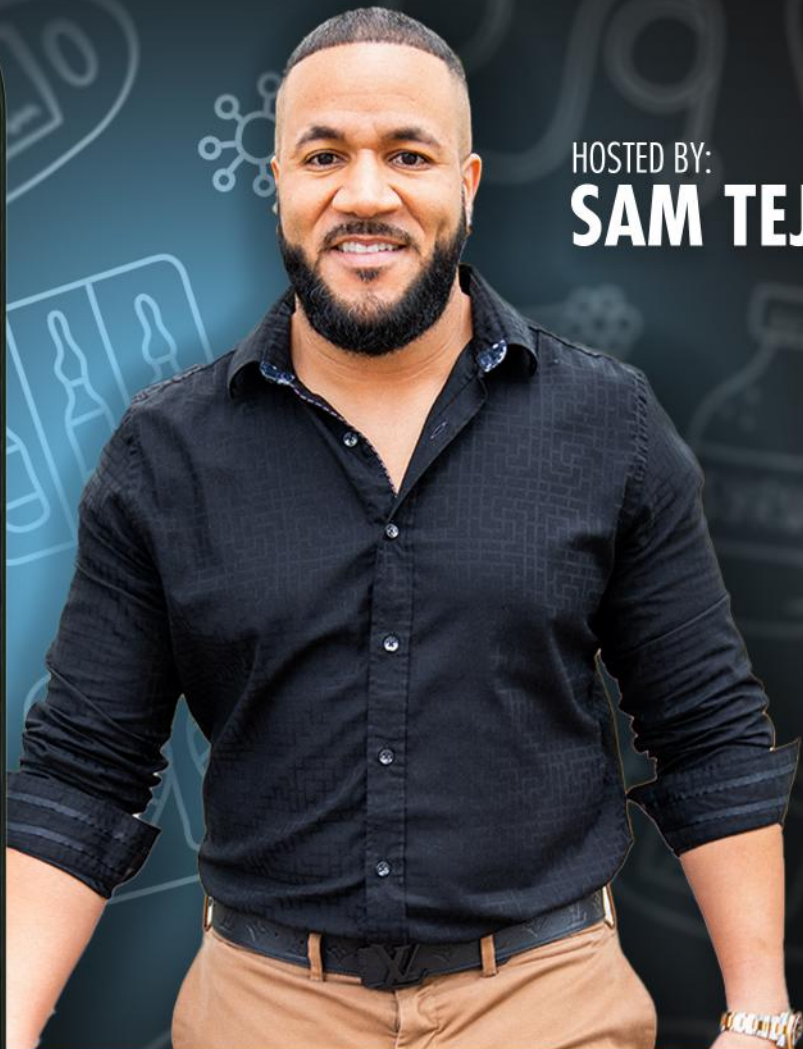
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A HEALTHY POINT OF VIEW

WITH SAM TEJADA

HOSTED BY:
SAM TEJADA



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THE SILENT EPIDEMIC: IS ALZHEIMER'S ACTUALLY TYPE 3 DIABETES?

HOW INFLAMMATION, SUGAR, AND ENERGETIC BLOCKS IMPACT BRAIN HEALTH

BY KRISTINE GENOVESE

Did you know that by 2025, brain diseases are projected to surpass heart disease as the leading cause of death in the U.S.? It's a startling fact, but it's not surprising when you consider the role of inflammation in our bodies. Inflammation is your body's reaction to stress, sugar, toxicity, and other irritants. It's the silent fuel behind many chronic conditions, including obesity, autoimmune disorders, and now, cognitive decline. But what if Alzheimer's and dementia weren't just neurological disorders? What if they were actually Type 3 diabetes—a metabolic and energetic crisis rooted in inflammation and an imbalance in how we process love, stress, and nourishment? Let's explore how our emotions, energy, and physical health are deeply intertwined—and how you can take steps to protect your brain and reclaim your vitality.

The Emotional and Energetic Roots of Blood Sugar Imbalances

Sugar metabolism is controlled by the pancreas and spleen—two organs that work as a masculine (yang) and feminine (yin) team. The pancreas, the most Yang organ, is responsible for transformation and energy. The spleen, a yin organ, supports nourishment and emotional processing.

When these organs are imbalanced, it's not just a physical

issue—it's an energetic one. Your beliefs about love, worthiness, and control can impact how your body processes sugar and inflammation. Let's take a look at the three types of diabetes through an energetic lens:

- **Type 1 Diabetes:** A deep need for love and attention, feeling insecure or unworthy, relying on others for validation, and struggling with negativity.
- **Type 2 Diabetes:** A fear of fully participating in life, an intense need for control and approval, feeling undeserving of love, and being stuck in patterns of struggle and lack.
- **Type 3 Diabetes (Alzheimer's & Dementia):** Suppressed emotions, overwhelm, powerlessness, and a desire to escape the present moment. A subconscious attempt to forget pain and stress rather than confront it. If brain diseases are connected to inflammation and sugar metabolism, addressing the emotional and energetic imbalances behind them becomes essential.

Reducing Brain Inflammation: Mind, Body & Energy Healing

So, how do we start clearing the fog and healing our brains? Here's a three-part approach that tackles inflammation from all angles—mental, emotional, and physical.

1. Detox Your Mind: What Are You Feeding Your Brain?

Your brain isn't just impacted by food—it's shaped by the thoughts, information, and energy you consume daily.

Ask yourself:

- What do I watch, read, and listen to?
- Who do I surround myself with?
- Do these things uplift or drain me?

If your mental diet is filled with negativity, fear, or stress, it's time to shift toward content that nourishes your mind and soul.

2. Heal Emotional Blocks: Address the Root of Overwhelm

If your brain is inflamed, it may signal that something deeper is out of balance.

Questions to reflect on:

- What emotions am I suppressing?
- Why do I feel powerless or overwhelmed?
- What aspects of my life make me want to check out or escape?

Many of these emotional patterns are buried in the subconscious, making them difficult to access alone. A Soul Intelligence© session can help clear these energetic blocks, bringing clarity, healing, and alignment back into your life.

3. Support Your Brain Physically: Key Nutrients & Biohacks

To combat brain inflammation, focus on anti-inflammatory foods, high-quality supplements, and natural remedies:

- ☑ **Antioxidant-rich produce:** Eat a variety of deep-colored fruits and vegetables like blueberries, pomegranates, beets, and carrots to fight oxidative stress.
- ☑ **SPMs (Specialized Pro-Resolving Mediators):** A powerful derivative of Omega-3s, SPMs act like “Pac-Man,” hunting down and resolving inflammation at the source. Most people don't consume enough Omega-3s to activate this process, making SPM supplements a game-changer.

☑ **Lion's Mane Mushroom:** This powerful adaptogen supports cognitive function and nerve regeneration and may protect against Alzheimer's. It contains erinacine A, which promotes nerve growth and helps improve memory and focus.

☑ **B-Vitamins for Brain Function:**

- **B12 (Methylcobalamin):** Enhances mental clarity, energy, and cognitive function.
- **B1, B2, B3 & Biotin:** Essential for brain energy production.
- **B6:** Supports neurotransmitter balance.
- **B5:** Crucial for acetylcholine production (key for memory).
- **Folic Acid & B12 Together:** Helps with cell repair and neurological function.

☑ **DMG (Dimethylglycine or B15):** This powerhouse supplement supports oxygenation, methylation, and mitochondrial function, helping to “turn the power back on” in your body and brain.

Want to Clear Brain Fog & Regain Your Vitality?

If you're ready to reclaim your mental clarity, boost your energy, and shift from overwhelmed to empowered, start with a Soul Intelligence© session. By addressing energetic blocks and subconscious stressors, you can activate deep healing and create the foundation for lasting wellness. Inflammation doesn't have to define your future. Take control of your brain health today—mind, body, and soul.

Final Thoughts

Brain diseases like Alzheimer's and Dementia are not just about age or genetics—they're deeply connected to inflammation, sugar metabolism, and unresolved emotional energy. By shifting your mental, emotional, and physical habits, you can protect your brain, enhance your vitality, and live a more present, empowered life. Your health is in your hands. The first step? Clear the energetic clutter, reduce inflammation, and nourish your brain—starting today.

Connect with Kristine Genovese:

<https://bestholisticlife.info/KristineGenovese>

Hack Your Headspace

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SPM's are next-level compounds your body makes from omega-3s to shut down inflammation fast. Think of them as the cleanup crew—targeting the mess and helping your body heal quicker. Most people don't make enough on their own, so supplementing is a game-changer. This isn't your average fish oil—this is inflammation resolution on a mission.

Lion's Mane Mushroom

This mushroom isn't just hype—it's been a stress-fighting, mood-boosting staple in Traditional Chinese Medicine for centuries. Lion's Mane packs a punch with compounds like erinacine A that spark nerve growth, sharpen memory, and may even protect against brain fog. Bonus? It's anti-inflammatory, immune-supportive, and loaded with powerful beta-glucans that help fight off the bad stuff. Call it brain food... with benefits.

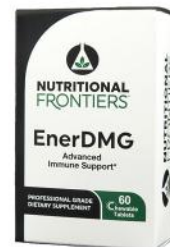


Super B Complete

B vitamins do way more than boost energy—they're key players in brain function, nerve repair, and mood support. B1, B6, and B12 can help with nerve pain and even support memory in conditions like Alzheimer's. Struggling with depression or anxiety? Super B Complete is stacked with nutrients—so your brain, nerves, and mood are always firing on all cylinders.

EnerDMG | Dimethylglycine (DMG)

Think of EnerDMG as your all-in-one performance booster. It supports your brain, heart, immune system, muscles, and more—helping you recover faster, push harder, and stay sharp. As an adaptogen and metabolic enhancer, it fuels your body through stress, aging, and everyday chaos. Trusted for 25+ years, this is next-level support for energy, endurance, and total body resilience.



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Sir James Gray Robinson

HEALTH IS TRUE LUXURY

BY SIR JAMES GRAY ROBINSON

The statement “The greatest wealth is health” is attributed to Publius Vergilius Maro (“Virgil”), a Roman poet who lived from 70 BC to 19 BC. To quote another very wise man, when asked what surprised him most about humanity, the Dalai Lama answered, “Man! Because he sacrifices his health to make money. Then he sacrifices money to recuperate his health.” This begs the question of whether it wouldn’t be better to focus on health as a lifelong pursuit rather than leave it as a concern for later years. A recent Harvard study showed that subjective quality of life decreases more dramatically for rich people in poor health than for poor people with poor health. This doesn’t mean that poor health affects rich people more than poor people or that the value of good health is directly proportional to your quality of life. It suggests that poor health robs more of the rich than the poor.

As the Dalai Lama noted, many people sacrifice their health to acquire wealth and then must sacrifice their wealth to get healthy. The problem is that as most people age, their ability to be healthy declines. While it is true that wealthy people have greater access to adequate health care and, therefore, generally enjoy better health than their poorer cousins, the old maxim that “an ounce of prevention is worth more than a pound of cure” is especially true in today’s expensive health care industry.

It is curious that only 52.3% of Americans prefer health over wealth. Health and wealth are important resources for a happy and successful life. People in poor health often die young and spend thousands of dollars on medical care that could have been invested for retirement. Studies also show that people are far more interested in making sound financial decisions than good health decisions before retirement.

People spend years planning their retirement. Sadly, they will likely work longer, suffer greater economic uncertainty, and might have poorer health status than retirees in previous generations. Adopting a healthy lifestyle as early as possible would increase the likelihood of enjoying financial security in retirement. People with medical conditions or health risk factors that place them at increased risk of disease in retirement will likely need additional retirement benefits to cover their medical expenditures.

A Kaiser Foundation study found that in 2012, an estimated 1 in 3 Americans had difficulty paying their medical bills within the past year. They were paying previous bills over time or could not pay their medical bills. Most people who had trouble paying medical bills had health insurance but had out-of-pocket expenses for health care not covered by their insurance or cost-sharing expenses for insurance deductibles and co-payments. For all people, financial resources are critical to the quality of their retirement years.

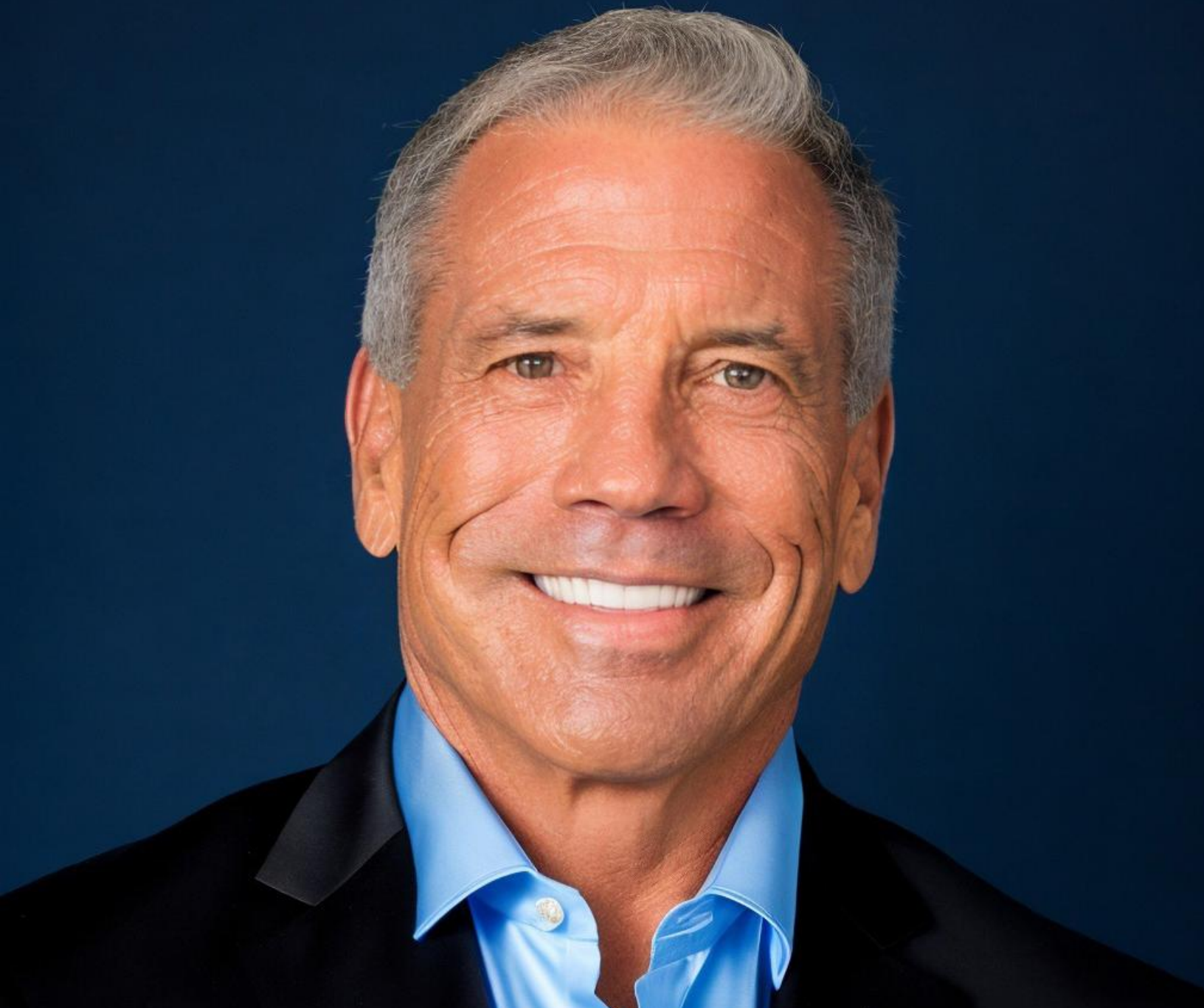
True wealth lies in being healthy enough to fully enjoy life, even if you don’t have much money; essentially, good health is the most important asset you can have. Incredibly, life expectancy has dropped in the last few years in the United States. Where the average life span was 79 years, it has now dropped to 76 years and is falling. Furthermore, the metrics of health are dropping as well, as disease, obesity, and the cost of medical care are rising.

True wealth comes from being healthy enough to live a fulfilling life.

True Wealth emphasizes the importance of caring for your body and mind through healthy habits like exercise, nutrition, and stress management. Maintaining optimal health can prevent expensive health issues later in life and allow us to live longer.

Individuals and cultures must start focusing on optimal longevity. Many areas have focused on wealth training that attracts individuals who wish to protect and enhance their wealth through tax havens and wealth protection. It is likely that this training will expand to health centers as well as wealth centers as a means of attracting high-net-worth individuals by focusing on quality longevity as well as wealth enhancement.

Attention has recently been directed to those areas around the world whose inhabitants live the longest. Known as “blue zones,” people who live there have a much longer life span. Several cities have decided to create their own “blue zones” to attract people with high net worths (Jacksonville, Florida; Loma Linda, California; Santa Cruz, California; San Luis Obispo, California; Barnstable Town, Maine; Bridgeport, Connecticut; Charlottesville, Virginia; Boulder, Colorado; Fort Collins,



Colorado; Naples, Florida; Hawaii; and Provo, Utah, for example). This involves providing specialized financial services and advanced geriatric medical providers, green spaces, and nutritional products that enhance life.

These communities focus on several factors that will enhance the quality of life and longevity:

- Community wellness initiatives
- Education for longevity and enhancing health/wealth principles
- Environmental Health
- Businesses Adopting Healthy Policy Initiatives
- Encouraging healthy food options in restaurants and kiosks

- Public exercise options

- Stress-free zones and fostering connection with others

While it is undoubtedly important for the culture of an environment to support these initiatives, we can practice each of these factors in our own lives. What good is it to have wealth if we don't have health? We have to make health just as important as wealth if we will have the quality of life we desire. Dying early, chronic disease and pain, and other aspects of poor health do not allow for a high quality of life. Ironically, good health is usually not listed on a balance sheet, but it is our most valuable asset.

Connect with Sir James Gray Robinson:

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REIGNITING YOUR PASSION AND PURPOSE

BY AL WYNANT

Not a day goes by without someone telling me they feel unmotivated and burned out. They've lost their passion. And truthfully, we've all been there. It's a common experience. We wake up and go through the motions, wondering where the spark went. Life turns into a checklist of obligations, and the joy, motivation, and sense of purpose that once lit up our path slowly begin to fade.

Whether you're feeling stuck in your career, overwhelmed by personal responsibilities, experiencing a loss of intimacy in a relationship, or simply feeling disconnected from your goals, the good news is—it's not permanent. You can reignite your passion and rediscover fulfillment. After facing a few setbacks myself, I've been on that very journey over the past few months—and what a journey it has been.

Where Did the Spark Go?

Before I dive into solutions that I found helpful, let's explore why that spark dims in the first place.

