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**SPIRITUAL WELLNESS
VIRTUAL DIRECTORY**

ALIGN

MIND, BODY & SOUL

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

CREATED BY ~ SOUL WORKS BY SUE PICKERING

Meet The Creator



Sue Pickering, Owner of Soul Works by Sue Pickering.

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

Meeting the Creator of ALIGN, Sue Pickering

I am the sole owner of Soul Works by Sue Pickering. I grew up in a small town in southern Saskatchewan, Canada. I now live in Alberta near the Rocky Mountains. I have always felt a deep connection to nature and the messages it offers. Spending time in the Rocky Mountains with my husband and our dog, Bodhi, continues to ground and inspire me, strengthening my connection to Mother Earth and to myself.

From a young age, I experienced strong intuitive and spiritual awareness—sensing energy, connecting with angels, and receiving guidance through my dreams. Over time, I embraced these gifts and stepped fully into my path as an intuitive psychic soul coach and reader. I am a Certified Soul Coaching® Practitioner through Denise Linn and an Angelic Reiki® Master Teacher. I've also expanded into my creative work by co-creating the Soul Guidance Oracle Deck, as well as developing the Consciousness Rising Program and the Soul Development Certification.

Today, I offer readings, soul coaching, and teach psychic development courses designed to help others strengthen their intuition, raise their awareness, and connect more deeply with their spirit and the divine. I also embrace every opportunity to speak at events, to inspire others to connect to self and step into their inner light. I am deeply passionate about mentoring those on their spiritual path—especially spiritual entrepreneurs—and guiding others to step into their purpose, share their voice, and create a life aligned with their soul.

Much Love, *Sue*

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*This is an Interactive Directory
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What is Align?

The Purpose Behind The Directory

As the creator of ALIGN, I feel this is one of those moments where you know something meaningful is being birthed into the world. ALIGN is more than a magazine or directory; it is a heart-led spiritual wellness virtual sanctuary created with deep intention, integrity, and soul. I can feel that this vision was guided, not forced—rooted in service, connection, and a genuine desire to uplift spiritual entrepreneurs who are ready to be seen.

Within ALIGN, gifts are celebrated, stories are honored, and sacred work is given a beautiful platform to reach the right audience. It is a place where spiritual entrepreneurs are featured with intention, where their voices matter, and where their offerings meet seekers who are truly ready for them. ALIGN bridges connection and purpose, visibility and soul—creating a space where aligned business growth happens naturally.

This platform is created to reach the right audience—those who are energetically ready.

For readers, ALIGN becomes a place of discovery and self-connection. It offers access to heart-led practitioners, tools, wisdom, and services that support personal growth, healing, and spiritual expansion—guiding each reader to exactly what they need in the moment they are ready for it.

I thank you from the depths of my soul that you are here to share this experience with me.

With deep gratitude,
Sue Pickering

Quantum Realm

Created With Love by Sue Pickering

The quantum realm is a space beyond ordinary human perception, it can be understood as something far more expansive – the energetic fabric of existence itself. It is the unseen field where consciousness, vibration, intention, and creation merge into one living presence. The quantum realm as a bridge between the physical world and the infinite universe.

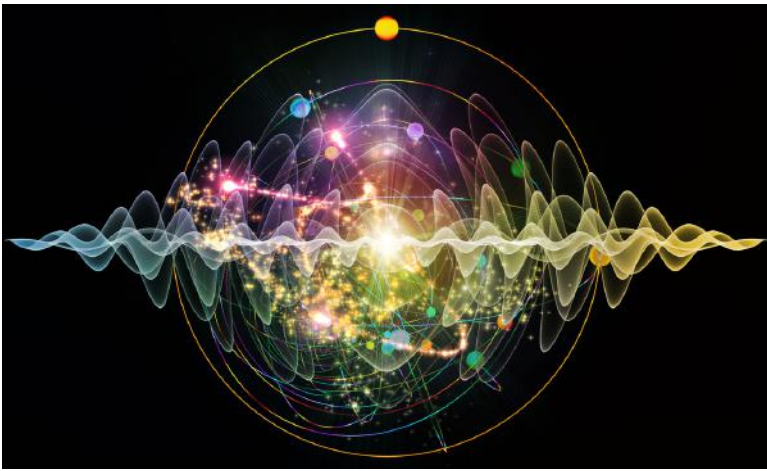
At its core, the quantum realm represents possibility. It is the space before thoughts become reality, and before energy condenses into physical experience. The quantum realm is all that exists is energy, vibrating at different frequencies. Every thought, emotion, word, and intention carries its own energetic signature, influencing the reality we experience.

From a higher vibrational perspective, the quantum realm is not separate from us. We are constantly interacting with it through our consciousness. Human beings are not merely physical bodies moving through life; we are energetic beings participating in a much larger cosmic world. Our intuition, dreams, synchronicities, and spiritual awakenings are all glimpses into this deeper field of awareness.

Reality is shaped from the inside out. The outer world reflects the inner vibration we hold within ourselves. When we live in fear, anger, or limitation, they align with lower energetic frequencies that create resistance and emotional heaviness. When they cultivate love, gratitude, compassion, and presence, they begin to resonate at a higher frequency, attracting experiences that mirror that elevated state.

In this sense, the quantum realm acts like a responsive mirror. It responds not only to what we say we desire, but to the vibration we embody. This is why spiritual growth is often less about controlling external circumstances and more about transforming internal energy. Healing old wounds, releasing limiting beliefs, and opening the heart are all ways of aligning with higher frequencies within the quantum field.





Manifestation is deeply connected to this perspective. It is not about forcing outcomes or manipulating the universe. It is about becoming energetically aligned with the reality one wishes to experience. The quantum realm is believed to hold infinite potential timelines and possibilities. Through focused intention, emotional alignment, and conscious awareness, individuals may shift toward experiences that resonate with their vibration.

Meditation is one of the most powerful ways we can connect with this energetic field. In stillness, the mind quiets and the soul becomes more receptive to subtle frequencies beyond ordinary thought. During meditation or stillness we experience feelings of timelessness, unity, heightened intuition, or deep inner peace. These moments are often described as touching the quantum field or connecting with universal consciousness.