Passion fades for many reasons:

- **Burnout:** Constant pressure and lack of balance can drain even the most driven individuals.
- **Routine overload:** Life's daily grind can dull creativity and enthusiasm.
- **Disconnection from values:** Over time, we might start pursuing goals that don't align with our true selves.
- **Fear of change:** Sometimes, we stay in familiar but uninspiring situations because change feels too risky.

If any of these resonate with you, you're not alone. But there's also no need to stay in that place of stagnation. In my case, a health scare and a business challenge significantly dimmed my passion and motivation. Thankfully, I'm surrounded by amazing coaches whose thought-provoking questions and guidance helped me rediscover my motivation and passion, and I'm grateful.

The Secret to Rediscovering Your Purpose and Passion

I've touched on this already—coaching can be a powerful tool to help you navigate challenges in both life and work. And if you're thinking, "That sounds expensive," don't worry—there are practical, affordable ways to get the support you need.

Coaching isn't about giving you answers but helping you find them within yourself. Skilled coaches ask the right questions, challenge your assumptions, and guide you toward clarity. As I've shared before, my favorite coaching question is, "What's your role in that?"

Here's how coaching helped me rediscover my passion and purpose, and I hope it inspires and supports you on your own journey, too.

Grab a journal and start answering those questions for yourself:

Creating Space for Reflection

We're often so busy that we don't stop to ask ourselves the hard questions: What really matters to me? What excites me? What am I doing out of obligation rather than passion? A coach provides a safe, non-judgmental space for reflection. They help you dig beneath the surface and uncover what you've been ignoring or pushing aside.

Clarifying Your Values

Many people lose their drive because they're pursuing goals that don't align with their core values. A coach can help you get clear on what your values are—whether it's creativity, freedom, contribution, or connection—and guide you toward decisions and actions that honor them.

Identifying Roadblocks

Sometimes, we know what we want but feel stuck because of limiting beliefs, fear, or habits that keep us playing small. A coach helps you identify and challenge these obstacles so they no longer hold you back.

Setting Clear, Meaningful Goals

Once you have clarity on what excites you, coaching helps you translate that passion into action. Coaches guide you in setting goals that are not only SMART (Specific, Measurable, Achievable, Relevant, and Time-bound) but also personally meaningful and deeply connected to your “why.”

Building Confidence and Momentum

Fear and self-doubt are common when pursuing new paths or rekindling old passions. Coaches help you break down big goals into manageable steps and celebrate small wins along the way. This builds confidence and creates momentum to keep moving forward.

Tips to Start Reigniting Your Passion

While coaching is incredibly powerful, here are a few actions you can take today to start rekindling your motivation:

- **Revisit What Used to Excite You:** Think back to activities or topics that once lit you up. Is there something there you can reconnect with?
- **Journal Your Thoughts:** Spend a few minutes each day writing about what brings you joy and what drains your energy. Patterns will start to emerge.
- **Talk to People Who Inspire You:** Surround yourself with those who are passionate and purpose-driven—their energy is contagious.

- **Be Open to Change:** Don’t be afraid to pivot or try something new. Purpose and passion often live outside your comfort zone.
- **Consider Working with a Coach:** If you’re serious about making a change, a coach can help you navigate the journey with clarity and support.

Losing passion doesn’t mean you’re broken—it means you’ve grown, evolved, and need to realign with what matters to you now. Passion isn’t something that magically appears; it’s something you nurture through intention, action, and reflection.

If you’re feeling stuck or unfulfilled, coaching can be the spark that helps you rediscover joy, purpose, and motivation. And with tools like the Ingomu app, you’ll have everything you need—goal setting, progress tracking, and expert support—at your fingertips.

Ready to reignite your passion? It starts with clear, intentional goals—and surrounding yourself with the right guidance and a supportive community. That’s what transformed my life, and it can do the same for you.

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WHY WILL YOU NEVER BE ENOUGH FOR A COVERT NARCISSIST

UNDERSTANDING WHY NO MATTER WHAT YOU DO, YOU'LL ALWAYS BE THE TARGET IN A NARCISSIST'S MIND GAMES

BY KATARZYNA 'KASIA' DODD

Awakening from Illusion

My relationship with a covert narcissist lasted over 10 years. I met him before I became a therapist, though I had already completed my psychology degree. The first year was almost idyllic, after which a slow downward slope began. After about two years, it started to dawn on me that my partner had a personality disorder – initially, I thought it was borderline, but later, I understood it was covert narcissism.

The last month of our relationship revealed everything. His masks fell off, exposing a terrifying picture. I saw the entire spectrum of narcissistic tactics: lies, deception, triangulation, gaslighting, stonewalling, devaluation, emotional blackmail, lack of empathy, manipulation, playing the victim to gain sympathy, and finally, a smear campaign after I said my final No. On the one hand, he performed the duties related to ending our relationship; on the other, he took out his emotions on me, suggesting that everything was my fault because "he never wanted any of this." At the same time, he was already corresponding with another woman, professing his love to her.

When he finally moved to the other side of the States and left me alone to sell our house, he still kept calling, expecting me to be his friend, providing him with attention and emotional support. I was a typical narcissistic supply for him.

One day, he wrote and sent me a poem lamenting his fate – how bad he felt, how he was waiting by the phone for me to call, how he missed me and was in despair. From his new lady, he extracted adoration, and from me, sympathy. No regard for what I was going through. I was at my wits' end. I had nothing left to say, so I sat down and responded also with a poem titled "Never Enough." Soon after that came the final end and zero contact.

The Mechanism of Narcissistic Reversal

The phenomenon of covert narcissism is that everything works in reverse. Under normal circumstances, the more effort you put into something, the better result you get; the more carefully you do something, the more precisely it is done; the more time you devote to something, the better relationship you have with it. With a narcissist, it's the opposite – the more you try to love and support them, the greater rejection you'll face.

A covert narcissist has a dysfunctional split self-structure, with a feeling of inner emptiness. When their consciousness turns inward, only self-hatred appears. That's why they constantly flee from themselves, creating illusions in which everything is beautiful and they are important and appreciated – they experience contact with themselves as the death of their own self.

The Conflict Between Acceptance and Rejection

In the initial phase of the relationship, the conquest phase, everything is charming, chemistry-driven, blinded, and euphoric. The narcissist love-bombs, and in return, they get the same from you. It's like paradise. At first, they want to be supported, and even ask for it. But this is just part of their deception and beautiful illusion. When real life comes later, and you start to notice what actually needs support, you become the enemy. And this is the beginning of the end. The narcissist tolerates only praise and appreciation. If you notice any shortcomings and want to help, you'll start experiencing resentment and rejection from them, because your job is only to praise them, and everything else should be overlooked and unnoticed. A covert narcissist cannot emotionally handle any difficulties.

A covert narcissist hates themselves, which is why they so desperately crave acceptance. But when they receive it, they



cannot accept it because one cannot simultaneously hate and accept oneself. So the more you see their struggles, the more your heart opens to help them, and the more you will be hated over time, because you have no right to see what they themselves do not want to acknowledge.

Stop Investing in a Bottomless Pit

For a narcissist, you will never be enough, because the more you do for them, the more you remind them of their emptiness, which they are desperately trying to escape. Accordingly, they will punish, reject, and humiliate you. The most important thing is to stop playing this endless game and accept that no one can help a narcissist except themselves. And they won't do that because it would require confrontation with their hated Self.

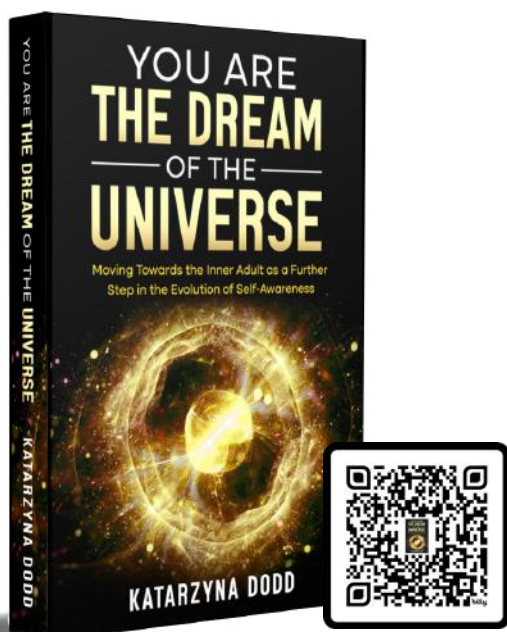
Be prepared that when you take care of yourself and stop investing in this bottomless pit, you will be punished for that, too. But it doesn't matter. What's important is that you regain your worth, time, energy, and boundaries. Your inner Self, which has been waiting for you for a long time, will reward you generously.

You are worth it.

If what you've read resonates with you, I invite you this fall to my book "The Chameleon's Game"—a story about life with a covert narcissist. There, you'll find everything that cannot be said in a single article.

Connect with Katarzyna 'Kasia' Dodd

<https://bestholisticlife.info/KatarzynaKasiaDodd>



I woke up from a dream
of a bottomless pit
of never enough

they say that unconditional love is enough
they say it heals everything
it does not

I will love more...
it's not enough
the abyss is empty again

I will forgive one more time...
it's not enough
I'm the enemy again

I will understand harder...
it's not enough
my understanding is wrong again

I will be more caring...
it's not enough
it's just another annoyance again

I will say what I think...
it's not enough
my opinion is an attack again

I won't say anything...
it's not enough
I just don't listen again

I will give him some space...
it's not enough
I'm just ignoring him again

I will enter his space...
it's not enough
I'm just another intruder again

I will focus on myself...
it's not enough
I'm a cold-hearted bitch again

I will focus on him...
it's not enough
I'm the evil controller again

in the bottomless pit
everything has to be rejected
nothing can be received

colorful and shiny masks
flying in the abyss
posing as truth

luring the innocence
consuming the essence
leaving nothing behind

moving to the next shiny mask
good only for the time being
until the shine wears off again

illusion of strength but no true ground
only transient attention of others
to stand on in the abyss

illusion of love but no true flow
just moving masks
creating fantasy movement

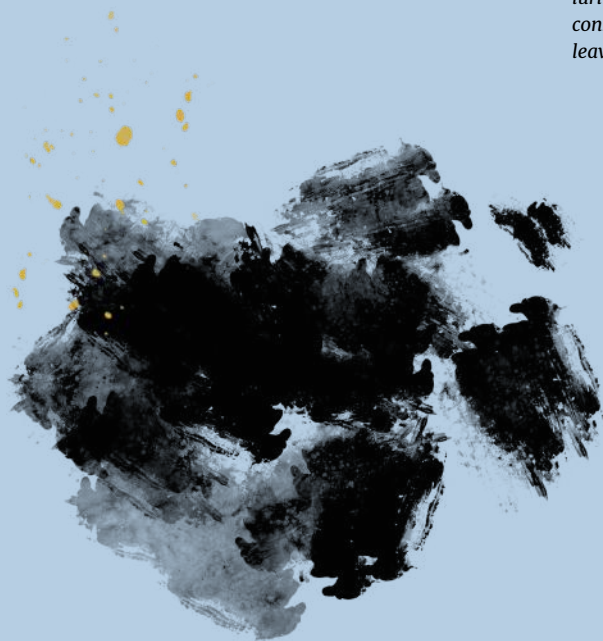
illusion of direction but no true light
only shiny masks
deceiving into another trap

there is boundless space in the abyss
but no room for anyone
only for a carnival of shiny masks

I woke up from a dream
of a bottomless pit
of never enough



NEVER ENOUGH







SPEED UP YOUR WEIGHT LOSS BY MASTERING YOUR SELF-TALK

BY DR. ERIC FETE

For women over 40, weight loss can feel like an uphill battle. With changing hormones, slower metabolism, and years of dieting experience, it's easy to get discouraged. However, while diet and exercise are crucial, your mindset plays an equally important role in achieving and maintaining a healthy weight. One of the most powerful tools at your disposal is positive self-talk—the way you speak to yourself can either fuel success or sabotage your progress. Here's how to harness it for weight loss success.

Why Positive Self-Talk is Your Secret Weapon for Weight Loss

Your internal dialogue shapes your beliefs, habits, and actions. Negative self-talk—those harsh, critical thoughts—can create a cycle of self-doubt and frustration, making it harder to stay consistent with healthy choices. On the other hand, positive self-talk can boost confidence, motivation, and resilience, making long-term weight loss more achievable.

For instance, instead of saying, “I’ll never lose this weight,” reframe your thought to: “I am making progress every day, and I am capable of achieving my goals.” This subtle shift creates an empowering mindset that fosters commitment and self-belief.

How Negative Self-Talk Sabotages Your Weight Loss Journey

If you've ever told yourself: “I’m too old to lose weight,” “I always fail,” or “I have no willpower,” you’re engaging in negative self-talk. These statements reinforce self-doubt, stress, and emotional eating habits.

Negative self-talk can:

- Lead to emotional eating by increasing stress and frustration
- Make exercise feel like a punishment instead of self-care
- Reduce motivation, causing you to give up at the first setback
- Damage self-esteem, making you feel undeserving of success

Breaking Free from Negative Self-Talk Patterns

The good news? You can train your brain to replace negative thoughts with positive, empowering ones.

Here's how:

1. Reframe Negative Thoughts

When you catch yourself thinking something negative, pause and replace it with a more supportive thought.

- Instead of “I’ll never lose weight,” say, “Every small step I take brings me closer to my goal.”
- Instead of “I have no willpower,” say, “I am learning to make better choices every day.”

2. Use Positive Affirmations Daily

Repeating affirmations can reprogram your subconscious mind for success. Some powerful affirmations include:

- “I am strong, capable, and committed to my health.”
- “I nourish my body with foods that make me feel energized.”
- “I enjoy moving my body and getting stronger every day.”

Write these down and place them on your mirror, fridge, or journal so you can see them daily.

3. Practice Gratitude

Gratitude shifts your focus from what's lacking to what's going well. Each day, take a moment to celebrate small wins—whether it's drinking more water, making a healthy meal, or getting a good night's sleep. Gratitude keeps you motivated and reinforces positive habits.

4. Surround Yourself with Positivity

The people and media you engage with influence your mindset. Follow inspiring, supportive communities, read motivational books, and spend time with people who uplift and encourage you on your journey.

The Science Behind Positive Self-Talk and Weight Loss

Scientific research confirms that mindset and self-talk impact weight loss success.

Positive self-talk isn't just about feeling good; it's a science-backed tool that can rewire your brain for lasting weight loss success.

Combining Positive Self-Talk with Healthy Habits

While self-talk is powerful, it works best alongside healthy habits.

Here's how to make it a part of your daily routine:

1. Move Your Body with Joy

Instead of dreading exercise, shift your mindset: "I move my body because it makes me feel strong and energized." Find activities you love, whether it's walking, dancing, yoga, or strength training.

2. Nourish Your Body with Love

Instead of saying, "I can't eat that," reframe it to: "I choose foods that fuel my body and make me feel amazing." Focus on whole, nutritious foods that you enjoy.

3. Overcome Plateaus with a Positive Mindset

Weight loss plateaus can be frustrating, but they don't mean failure. Instead of thinking, "I'm stuck," remind yourself, "My body is adjusting, and I will keep going." Try new workouts, adjust your diet, or focus on non-scale victories like increased energy or better sleep.

Creating a Supportive Environment for Long-Term Success

- To stay consistent, surround yourself with positive reinforcement.
- Encouraging Words: Speak to yourself as you would to a friend.
- Support System: Connect with health professionals & others who share your health goals.
- Mindful Practices: Engage in meditation, journaling, or visualization.

Conclusion: Unlock Your Weight Loss Potential with Positive Self-Talk.

Losing weight after 40 isn't just about eating less and moving more; it's about transforming your mindset. By replacing negative self-talk with empowering, supportive thoughts, you build the confidence and resilience needed for long-term success.

Start today by practicing one small shift in your self-talk. Your body—and mind—will thank you. Remember: You are strong, capable, and worthy of a healthy, happy life.

At Primex Cellular Health, we're here to support you every step of the way on your weight loss & anti-aging journey. Our holistic, root-cause physician-directed cellular medicine approach to women's health focuses on addressing the underlying causes of weight management problems tied to menopausal symptoms and optimizing hormonal balance to help you feel your best at every stage of life.

This summer, are you ready to take your self-care to the next level, lose weight, optimize your health, boost your sex drive and energy, and embrace menopause as a new beginning rather than an end? Let's chat about how we can support you on your weight loss and hormonal health journey and help you thrive during this transformative time. Make the summer of 2025 your start and schedule your initial virtual consultation with me, Dr. Eric, today! Reach out at 1-740-777-9717 or shoot me an email directly at eric@drericfete.com. Feel free to visit DrEricPrimeX.com and PrimeXWeightLoss.com for more free, valuable health, nutrition, wellness, and fitness information. Stay Prime.

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EXCLUSIVE INTERVIEW
WITH NLP INNOVATOR

Scott
GATES

THE
VOCABULARY
OF VISIONARIES.







Scott, your work centers around empowering first responders, veterans, and men seeking transformation. What led you to make coaching and NLP your life's mission?

Many times in our lives, doors are opened, new paths are shown to us, from those we love or simply bump into, creating a ripple in our lives. These can become a wave that carries us, or we ride off into a new direction, and if we are ready and open to it, it changes us. The first moment started with a note, a challenge, and a shove from Jana. It simply said, "Here is your hotel reservation and ticket for the event. Put yourself in the most uncomfortable position you can, and grow. I have a feeling this will be good for you. I love you either way." Love Mom. Jana had just finished her first NLP course when she wrote that. So there I was, sitting in the middle of the conference room, which, like most of my clients would understand, terrified me. I needed to have my back to the wall, see the doorways and windows. I spent the first day willing myself not to get up and maneuver to a better tactical position. I was rubbing my hands so severely that I tore the skin on a few of my knuckles. I don't remember what the instructors said during the first half of the day. On the second day, Dr. Matt called me up on stage, along with another gentleman, for an exercise. Afterwards, he pulled me aside and said, "You have a real knack for connecting with people. Ever thought of coaching?" By the third day, I was full speed into their coaching program. A year later, I was a certified coach helping those who serve adjust and become the best civilian versions of themselves. Sometimes it's a gentle suggestion, others a hard shove. Thanks to Mom for loving me enough to shove me when she thought I needed it, and to Dr. Matt for recognizing within me I couldn't, and opening a new door for me.

You specialize in NLP coaching for first responders and veterans. How does NLP uniquely support those who have dedicated their lives to service and now face reintegration challenges?

All growth starts within. First off, it makes us better listeners, not only those around us like our family, but more importantly, to ourselves. The techniques and mindset of NLP can be fantastic tools for helping us change how we walk through our world. Those who have been called to service. Have been through a lot of training that takes time and incredible effort. They don't think, they react, they create intense habits as ways to complete, endure, to survive their deployments, missions, or shifts. The habits are not right or wrong, better or worse. They are necessary for their environments. Their environments as civilians are different; their habits and skills are still helpful, yet the intensity and times to deploy them are sometimes very different. Our habits are computer programs in our minds. Now we all experience trauma. It's a human experience we all share, yet we experience it differently as we are unique. Combat can be intense, yet, to someone who can't turn left in traffic, due to an accident they experienced decades ago, it can be as fierce, or even more intense, to them than combat. It's not what you go through, and it's how your unconscious brain interprets the experience and determines how it will control your reactions. Your unconscious mind wants you to stay alive, period, and it will come up with all kinds of distorted ways to make you accomplish that. Think of our unconscious minds like a radio in your car always playing in the background. We can turn the volume down, change channels, and create a new playlist. These NLP techniques help us control and modify it.. Your mindset work can then reprogram how you reinterpret how you want it to affect you. You have heard the saying, "What doesn't kill you makes you stronger." Instead, think of Post Traumatic Growth. Let's take control and grow from the experiences in our lives.

In your work, you emphasize that strength isn't just about muscles or endurance but also about mindset and emotional intelligence. How do you help your clients redefine what strength means to them?

How we define words can determine our perspective of our world. These definitions are programs that our unconscious mind uses as our default operating system. It's our default mode of doing things and how we react to our personal reality. Most of us go through our lives entirely in default mode. Why wouldn't we? No one ever showed us how we could do otherwise. Ever thought or said, "It's just the way I am, or built, or I've always been like this. My mother was like this. I got it from my father, and my family has always done this." Stop for a second, re-read that, and go ahead. Now, are you really going to tell me that you have no control over your life? How do you get better at something? You practice, over and over, learn something new, incorporate it, and then practice that. You plan, execute, and debrief. You grow out of who you are and what you have experienced to become someone better. We are human, we all can do that. Sometimes fast, sometimes slow, YET we can do it.

Okay, let's take the word tough. How would you define it? Do you imagine muscles, height, character, meanness, dominance, intensity, or a material like steel or concrete? Your unconscious brain shoved its interpretation into the first image you had. It's your default response; you go into your default survival mode. In my family, our older generations told us we are Gates tough. Never really thought about that much growing up, until recently. We lost three aunts and uncles in 2 weeks. Half of the older generation we looked up to is gone. Our families were rocked hard down to our core. Yet when my cousin said, "We're Gates tough, I realized then what I NEEDED it to mean in those moments. It is not to be a mean, uncaring, or control others; it's the ability to withstand and overcome. Post Traumatic Growth.

Your journey, especially your experiences with your parents, has profoundly shaped your mission. How have those experiences influenced the way you coach and mentor others?

Tampa was in the Marine Corps, and Pop was in law enforcement—both high calls to service. Now, as my father's son, I obviously see things differently from my sister. It is not better or right; it is just unique to me. I saw the weight and toll it took them to do what they did, for my Dama and Momma to endure and support them. Just as those who serve have a way of talking and being heard to each other, those at home have that too. Remember, not better or right than the others, just unique. Just as words have power, how we communicate, especially the words, perspective, and direction we use, matters. In my coaching, I use many NLP techniques to reframe how you see the world, so you can communicate with others in a way that more closely aligns with the person you want to become now. It's not about fixing something in you; you're not broken. Just as you had to acquire new skills when you were called to service, you have some new skills to acquire when transitioning to the civilian side. You have grown from the person you were before you went in. And now you must grow from the person you were when you served.

One of your coaching focuses is helping men confront 'the man in the mirror.' What are their most common internal struggles, and what mindset shifts help them break through?

First, let's agree that everyone is different, and their experience is unique. We all look in that mirror, and we all struggle with it in our own way. Try to allow yourself to not think in terms like harder than, more like, as good as, and not compare to other people. I know we all do it, so just be aware when you do it. A healthy comparison would be asking the person looking at you in the mirror, "What one change can I make in you today to make you more of the person you want to be than you were yesterday? Make sure you listen to the words you say. Words that compare, judge, or blame yourself, like, What is wrong with you? It will hold you back. Remember, we can only move forward. I want you to hear yourself SPEAK a goal for today. I will listen more, I am going to walk for 15 minutes around that block, and I will tell each family member today three ways I appreciate them. I will hug my spouse for no less than 30 seconds today, or maybe, I will say to the man in the mirror, You are a better man than yesterday.



Many people you work with—first responders, veterans, and health-care professionals—struggle with identity after transitioning out of high-pressure careers. What's the key to helping them find a new sense of purpose?

Time. It takes time. Slow, fast, it does not matter, and you will get there. Hear me, everyone, YOU WILL GET THERE. Please think back to when you first joined up. Academy, boot camp, residency, school, or any other institution you have started. Do you remember looking around the room at those in your class or group? Remember the look in their eyes? Who did you think wouldn't make it? Who surprised you, who did you get wrong, and who never would have imagined did what they did? Some were naturals, others came around sooner or later, and some just willed themselves to make it.

The most significant influence I have seen in everyone I've worked with was themselves and the tools they had in their toolbox. Just as we are all unique, the tools we try and use have to be the perfect ones for each of us. I have had clients use everything they can find, I've had one client do what she thought would be a year of coaching in a day. SHE did it, I didn't do it for her. I am so damn proud of her, and the life she has created for herself, she inspires me.

Men in high-stress roles are often conditioned to suppress emotions. How do you help them unlearn these patterns and embrace vulnerability as a strength?

Wow, that's a lot to unpack in a few paragraphs. First off, remember we are all different, not better, not worse, we are 8 billion or so unique perspectives. Now, that question in itself shows the difference in how men and women listen and speak. I know it's a woman talking, 'cause I know Jana wrote it. Yet, let me rephrase that in a way a man would ask me that question. A man might have said, Men in dangerous, high-stakes environments are often conditioned to suppress their feelings. How do you help them forget their skills, dedication, discipline, and years of training, and just relax, go back to who they used to be, and have them be ok with that?

Again, there is no right and wrong, no better or worse. Yet can you see how each of us defines our words, and those definitions define each of our own unique perspectives? One of the greatest gifts I got from my NLP training was that I listened more, didn't judge or define people by what they said, and asked more questions to understand the meaning of the words they were speaking. Once I know what they mean, we can work on what they want to change. I refer to this as volume control. Just as on your phone, or radio in your car, we can work on turning your volume button down, and adjusting the equalizer to what you want.



You've shared powerful reflections about your father's resilience and your mother's unwavering support. How do these influences shape the way you teach leadership and emotional endurance?

I'm going to use Simon Sinek's definition of leadership, cause I think it's the best definition of what Pop's influence was on me. "Leadership is not a rank or position. Real leadership is the decision to take care of the person to the left and the right of you." When you stand up for those who can't, do whatever it takes to do the right thing no matter the cost, and lift those around you to see them rise above their own limiting beliefs. That is authentic leadership to me. Pop often referred to that as a cowboy would, giving them a leg up. So his most significant influence is my drive to give people a leg up.

Many times, that comes at a tremendous emotional cost. If Pop was an oak tree, my Momma was the willow. Swinging in the air, constantly adjusting to the demands of time and adjustability in Pop's day planner. She rolled with it, understood and accepted the unstable work hours, and tried to keep us all moving forward, no matter how many times she had to put his dinner in the fridge and tuck us in before he got home. From my Momma, I got a deep sense of supporting, adjusting, and being there for those I care about, including my clients.

As a former problem-solver who always wanted to 'fix' things, you've learned to balance action with self-compassion. How do you guide others to do the same?

I am still a problem solver, and I love to build and fix things. I used to think I needed to carry the world on my shoulders and fix everything around me for everyone. Going for days without sleeping just to feel like I did everything I could to get it all done. NLP and my coaches have helped me recognize and accept that I am not the only one in every room I walk into. I now understand that I can't fix others; we only fix ourselves. When I used to try to fix a problem someone was having, I was really holding them back from growing and working on becoming the best versions of themselves.

My Grandma Judy had this saying that reminds me I am not responsible for the results of others: "I want you to know what I know. What you do with that is up to you. I love you either way." So, in my coaching, that is my mantra. I help people grow and change by showing them my NLP tools and how I use them. Then, I get a front-row seat to watch their Post-Traumatic Growth unfold before my eyes and change their world.

You've mentioned that early childhood conditioning plays a crucial role in how we see ourselves. How do you help clients break free from limiting beliefs ingrained in them from a young age?

From the day we are born until the age of 7 or so, our brains are in the Theta state. We learn everything from watching our parents, siblings, and extended family. Imagine a small child as a video surveillance system, always recording into their little brains everything their eyes see. Yet they have no context for what is happening in the video.

Now, when they have an experience at age twelve similar to what was on this security video file, they recorded it when they were three, and the brain replays it. You survived, so let's feel everything again, so we will live through this again, like we did at three years old.

Your mind responds like it always does, and just like that, it's a habit you have every time you experience that same situation. Now, NLP has techniques that allow us to reprogram how we want to experience it next time. We put new habits and emotions we want in their place, and create new habits, subconsciously.





You coach people to shift their mindset from 'Why is this happening to me?' to 'What is this teaching me?' How does this simple reframe create lasting change?

When we feel emotionally like the world or something is attacking us, it can really hold us back as we search for the why. When we stay in the past, trying to figure out what we did to deserve this, we can't move forward. So what if we just forget about asking why? We as humans all experience these times of struggle, of constantly getting knocked down and having to get back up.

Yet when we shift from an emotional need type question, why? To an emotionless and logical person, what question? We start to search, discover, and be more open to learning and understanding in what direction we are supposed to grow. Remember, The Universe always has your back. Ask yourself, what is the universe trying to teach me? To be successful under these conditions, what do I need to know? What could I learn that will help me be more successful next time this happens? You would be surprised how fast your mood changes, how you see your situation, and how fast those around you reach out to offer support during these kinds of times when you feel like you are struggling.

As the 2025 Educator of the Year, you're profoundly changing lives. What legacy do you hope to leave through your coaching, speaking, and writing?

Legacy is an interesting word to me right now. It's been 7 months since my father passed. He was one of my heroes for sure. As I step in to lead the family and take my turn on watch, I see his legacy everywhere. He spent 40 years in Law enforcement, and for 20 years after he retired, he continued his unwavering support for his community. The legacy he left behind in the department, his community, and here in our family, and how he carried on the legacies left to him, have touched so many people. He said something to me before he passed that echoes in the back of my head now and then. 'I never wanted you to fill my shoes, or follow in my footsteps. You got some big damn shoes you need to fill for yourself.'

Legacies are like reputations. They are beyond anyone's control, and people will believe what they want to believe. However, your character is not, and you have control of that. So, I will leave the idea of whatever legacy I leave to the firmament and what time will want that to be. And I will strive to look at that man in the mirror, and hear him say back to me, "You did one hell of a job helping more than you think you did."

CHELATION UPDATES

- NEW POLITICS MAY ALTER THE LANDSCAPE ON HEAVY METALS REMOVAL

BY DOUGLAS MULHALL

Getting toxic metals and arterial calcification out of the body is critical for millions of us. New attention has been drawn to chelation therapy for this, partly due to Robert F. Kennedy Jr.'s appointment as the Secretary of Health and Human Services (HHS). Kennedy is a vocal advocate for chelation, arguing that its potential benefits have been suppressed by regulators. His position overseeing a budget of nearly \$2 trillion has reignited discussions about chelation's role in modern medicine.

It's useful for Best Holistic Life magazine readers to know that some foods and herbs are natural chelators. Although they aren't as concentrated as medical-grade substances, they are shown to help the body rid itself of some toxic metals.

Broccoli sprouts: Rich in sulforaphane, which promotes detoxification of heavy metals.

Cilantro: Helps remove mercury, lead, and aluminum from tissues.

Garlic and onions: Sulfur-rich foods that particularly help remove lead from the body.

Brazil nuts: High in selenium, which reduces metal toxicity and binds methylmercury.

Chlorella: Green algae with an outstanding ability to bind cadmium and arsenic and reduce mercury in the brain and kidneys.

Alliums (garlic, onions, shallots, leeks): Powerful chelates due to high sulfur content.

Curcumin (from turmeric): Protects the liver from damage induced by various heavy metals.

Quercetin: A flavonoid that significantly reduces cadmium levels and related kidney damage.

Pectin-rich fruits: Pears, green apples, citrus fruits, cabbage, beets, and carrots increase heavy metal excretion.

Foods high in vitamin C: Such as Oranges, strawberries, grapefruit, kale, and red peppers, help reduce the toxic effects of heavy metals.

Spirulina: High in cysteine for heavy metal detoxification

Aside from those natural chelators, more concentrated intravenous (IV) chelation remains an undisputed method for removing heavy metals like lead from the body. Different chelating agents target specific metals: Ethylenediaminetetraacetic acid (EDTA) for lead and calcium, Dimercaptosuccinic acid (DMSA—administered orally) for mercury, arsenic, and lead, and Diethylenetriamine pentaacetic acid (DTPA) for radioactive metals.

The effectiveness of chelation therapy in diabetics with heart disease has been explored extensively, and the results are contradictory. The Trial to Assess Chelation Therapy 2 (TACT2), published in April 2024, produced results that differed from the original TACT study. TACT2 focused on patients with diabetes, the highest-risk cohort from TACT with the greatest observed effect size.

In TACT2, chelation therapy reduced blood lead levels by 61% in the treatment group and increased cadmium excretion but did not significantly reduce cardiovascular events compared to the placebo group. This contrasts with the original TACT trial, which demonstrated a significant reduction in death and cardiovascular events among diabetics.



The lead investigator, Dr. Gervasio Lamas, discussed possible reasons for the difference between TACT and TACT2. He noted that average blood lead levels in the U.S. had dropped 41% between the two trials. This reduction may have diminished the therapeutic impact of lowering blood lead levels through chelation.

However, lead levels have not dropped uniformly across the United States and certainly have not decreased significantly in many other parts of the world. This suggests the original TACT study findings might still be valid for billions of people living in areas with persistently higher lead exposure.

One outcome of TACT has been a focus on developing more patient-friendly delivery methods. Oral chelators are one alternative. Thanks to enteric coatings, capsules can bypass stomach acids and dissolve in the intestines, releasing larger amounts of the drug into the blood.

DMSA, also known as succimer, is one such oral chelator. It is administered orally at a dose of 30 mg/kg/day and has been shown to be an effective antidote for lead poisoning. DMSA significantly increases urine lead excretion and reduces blood lead concentrations. However, there is wide individual variation in response.

Many chelation regimens combine chelating agents with vitamins, supplements, and nutraceuticals. NanobacTX is an example of such a combination. Its formula uses edetate disodium dicalcium and enzyme systems to dissolve calcified plaque and

improve vascular health. NanobacTX is reported to have a longer therapeutic time than traditional IV EDTA chelation, potentially making it more effective.

Emerging research, for example, at Clemson University in South Carolina and at Elastrin Therapeutics, is exploring new approaches to chelation using targeted nanoparticles. These delivery systems, which range in size from ~10 to 1000 nm, are made from natural or artificial polymers. They bind to drug compounds and deliver them to specific points in the body.

This provides several advantages:

- It maximizes the effectiveness of metal chelators through specific targeting.

- It reduces the toxicity of chelation compounds by preventing systemic shot-gunning of the whole body.

- It increases the availability of the drug at the targeted point.

Chelation therapy is rapidly evolving. From new delivery methods to innovative combinations and cutting-edge nanoparticle research, the field is experiencing significant advancements. As official stances on chelation continue to shift, it's crucial for medical professionals and the public to stay informed. To learn more about chelation innovations, read the book *Discovering the Nature of Longevity*, available on Amazon.com.

Note: This article is for information only and should not be taken as medical advice. Consult a qualified physician before trying any therapy.

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Connect with Douglas Mulhall: <http://bestholisticlife.info/TheNatureofLongevity>

SOMETHING THAT SILENTLY LIMITS OUR LIVES IS FINALLY BEING OVERCOME.

The book answers these questions for popular audiences:

- What is hidden stress?
- How does it limit our healthy lifespan?
- How is the damage being reversed when nutrition, exercise, and standard therapy don't work?
- Why are diabetes heart patients who received a widely available therapy living longer and better?
- How are Peripheral Artery Disease patients being saved from amputations of their limbs?
- Why does the elastic that makes our heart, arteries, and skin flexible degrade, and how is it restored?
- Which vitamins and supplements formula has been improving heart health for decades?
- How are life-threatening aneurysms being repaired?
- What are the trillions of programmed packages in our body that cause and prevent illness?
- How is our environment telling our genes what to do, and can we control that?
- How do our homes and offices trigger hidden stress or prevent it?
- Who is investing in solutions, and what's coming down the pipe?

In this book, Douglas Mulhall makes it clear that magical "cures" aren't here yet. Instead, the damage is being prevented and reversed while cures are being found. This buys us the most important thing: time.



Get Your Copy





FASHION WAS MY ADDICTION. DECLUTTERING WAS MY BREAKTHROUGH

BY ISABEL VARELA

I built my dream life in fashion—until it all came crashing down. What started as a love for style became a \$100K addiction, a mask for my deepest wounds. But when I began decluttering, I uncovered something far more valuable than designer labels: my true self.

From the moment I slipped into my mother's oversized heels, adorned my little neck with gigantic pearls, and clipped on her ruby-jeweled earrings, I was mesmerized. I could become brighter, bolder, someone entirely new.

I gazed at her as she sat at her vintage mirrored vanity, where she always applied her makeup so intricately. It was her daily ceremony—a practice in transformation. At the time, I saw it as love. As what you had to do to be admired, to be enough. Those early memories instilled in me what I thought beauty, love, and validation looked like. You had to look impeccable to be enough.

From the Runway to Rock Bottom

Fast forward to my twenties: that belief became my reality. As a sought-after fashion designer, my womenswear brand attracted socialites and celebrities, graced magazine covers, and was featured in boutiques throughout America's South.

From TV appearances to "Designer to Watch" magazine features, my life was the epitome of success at first glance. But behind all of my designs was one of my darkest secrets—my addiction to fashion... and the \$100K in debt I had accrued from buying clothes. I wanted to be the Latina version of Sex and the City's Carrie

Bradshaw, dripping in designer looks, living the dream... even if it meant losing myself to maintain the illusion.

The Day Everything Cracked Open

My wake-up call came in the form of a phone call: my car was being repossessed. I was 28, deep in my Saturn return, where everything I thought I knew about myself was being questioned, and the shock was paralyzing.

How could someone with dreams of being an international fashion designer have spiraled so far out of control?

The truth was both simple and painful: fashion was my mask. It hid my insecurities, guilt, and pain.

This moment forced me to confront the life I had built and what was still lurking underneath the surface. I had to question everything—especially my definition of beauty and success. Had I built my entire career from a foundation of facade and external validation?

From there, I knew I had to change, and the easiest place to start was with my clothes.

I was drowning in debt, and logically, selling what I owned made sense. But as I began to declutter, something unexpected happened. It was the first time I truly faced my addiction.