The quantum realm also reminds us that separation is an illusion. Everything is interconnected through energy. The same life force flows through nature, the stars, the oceans, and every living being. What we do to others, we ultimately do to ourselves because all consciousness is woven into the same energetic tapestry.

This understanding naturally leads to greater

compassion and awareness. When people recognize their connection to the collective energy of humanity, they become more mindful of their thoughts, emotions, and actions. Kindness, love, and authenticity are no longer just moral ideals; they become energetic contributions to the vibration of the planet itself.

We are currently undergoing a collective shift in consciousness. Old systems built on fear, division, and control are beginning to dissolve as more people awaken to higher awareness. In this transition, the quantum realm symbolizes humanity's movement beyond limitation and into deeper spiritual remembrance.

Higher vibration does not mean escaping human emotions or pretending life is always peaceful. Rather, it involves learning to move through challenges with awareness, trust, and openness. The quantum realm teaches that transformation often occurs invisibly before it appears physically.

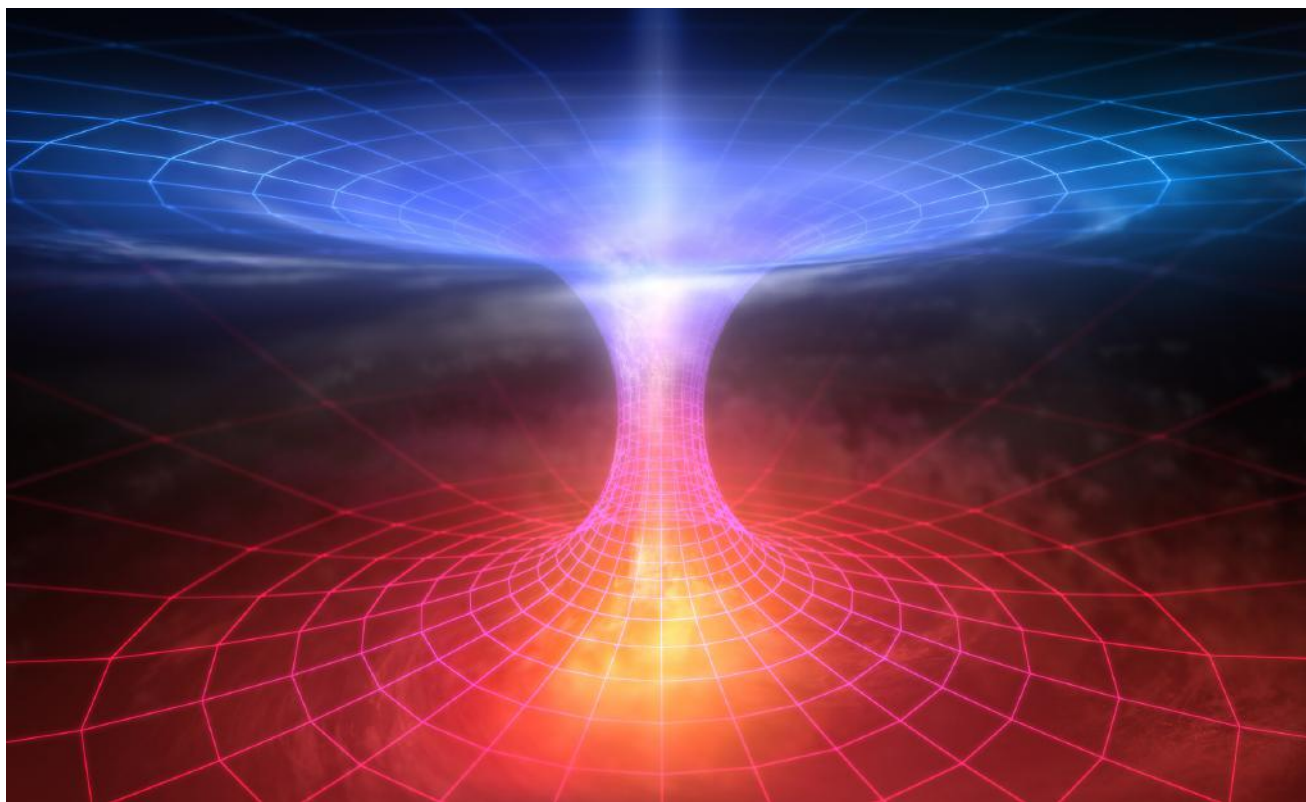
The beauty of the quantum realm from a spiritual perspective is that it invites people to see themselves differently. Instead of powerless individuals feeling trapped, we become conscious creators, energetic transmitters, and spiritual souls having a temporary earthly experience.

Ultimately, the quantum realm is less about escaping reality and more about remembering the deeper truth of who we are. Beneath the noise of the world exists an infinite field of wisdom, love, and potential waiting to be accessed. When people raise their vibration through presence, gratitude, healing, and self-

awareness, they begin to align with that field in profound ways.

In that alignment, life no longer feels random. It becomes sacred, interconnected, and guided by a deeper intelligence that speaks not through logic alone, but through energy, intuition, and the quiet knowing of the soul.

~ Sue Pickering. ~



“When you raise your vibration, you align with the unseen miracles waiting in the quantum field.”



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YARROW

Created with Love by Hailey Smytaniuk



Yarrow is the master of the blood. Our vital force.

Yarrow, *Achillea millefolium*, is a flowering, perennial native plant here on the prairies. It produces small, white clusters of flowers with a thick stem. The leaves are soft and fern like. Yarrow is bitter, aromatic and astringent in taste. Its name translates to thousand leaves of achilles.

In western herbalism we work with yarrow for patterns of stagnation. Yarrow is a mover and modulator of blood and digestion. Known as a hemostatic, yarrow is a wonderful aid in the survival kit to staunch wound bleeding and to accelerate healing. Used as a digestive bitter to bring warmth and movement back into the digestive system too, or disperse heat in the stomach.

Yarrow does some contradictory things, which makes it a harmonizing, dualistic and balancing plant. It is both cooling and warming, it can calm excessive bleeding both internally and externally, and it can help bring on a stagnant and stuck menses (emmenagogue). I love working with plants that are dualistic like this. They truly work differently in each person who steps in to get to know them.