And with every dress, every shoe, every bag—I began to accept the problem wasn't just my closet. It was me. From there, the answer became clear, and decluttering became my healing. Each piece I let go of forced me to peel back a layer of identity.



I had to ask the hard questions:

- Who am I without these clothes?
- What am I really trying to cover up?
- And what is left if I let go of the career I dreamed of since high school?

I confronted suppressed emotions, misaligned beliefs, and societal expectations I had never consented to—only inherited.

The Shift That Changed Everything

Decluttering helped me face the painful truth: I had mismanaged not just my money but my entire life. It required deep vulnerability, shadow work, and the courage to begin again.

I closed my business. I got a full-time job. I started working with a professional therapist. And with every truth I owned, every layer I released—my debt went down, and my self-love rose. According to Psychology Today, excessive clutter can lead to feelings of shame, hopelessness, and guilt. It becomes a cycle that's hard to break. But when I cleared my physical space, something deeper happened: my emotional, spiritual, and energetic bodies also felt lighter.

I became the alchemist of my own story. I repurposed my pain into purpose.

That became the foundation for my coaching and lifestyle business, Repurpose Your Life™. Now, I help high-achieving women declutter what's holding them back—so they can reclaim their energy, walk in alignment, and expand into their full power. We don't just throw away what no longer fits. We heal through it. We rise from it.

Journal Prompts for You

Now that you've heard my story, it's your turn. I challenge you to be radically honest with yourself as you complete these prompts and examine where you might be holding yourself back.

1. Identify Your Distractions.

- What distractions do you use to avoid internal struggles?
- Is it fashion, work, relationships, or something else?

Listen to Your Inner Voice

- When was the last time your soul whispered for change—and you ignored it?

Embrace Vulnerability

- What part of you is still seeking external validation to feel enough
- Because no amount of material things can fill the void within.

Coming Home

Decluttering isn't just about organizing—it's a profound journey of self-discovery.

Fast forward: I'm now debt-free, fully aligned, and living my purpose. I've helped hundreds of women reconnect to themselves through sustainability, spirituality, and conscious business. When I decluttered, I didn't just make space in my closet.

I made space for ME.

And I finally came home—to myself.

Want to go deeper?

Download my free tools or join my mentorship at <http://IsabelVarela.com>.

Connect with Isabel Varela:

<https://bestholisticlife.info/IsabelVarela>





LOOKING FOR THE NEGATIVE

BY VIRGINIA OMAN

Have you ever wondered why we have such a tendency to look for the negative in life, as in what might go wrong? Millions of people have what seems like a habit of looking for the negative all the time. It's not only stressful for them psychologically, but being around these kinds of people can be tiring and unpleasant.

The Power of Negativity Bias

If you haven't yet heard of the term "negativity bias," I'd like to introduce you to it as it can be a life changer when we understand this....

Our Ancient Brains Still at Work

It is easy for us to forget that underneath all our fancy intelligence and wisdom, we are all primates. Mammals. And our neurological systems are inherited from long, long ago, when we were in the wild, trying to survive from one day to the next. These neurological systems haven't kept up with our modern times, and many of our automatic responses are elicited by the more reptilian (very old) part deep inside our brain.

Why We Owe Our Survival to This Instinct

It's important to understand that we owe our existence to this part of the brain, as it is the part that has made us survive as a species for over 250,000 years! We were always scanning for possible dangers that may lie ahead. A sound in the bush may indicate that a dangerous animal is hunting us. A dark shadow in the

distance, possibly hiding a member of an enemy tribe. We were on alert all the time. We HAD to do this when we were in the wild, and the ones who got good at being able to identify dangers were the ones who survived. The ones that did not develop a good "threat" or "danger" mechanism died out.

The Velcro and Teflon Effect

Psychologist Rick Hanson from UC Berkeley has described that we are genetically wired so that "we have Velcro for the negative and Teflon for the positive."

Why Overriding Negativity Bias Matters

As I mentioned, we owe a great deal of thanks to this neurological "habit" that we are BORN with, as it has enabled us to survive. So we need to acknowledge why we have this tendency and also know that because our inherent bias to look for the negative is so powerful, it requires us 3 to 5 times the effort in these modern times to tame it. How? We do this by deliberately making a practice of looking for the positive.

You Can't Erase It, But You Can Manage It

We need not worry that by overriding this negative bias, we will put ourselves in great danger because this is a primal instinct that is encoded in our DNA. We cannot stop or erase it from being there. But we can make sure that we are consciously making a point to focus on the positive as we go through our day in order to diminish its effects and allow us to experience the joy of living.



The Science-Backed Benefits of Positivity

There is plenty of ample research showing that people who have successfully been able to do this are happier, more fulfilled, live longer, and have a much broader network of friends (because they are more enjoyable to be around) than those who don't cultivate this positivity habit. You might want to read this paragraph again because those four attributes are worth their weight in gold.

How to Start Rewiring Your Brain for Positivity

If that sounds like something you'd like, then the question is, how do we take advantage of knowing all this? We should realize that because we are wired for the negative, we need to practice each day consciously focusing on acknowledging and identifying all the many positives if we want to experience more joy in life. And by doing so, we will not only have more fulfilling lives but will be the type of person others WANT to be around.

Why Gratitude Journals Work

You have heard of people keeping "gratitude" journals. Hopefully, after reading this article, you will have a whole new view of why they are so recommended and helpful. Many people have overlooked them, thinking that these journals are just something to do "for fun." If you were one of those people, I hope you are getting a different perspective on this now. There is a science behind them. If you haven't started one of these before, now is the perfect time. People who keep gratitude journals (just stating three things a day) report how much easier it becomes to see the positives all around them every day. The reason for this is that they are consciously LOOKING for them, and with consistency, it becomes an automatic habit.

Meet Your Inner Negative Detective

Another tip is to instill a little "negative detective" on your shoulder. Imagine her or him with a raincoat, hat, pipe, and large magnifying glass. Be aware of its presence, which will make it easier for you to catch yourself during the day when you are thinking thoughts of worry. When your little detective catches one, identify the thought, take a deep breath, and just ask yourself... Is this particular thing I'm worrying about life-threatening to me? If NO, then thank your detective for identifying it and sending the thought out into nothing. Then, take 1 second to focus on something wonderful. Just one second. This entire exercise can be done in less than 3 seconds, and when you've made it a habit, it will become automatic.

Be Patient—It's Worth It

Because it requires effort on our part, don't expect it to be a fast change. IT (like learning anything new) requires time and patience. But AS you are developing this new habit, you will start to notice a difference in the quality of your day. And as every single one of us wants to feel good as much as possible, this can be a life changer. Even if you begin this process and identify just 1-2 negative thoughts in your day, that's a perfect start.

Need More Guidance? Reach Out

If you'd like to learn more about how you can implement tools for better living in your life, please feel free to contact me. I am easy to reach and always offer a free consultation to discuss your particular challenges and how to surpass them. VirginiaOman.com

Connect with Virginia Oman: <https://bestholisticlife.info/VirginiaOmanCoaching>

THE MYSTERIOUS LANGUAGE OF PROPHECY

BY MARK ANTHONY, JD, PSYCHIC EXPLORER

Next to Leonardo da Vinci, Nostradamus is the most enigmatic genius of the Renaissance. He had a radical, holistic approach to medicine. Unlike other physicians of the day, Nostradamus didn't bleed his patients. He realized health was connected to proper diet, fresh air, and hygiene. He successfully treated "Black Death" (bubonic plague) through the use of rose hips, which we now know are rich in vitamin C.

Nostradamus also possessed the mysterious gift of prophecy. His uncanny ability to foresee future events attracted the attention of Queen Catherine de' Medici of France, who summoned him to court in 1555.

Catherine de' Medici was the daughter of the legendary Lorenzo de' Medici of Florence. Known as "Lorenzo the Magnificent," he'd headed the wealthiest banking system in Europe. Lorenzo's patronage of artists like Michelangelo, Leonardo da Vinci, and Rafael contributed immensely to the splendor of the Renaissance.



Officially, Nostradamus served as a physician, scientist, and astrologer to the Court of King Henri II and Queen Catherine de' Medici. Behind the scenes, Nostradamus was the Queen's confidant and personal adviser. On parchment, Henri and Catherine were the

ultimate power couple. She loved his huge army, and he couldn't resist her deep bank account. Yet despite her wealth and that she bore Henri eleven children, Catherine de' Medici knew her position and that of her children was not secure.

The Queen's problem was Henri's mistress, the cunning Diane de Poitiers. Diane and Henri became lovers when he was a 15-year-old prince and she was a classy 35-year-old aristocrat. Diane had been manipulating Henri ever since to advance her family's wealth and power. Diane flaunted her position with Henri, appearing with him publicly and acting as if she and not Catherine were queen. The humiliated Catherine de' Medici had a secret weapon—Nostradamus. Catherine believed his psychic abilities could help secure the French throne for her sons.

Prophetic messages can come in the form of visions, feelings, auditory messages, or dreams, which can have several possible interpretations. They don't always immediately make sense. Prophetic messages are often clouded in mystery before they become crystal clear.

Nostradamus wrote his predictions in the form of a quatrain, which is a poem with four lines.

In 1556, he recorded this quatrain:

THE YOUNGER LION SHALL SURMOUNT THE OLD.

'MIDST MARTIAL BATTLEFIELD IN SINGLE DUEL.

HIS EYES HE'LL PUT OUT IN A CAGE OF GOLD.

TWO WOUNDS JOINED, THEN A DEATH MOST CRUEL.

Nostradamus and Queen Catherine de' Medici were perplexed by the ominous prophecy. Nostradamus felt it was about King Henri, whose favorite sport was jousting. A jousting match involves two mounted warriors on horseback, each armed with a lance, who charge towards each other, aiming to knock their opponent off



his horse or break his lance. Although Henri was told of the prophecy, the macho he-man king disregarded his wife's fears and the ramblings of the elderly soothsayer.

Then, on June 30, 1559, during a jousting match, 30-year-old Captain Montgomery was pitted against 41-year-old King Henri, who was showing off his gold-plated helmet and armor. Both men had the emblem of a lion on their shields.

They charged toward each other, lances aimed at each other's shields. Upon impact, a freak accident occurred when Captain Montgomery's lance unexpectedly shattered. A wooden fragment flew into the king's golden helmet, pierced his eye, and then lodged in his brain.

Horried, Queen Catherine de' Medici, Diane de Poitiers, and the entire French Court witnessed the mysterious prophecy of Nostradamus become crystal clear. Montgomery, the "younger lion," surmounted Henri, the "older lion," in a single duel. The king's eyes were put out in a cage of gold—Henri's golden helmet. Two wounds joined, then a death most cruel. First, the lance fragment pierced the king's eye; second, it lodged in his brain. After an agonizing 10 days, Henri died.

Queen Catherine de' Medici instantly seized power as regent for her eldest son. She ordered the immediate execution of Captain Montgomery. All the jewels Henri gave Diane de Poitiers were confiscated. She was banned from court and exiled to the chateau of Chaumont. Diane died a few years later in obscurity after suffering from painful wounds sustained in a horse-riding accident. It's never a good idea to cheat

with another woman's husband, especially when that woman was Catherine de' Medici.

Five centuries ago, prophecy was considered magic. However, quantum physics now offers an explanation of how spirits can perceive future events. Everything is made of molecules, which are composed of atoms that are made of protons, neutrons, and electrons, which are made of the smallest particle of pure electromagnetic energy known as a quantum (ergo the term "quantum physics").

Einstein's Theory of Relativity suggests on the quantum/electromagnetic level that time doesn't exist and that past, present, and future occur simultaneously. In my book "The Afterlife Frequency," the Electromagnetic Soul Theory (EMS) explains that as pure energy Electromagnetic Souls are able to "tap into" and perceive what we call the future.





However, deciphering the mysterious language of prophecy still presents challenges. As a psychic medium, I facilitate communication between people in our world with their loved ones in spirit. In the last quarter of 2019, I began receiving repetitive messages, which first started during a session for Katie. The spirit of Katie's grandfather transmitted visual images to me about Katie and her family wearing surgical masks in "March 2020."

Initially, this didn't make sense. No one in Katie's family was in the medical profession or scheduled for surgery. Nor could Katie think of anything significant coming up in March 2020.

In readings for other clients, I kept receiving messages about people wearing surgical masks in March 2020. Then spirits began to convey another cryptic message:

"HUMANITY WILL GLIMPSE WHAT IT CAN ACHIEVE IF YOUR GENIUSES WORK TOGETHER."

I knew these repetitive messages transmitted by spirits through me to people unrelated to one another were significant, but how?

Then the COVID-19 pandemic engulfed the world. Suddenly, I was flooded with messages from clients who said they now understood the message—it was March 2020, and most people were wearing surgical masks to protect themselves from the virus.

Fear swept the planet. For six weeks, most of humanity went into lockdown. The news was filled with horrifying reports of mass deaths globally due

to this deadly virus. Airlines were all but grounded. People were barely driving. Factories were on pause, and manufactured goods were barely being shipped by air, rail, or sea. The world's economy was crippled. On the flip side of the Karmic Coin wars all but ground to a halt. Air and water pollution caused by carbon emissions and industrial waste decreased drastically. For the first time in decades, people in Mumbai, India, and Beijing, China, could see their cities' skylines. The notoriously polluted canals of Venice, Italy were cleared, and for the first time in 400 years, dolphins glided through the ancient city's waterways.

In an unprecedented feat of collaboration, scientists and doctors worldwide worked in unison to find a way to diagnose, treat, and combat COVID-19. Countries, even those who were traditionally adversaries, shared technology and equipment to meet the demand for ventilators and medical equipment.

For six weeks, we glimpsed what Earth could be like if humanity's geniuses worked together instead of against each other. They could develop clean energy, end pollution, boost food production, and cure disease. Imagine what humanity could achieve. No longer clouded in mystery, the language of this prophecy became crystal clear.

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ANGELA KUNG ACUPUNCTURE
& WELLNESS CENTER, INC.

THE TRAUMA BEHIND YOUR *NEGATIVE SELF-TALK*

BY DR. ANGELA KUNG

Language shapes our reality. The words we use—both aloud and in our minds—carry energy that directly influences our emotional, mental, and physical well-being. Remember Dr. Emoto's experiment on water? This Japanese scientist discovered that water molecules changed shape when frozen and labeled with different words. Positive words created beautiful, intricate snowflake structures, while negative words caused the molecules to become disorganized and lack structure.

As humans, we are made up of at least 70% water. This means that the way we speak to ourselves and others directly affects our health—our bodies, cells, and water molecules are listening. We have the power to create health or disease within ourselves simply by shifting from fear and low-frequency thinking to hope and gratitude—even if, at first, we have to "fake it until we make it."

As a trauma specialist, I have seen countless cases where negative self-talk—and even the way we communicate with others—stems from unprocessed and unhealed trauma. When trauma remains unresolved, it lowers our vibrational frequency, keeping us stuck in patterns of fear, anxiety, and self-doubt. Over time, this can manifest as anxiety, depression, hormonal imbalances, autoimmune disorders, and even serious illnesses like cancer. The good news? We can change our inner dialogue and reclaim our health by addressing the root causes of negative self-talk.

Understanding the Root of Negative Self-Talk

Negative self-talk doesn't appear out of nowhere—it originates from deeply rooted past experiences.

Often, these thoughts stem from:

- *Childhood Trauma:* Experiences of neglect, criticism, or abuse that lead to ingrained beliefs of unworthiness and self-doubt.
- *Inherited Trauma:* Emotional wounds passed down through generations, manifesting as subconscious negative beliefs and fears.
- *Societal Conditioning:* Cultural expectations and societal pressures reinforce limiting beliefs about our worth and abilities.
- *Unprocessed Emotions:* Suppressed anger, resentment, grief, or shame, creating energetic blockages that fuel self-criticism and negativity.

The Link Between Language and Health

The way we talk to ourselves has a direct impact on our nervous system. Negative self-talk keeps the body in a state of stress, triggering the fight-or-flight response.

Over time, this constant state of tension can lead to:

- *Increased Cortisol Levels:* Leading to hormonal imbalances.
- *Chronic Inflammation:* Contributing to autoimmune conditions.
- *A Weakened Immune System:* Making the body more susceptible to illness.
- *Emotional Distress:* Manifesting as anxiety and depression.

Rewiring our thoughts isn't just about thinking positively—it's about healing the traumas that keep us stuck in negativity.

Steps to Change Your Inner Dialogue

Healing negative self-talk requires a holistic approach that addresses the mind, body, and energy field.

Here's how to begin:

- *Identify the Root Cause and Clear It:* Seeking professional guidance from an energy healer who specializes in trauma work can help uncover and heal deep-seated wounds. This often involves inner child healing and addressing generational traumas energetically passed down.
- *Clear Negative Emotional Blocks:* Unresolved emotions like anger, resentment, grief, shame, and guilt create an energetic weight that drags your frequency down. Techniques such as acupuncture, energy healing, and somatic therapy can help release these trapped emotions, freeing your mind and body from their hold.
- *Remove Energetic Attachments:* Negative energies—whether from toxic relationships, past experiences, or spiritual influences—can cloud the mind and distort self-perception.

A full, energetic clearing includes:

- Removing negative energies that may be affecting your mind, body, or living space.
- Cutting energy cords with individuals who drain your energy.
- Cleansing and resetting your energetic field to allow healing and renewal.





Reprogram Your Mind with Divine Truth: Once negative thought patterns and attachments are cleared, it's essential to replace them with positive, empowering beliefs that align with your divine worth.

This includes:

- Reaffirming your infinite value and self-worth.
- Understanding what unconditional love, peace, and self-respect truly feel like.
- Accepting love and support from yourself and others.

Techniques such as affirmations, guided meditations, and neural reprogramming can help solidify these new thought patterns. (You can check out my free guided meditations on my Linktree on Instagram or download them from my website—see the bottom of this article.) As an energy healer and trauma specialist, I also offer energetic downloads that expedite the healing process. **Cultivate a Daily Practice of High-Vibrational Living:** To maintain a positive inner dialogue, integrate habits that keep your energy high:

- *Gratitude:* Start each day by acknowledging what you're thankful for.
- *Forgiveness:* Release resentment towards yourself and others.
- *Compassion:* Speak to yourself with the same kindness you would offer a loved one.
- *Mindfulness:* Stay present and consciously shift negative thoughts when they arise.

Over time, these practices will become second nature, allowing you to naturally operate from a place of self-love and empowerment.

Transform Your Life, Elevate Your Health

Healing negative self-talk isn't just about changing words—it's about shifting the energy behind them. By addressing trauma, clearing negative influences, and rewiring your belief system, you can create a life filled with peace, vitality, and emotional freedom.

If you're ready to transform your inner dialogue and reclaim your health, schedule a consultation with me, visit my website, or follow me on social media at @angela.kung.inspire and @angelakungacupuncture.

For deeper insight, check out my book, "Your Amazing Itty Bitty True Healing Book: 15 Ways to Approach Your Best Health," available on Amazon.

I was also featured in the upcoming documentary film *Pillars of Power* by the Los Angeles Tribune, which will be released this fall on Netflix. This powerful film features thought leaders—including costars from *The Secret*—to inspire successful holistic living. Additionally, I am the executive producer of *Rise of the Lioness*, a groundbreaking documentary series in which powerful women will discuss what feminine leadership truly looks like. It will be released in 2026.

Let's heal together and create a world where positive self-talk is our default state.

Connect with Dr. Angela Kung: <https://bestholisticlife.info/DrAngelaKung>

Oh, my Health... There is Hope!

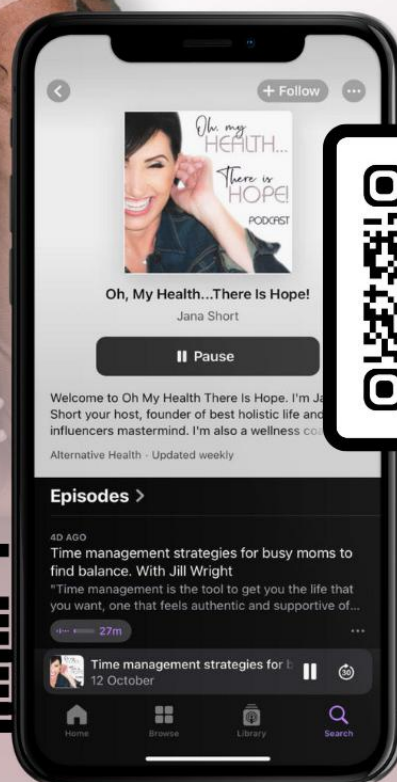
PODCAST



Hosted by:
JANA SHORT

**HOPE IS THE SPARK
THAT IGNITES CHANGE.
LET'S FUEL IT TOGETHER!**

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From Milwaukee with Love: **EM/POWEREDbyWMN's Dinner Party Celebrates Women in Business**

EM/POWEREDbyWMN is celebrating their recent expansion into Milwaukee! Community Directors, Haley Thomas and Kate Spitz, hosted a beautiful Girlhood & Gathering dinner party for 25 creative, ambitious, and entrepreneurial women in the greater MKE area. The women in attendance enjoyed a curated eggplant lasagna, Thai crunchy salad, veggie platters with beet hummus, fruit, and the most incredible lemon meringue dessert — lovingly put together by Monica Hidalgo, founder of Eat Pretty Please. During the evening, the women joined in conversation about the spirit of community, building the foundation for beautiful relationships and partnerships to come. At EM/POWEREDbyWMN, stuffy networking parties are out and genuine connections are in! Attendees connected over ideas of collaborations and the mission and heart behind each woman's business. They even had a burn book to document and release any bad business advice that they no longer wanted to listen to.

This is what community is all about. This is what EM/POWEREDbyWMN is all about and Haley and Kate are excited to continue sharing EBW's mission to support even more female professionals and founders and rewrite the narrative for what it means to be a woman in business. What's next in this region? More dinner parties, of course, along with transformative workshops, intimate networking events, weekly strategy calls, and so much more.

Gone are the days of competing against one another, gatekeeping out of scarcity's sake, or feeling alone in navigating the nuances and challenges of business. There is so much power in breaking bread over shared experiences and recognizing that we truly are in this together, through the major wins, in the most difficult moments, and everything in between.

Connect with Krystal Jugarap:

<https://bestholisticlife.info/EmpoweredbyWMN>



Many entrepreneurs are true beacons of resilience.
So, we asked the women in the EM/POWEREDbyWMN community, what adversity have you faced in your journey and how did you overcome it to get to where you are today?

HERE'S WHAT THEY SAID...



Relocating to California was a dream until I found myself battling workplace discrimination and severe anxiety in the corporate world. I felt overlooked, unheard, and disconnected from the confident, high-achieving woman I had always been. Instead of letting it define me, I sought an outlet and started teaching high heels dance on the side.

What began as a passion project quickly became a lifeline, reminding me of the power of presence, self-expression, and owning my space. I realized confidence isn't just something you have - it's something you refine and embody. That's what led me to build my coaching business, helping high-achieving women elevate their presence so they show up as powerfully as they truly are. Adversity didn't diminish me - it redirected me to my true purpose.

- Kate Ziuz

Self-Presentation Coach <https://bestholisticlife.info/MasterYourPresence>

Oh my goodness, where do I begin? While I didn't knowingly sign up to be the poster woman for overcoming adversity, it somehow happened, and by God's grace, I'm able to share about it today. During my rise in both the entertainment industry and as an entrepreneur, I was in a car accident at the age of 31.

I went on to spend my 30s losing the ability to speak, requiring assistance to breathe, having little to no answers or hope, becoming housebound well before the pandemic, lying flat on a massage table staring at the ceiling 24/7, receiving around-the-clock care, going bankrupt, speaking through blinking, becoming estranged from my family and suicidally depressed...the list goes on. And that's just the tip of the iceberg.

It is nothing short of a miracle for me to be here today. In the years I spent trapped inside my own mind, unable to communicate clearly, I promised both God and myself that I would someday share this journey as well as the tools that helped me overcome and have a second chance at life, which is exactly what I do today. I'm honored to shine a light for those who feel they are in darkness and to remind everyone that they truly can do ANYTHING.

"Babble On" is my personal mantra to keep going and when you do that, absolutely anything is possible, regardless of what others may think or believe. You've got this. No matter what "this" is. Always remember that.

- BabbleOnBrooke/Brooke Bonder

International Award-Winning Host and Motivational Speaker

<https://bestholisticlife.info/MasterYourPresence>



My journey of resilience started when I got kicked out of high school, yet still made it through college and into a “successful” tech career. On paper, I had made it, but I was craving more. After my first solo international trip, something shifted within me. I came home, quit my 9–5, and decided to go all in on my business.

The day before my last day, my dad passed. Two months later, I lost my dog of 15 years, and a few months after that, my grandmother. Grief became the unexpected shadow of my first year in business after leaving my job.

I could've shut down but instead, I let those losses shape me. I allowed myself to feel the pain, reached out to my community for support and alchemized my grief into purpose. Today, as a Business Authenticity Coach, I support WOC entrepreneurs through their own fears and transitions—helping them build businesses that are purpose led and sustainable.

To me, resilience isn't your ability to hold it all together. It's about staying connected to your why, even in the hard seasons, and choosing to keep going because it's not just about you, it's about the community you're serving.

– Nicole Santos

Business Authenticity Coach <https://bestholisticlife.info/NicoleSantos>



From the age of five, I've lived with Rheumatoid Arthritis, Uveitis, and Scoliosis—chronic autoimmune conditions that made even basic movement a struggle. Doctors predicted a life of limitations, recommending everything from NSAIDs and steroid injections to low-grade chemotherapy infusions. At 18, I temporarily lost my vision for 7 days, 14 hours, and 23 minutes—a phenomenon so rare it had only been documented once before me. I was prescribed hourly steroid eye drops just to regain my sight.

At 21, I made a life-changing shift toward holistic wellness. Through anti-inflammatory nutrition, movement, and a self-care plan tailored to my needs, I began to heal from the inside out. I eventually pushed my body further than I ever imagined, competing for two years in the International Natural Bodybuilding Association (INBA).

The road wasn't easy, but the power of community, education, and self-belief kept me moving. With over a decade of experience in branding and event marketing, I founded The Wellness Affair to bring that same energy to others. Our events are inclusive, empowering, and rooted in connection—because I believe that wellness isn't a luxury; it's a lifeline. And everyone deserves access to it.

– Danielle Foster

Founder of The Wellness Affair <https://bestholisticlife.info/TheWellnessAffair>



GLOW THROUGH WHAT YOU GO THROUGH: TURNING PAIN INTO PURPOSE

BY JANE TAPHAYACHAN

Entrepreneurship is a journey of resilience, passion, and purpose. For many of us, the road to success is paved with challenges that shape who we become and what we stand for. My journey—marked by a 21-year battle with lupus—has been one of perseverance, self-discovery, and transformation. Through the darkest moments of my illness, I found my purpose: to heal, to uplift, and to give back.

Overcoming Adversity: My Lupus Journey

At 21, I was diagnosed with lupus, a chronic autoimmune disease that changed my life overnight. It attacked my body aggressively, leaving me temporarily paralyzed with severe kidney complications. I spent months in a rehabilitation center relearning how to walk. It was one of the most challenging times of my life, but it also taught me the true meaning of resilience. My mother, Oii Nanta, became my biggest support system. She took me to Thailand, our homeland, to explore holistic healing. There, I embraced Eastern medicine, mindfulness, and the healing power of nutrition. This journey taught me the importance of balance, caring for my mind, body, and soul in unison.

With a renewed sense of self, I threw myself into my first

love—the beauty industry. For 13 years, I worked to build my career, pouring my creativity into helping others feel confident and beautiful. I was at the peak of my success when, in 2015, lupus forced me to pause again. A severe flare landed me in the ICU at UCSF, fighting for my life with kidney failure and multiple complications. Doctors told my family to prepare for the worst, but I refused to give up.

With determination—and the love and prayers of my family and friends—I survived. It was a profound wake-up call, reminding me to slow down and prioritize my well-being. After regaining strength, I became a lupus advocate, sharing my story to empower others. I also facilitated a support group, creating a space for fellow warriors to connect and explore natural alternatives for a better quality of life.

Since then, I've been under the care of an amazing holistic doctor in Oakland, CA—Dr. Crystal Lynn Keeler—who has helped me tremendously. Through Japanese acupuncture and Eastern medicine, she's helped me stay balanced and continue my wellness journey with grace.





Love and Light: A Legacy of Giving

In 2024, I returned to Thailand to continue my healing journey and give back. Seeing the struggles of underserved children in the rural Northern provinces—where my mother grew up—ignited a deeper calling. My mother always instilled in us that giving is part of our purpose. Whether it was handing out school supplies or feeding villages, we were taught to take care of our people.

During that trip, I visited local schools, provided educational resources and meals, and played with the children. I'll never forget one little girl who hugged me tightly and gave me a piece of candy after receiving new clothes and school supplies. That moment reminded me why we're here: to create smiles and be a light in someone else's life.

That's when my partner, Jerry, my mother Oii, and I co-founded Love and Light Foundation, a nonprofit dedicated to providing essential resources, education, and aid to disadvantaged youth in Thailand. My mother has been doing this work for over twenty years. We're proud to carry her legacy forward, rooted in the belief that every child deserves a brighter future.

Since launching, we've:

- Helped rebuild schools after natural disasters
- Provided educational tools to students in need
- Funded school meal programs for children

This foundation is a reflection of my journey—turning pain into purpose. Seeing the joy on these children's faces fuels me to keep growing our impact. Giving back doesn't just change lives—it transforms the giver. We've also partnered with local teachers and village leaders to ensure our support is meaningful and sustainable.

Looking ahead, we plan to expand to more provinces and build partnerships that support long-term change. We're also developing volunteer opportunities for those who want to contribute to our mission.

The Power of Community in Entrepreneurship

One of the biggest lessons I've learned as an entrepreneur is that you can't do it alone. The people you surround yourself with make all the difference. Being part of a strong, supportive community has been crucial to my growth.

That's why I'm incredibly grateful to EM/POWEREDbyWMN, founded by Krystal Jugarp. It's an amazing platform where women entrepreneurs are supported, visible, and connected with like-minded women. In a world where entrepreneurship can feel isolating, having a network of women who uplift and inspire each other is priceless.

Turning Pain into Purpose

If my journey has taught me anything, it's that resilience is not just about surviving—it's about finding beauty in the struggle. It's about allowing your challenges to lead you to something greater than yourself. For anyone facing challenges—whether in health, business, or life—I encourage you to:

- Prioritize your well-being—without health, success has no meaning
- Follow your passion—what lights you up is your purpose
- Give as you go—impacting others brings true fulfillment

My battle with lupus led me to a career I love, a foundation that's changing lives, and a community that uplifts me. I've learned to glow, even in the darkest moments.

We all have the power to turn our pain into something beautiful—we just have to take the first step.

Connect with Jane Taphayachan:

<https://bestholisticlife.info/LoveandLightFdn>

HOW MUCH DO YOU LOVE GRAPEFRUIT?

GET READY TO FIND OUT WHY YOU SHOULD BE STOCKING UP
ON THIS WONDER OIL!

Uplifting Stimulant

Grapefruit oil has become more and more popular, and it is easy to see why. This uplifting scent is an antidepressant that can also help keep you focused. Its bright scent can even keep your sweet tooth in check!

Cleanse & Prevent Infection

Grapefruit is also an antiseptic as well as a disinfectant, making it great for cleaning more than just the house. While also being even better for your skin without the same photosensitivity as other citrus oils.

Anti-cellulite & Digestion

One of our favorite properties is grapefruit's ability to help eliminate cellulite and promote digestion. What better way to get swimsuit ready than with this heavenly oil that will help boost more than just your spirits!

Grapefruit Sugar Scrub

Ingredients:

- 1 cup granulated sugar
- 1/4 cup coconut oil
- 1/4 cup sweet almond oil or jojoba oil
- 15–20 drops grapefruit essential oil
- Zest of 1 grapefruit

Directions:

In the mixing bowl, combine the melted coconut oil and sweet almond oil or jojoba oil. Stir well to mix them thoroughly. Add 15–20 drops of grapefruit essential oil to the oil mixture. Adjust the amount according to your preference for scent strength. If using grapefruit zest, add it to the mixture and stir well to incorporate. The zest adds fragrance and provides gentle exfoliation. Gradually add the granulated sugar to the oil mixture, stirring continuously. Mix until all the sugar is coated with the oils and the scrub reaches your desired consistency. You may need to adjust the amount of sugar to achieve the texture you prefer. Once everything is mixed, transfer the Grapefruit Sugar Scrub into a clean, airtight jar or container. Make sure the container is clean and dry before adding the scrub.

Grapefruit Body Butter

Ingredients:

- 1/2 cup shea butter
- 1/4 cup coconut oil
- 1/4 cup cocoa butter
- 15–20 drops grapefruit essential oil
- 1 teaspoon vitamin E oil
- Clean, dry jars or containers for storage

Directions:

In the double boiler or microwave-safe bowl, melt the shea butter, coconut oil, and cocoa butter together until fully liquefied. Stir well to combine. Allow the melted mixture to cool for a few minutes, but not to solidify. Once the mixture has cooled slightly, add 15–20 drops of grapefruit essential oil and 1 teaspoon of vitamin E oil. Stir well to evenly distribute the essential oil throughout the mixture. Carefully pour the Grapefruit Body Butter into clean, dry jars or containers. Make sure the containers are clean and dry before adding the body butter. Allow the body butter to cool and solidify completely at room temperature. This may take several hours, depending on the ambient temperature and the size of your containers.





THE HEALING POWER OF NATURE: FINDING OURSELVES IN THE WILD

BY PARINAZ SHAMS

In the rush of modern living, we've forgotten something essential: we are nature.

Not separate from it, but fundamentally part of it. This forgotten connection might explain why many of us feel disconnected, anxious, and lost. My own journey back to this primal truth began with an assignment from my ecology professor in undergrad that irritated me but ultimately changed everything.

The Reluctant Wanderer

As an ecology student, I was used to scientific methods that yielded clear outcomes. So when my professor gave us the vague assignment to "wander," I was perplexed and irked. "Go out and wander," was all he said. "When you find something that speaks to you, notice it and maybe engage with it." What was I supposed to learn from this? Where was the structure? The metrics? The grading rubric?

I set out on a cold morning, irritation simmering beneath my jacket. The forest seemed indifferent to my academic frustrations as I trudged along unmarked paths, mentally composing complaints about ambiguous teaching methods.

Then, something shifted. I realized I had wandered deeper into the woods than intended. The human noises had faded, replaced by the subtle symphony of the forest. That's when I saw a massive fallen tree split partially up its trunk, creating a natural seat in its fractured heartwood.

Without thinking, I climbed over and nestled myself into the split. The fit was perfect, as if this ancient tree had been waiting for precisely my shape. What happened next defies scientific explanation: I was overcome by the profound sensation that I was sitting between the legs of a mother. Tears came unbidden. Something ancient and wordless passed between me and this fallen giant.

"Nature does not hurry, yet everything is accomplished." — Lao Tzu

Nature's Mirror

Before that moment, I had no conscious connection to spirituality, though there were spiritual teachers in my lineage or any notion that the natural

and human worlds mirrored each other. I was a data-driven student, not a mystic. Yet there I sat, crying in the embrace of a fallen tree, experiencing something that transcended rational understanding.

This wasn't an isolated incident. Since then, I've had similar moments of profound connection: beneath star-scattered night skies that seemed to download wisdom directly into my consciousness, beside oceans whose rhythmic waves synchronized with my heartbeat, on mountains whose vastness put my human concerns into perspective.

Science is beginning to catch up with what indigenous cultures have always known. Studies show that time in nature reduces stress hormones, lowers blood pressure, improves mood, and enhances cognitive function. The Japanese practice of *shinrin-yoku*, or "forest bathing," is prescribed by doctors. But these benefits only hint at deeper truths.

Nature heals us because it reminds us who we are.

In its presence, the conditioned self, one driven by deadlines, social media, and achievement, falls away. What remains is our authentic core, the part of us that has always belonged to the wild.

"When people move away from nature, their hearts become hard." — Lakota native paraphrase

The modern world pulls us away from this truth. We live in constructed environments, surrounded by human-made objects, breathing recycled air. Is it any wonder we feel disconnected? Our bodies and spirits recognize this separation as a kind of exile.

Healing begins with return. Return to the forest, the mountain, the desert, the sea. Return to the grandmother tree that waits to hold you in her split trunk. Return to yourself.

Ready to experience this profound reconnection? Join my Wild at Heart Wilderness Retreats, where you'll experience transformative encounters with nature.

Come and remember what your ancestors never forgot: you are wild at heart.

Connect with Parinaz Shams:

<https://bestholisticlife.info/ParinazShams>







MENOPAUSE, MOOD SWINGS & BESTIES ... WHY OUR GIRLFRIENDS ARE THE ULTIMATE REMEDY

BY TONYA FINES

Ladies ... let's talk about the real MVPs of midlife ... Our Best Girlfriends!

Menopause can be one heck of a wild ride. One minute, you're laughing at a meme about forgetting why you walked into a room, and the next, you're in a full-blown existential crisis because you can't find your reading glasses, which are on your head. It's an emotional rollercoaster, and let's be honest, who better to scream through the twists and turns of menopause than your best girlfriend?