Yarrow works to support all of the veins, and can help calm high blood pressure. It works to support the body through fevers, headaches and times of pain and inflammation; even sore & sensitive gums. Yarrow can calm sore throats and coughs. Yarrow also has an affinity for the urinary system.

I love using yarrow in tincture form, flowers and leaves infused into honey, and the leaves as a poultice for calming excessive bleeding. Also a really great plant to support thick blood, hemorrhoid's as well. You can work with yarrow in this way by infusing her into witch hazel for 4 weeks, and applying that as a compress! Yoni steaming with yarrow can be very helpful for this too.

Yarrow is primarily ruled by the planet Venus in herbal astrology. We can see this in the yarrow's soft, feathery, fern-like leaves. It can help move excess heat in the body, which makes it a harmonizer of Mars in Excess energy. Yarrow does not do this by force, but by flow- kind of like water, right?

Yarrow is also associated with the centaur Chiron, known as the wounded healer- which does bring some Mars influence as well. We see this archetype in Greek mythology through Chiron, who mentored Achilles and bestowed upon him the healing properties of yarrow. It is said that Achilles went on to heal soldiers' wounds in battle with yarrow.

Yarrow also connects us to our blood, our DNA, our lineage. Continuously seeking out the well ancestors in our lines and remembering and honoring their strength. I like to forage and walk with wild growing yarrow during the summer. Doing this allows me to sent gratitude to and connect with the women in my family who are no longer here.

Energetically, yarrow helps us to illuminate the deep parts of our psyche that are hidden in the shadow. This helps us integrate and embody all of our experiences and wisdom. Light and dark co-exist together for us to grow and experience. (Have you noticed a theme with my favorite plants yet? Haha. All about the light/dark) Magically, yarrow is a very protective plant ally. It has been used for divination and it works directly on the root and sacral energy centers.

Herbal actions: Diaphoretic, anti-spasmodic, emmenagogue, hemostatic, expectorant, diuretic, vulnerary.

Ruling planet: Primarily Venus, some Mars influence

Temperature: Warming and cooling- depending on what your body needs.

Tastes: bitter, pungent, aromatic

Element: Synergistic blend of water and fire

Organ affinities: blood and circulatory system, urinary/kidneys, pancreas, lungs, musculoskeletal, reproductive systems in both men and women.

~ Hailey Smytaniuk ~





This weekly session will allow you to experience the powerful healing and messages from both Sue and Tara. We will be offering personal and group messages depending on the energies and what comes through. Each session in May will be at a pay-as-you-feel rate with a minimum of \$10.00 to secure your spot. This is a unique offering as these 2 gifted practitioners work incredibly well together and each has their own special gifts that they bring to the table, which will provide you with a one-of-a-kind experience that will soothe your Soul and allow you to step more into your Divine nature. Join us as often as you feel called, as each week will provide something different depending on the energies and the group.

As a special thank you for joining, each week we will make a draw for those in attendance to receive a personal healing & message session FREE!!

[CLICK HERE TO REGISTER - Wednesdays at 7pm MDT](#)

CRYSTALLINE GRIDS ARE ACTIVATING... AND MANY CAN FEEL IT!

Created with LOVE by Dayna Whitney.

There is a reason so many people feel that something on Earth is shifting right now.

Even if they cannot explain it.
Even if they have never heard the words frequency, ascension, or energetic grids.

There is a growing sensation that reality itself feels different.

Time moves strangely.
Emotions rise faster.
Truth feels harder to ignore.
What once felt normal no longer fits the same way.

Many are sensing this through the body first.

Through restlessness.
Through heightened intuition.
Through vivid dreams.
Through the feeling that something beneath the surface is moving.

And perhaps it is.

For a long time, spiritual traditions across the world have spoken of Earth as more than land, oceans, and atmosphere. They describe the planet as alive – held within subtle energetic structures that move beneath and throughout it.



Often referred to as crystalline grids, these fields are believed to be part of the deeper architecture of Earth.

Not physical in the way stone is physical.
But intelligent.
Responsive.
Organizing.
Connecting.

Like luminous pathways of consciousness woven through the planet itself.

These grids are said to influence not only the Earth, but the beings living upon it.

How we feel.
How we awaken.
How energy moves through collective experience.

And right now, many believe these grids are becoming more active.

Not in a dramatic doomsday sense.

But in a living, responsive sense.

As though dormant systems are turning back on.

As though the Earth is remembering itself.

When deeper structures shift, surface reality often follows.

This can look like people suddenly questioning lives they once accepted.

It can look like emotional patterns rising to be healed.

It can look like increased sensitivity, spontaneous insight, or the sense that old timelines are quietly dissolving.

Sometimes it simply looks like no longer being able to betray yourself.

Because when stronger frequencies move through a system, distortion becomes harder to maintain.

What is false feels heavier.

What is true begins calling louder.

This may be why so many people feel pulled toward authenticity right now.

Toward healing.

Toward purpose.

Toward simplification.

Toward something more real than performance.

Yet there may be an even deeper layer to what is happening.

Many sense that the intelligence within these grids is not only stabilizing Earth's energy – but bridging worlds.

Bridging the seen and the unseen.

Bridging matter and consciousness.

Bridging physical reality with the subtle energies that have always existed just beyond ordinary perception.

For so long, humanity has lived as though the material world was separate from the spiritual one. As though the visible world was all there was.

But perhaps these grids are part of the great reunion.

A living interface between dimensions.

A translator between density and light.

A reminder that physical life has never been disconnected from deeper realities.



And as these systems awaken, many people feel they are being awakened too.

Not only back to themselves – but back to something far greater.

Back into relationship with the universe.

Back into remembrance that consciousness extends far beyond the human story.

Back into the possibility that we are not isolated beings on a silent planet, but participants in a vast, intelligent cosmos.

Some call this universal consciousness.

Some call it galactic remembrance.

Some simply call it coming home.

Perhaps that is why so many are feeling drawn to the stars, to ancient mysteries, to questions they once dismissed.

Something within may be recognizing something beyond.

The activation of the crystalline grids can then be seen as more than a planetary event.

It is a consciousness event.