Guess what? Science backs it up, too! Having a close, supportive female friend can do wonders for your mental health, especially during life transitions like menopause. Your bestie isn't just your brunch buddy or shopping partner; she's your built-in therapist, mood booster, and possibly the only person who truly understands why you suddenly need to fan yourself in a grocery store freezer aisle ... seriously. So, how does science play a role in this? Well, you know that feeling you get when you are laughing so hard with your best friend that you can't breathe, your face physically hurts, and maybe, just maybe, you peed a little. That's oxytocin in action. Oxytocin, also known as the "love hormone," is released when we experience a bond/connection with others. Studies show that oxytocin reduces stress levels and creates a sense of calm and connection.

A 2022 study published in the journal *Menopause* found that women with a strong social support network experience fewer depressive symptoms, lower anxiety levels, and better overall well-being during menopause. Another study from the University of Michigan found that women with a strong circle of friends had lower blood pressure, better heart health, and even increased longevity compared to those who felt socially isolated.

What does all this mean? It means that your best friend is your prescription for a healthier, happier you ... without any potential nasty side effects. Can you say #winning?!

Let's be honest: not everyone understands the joy of a perfectly chilled bedroom or why you suddenly cry at dog food commercials. But your bestie ... oh ... she gets it, and her understanding and unwavering support are powerful beyond words.

She's your reality check. And when you start spiraling because you forgot your password for the tenth time that day, she reminds you that brain fog is real and then promptly helps you reset your password ... AGAIN.

She is also the woman who makes you laugh when you need it most. It's her superpower ... laughter literally reduces stress hormones and boosts endorphins. So, one good laugh with your bestie can turn a rough day into a much better one.

The loyalty of our best girlfriends is something quite magical. Whether it's reminding you to take your supplements, texting you a "Did you move today?" message, or dragging you to yoga when you'd rather binge-watch Netflix, she's got your back 100%.

This "girlfriend therapy," as I like to call it, is a real thing.

Licensed therapists often emphasize the importance of social support in managing stress and mental health. Dr. Shelley Taylor, a researcher at UCLA, coined the term "tend and befriend" to describe how women naturally cope with stress by seeking social connections. This is the opposite of the classic "fight or flight" response we often hear about.

So, if you've ever felt instantly better after venting to your best friend, it's not just in your head ... it's science! Nurturing these relationships is very

important and key to our optimal mental health. However, life does get busy, so how do we keep the connection strong?

Here are a few ideas to help keep the "bestie heartbeat" at an optimal level ...

- *Schedule regular girlfriend time.* Whether it's a standing coffee date, a monthly "menopause vent session," or just a 10-minute check-in call, make it a priority.
- *Laugh on purpose.* Watch funny videos, reminisce about old times, or find something ridiculous to giggle about. Laughter is literal medicine.
- *Be vulnerable.* Share your struggles, and let your friends share theirs. Real connection happens when we're open and honest.
- *Encourage each other's wellness.* Join a walking group, try a new meditation app together, or share healthy recipes—because being healthy is more fun when you're doing it with someone you love.
- *Menopause isn't just about hormones and hot flashes.* It's about navigating this new phase of life with support, love, and heaps of laughter. Science confirms what we already know ...

Friendship isn't just good for the soul; it's good for your health!

So, pick up the phone, send that text, or plan that girls' night. Your mental and physical health will thank you for it.

Now, go call your bestie. She's probably waiting for you to send her a meme about menopause. ;)

Connect with Tonya Fines: <https://bestholisticlife.info/HowtoBecomeaMediaSocialite>

A kitchen scene featuring light green cabinets with glass-paned upper doors and solid lower doors. The countertop is made of light-colored wood. On the counter, there are several potted plants, including a large green leafy plant in a woven basket, a white pitcher filled with green herbs, and a bowl of pink and white flowers. A window with a white frame looks out onto a lush green landscape. The text "JULY FARM TO TABLE FAVORITES" is overlaid in a dark, serif font on a semi-transparent white background.

JULY FARM TO TABLE FAVORITES



Gluten-Free



Vegan



Dairy-Free





FARM STAND MATCHA MORNING BOOST



Serves 4

Ingredients:

1 cup unsweetened almond milk
4 tablespoons chia seeds
1 tablespoon matcha powder
1 tablespoon agave syrup
1 ripe banana, sliced
Sliced almonds or other nuts

Directions:

In a mixing bowl or jar, combine the unsweetened almond milk, chia seeds, matcha powder, and agave syrup. Stir well until all the ingredients are evenly mixed. Cover the bowl or jar and refrigerate the mixture for at least 2 hours, or preferably overnight. This allows the chia seeds to absorb the liquid and form a pudding-like consistency. After the chia pudding has set, give it a good stir to break up any clumps and evenly distribute the matcha flavor. Divide the chia pudding evenly among four serving cups or bowls. Top each serving of chia pudding with sliced bananas. Sprinkle sliced almonds or other nuts on top of the chia pudding for added texture and flavor, if desired.





JULY'S FRESH CHICKEN FIESTA WRAP



Serves 4

Ingredients:

For the chicken filling:

2 boneless, chicken breasts, cooked, shredded

1 tablespoon olive oil

1 small onion, diced

2 cloves garlic, minced

1 teaspoon ground cumin

1 teaspoon chili powder

Salt and pepper to taste

1/2 cup canned black beans, rinsed

For the corn and tomato salsa:

1 cup corn kernels

1 cup cherry tomatoes, halved

1/4 cup red onion, finely chopped

1/4 cup fresh cilantro, chopped

Juice of 1 lime

Salt and pepper to taste

For assembling:

4 gluten-free tortillas

Avocado slices, for serving

Fresh cilantro, for garnish

Lime wedges, for serving

Directions:

Heat olive oil in a skillet over medium heat. Add diced onion and minced garlic, and sauté until softened, about 3-4 minutes. Add shredded chicken to the skillet, along with ground cumin, chili powder, salt, and pepper. Stir well to combine and cook for another 2-3 minutes. Add black beans to the skillet and cook for an additional 2-3 minutes until heated through. Remove from heat and set aside. In a mixing bowl, combine corn kernels, cherry tomatoes, red onion, and chopped cilantro. Squeeze fresh lime juice over the salsa and season with salt and pepper. Toss to combine and set aside. Warm the gluten-free tortillas according to package instructions. Divide the chicken filling evenly among the tortillas, placing it in the center of each tortilla. Top the chicken filling with a generous spoonful of corn and tomato salsa. Add avocado slices on top of the salsa. Fold the sides of the tortillas over the filling, then roll them up tightly to form burritos.

SUMMER FIELDS FALAFEL BOWL



Serves 4

For the Green Falafel:

- 1 can (15 oz) chickpeas, rinsed
- 1 cup packed fresh spinach leaves
- 1 cup packed fresh parsley leaves
- 2 cloves garlic, minced
- 2 tablespoons tahini
- 2 tablespoons lemon juice
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- Salt and pepper to taste
- 2-3 tablespoons chickpea flour
- 2 tablespoons olive oil, for cooking

For the Bowl:

- 2 cups cooked quinoa or brown rice
- 2 cups broccoli florets, steamed or roasted
- 1 ripe avocado, sliced
- 1 cup cherry tomatoes, halved
- 1/4 cup red onion, thinly sliced
- 1/4 cup fresh cilantro leaves, chopped
- Tahini dressing or your favorite dressing for drizzling

Directions:

In a food processor, combine the chickpeas, spinach, parsley, garlic, tahini, lemon juice, cumin, coriander, salt, and pepper. Pulse until the mixture comes together but is still slightly chunky. Transfer the mixture to a mixing bowl. If the mixture is too wet, add chickpea flour, one tablespoon at a time, until you can form patties without them falling apart. Divide the mixture into four equal portions and shape each portion into a patty—heat olive oil in a large skillet over medium heat. Add the falafel patties to the skillet and cook for 3-4 minutes on each side or until golden brown and crispy. Divide the cooked quinoa or brown rice among four serving bowls. Top each bowl with steamed or roasted broccoli florets, sliced avocado, cherry tomatoes, red onion slices, and fresh cilantro. Place a cooked green falafel patty on top of each bowl. Drizzle tahini dressing or your favorite dressing over the bowl.





SUMMER HARVEST BERRY BLEND BOWL

Serves 4

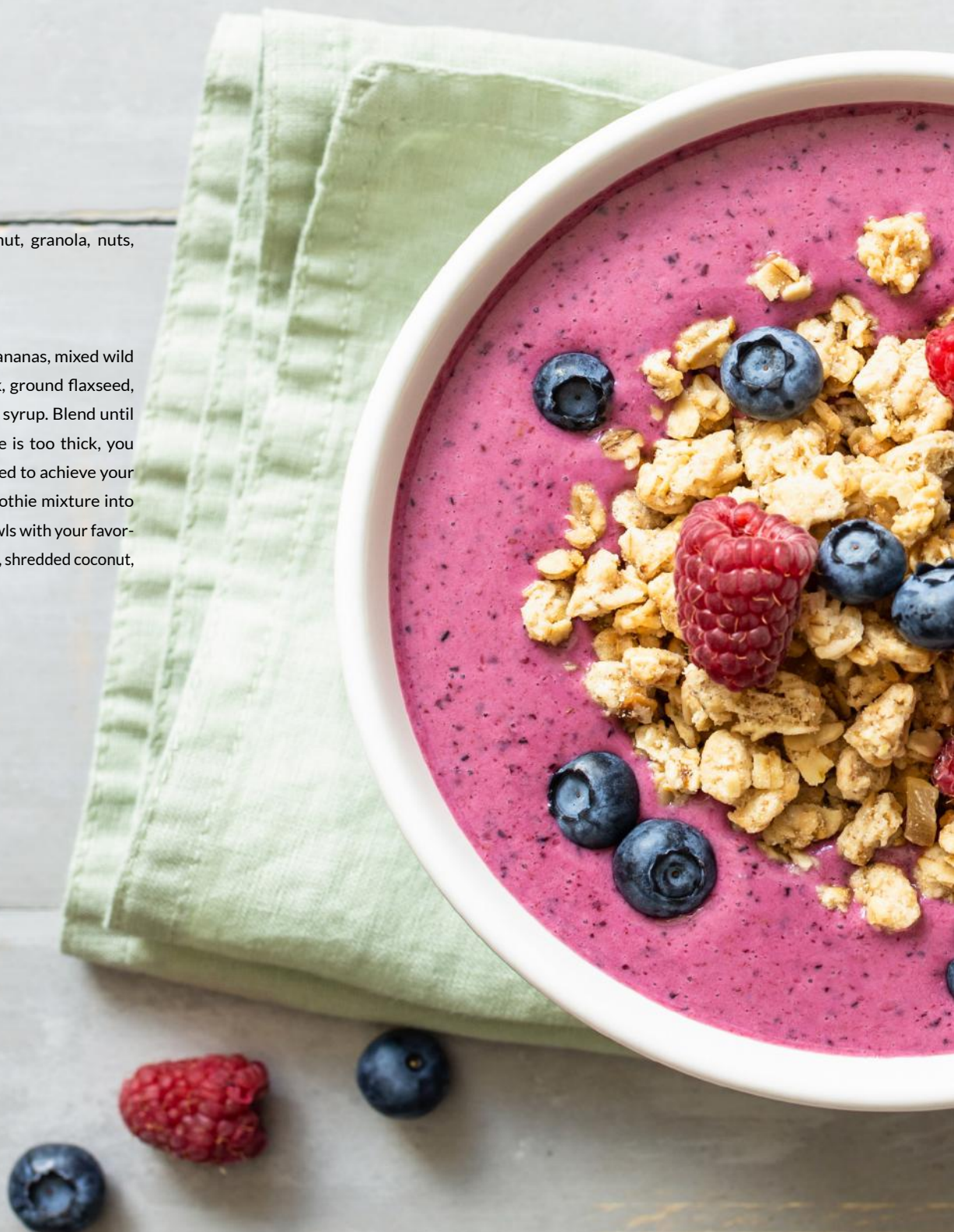
2 ripe bananas, frozen
1 cup mixed wild berries
1/2 cup unsweetened almond milk
1 tablespoon ground flaxseed
1 tablespoon chia seeds
1 tablespoon hemp seeds
1 tablespoon agave syrup

Toppings:

sliced fresh fruit, shredded coconut, granola, nuts, seeds, etc.

Directions:

In a blender, combine the frozen bananas, mixed wild berries, unsweetened almond milk, ground flaxseed, chia seeds, hemp seeds, and agave syrup. Blend until smooth and creamy. If the mixture is too thick, you can add more almond milk as needed to achieve your desired consistency. Pour the smoothie mixture into serving bowls. Top the smoothie bowls with your favorite toppings, such as sliced fresh fruit, shredded coconut, granola, nuts, seeds, etc.





LOCAL HERBS & SPICY SALMON FUSION



Serves 6

For the Spicy Teriyaki Salmon:

6 salmon fillets, skinless
 1/2 cup coconut aminos
 1/4 cup maple syrup
 2 tablespoons rice vinegar
 2 cloves garlic, minced
 1 teaspoon grated ginger
 1 teaspoon sriracha sauce
 2 tablespoons olive oil

Salt and pepper to taste

Sesame seeds and sliced green onions

For the Green Beans:

1 pound green beans, trimmed
 2 tablespoons olive oil
 Salt and pepper to taste

For the Rice:

2 cups cooked rice

Directions:

In a small bowl, whisk together the coconut aminos, maple syrup, rice vinegar, minced garlic, grated ginger, and sriracha sauce. Place the salmon fillets in a shallow dish or resealable plastic bag. Pour half of the teriyaki sauce over the salmon, reserving the remaining sauce for later. Allow the salmon to marinate for at least 30 minutes in the refrigerator. Heat olive oil in a large skillet over medium-high heat. Remove the salmon fillets from the marinade and discard any excess marinade. Season the salmon fillets with salt and pepper. Place them in the skillet and cook for 4-5 minutes on each

side, or until the salmon is cooked through and flakes easily with a fork. Brush the cooked salmon with the remaining teriyaki sauce. Remove from heat and set aside. In a separate skillet, heat olive oil over medium heat. Add the trimmed green beans and sauté for 5-7 minutes, or until they are tender-crisp. Season with salt and pepper to taste. Divide the cooked rice among serving plates or bowls. Top each serving with a portion of green beans. Place a spicy teriyaki salmon fillet on top of the rice and green beans. Garnish with sesame seeds and sliced green onions, if desired.







FARM-FRESH BEET & CITRUS MEDLEY



Serves 6

For the Salad:

4 medium beets, cooked,
peeled, thinly sliced

2 oranges, peeled and
segmented

2 grapefruits, peeled and
segmented

1/4 cup fresh parsley
leaves, chopped

1/4 cup fresh mint leaves,
chopped

1/4 cup walnuts, chopped

1 tablespoon sesame seeds

Salt and pepper to taste

For the Dressing:

3 tablespoons olive oil

2 tablespoons balsamic
vinegar

1 tablespoon maple syrup

1 teaspoon Dijon mustard

Salt and pepper to taste

Directions:

Wash the beets thoroughly and trim off the tops and roots. Place the beets in a large pot of boiling water and cook until tender, about 30-40 minutes, depending on the size of the beets. Once cooked, remove the beets from the water and let them cool. Peel the beets using a paper towel to rub off the skin. Slice the beets thinly and set aside. Peel the oranges and grapefruits, removing as much white pith as possible. Cut them into segments and set aside. Arrange the sliced beets, orange segments, and grapefruit segments on a serving platter or individual plates. Sprinkle chopped parsley and mint leaves over the top of the salad. If using, sprinkle chopped walnuts and sesame seeds over the salad for added texture and flavor. Season with salt and pepper to taste. In a small bowl, whisk together olive oil, balsamic vinegar

SUMMER STALKS CLEANSING SOUP

Serves 6

1 tablespoon olive oil
1 onion, chopped
2 cloves garlic, minced
1 pound (450g) asparagus, chopped
1 medium potato, peeled and diced
4 cups vegetable broth
1 cup coconut milk
1 tablespoon lemon juice
Salt and pepper, to taste
Fresh parsley, chopped, for garnish

Directions:

Heat the olive oil in a large pot over medium heat. Add the chopped onion and minced garlic, and sauté until softened and fragrant, about 5 minutes. Add the chopped asparagus and diced potato to the pot. Stir to combine with the onions and garlic. Pour in the vegetable broth and bring the mixture to a boil. Reduce the heat to low, cover, and simmer for about 15-20 minutes, or until the vegetables are tender. Once the vegetables are tender, use an immersion blender to blend the soup until smooth. Alternatively, transfer the soup in batches to a blender and blend until smooth. Be careful, as hot liquids can expand in a blender. Stir in the coconut milk and lemon juice. Season with salt and pepper to taste. Adjust seasoning as needed.







HARMONY IS THE PURSUIT OF BALANCE

BY ANDREW MERCEIN

In the rush of daily life, I often get caught up in my insecurities, worries, and fears, and I forget who I really am. But when I slow down and spend time doing the things I enjoy or with the people I love, I start to remember.

That's when the fog begins to lift.

During an interview I produced for The Happy Hour with Dr. Elia Gourgouris, entrepreneur Raj Jana said something that's stayed with me: —“Self-love is at the intersection of ‘I am enough’ and ‘I can be better.’” — That duality struck a chord. Because harmony isn't about standing still, it's about movement. It's about tension and release. It's about learning how to bend without breaking.

A New Way of Living

Modern life is overwhelming, and it's okay to admit that. The way we live today is wildly different from how humans lived for most of history. That's not to say it's better or worse—it's just unfamiliar. We're navigating a new frontier with no guidebook. Of course, there are growing pains.

Sometimes, I get caught up in a whirlwind of to-do lists and notifications. Everything feels urgent. But when I take a step back, I realize that much of what feels urgent really... isn't. It's okay to miss a deadline. What matters is that you communicate, take responsibility, and take care of yourself.

If you're like me, you probably want to be super-human—to be available to everyone, to say yes to every opportunity, to take on every challenge. But it's okay to say “no.” It's okay to say, “I can't deal with this right now.”

You don't have to earn your worth by carrying everything at once.

The Many Balances We Navigate

Harmony is about striving for balance across the different parts of life. But let's be honest—it's never going to be perfect. There will be days when

work takes over, when your relationships feel out of sync, or when your body feels exhausted. That's okay. Harmony isn't about getting it “right”—it's about continuing to try.

Here are some of the balances I try (and often fail) to keep:

- *Listening vs. Speaking:* In conversation, are you fully present? Are you listening to understand—or to respond? Genuine connection comes when we create space for others but also share what's on our hearts.
- *Solitude vs. Social Time:* Some people are introverts, and some are extroverts, but we all need a bit of both. Too much isolation can lead to loneliness, while too much socializing can leave us drained. Tune in to what you need and allow yourself to honor it.
- *Work vs. Rest:* Some people love their jobs, but there's a reason we don't say, “I'm going to have fun today.” Even if you're passionate about your work, you're more than your productivity. Don't let your job consume every other part of your life.
- *Exercise vs. Recovery:* Movement is essential, but so is rest. Your body needs time to heal, stretch, and breathe. You don't need to push yourself every day to feel accomplished. Recovery is just as powerful as effort.
- *Consumption vs. Creation:* We're constantly bombarded with new information, new content, and new opinions. But what are you creating? What are you processing, reflecting on, or building with what you already know? Your ideas, art, and voice are worthy—even if they're imperfect.

You Define What Harmony Means

Everyone's point of balance will be different. You will have to find your own version through trial and

error, and even then, it will shift.

That's why harmony is not the same as balance.

Balance suggests everything is level and stable, but life doesn't work like that. Harmony is something deeper. It's about finding peace within the motion and not swinging too far toward one extreme or the other.

You won't always be centered. You'll fall off course. That's life. But the pursuit of harmony—the intentionality of it—is where peace can be found.

When Life Feels Out of Tune

When any part of your life is in disharmony, it will show up—physically, emotionally, relationally. If something feels off, don't ignore it. Reflect. Ask yourself what needs attention. Maybe it's your body. Maybe your boundaries. Maybe your spirit.

And always, always remember—you don't have to navigate it alone.

Asking for help isn't a weakness. It's wisdom. We weren't meant to shoulder this life by ourselves. Even if you feel isolated or cut off, I promise: there are people who care. People who will see the beauty in you, even when you can't see it yourself.

Come Home to Community

This life is complex, beautiful, and challenging, and we all need support along the way.

That's why I created The Way Home, a community of people navigating life's challenges together. No judgment. Just a shared commitment to reflection, compassion, and connection.

So, if you're feeling off-balance, take a breath. Reconnect with what matters. Find your center again and again. Harmony isn't a destination—it's a practice.

And you're already on your way.

Connect with Andrew Mercein:

<https://bestholisticlife.info/AndrewMercein>







GLOWING SKIN, GORGEOUS MAKEUP — RIMAN IS CHANGING THE GAME!

BY JUDY HAHN

You might remember that about six months ago, I shared that I had been asked to try a Korean Skincare Ritual. When I said yes, I had no idea what I was getting into. I went from my simple routine—just a bar of goat’s milk soap and an occasional moisturizer—to a full-on multi-step ritual. First came dual cleansing, then moisturizing, then nourishing... It was a whole new world! Before March 2024, I was proud if I washed my face once a day, let alone twice! But when I commit to something, I follow it to the letter.

I took my “before” pictures on March 17, 2024, as requested. A few days into my routine, I started noticing my skin feeling different. By June 14, after 29 days, I couldn’t believe my results! My skin felt softer and looked more radiant and healthier. Even as a functional wellness coach who knows all about the importance of non-toxic products, I had no idea how to truly prevent aging and repair my skin at the cellular level. The moment I compared my before and after pictures, I was convinced—Riman was what everyone needed to keep their skin in its healthiest, most youthful state. So, this one-bar-of-goat’s-milk-soap girl has been faithfully doing the entire Expert Riman Ritual twice a day since then. A year has gone by, and at Riman’s annual conference last week, they dropped a bombshell—an even more powerful version of the Expert Riman Ritual! Just when I thought my skincare routine couldn’t get any better, they proved me wrong. They upgraded their EX Line, now called ICD (Incellderm), by adding even more skin-repairing and anti-aging ingredients.

The ICD Skincare Line: What’s New?

Riman’s ICD skincare line features cutting-edge formulations designed to deliver real results while adhering to clean beauty principles. The company has always led the way in providing skincare that enhances beauty while protecting and repairing it. The ICD line takes that philosophy to the next level, giving your skin the nutrients and care it truly deserves.

Here’s what makes the new ICD line stand out:

- **Upgraded Ingredients:** Advanced botanical extracts, peptides, and hydration-boosting compounds work together to enhance skin health.
- **Zero Compromise on Clean Beauty:** Free from parabens, sulfates, synthetic fragrances, and toxic chemicals.
- **Anti-Aging & Skin Repair:** Targets fine lines, wrinkles, and dullness for a youthful, glowing complexion.
- **Perfect for All Skin Types:** Whether you have sensitive, dry, or combination skin, ICD nourishes and protects without irritation.

Tomorrow, my new ICD products arrive, and you better believe I’ll be taking a new ‘before’ picture. I can’t wait to see if my skin can look even better—because, honestly, I didn’t think that was possible!

And just when you think Riman has done it all, think again! They’re taking clean beauty beyond skincare by upgrading the Botalab Haircare & Suamel Personal Care Lines. I’ve been using the haircare line, and let me tell you, my hair has never felt this



strong and healthy. And Suamel? It's like giving my skin a spa treatment every day!

- **Botalab Haircare:** A breakthrough line designed to nourish and strengthen hair with clean, high-performance ingredients. If you're tired of hair products that promise results but leave your hair dry, brittle, or weighed down with synthetic fillers, you'll love Botalab's advanced formulas. From strengthening shampoos to deeply hydrating treatments, this line is perfect for anyone looking to improve hair health naturally.
- **Suamel Personal Care:** Elevating daily essentials with safe, toxin-free formulations for body care that supports overall wellness. From gentle, nourishing body washes to hydrating lotions, Suamel is redefining personal care with the same commitment to clean beauty that Riman is known for. You shouldn't have to compromise on safety when it comes to the products you use every single day.

The Launch of Riman Makeup: A New Era of Clean Beauty

And if that wasn't enough, Riman is taking things even further! They're not just upgrading skincare, hair care, and personal care—they're shaking up the beauty industry with a brand-new makeup collection. Once again, they're proving that beauty and

skincare go hand in hand. They're rolling out an array of products throughout 2025, and they've started with some absolute must-haves:

- **Luxurious Lipsticks:** The first wave of Riman's makeup collection includes a variety of lipsticks that are richly pigmented, hydrating, and formulated without toxic additives. Say goodbye to dry, cracked lips and hello to long-lasting, vibrant color.
- **Sheer BB Cream:** For those who love a natural, dewy look, the sheer BB cream offers lightweight coverage with skincare benefits. It blends seamlessly to enhance your skin's radiance.
- **New Shades of 4D Lustre Cushion:** Riman's iconic 4D Lustre Cushion foundation now comes in fresh new shades to complement a wider range of skin tones, giving everyone the chance to experience its flawless finish and skincare-infused formula.

Why Riman's Makeup is Different

If you've ever been concerned about what's in your makeup, Riman is here to put your mind at ease. Many traditional cosmetics contain harmful chemicals that can be absorbed into the skin, leading to irritation, breakouts, and even long-term health risks. Riman refuses to compromise on safety and efficacy, ensuring that every makeup product is:

- Free from Parabens, Phthalates, and Sulfates
- Cruelty-Free and Ethically Sourced
- Infused with Skincare Benefits
- Suitable for All Skin Types

By choosing Riman's makeup, you're not only enhancing your beauty—you're also making a conscious choice to protect your skin from harmful toxins and support a brand that values clean, ethical beauty.

What's Coming Next?

Riman is just getting started! Throughout 2025, it will continue to introduce new and exciting additions to its makeup collection. You can look forward to:

- **High-Performance Foundations:** Designed for all-day wear with skin-nourishing ingredients.
- **Lush Blushes & Bronzers:** To add warmth and dimension while caring for your skin.

- **Eye Shadow Palettes:** Stunning, blendable shades made with clean, non-irritating formulas.
- **Mascaras & Eyeliners:** These define your eyes without harsh chemicals.

Join the Clean Beauty Movement

Riman is raising the bar for clean beauty, and trust me—you don't want to miss out! Whether you're upgrading your skincare routine with the new ICD line or diving into their exciting new makeup collection, you'll experience beauty products that truly work, without the harmful side effects.

Ready to make the switch to clean beauty?

I know how overwhelming it can be to navigate the world of beauty products, especially when you want to make healthier choices for yourself and your family. That's why I'm here to help! If you have any questions about which products are right for you, how to transition to a cleaner beauty routine, or where to start, reach out to me. I'd love to guide you on your journey to healthier skin, hair, and self-care.

Curious to see what all the hype is about? Visit my website and get your hands on these game-changing skincare and makeup must-haves!

Connect with Judy Hahn: <https://bestholisticlife.info/JudyHahn>



A HIGHER WAY OF LIVING

THE 3 SECRETS TO COMMUNICATION THAT MOST PEOPLE MISS

(AND HOW TO ACTUALLY CONNECT)

BY AMY GERHARTZ

Have you ever walked away from a conversation thinking, Why didn't that land? You explained your point clearly (at least you thought you did), but somehow, the other person didn't get it. Or worse—they shut down. Or got defensive. Or you completely missed what you were trying to say.

It's frustrating, right? Especially when you're doing your best to show up, speak clearly, and connect with the people around you.

Trust me—I get it. I've been on more stages than I can count. From singing in concert halls to leading corporate trainings, delivering keynotes, and coaching high-performing professionals... I've learned firsthand that communication isn't just about what you say. It's about how you make someone feel while you're saying it.

Whether I'm performing for hundreds or talking one-on-one with a client, the goal is always the same: create real connections.

And that kind of connection? It doesn't happen by accident. It happens when the other person feels seen, heard, and valued.

So, let's break this down.

Secret #1: Make Them Feel SEEN

Ever had a conversation where someone was clearly somewhere else mentally? They're nodding, but their eyes are glazed over like a stale donut? Yeah, not fun.

One of the fastest ways to disconnect from someone is to split your attention. And yet—we do it all the time. We're scrolling through

emails during meetings. We're peeking at texts mid-convo. We're mentally planning dinner while someone's telling us about their day. Here's the tough love part: if someone's trusting you enough to talk to you, the least you can do is give them your full attention. No distractions. No background noise. No multitasking. Put the phone down. Close the laptop. Make eye contact. Be present.

When you give someone the gift of your full attention, you're saying, "You matter. You're worth my time." And in a world of constant noise, that's a rare and powerful thing.

Secret #2: Make Them Feel HEARD

Okay, I need to say this: most people aren't actually listening. They're just waiting for their turn to talk.

Think about it—when you're in a heated convo, are you really listening to the other person? Or are you mentally preparing your counterpoint, defense, or mic-drop response?

Real listening—the kind that builds trust and connection—is ACTIVE. It's intentional. And it requires us to slow the heck down and get curious. One of my favorite coaching tools is reflecting back on what I hear. Not parroting but paraphrasing to make sure I truly understood.

For example:

"So what I'm hearing is that you felt really unsupported in that moment. Did I get that right?"

Boom. That small moment does two huge things: It shows the other



person you actually heard them, and it gives them a chance to clarify or deepen the conversation.

And here's the cool part—when people feel heard, they become less defensive and more open. Walls come down. A real connection happens.

Secret #3: Make Them Feel VALUED

This one's the heart of it all. We all want to feel like we matter—like we're not just talking to a wall or being tolerated.

When you communicate, especially in leadership or emotionally charged situations, your goal shouldn't be to “win” or be the loudest voice in the room. Your goal should be to make the other person feel like the most important person in the world in that moment.

That doesn't mean you agree with everything they say. It means you're willing to pause your own ego, step into their shoes, and treat them with respect—because every interaction is an opportunity to either build someone up... or tear them down.

You don't have to be a coach or a singer to make someone feel valued. You just have to be intentional.

That coworker who's struggling? Ask how they're really doing. Is that friend going through something? Don't offer advice—just listen. That team member who messed up? Remind them they're still capable.

Your words have power. Use them wisely.

Now, I know what you might be thinking: “This sounds great in theory, Amy, but life is messy. People are frustrated. I don't always have time for deep, soulful convos.”

I totally get it. But I'm not talking about perfection. I'm talking about practice.

Communication is a skill—like playing an instrument or lifting weights. You don't wake up one day magically amazing at it. You develop it through effort, humility, and real-life reps.

And here's the truth: most of us spend years trying to be heard, but we

forget that real influence comes when we learn to listen. If you want to be a better leader, parent, partner, or friend...

If you want to stop feeling misunderstood and start having conversations that actually mean something... If you're done being reactive and ready to be intentional...

Then start here: Make them feel seen. Make them feel heard. Make them feel valued.

Because that's what people remember, that's what changes relationships. And that's what makes you someone worth listening to in return.

Want to Take It Deeper? Let's RISE UP Together.

Here's a scenario: You're a high-achieving individual who's built a solid career or business—but something still feels off. You've got big ideas, bold ambitions, and a powerful voice inside you... but too often, you hesitate. You hold back in meetings, struggle to land your point, or second-guess yourself when it's time to lead.

If that resonated with you, I would like to personally extend an invitation to join the RISE UP Community, a dynamic community for growth-minded individuals who are prepared to cease shrinking and begin actively participating.

Inside, you'll get access to live training, confidence tools, communication strategies, personal coaching, and a community that gets it. We're all about real-life transformation—no fluff, no pretending—just honest support to help you speak up, lead well, and rise into the bold, brilliant version of you that's been waiting to break through.

Because you're not too much. You're not behind. And you sure as heck aren't stuck. You're just one decision away from rising.

Join us: <https://bestholisticlife.info/TheRISEUPCommunity>

Got questions? Reach out to us anytime! Our community, coaches, and team... we're here to serve you!

Your Voice Was Meant To Be Heard

It's time to speak up, lead boldly, and rise to your full potential.

You're doing the work. You've grown, you've healed—but when it's time to be seen and heard, something still holds you back.

That ends now.

The **RISE UP Community** is a powerful coaching and leadership space designed for purpose-driven individuals ready to:

- Communicate clearly and powerfully
- Lead with confidence and authenticity
- Present their ideas with presence and clarity
- Align their inner voice with outer impact

With weekly coaching calls, real-time practice, mindset tools, and a supportive network—RISE UP will help you rise into the leader you were meant to be.



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- ✓ The V.O.I.C.E. Framework
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AROMATHERAPY MEETS DEEP PRESSURE: HOW SCENTED WEIGHTED BLANKETS ENHANCE SLEEP

BY DR. TAWNIE LOWTHER

Weighted blankets have surged in popularity in recent years. Originally designed as a therapeutic aid, they were intended to assist individuals with conditions like autism, where anxiety is often a persistent challenge.

Unlike traditional comforters made solely of fabric, weighted blankets contain internal filling materials that add heaviness. Depending on the brand, these fillers may include glass, plastic, or metal beads, as well as natural options like rice, grains, beans, or sand. These materials are carefully sewn into compartments to ensure even weight distribution across the blanket.

When someone lies under a weighted blanket, they experience a sensation of gentle, uniform pressure over their body. This effect, known as deep touch pressure, is widely used in occupational therapy. Research suggests that this type of stimulation engages brain regions responsible for regulating involuntary bodily functions, including heart rate, blood pressure, breathing, and digestion. It has been applied with notable success to individuals with various sensory processing disorders.

Over the years, studies on weighted blankets have highlighted several possible benefits. These include reducing insomnia in adults with depression, anxiety, and attention deficit disorders; alleviating anxiety in some children with mental health conditions; and enhancing sleep quality for elderly individuals in nursing homes. Research findings indicate that participants using weighted blankets fell asleep more quickly, experienced fewer nighttime awakenings, and reported a greater sense of daytime relaxation.

A recent study conducted in Sweden suggests a potential link between the use of weighted blankets and increased melatonin production. Melatonin is a crucial hormone that regulates the body's sleep-wake cycle, signaling when it's time to rest. In this study, researchers observed 26 healthy young adults with no prior sleep issues. When participants used a weighted blanket at night, their melatonin levels were notably higher compared to nights when they slept with a conventional blanket. Although the study was brief, lasting only two days, and involved a small sample size, its findings opened up new discussions about the physiological effects of weighted blankets beyond their known therapeutic benefits.

The widely recommended guideline for selecting a weighted blanket is to choose one that is approximately 10% of the user's body weight, though individual comfort and preference also play a role. The type of filling—whether glass beads, plastic pellets, or natural materials like grains and sand—varies by manufacturer and personal choice. While many people find weighted blankets beneficial, they are not suitable for everyone.

Caution is necessary when considering weighted blankets for individuals who may struggle to remove them independently. This includes infants, young children, and older adults who are frail or have limited mobility. Additionally, certain medical conditions may make weighted blankets unsuitable, including Type 2 diabetes, asthma, obstructive sleep apnea, low blood pressure, and circulatory disorders. People with these conditions should consult a healthcare professional before using a weighted blanket to ensure it aligns with their health needs.



As research into weighted blankets continues, studies like the one from Sweden add to the evolving understanding of their potential physiological impacts. While they have long been valued for their calming and therapeutic effects, their influence on sleep-related hormones could further validate their role in promoting better rest and relaxation.

With the benefits of a weighted blanket, having a touch of aromatherapy is only an added bonus. Some people may include it in their nighttime regimen through a diffuser or topically, but now you can find a weighted blanket that includes aromatherapy. When thinking about sleep and its relationship to the senses, few people immediately think of smell. Sight, sound, and touch typically receive more attention because of the obvious ways that light, noise, and comfort can impact sleep. While it might not be as immediately apparent, smell can directly affect sleep.

The connections between smell and sleep are subject to continuing research. Learning more about what has been discovered so far provides opportunities to make the bedroom environment more conducive to quality sleep. Sleep can affect the sense of smell, and smell can affect sleep. One factor that influences the sense of smell is

the circadian rhythm. The circadian rhythm is known for promoting sleep during the night and wakefulness during the day, but it affects numerous other bodily processes as well. Sensitivity to smell can change throughout the day, and lower sensitivity at night helps encourage sleep. Sleep can also contribute to how smell is perceived and remembered. Research has also shown that smell can have an effect on how long it takes to fall asleep, in addition to overall sleep quality and quantity. Distinct scents may promote better sleep, help people wake up in the morning, or even influence dreams and memory formation during sleep.

To further personalize the experience, the Snuggle Sense blanket includes customizable aromatherapy sachets, allowing users to infuse calming scents like lavender, chamomile, or eucalyptus directly into the blanket. These therapeutic herbs allow sleep-conscious consumers to achieve more effortless relaxation and sleep.

If you or anyone you know suffers from a sleeping disorder or has problems with their sleep, please contact us for a consultation.

You may find the Snuggle Sense blanket on their website.

Connect with Dr. Tawnie Lowther:

<https://bestholisticlife.info/SoundSleepServices>

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PAIN IS THE MESSAGE IN THE BOTTLE: UNDERSTANDING THE DEEPER MEANING BEHIND PAIN.

BY AZLYNN BERRY

I sat quietly in the back of the boxing gym, drinking my coffee and balancing cross-legged on the edge of the ring. I listened as a group of men discussed life, love, God, and the trappings of modern existence. As I reflected on their conversation, I found myself appreciating them more and more—grateful to see everyone coming together.

As the discussion broke and people began moving about the room, I settled a bit further into my perch. A tall gentleman approached me with a bright smile, his face full of curiosity. “Are you the healer?” he asked.

This was not the question I was expecting. I choked momentarily on my coffee, nodding as I tried to compose myself.

“Yes, some people call me that. What’s going on?” I managed to say after clearing my throat—and my nostrils—of the remaining coffee.