And as these systems awakeA reopening of pathways that help humanity remember its place within a much larger living network of existence.

You do not need to force belief around any of this.

You may feel it as truth.

You may feel it as symbolism.

You may simply feel that something is changing.

That alone is enough.

Because sometimes the first sign of awakening is not understanding.

It is sensing.

And many are sensing now more than ever that something ancient, intelligent, and alive beneath this world... is stirring.

And it is stirring within us too.

~ DAYNA WHITNEY ~



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Hosted by Leslie Burton

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Free!

How One Woman Discovered Her Calling Through Healing, Motherhood, and Story

CREATED WITH LOVE BY KERRY DORAN

In the wellness world, people often talk about purpose as if it arrives fully formed—like a lightning strike of clarity that suddenly reveals exactly what someone is meant to do. But for many women, purpose doesn't arrive that way. It unfolds slowly. It emerges through lived experience, through moments of courage, and through the quiet decision to stop living according to expectations that were never truly their own.

This is the story of a woman who discovered that the work she was meant to do in the world wasn't just one thing. It was many expressions of the same deeper calling. A calling rooted in healing, in self-trust, and in helping others remember who they truly are.

Sensitivity Is Not Weakness

From a young age, she noticed things other people didn't seem to see. She could feel the emotional tone of a room the moment she walked into it. A subtle shift in someone's voice, the tension between two people standing across the room, the heaviness that lingered after an argument—these things were impossible for her to ignore. For many years she believed this was simply normal human awareness. Only later did she realize that what she was experiencing was a form of deep sensitivity—an intuitive way of reading emotional and energetic environments. But growing up, that sensitivity did not feel like a gift. It felt like something that made life harder.

When you can sense conflict before anyone speaks, when you feel other people's emotions as if they were your own, the world can feel overwhelming. Like many sensitive children, she learned to adapt.

She became quiet. Observant. Careful.

She learned to read a room before speaking, to soften her voice, and to anticipate what others needed before they even asked. Over time, she became very good at making herself smaller so that others could feel more comfortable. And like many women raised to keep the peace, she slowly learned to shrink.



The Cost of Shrinking

On the surface, her life looked full. She worked hard. She cared deeply about the people around her. She created things with her hands and found ways to contribute wherever she could.

She listened when people needed someone to talk to. She showed up when others were struggling. She gave her time, her attention, and her energy freely.

But beneath that generosity was a quiet tension. A sense that she had spent much of her life responding to the needs of others while ignoring something important within herself. There was a voice inside her that she had learned to dismiss—an inner knowing that occasionally surfaced with uncomfortable questions:

Why does my voice feel smaller than my truth?

Why do I trust other people's opinions more than my own instincts?

Why does life feel like something I'm enduring rather than living?

For years she pushed those questions aside. Like many people navigating difficult circumstances, survival had been the priority. But eventually, something shifted. And that shift came through motherhood.

Motherhood as a Mirror

Becoming a mother has a way of revealing truths that are difficult to ignore. Children watch everything. They learn not only from what adults say, but from how adults live—how they handle stress, how they speak



about themselves, how they respond to conflict, and how they treat their own needs.

As she raised her children, she began asking herself a powerful question:

If my children grew up to live the same life I am living right now, would I want that for them? The answer was immediate. No.

She wanted them to trust themselves. She wanted them to speak honestly. She wanted them to believe their intuition mattered. But she realized something important: children do not learn self-trust through lectures.

They learn it through example.

If she wanted her children to grow into people who trusted their own voices, she would have to begin trusting hers. And that realization became the beginning of profound change.

The Threads of a Calling

At first, the different parts of her life seemed unrelated. She found meaning in conversation and listening deeply to others. She felt drawn to healing practices and energetic awareness. She loved preparing food and sharing it with people around a table. She discovered the power of storytelling—how speaking honestly about lived experiences could help others feel less alone. She was also raising children, navigating work, building community, and learning to set boundaries.

For a long time these pieces felt scattered.
But eventually she began to see a pattern.
Touch.
Voice.
Energy.
Food.
Story.
Motherhood.

These were not separate ventures or identities. They were all expressions of the same deeper purpose. A calling to help people reconnect with themselves.

Healing Happens in Many Forms.

In popular culture, healing is often portrayed as something dramatic—life-altering breakthroughs or intense therapeutic moments. But in her experience, healing often looks much quieter. Sometimes it looks like someone finally feeling safe enough to speak their truth out loud. Sometimes it looks like a shared meal where people relax and remember how to connect with one another. Sometimes it looks like a story that helps someone realize their experiences are not isolated or shameful. Sometimes it looks like teaching others how to trust their intuition and recognize the wisdom already within them.

Over time she realized that healing doesn't belong exclusively to therapists, coaches, or spiritual practitioners. Healing can happen anywhere people are willing to show up authentically and hold space for one another.

Breaking Generational Patterns

One of the most powerful parts of her journey was recognizing how many beliefs she had inherited. Messages that had been passed quietly through generations:

Don't be too loud.

Don't be too emotional.

Don't challenge authority.

Don't draw attention to yourself.

These beliefs often begin as survival strategies within families navigating difficult circumstances. But survival strategies can become limitations when they prevent growth. She realized that if she wanted a different future for herself—and for her children—those patterns had to stop with her. Breaking them required learning something she had rarely practiced before:

Boundaries.

Saying no when something felt wrong. Choosing not to engage in conversations that undermined her truth. Refusing to shrink simply to make others comfortable.



These choices were not always easy, but they created space for something new to emerge.

Creating Beauty From Experience

As she continued evolving, her work in the world began taking shape in tangible ways. She built creative ventures rooted in community, connection, and shared experience. She taught and spoke about empowerment and self-trust. She created products that brought people together around food and conversation. She told stories—not polished, perfect stories, but honest ones that reflected the complexities of real life. What united all these expressions was a simple intention: To normalize healing. To remind people that growth is not something reserved for a select few. It is available to anyone willing to listen to themselves honestly.

The Power of Self-Trust

Perhaps the most important lesson she learned was that empowerment is not about controlling others or dominating a room. True power is far quieter. It is the ability to stand in your own truth without apology. It is trusting your intuition even when others question it. It is recognizing that your experiences—no matter how difficult—can become the foundation for wisdom, compassion, and meaningful work in the world.