What came next was a story I’ve heard countless times. He told me about a young man struggling with chronic sciatic pain. An athlete since childhood, he had developed persistent pain despite medical intervention. Now, his entire community was searching for help, hoping to avoid medication and the risk of addiction. And here we were.

The Crossroads of Pain and Emotional Architecture.

I’m AzLynn Berry, a Transformational Coach specializing in Emotional Integration, helping people retrain the instincts of the body to build life-changing Emotional Architecture. Through alignment and embodiment practices, I guide my clients to reconnect with themselves on a deep level—work that has been shaped by my years as a Neuromuscular Therapist focused on long-term chronic pain.

As an Autoimmune warrior, I know firsthand what it takes to alchemize trauma stored in the body and unravel the unconscious ties and triggers we have to our environment. My coaching is different because I integrate both emotional and physical habits with environmental awareness, helping my clients repair the connection between mind and body. Many of my clients walk away with a profound sense of self-connection, renewed purpose, and a confidence they never knew they had.

The Meaning Behind Sciatic Pain.

Pain is the body’s SOS—a message in a bottle.

The body is designed for form and function, but when we “grin and bear it” for too long, it starts to send distress



signals in the form of pain. Sciatic pain, in particular, tends to arise when we are wrestling with the very foundation of who we are.

It often appears when we are questioning how we show up in the world, how we speak and present ourselves, how we earn a living, or when our ego is at odds with our true nature. It's the body's way of signaling that a deeper truth is trying to surface.

Sciatic pain is commonly linked to a high tolerance for discomfort—so much so that the body's fight-or-flight response bypasses the importance of digestion. This creates an imbalance, stretching deep hip and lower back muscles, particularly on the left side of the body, causing a shift in weight to make room. Sciatic pain is the physical manifestation of suppressing emotions—of “manning up” to the point where the body can no longer hold the strain.

This messenger always involves the foundation of the spine and a posture of avoidance. Over time, as we shift away from a direct presentation of ourselves, our body follows suit—leading to a protruding gut, weak glutes, and an imbalanced stance that aggravates the sciatic nerve.

Why Traditional Medicine Falls Short

Sciatic pain can often be resolved fairly quickly in the hands of a skilled bodyworker. However, traditional medicine offers little long-term relief unless permanent damage—such as a disc issue—has developed. This is because sciatic pain is largely behavioral. Without addressing the patterns that contribute to it, relief is only temporary, and the pain will inevitably return.

Matter Over Mind: How Embodiment Creates Alignment.

Trying to force the body into submission only leads to the same recurring patterns of pain. The key to healing isn't just about thinking differently—it's about embodying a new way of being. When we shift our physical patterns, our mind follows suit, and new behaviors create new neural connections.

As a Neuromuscular Therapist, I've seen clients free themselves from chronic pain in a matter of weeks while others remain stuck in the same cycles. The difference? Those who heal commit to practicing a new way of being rather than simply trying to adopt a new way of thinking.

Let's Get Elevated.

If you've been struggling with sciatic pain and are ready to approach healing in a deeper, more holistic way, I invite you to join me for my monthly Elevation Session. In this live coaching experience, we'll go beyond symptom relief and explore how emotional integration, embodiment practices, and environmental awareness can help release tension and retrain your body's natural instincts.

Healing is more than just physical—it's about reconnecting with yourself in a way that fosters lasting change. If you're ready to shift your relationship with pain and step into greater alignment, I'd love to guide you through this process. Join me for our next Elevation Session and take the first step toward real, sustainable relief.

Connect with AzLynn Berry:

<https://bestholisticlife.info/AzLynnBerry>

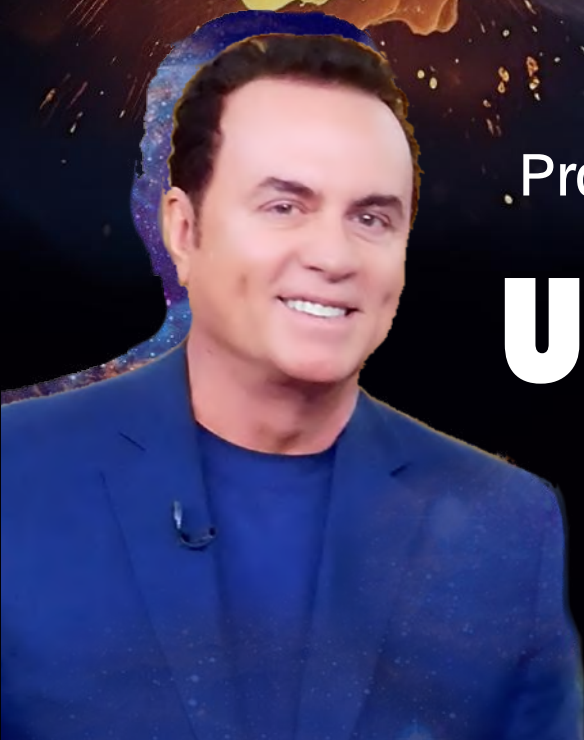


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FORGIVE AND FREE YOURSELF IN 6 STEPS

BY MARIA BALTAZZI, PHD, MFA

Forgiveness is something we often think we know how to do. We understand its importance, especially in the context of relationships. However, what if there were ways to approach forgiveness that are less about obligation and more about freedom? After reflecting on the transformative power of gratitude last month, I want to shift to forgiveness—the other side of it. Think of forgiveness as another word for freedom—freedom from past hurts that allows opening a new chapter.

Here are six ways to see forgiveness in a way that genuinely supports your inner peace.

1. Start with Self-Forgiveness

The most important act of forgiveness is directed inward. Ask: have you forgiven yourself for the mistakes or choices you regret? What could it look like to let go of self-blame and release those feelings of guilt or shame?

Offer yourself the same kindness and compassion you give others. Self-forgiveness is about recognizing your humanity, not excusing your past actions. Embrace these moments as opportunities to grow. Doing this frees up emotional space to move forward.

2. Acknowledge the Gifts in Your Pain

We all know how easy it is to see struggles as moments you wish never happened. However, consider how painful, embarrassing, and hurtful moments have shaped you into the person you are today. When you reflect on your hardships as learning experiences rather than burdens, forgiving becomes easier. The hold that today's resentment has on you becomes tomorrow's wisdom.

3. Forgive for Your Peace, Not for Others

Forgiveness is often seen as a gift to the person who hurt you. It is truly a gift to yourself. The act of forgiving is a release, not an excuse. Consider writing a letter to the person who has wronged you—not to send. Use it to express everything you have held inside. Write it from a place of letting go rather than seeking validation or closure from the other person.

This letter is not about fixing the past; it is about creating room for your healing. Reclaim your emotional energy, which has likely been consumed by the resentment you have been harboring.



4. Create a Personal Forgiveness Ritual

This writing practice is slightly different from the one I mentioned earlier. Write down whatever in life has hurt you, then symbolically release it—tear up the paper or burn it in a safe space. Rituals help make the process of forgiving tangible and create a sense of finality in your choice to let go. Do this practice when you feel overwhelmed by past wounds to create a mental and emotional reset.

5. Practice Forgiveness through Visualization.

See yourself letting go of small annoyances and irritations, choosing to respond with patience and empathy rather than anger or frustration. Make this a part of your daily routine. The more you envision yourself forgiving, the more natural it becomes to release negativity and approach life with greater compassion.

6. Be Willing to Let Go of Expectations

This is a hard one for many of us—letting go of the expectation of an apology, closure, or a changed person. Accept and make peace with the fact that this may never happen. The other person might not be open to it or may no longer be around.

Forgiveness is not about waiting for someone to set things right. It is about giving yourself permission to move on, regardless of the outcome. Let go of the need for things to be “fixed.” True forgiveness is about your freedom, not about controlling others. When you stop waiting for an ideal outcome, you begin to experience peace in your own heart.

Part of this article is an excerpt from one of my upcoming books.

My debut book, “Take a Shot at Happiness: How to Write, Direct & Produce the Life You Want,” reached Amazon’s #1 Bestseller list in the Creativity Self-Help category. It was voted “Best Personal Development Book of the Year 2024” and received the “2025 Leader of the Year” award from this magazine. The book has won twelve prestigious awards, including the Silver Nautilus Book Award and numerous category-winning honors from the NYC Big Book Awards, National Indie Excellence Awards, Best Book Award, and the Independent Press Award. It was also featured in New York’s Times Square.

Connect with Maria Baltazzi:

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HAPPINESS ISN'T A MYSTERY — IT'S A PRACTICE.

DISCOVER 8 ESSENTIALS TO START LIVING WITH PURPOSE TODAY.



MARIA BALTAZZI,
PHD, MFA



WHEN CYBERCRIME ATTACKS YOUR BUSINESS AND YOUR BODY

BY L.Y. MARLOW

I have never felt so helpless.

Not when I was raising a daughter as a single mom.

Not when I walked away from a secure six-figure job to build my own business from scratch.

Not even when I wrote about generational trauma and the monsters that haunt us.

No, nothing compares to what I experienced when I realized I was under attack—not by a stranger in a dark alley, but by someone I invited into my business. Someone I paid. Someone I trusted.

It all began with a decision to outsource some digital marketing. Like many entrepreneurs looking to scale, I hired a contractor to help with Google Ads and YouTube channel growth. He was persistent in his outreach, promising results and showcasing a polished, professional presence. Despite a few language barriers—he's from Bangladesh and India—he seemed competent, reliable, and even likable.

At first, things ran smoothly. The numbers looked good. Engagement ticked up. I thought I had made a solid hire. But within a few months, I noticed red flags—ads that made no sense, dwindling results, and sloppy work. Still, I second-guessed myself. Maybe it was just a miscommunication, I thought. Maybe he just needed more time.

Then the mask came off.

He emailed me one day—out of the blue—asking for \$250 to help with a personal matter. “I hope you won’t disappoint me,” he wrote. That line chilled me. Something shifted. This wasn’t business anymore—it was coercion.

I declined. Politely but firmly. I told him I was ending the relationship. And then, my real nightmare began.

What happened next felt like something straight out of a thriller—only it wasn’t fiction. It was my life.

Within days of ending the relationship, I became the target of a relentless and calculated cyber-attack. At first, it was subtle—an unusual login

attempt here, a missing file there. But then, it escalated. Fast.

This person weaponized every tool I had entrusted them with—tools that were meant to grow my business—and turned them against me. They found ways to infiltrate my accounts, steal my identity, and reroute financial transactions.

They tried to extort more money through every payment platform I used. When that failed, they created fake accounts in my name to intercept payments. They even hacked into my international money transfer services, moving funds into accounts I had no control over. But that was just the beginning.

They gained unauthorized access to my email and cloud storage accounts—and then erased everything. My website? Gone. Ten years of work vanished overnight. Eighteen years of personal and professional files—wiped out. Recovery options? Blocked.

They had changed the backup and security credentials, locking me out completely.

Then came the financial blow. My nonprofit’s bank account was drained, left with a negative balance. Unauthorized ads were run on my dime. And even after I’d changed all my banking details, they found a way to snatch my next paycheck.

It felt like I was living inside a horror story where I couldn’t find the exit. And while the digital attack was terrifying, the emotional toll was just as devastating.

When Your Body and Spirit Get Hacked Too

It wasn’t just my business that was under siege—my body, mind, and spirit were, too. I stopped sleeping. My nights were restless, filled with anxiety and racing thoughts. My body ached from tension—headaches, stomach knots, a constant tightness in my chest. Emotionally, I spiraled. I felt numb, disconnected, deeply sad, and on the verge of burnout. I couldn’t focus on work, barely had the

energy to get through the day, and found myself snapping at the people I loved most. But what hit me hardest was the spiritual toll—feeling like something sacred had been violated. Like someone had reached into the very core of who I am and tried to erase it. I wasn’t just fighting to protect my business—I was fighting to hold on to me.

Then the System Fails You

The worst part wasn’t even the destruction or financial loss.

The worst part was the fight—the fight to get help. I spent hours—days—on the phone with tech support, financial institutions, and online platforms. Each time, I hoped someone would say, “We’ve got you. We’re on it.”

Instead, I got form emails, long hold times, and empty promises. I was being revictimized—this time by the very systems designed to protect me. Cybercrime doesn’t just threaten your business. It threatens you. Your peace. Your identity. Your livelihood.

Here Are 4 Things You Must Do to Protect Yourself Now:

1. Tighten Up Your Digital Security

- Use strong, unique passwords for every platform (use a password manager).
- Turn on two-factor authentication (2FA) on every account.
- Routinely audit your admin privileges—limit access to sensitive systems.

2. Secure Your Financial Accounts

- Set up alerts for all transactions.
- Regularly review your statements and immediately report suspicious activity.
- Use separate accounts for business and personal finances—never link them.

3. Vet Contractors and Partners Thoroughly

- Don’t just go off ads or referrals—ask for credentials and proof of past work.
- Use platforms that offer escrow payments and legal protection.



- Get contracts in writing with clear boundaries and termination clauses.

4. Back Everything Up—Twice

- Store copies of your digital assets on external hard drives and cloud backups.
- Use services with version history so you can recover older files.
- Back up your website, email, and social media accounts regularly.

Taking Back Control

To this day, I'm still trying to hold this person and the companies involved accountable. But something changed when I decided I wouldn't let this person dictate my life.

Yes, I was angry. Yes, I was devastated. But I had a choice:

I could wallow in the sorrow, or I could rise up, rebuild, and do everything in my power to protect myself—and help protect others.

If you've ever been a victim of cybercrime, the first step is to report it. A good place to start is the Internet Crime Complaint Center (IC3), a partnership between the FBI and the National White Collar Crime Center. File your report at: <https://www.ic3.gov>

You can also reach out to the Federal Trade Commission (FTC) at <https://www.identitytheft.gov> for identity theft-related incidents. Here's to staying safe in an unsafe and fragile world of cyberism. And to never let someone else's darkness steal your light.

Connect with L.Y. Marlow: <https://bestholisticlife.info/LYMarlow>



THE UNIVERSE, GOD, AND YOU: HOW TO ALIGN WITH ABUNDANCE AND PROSPERITY

BY RACHEL CORPUS

Dear Rachel,

I am evolving from my strict religious background to one that is more spiritual. I hear God and the Universe used synonymously. What is the difference?

Sincerely,

Truth Seeker

Oklahoma, USA

Dear Truth Seeker,

Thank you for such an important question. As you continue your spiritual journey, it's natural to wonder about the difference between God and the Universe, especially when they seem to overlap. From my perspective, both are deeply connected but serve different roles in our lives.

God is the Source, the Creator of all things. The relationship you build with God is personal, based on love, trust, and guidance. God offers you divine connection, wisdom, and unconditional love. It's a relationship where you can seek help, understanding, and communion with a higher force guiding you toward your highest good. God is pure energy—formless, genderless, and all-loving. (Not quite the patriarchal old man on a cloud many imagine from biblical paintings.)

On the other hand, the Universe operates through the law of attraction. It responds to your energy, frequency, and thoughts, giving back exactly what you put out. When you vibrate at a high frequency of love, trust, and gratitude, the

Universe brings you experiences that match. If you focus on abundance, you create the space for abundance to flow into your life. Similarly, if you focus on fear or scarcity, the Universe mirrors those feelings back to you.

So, while God is the deep, unconditional love guiding you from within, the Universe is the powerful force that reflects your energy back to you in the material realm. By understanding and aligning both, you can consciously co-create a life full of love, abundance, and spiritual connection.

Here is MAGIC: If you believe that God made you, then you ARE part of God. God's energy flows within you. You are not separate. And... because you exist as a member of this Universe, all gifts of this Universe are available to you NOW. You just need to know how to tune into them.

Love,

Rachel Corpus, Angel Incarnate



Dear Rachel,
 I've been trying to change my relationship with money, but it feels like the more I focus on it, the further it gets. What do I do if I feel like I've tried everything and still can't seem to shift my situation?
 Frustrated,
 California, USA

Dear Frustrated,

Many can relate to this, including me. If we were granted three wishes or handed a magic lamp, more money would likely top the list. Shifting your relationship with money can feel difficult, but it's also a profound opportunity for transformation. The key to attracting wealth and abundance isn't about pushing harder or striving relentlessly. It's about embracing a natural flow, releasing fear, doubt, and control—making space for prosperity to enter effortlessly.

Money and abundance are not just material possessions; they are reflections of the energetic space you hold. Resistance to money often stems from past trauma, societal conditioning, or unconscious beliefs about worthiness. To shift your relationship with money, consider this practice:

A Practice to Reset Your Money Matrix with Archangel Ariel

1. Find a quiet space and ground yourself. Close your eyes, take a few deep breaths, and release tension from your mind and body.
2. Visualize yourself standing in front of a flowing river of gold coins. This river represents abundance in all its forms: money, love, opportunities, and everything you need.
3. Stop, breathe, and connect with your emotions. What does it feel like to connect with what you want and need? Peaceful? Joyful? Safe? Be with this energy now. Connect with it. It's yours now.

4. As you feel the energy of abundance, try to imagine the coins flowing toward you, but don't catch them! Let them brush against you, notice them filling your pockets, and surround your entire being. Allow them to fill the atmosphere around you, creating a golden energy field of wealth and possibility. Let them flow into your reality.
5. Say out loud, "I let the money (or abundance) in. I let the money (or abundance) reset the matrix of my Universe!"
6. Feel the shift in your energy as you align with abundance. Trust that your best reality is flowing with you, now and always.

By practicing this regularly, you will begin to feel the energetic shift. Trust that money is on its way to you, and release any feelings of lack or desperation.

When you align your energy with abundance, you no longer must chase money—it comes to you. Remember: if you chase money, you are showing the Universe that your money loves to be chased, never caught. Instead, let your thoughts, emotions, and beliefs support your ability to receive, and watch as prosperity flows into your life in expected and unexpected ways.

Love,
 Rachel Corpus, Angel Incarnate



JANA SHORT

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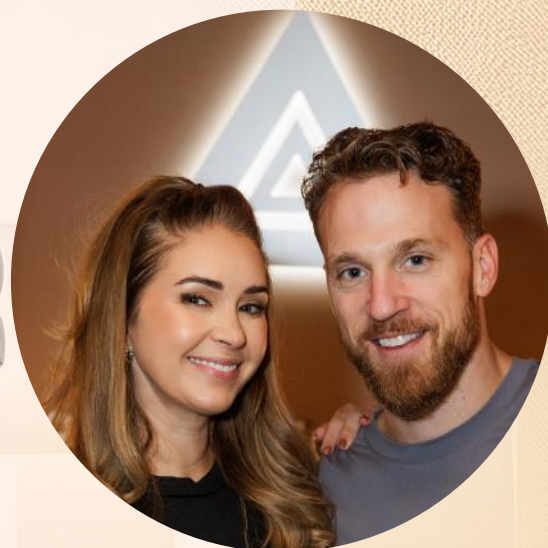
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