When people encounter someone who embodies that kind of self-trust, something interesting happens. It gives them permission to trust themselves too.

The Woman Who Stopped Shrinking

Looking back, she realized that the woman she had become was not entirely new. She was the same person she had always been, only now she was no longer hiding. The sensitivity that once overwhelmed her had become intuitive awareness. The voice she once softened had become a tool for storytelling and empowerment. The life she once survived had



become a source of insight capable of helping others heal. And everything she built from that point forward reflected one central decision:
She chose to stop shrinking.

A Universal Story

While this story belongs to one woman, its themes are universal. Many people—especially women—have been taught in subtle ways to minimize themselves, to prioritize others' comfort over their own truth, and to silence the inner voice that knows when something is not aligned.

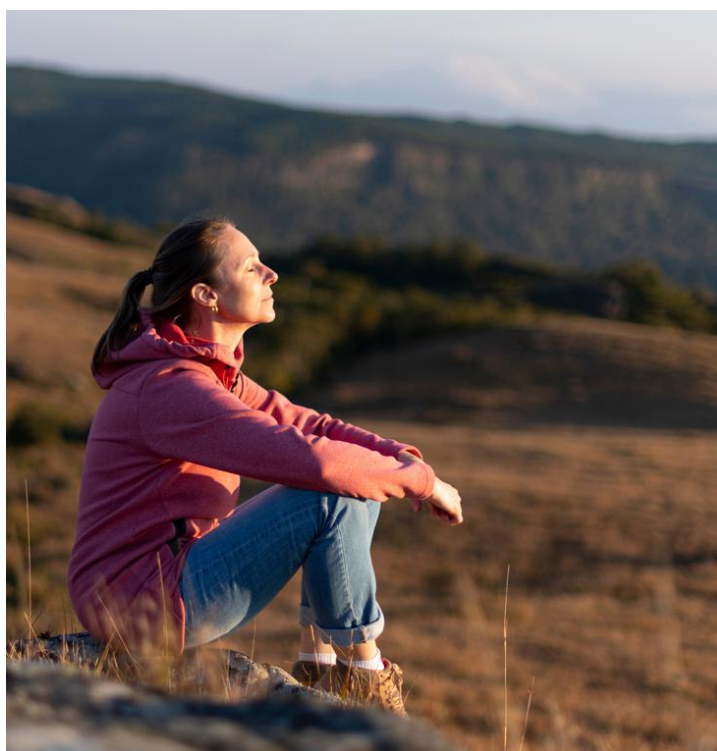
But the moment someone chooses to listen to that voice, everything begins to change.

Healing becomes possible.
Self-trust begins to grow.
And the life that once felt confined begins to expand.

Often, the purpose people are searching for is not something they must discover outside themselves. It is something that reveals itself when they finally have the courage to live authentically. Sometimes that courage begins with a simple but powerful choice:
To stop shrinking.

And to start building a life that reflects who they truly are.

- CREATED WITH LOVE BY KERRY DORAN -



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Within ALIGN, stories are shared
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entrepreneurs are featured in a
space that recognizes the depth
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Summer Solstice

Created With Love by Sue Pickering



The Summer Solstice is more than the longest day of the year—it is a sacred pause in the rhythm of life. As the sun reaches its highest point in the sky, nature reminds us of abundance, illumination, and renewal. Across ancient cultures, the solstice has been honored as a spiritual gateway, a moment when the veil between the physical and the divine feels thinner, and the soul becomes more receptive to clarity and transformation.

The Summer Solstice symbolizes awakening. The sun, radiant and unwavering, mirrors the inner light that exists within every person. Just as flowers bloom fully beneath the warmth of June sunlight, we are invited to step into our own fullness—to live authentically, love openly, and embrace our purpose.

This sacred turning point also encourages reflection. The bright energy of the solstice reveals what has been hidden in shadow. Old doubts, stagnant habits, and emotional burdens can no longer remain concealed under the intensity of the light. In this way, the solstice becomes an opportunity for healing. It asks us to release what no longer serves our spirit and make space for growth.

Nature itself becomes a teacher during this season. Trees stand rooted yet expansive. Rivers continue flowing without resistance. Birds rise effortlessly into open skies. The earth demonstrates that true spiritual power does not come from force, but from alignment. When we align ourselves with gratitude, stillness, and intention, life begins to move with greater harmony.

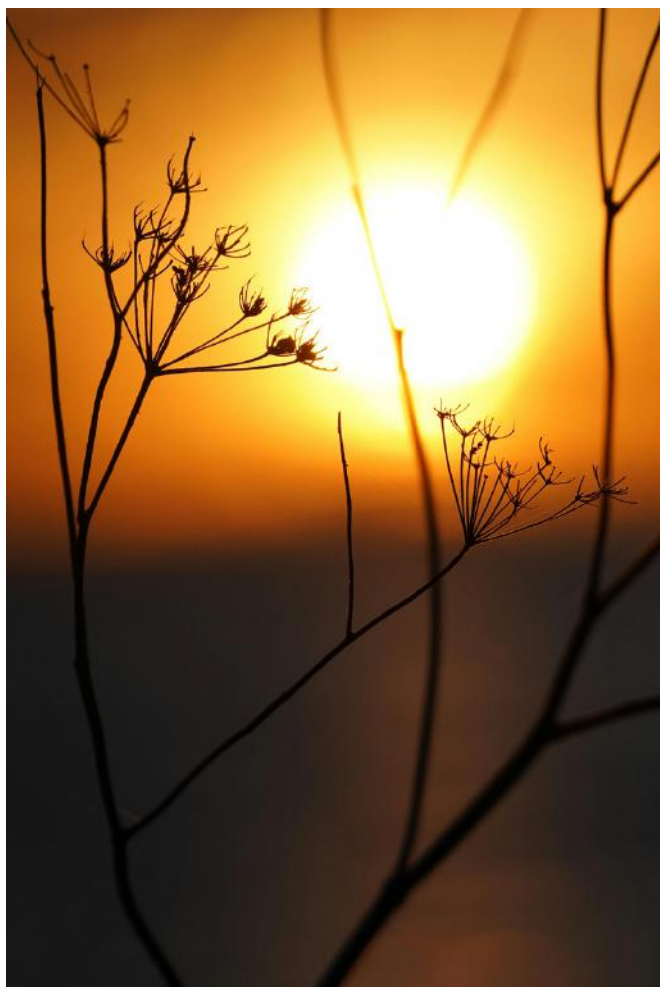
Many spiritual traditions celebrate the solstice with fire rituals, meditation, prayer, or gatherings under the setting sun. Fire, especially, carries deep symbolism. It represents purification, passion, and rebirth. Watching a flame dance on solstice night can remind us that transformation is not destruction—it is the natural evolution of the soul.

The Summer Solstice also invites joy. It also invites us to embrace laughter, music, connection, and celebration. The abundance of summer teaches that life is meant to be experienced fully. There is holiness in feeling the warmth of sunlight on your skin, walking barefoot on the earth, and sharing meaningful moments with others.

As the sun slowly begins its descent after the solstice, we are reminded that all cycles eventually change. Light and darkness coexist in perfect balance. The lesson is not to cling to one season forever, but to honor each phase with awareness and grace.

This Summer Solstice, take a moment to stand beneath the open sky. Breathe deeply. Listen to the wind. Let the sunlight touch your face as a blessing. Within that golden stillness is a quiet truth: you, too, are made of light, and your spirit was always meant to shine.

~ Sue Pickering. ~



“You are made of light, and your spirit was always meant to shine.”

How To Use Oracle Cards In Business Clarity & Decisions

What if your oracle cards became one of your greatest business tools?
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But for:

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- Aligned decisions
- Client connection
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- Understand energetic timing
- Make decisions with more confidence
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with Kohkum Redwood Silver Raven

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

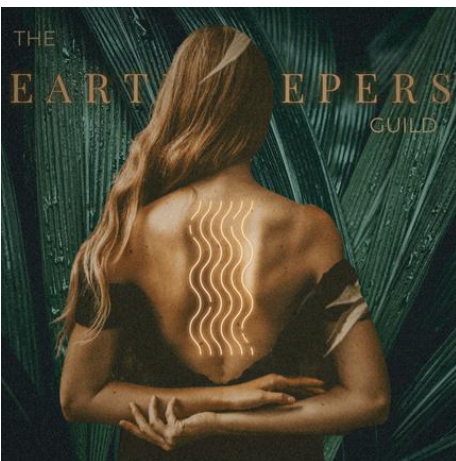
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- Gain clarity, healing, and direction
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*"The ink you wear is the story
your soul remembers."*



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from the heart, you
become a channel
for something
greater than
yourself."**

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RI RISE INNERVERSITY

ENROLL NOW

June Energy Reading

SueAPickering

June Energy is coming with HUGE SHIFTS!!!!

We are moving more into alignment with each step we take stepping into our truths.

June is bringing in new energy on the earth and within each one of us. We are breaking free of the old earth, and shifting into more alignment. With each time we listen deeper to our intuition we are uncovering pieces of ourselves. We start to embody what we know, and start to LIVE through that and become more authentic to our self and the life we wish to create.

Do you know who you are?

Do you see who you are?

It's time to open your wings and fly!!



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**APPLY TO ADVERTISE
WITH ALIGN**



Thought of the Day

Sometimes making a decision is hard.

You weigh the pros and cons.

You turn it over in your mind.

You sit with it from every angle, and still the answer does not always come clearly.

Do you stay with what you know?

Or do you step forward into a new chapter?

There is no shame in taking your time.

Big decisions often ask for more than logic.

They ask for honesty.

They ask for courage.

They ask for trust.

Sometimes the answer is found in safety.

Sometimes it is found in growth.

And sometimes it takes a little while before the heart and mind are ready to agree.

Until then, breathe.

Be patient with yourself.

Not every answer arrives all at once.

Some decisions are not meant to be rushed.

They are meant to be felt, honoured, and chosen when the time is right.

— Kohkum

DOES ALIGN RESONATE
WITH YOU?

CHECK OUT OUR PAST ISSUES



[Click for ALL past issues of Align](#)

Events

May 16th Sundre 10 a.m The Trailhead Wellness Collective



ANAHATA CHAKRA

Location: center of the chest
Symbol: Two (overlapping) triangles with twelve petals of the lotus
Color: Green
Element: Air
Psychological Function: Compassion, Love

Meanings Behind Fourth Chakra (Anahata)
-Relating, relationships
-Awareness of self and emotions
-Compassion, empathy for self and others
-Appreciation of beauty in all things
-Compassionate Discernment
-Deep and meaningful relationships with others

May 26th Red Deer 1 p.m & 7 Center of Spiritual Living

Book in your spot!

Tina 403 318 0708



chakradance
rhythm for your soul

Different Chakras

Weekly

May & June

only \$30

Reg \$60

2026

MYSTICALEMPOWERMENT.CA



EMOTIONAL BLOCKS IN HEART CHAKRA

- Emotional pain from past relationships
- Difficulty in giving or receiving love
- Fear of rejection or betrayal
- Jealousy, possessiveness or grief
- Feeling lonely or disconnected even in company

Love is your true essence. When you open your heart, you align with the rhythm of the universe – unconditional, forgiving

HOW TO HEAL AND BALANCE THE HEART CHAKRA

- Chant beej mantra "YAM" 108 times
- Affirmations: "I am love" "I forgive myself and others" "My heart is open to giving and receiving love"
- Yoga & breathwork
Bhujangasana (Cobra Pose)
Ustrasana (Camel Pose)
Anahatasana (Heart Melling Pose)
- Diet tips
Green vegetables, leafy greens
basil, mint and green tea

Located near Rocky Mountain House on Hwy 22

HEART MAGIC

Mally's Heart Labyrinth

By Donation

403 845 3501

Gift Shop of Animal Artwork, Crystals & Angels & more!

Grassy Picnic area

Enjoy a peaceful Uplifting Walk Thru 2 Labyrinths on the property



Events

RED DEER HEALING AND WELLNESS CENTER



Group SIT and SoulFlow™

June 17th @6:30pm-8:30

Cost: \$30

Experience a rewiring of the mind and body, creating a full-system shift toward your desires.

These 2-hour, in-person small group sessions explore a variety of focused topics, offering a supportive space for deep transformation and integration.

Dismantle limiting beliefs and stories with the subconscious imprinting technique framework. Then release what is being held in the body and anchor in what you are desiring through the 4 steps somatic embodiment of SoulFlow™. Combining these modalities creates the opportunity for deep and meaningful shifts to place in both the body and the mind.

These sessions are for EVERY BODY everything is an invitation and however you choose to participate is perfect. Some people might feel called to dance with free flowing movement while others prefer to stay seated or lay on the floor. There is no right or wrong way to experience it. Come with an open mind, prepare to turn inward and lean into trusting the wisdom of your body.

Topics of focus:

June 17th: Increasing Our Capacity To Receive



Events



"The soul expands every time it creates something honest and true."

DRUMMING NIGHT

JUNE 23, 2026 @ 7 PM

Spruce Haven Golf Course Bluffton

\$25 bring your own drum
\$30 rent a drum please preregister to hold drum

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

- learn some drumming rhythms then have fun drumming along to some music
- listening to a meditation
- go home feeling more grounded, relaxed and calm

Bring along your lawn chair and water to drink



PATH TO WELLNESS EXPO

SEPTEMBER 26, 2026

10 am - 3 pm
Rimbey Community Centre

Sharing wholistic, natural, alternative & complimentary services & products

Free Admission
Free Parking
Soup Lunch

5 chances to WIN \$10 in Expo dollars



<https://pathtowellnessnow.wixsite.com/expo>

"Your soul carries ancient wisdom. Trust its direction."

Events



Re-
ENERGIZE

June 19-21, 2026

WOMEN'S WEEKEND

This is an invitation to pause, receive, and reconnect—with the energy of summer, the support of community, and the vitality that already lives within you.

WHAT'S INCLUDED?

Your all-inclusive weekend includes:

- Delicious meals, snacks, and non-alcoholic beverages
- Comfortable accommodations at the beautiful Schott's Lake Conference Center
- A private room with private bathroom for each guest (unless selecting the bring-a-friend option)
- A welcoming and empowering community of women



Events



WHAT WILL WE DO?

Throughout the weekend we'll enjoy a thoughtfully curated lineup of experiences including:

- Yoga & Guided Meditation
- Flow Breath experience
- Human Garage Fascial Maneuver Workshop
- Women's supplementation information session
- SOMAMVMNT with Lindsay Johnson
- Walks in nature
- An evening bonfire
- AND MORE!

[CLICK HERE](#)



SIGN ME UP!

Whether you're looking to recharge, deepen your wellness journey, or simply spend a beautiful weekend with like-minded women, this adventure is for you!

Join hosts Dawn Wickberg and Jill Lewis for an all-inclusive women's weekend in nature!

Breathe, Stretch, Shake, Let's go!

Spots are limited

To register email:
soulmodewithjill@gmail.com

www.soulmode.ca

INVESTMENT ALL-INCLUSIVE

- \$975 per person (Private Room)
- Bring a Friend (Share a Room)
+ \$560

*One person private room \$975,
shared room with a friend \$1536
total

*ALL meals, snacks and nonalcoholic
drinks

(Payment plans are available, please
reach out)

Events

Positive Energy Workshop

Sunday, June 7, 2026

1-5 p.m.

Dinsmore Seniors' Hall

Dinsmore, Sk

Step into something unlike anything you've ever felt before. It's a living, breathing experience of energy in motion. This is more than self-care. It's more than transformation. If you've been searching for something new – something that moves beyond talking about change and instead lets you experience it – this is it! You will not only feel the effects, you will see them!

Please register with payment by noon on Friday, June 5

\$150 payable by e-transfer to brendut@gmail.com

Registration includes a full color digital manual & a surprise gift!

Brenda Dutertre, Modern Energy Trainer

306-491-6314

brendut@gmail.com

Events

RE-ENERGIZE WOMEN'S WEEKEND

JUNE 19 - 21, 2026 SCHOTT'S LAKE, ALBERTA



The Invitation

Imagine a weekend surrounded by nature, supportive women, delicious food, and experiences designed to help us unwind, de-stress, inform and recharge. Join hosts Dawn Wickberg and Jill Lewis for an all-inclusive women's weekend focused on wellness, connection, and re-energizing.



Your Weekend Includes

- Private accommodation
- All Meals
- Yoga
- Flow Breath
- Human Garage workshop
- Women's supplementation info session
- SOMAMVMNT with Lindsay
- Bonfire
- Time in nature!



ALL-INCLUSIVE Investment

\$975 per person (1 person 1 room)
Bring a Friend (share a room) + \$560
* One person private room \$975, shared room with a friend \$1536 total

*No prior experience is needed—just a willingness to show up for yourself.
To register email: soulmodewithjill@gmail.com*

There is something powerful about stepping away with intention.

This summer solstice, we invite you into a beautifully curated weekend designed for rest, connection and renewal.

This is more than a getaway—it's a space to reconnect with yourself, to be held in meaningful conversation, and to experience the quiet luxury of time well spent.

An all-inclusive experience where every detail is thoughtfully considered—from nourishing meals and private accommodations to a seamless flow of wellness practices including yoga, fascial maneuvers, breath work, bonfires, time to relax, walks in nature and more. (No experience required)

Re-Energize Women's Weekend 2026
June 19–21 | Schott's Lake Conference Center, Alberta

Come on your own or share the experience with a friend.

Investment: \$975 CAN

Shared room option available for only an additional \$560. That's 2 lovely ladies EVERYTHING INCLUDED for only \$1535

If you've been craving space, softness, and connection... this is your invitation.

[To reserve your spot, Click HERE, to connect with Jill](#)

Events



RE-ENERGIZE WEEKEND

CONNECTION, NATURE, LEARN, ENERGIZE

(WITH DAWN & JILL)

NEW OPTION:

ARRIVE FRIDAY EVENING
LEAVE SATURDAY EVENING

**INCLUDES: 4 MEALS, AN OVERNIGHT STAY
FRIDAY NIGHT AND ALL DAY SATURDAY
SESSIONS**

INVESTMENT: \$640

Schott's Lake, AB



RE-ENERGIZE YOUR LIFE, RE-ENERGIZE YOUR SOUL



Intuition

Your Inner Compass

Intuition is our internal compass. When the world feels chaotic, confusing, or just plain upside-down, that inner knowing becomes the grounding force that helps us steady ourselves and keep moving forward.

And when we trust it?

Our internal Light gets brighter.

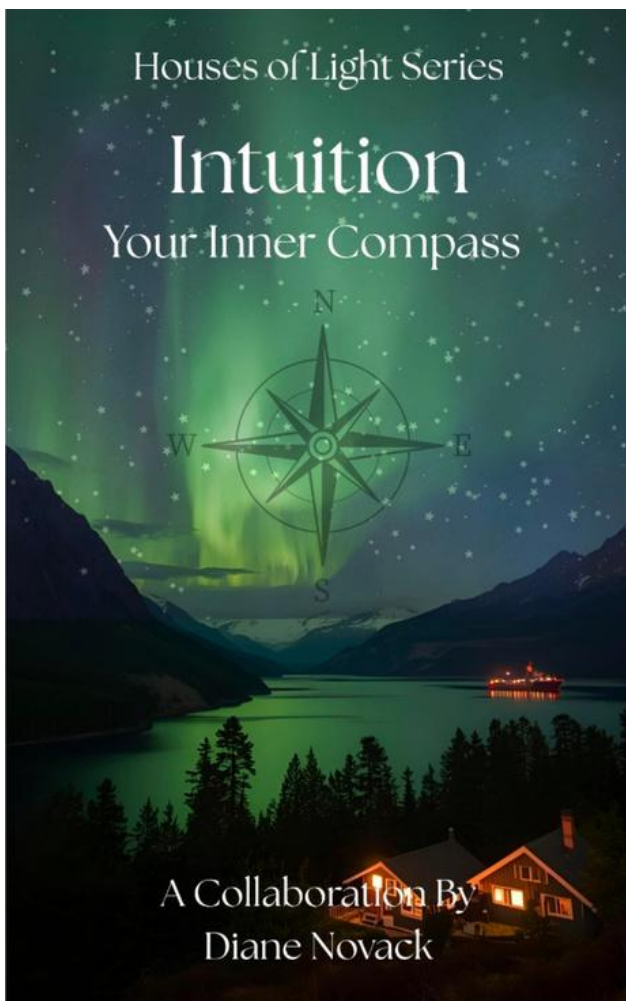
Bright enough to guide ourselves.

Bright enough to light the way for others, too.

So if you felt pulled toward this book, don't overthink it.

Your intuition may have just led you exactly where you needed to be.

Welcome to the conversation.



[Purchase e-Book or Paperback Here](#)

[Purchase in the USA](#)

Strawberry Crunch Salad



Salad

- 10 ounces arugula greens
Fresh, washed
- 8 ounces strawberries, hulled and quartered or chopped
Use ripe strawberries for best flavor.
- 1 whole avocado, chopped
Use ripe, creamy avocado.
- 2 ounces crumbled goat cheese
Optional, for a tangy contrast.
- $\frac{1}{3}$ cup roasted salted pistachios, chopped
Adds extra crunch.
- $\frac{2}{3}$ cup sliced or slivered almonds
For caramelizing.

Dressing

- 3 tablespoons champagne vinegar
Can substitute with rice vinegar.
- $\frac{1}{2}$ whole lemon, juiced
For acidity.
- 2 tablespoons honey
Adjust to taste.
- 1 teaspoon Dijon mustard
Adds a tangy flavor.
- 1 clove garlic, freshly grated
For depth of flavor.
- $\frac{1}{2}$ cup olive oil
Use high quality for best results.
- pinch kosher salt and pepper
To taste

Caramelizing Almonds

- In a small skillet, combine the sliced almonds with 3Tbsp sugar over medium heat. Stir gently until the sugar dissolves and coats the almonds, turning golden and fragrant. Set aside to cool.

Making the Dressing

- Whisk together champagne vinegar, lemon juice, honey, Dijon mustard, and freshly grated garlic. Slowly drizzle in olive oil, whisking continuously until smooth.

Assembling the Salad

- In a large bowl, combine the arugula, strawberries, chopped avocado, crumbled goat cheese, and chopped pistachios.
- Pour the dressing over the salad, tossing gently to coat.
- Sprinkle the caramelized almonds on top right before serving.

Pico De Gallo



- 2 cups Tomatoes, diced, Roma, Vine, or tomatoes of choice
 - ½ cup red onion, diced
 - 1/4 cup Cilantro, minced
 - 1 jalapeno pepper minced, De-seeded if you do not want spice
 - 2 cloves garlic freshly minced or crushed
 - Juice of 1 lime, or 2 tablespoons
 - salt to taste
-
- Combine all the diced ingredients in a large bowl. Drizzle with fresh lime juice and season with salt.
 - Gently stir to combine. Serve immediately.
 - Goes great with BBQ chicken, taco chips

To store you can store in a glass jar for a few weeks (If you are storing in a jar leave out the cilantro and add that when serving)

DON'T MISS ANOTHER
ISSUE OF ALIGN!!

Get it sent right to your inbox





soul works
by sue pickering

Soul Works by Sue Pickering



Psychic, Soul Coach,
Entrepreneurial
Mentor, Speaker



“the more connected you are to your spirit; the brighter your light becomes.”



Online made easy

CT Digital Management

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



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



“Peace is often the sign that your soul is being heard.”

An advertisement for "ADVERTISE WITH ALIGN". The background is a scenic landscape of a blue lake in the foreground, with green mountains and snow-capped peaks in the distance under a clear blue sky with some clouds. In the upper left, the text "ADVERTISE WITH ALIGN" is written in white, bold, sans-serif font, with "ADVERTISE" on one line and "WITH ALIGN" on the next. In the lower left, there is a large, square QR code.

TSW Life Coaching



Healing & Coaching Offerings



“Following your soul requires courage, because truth rarely travels the crowded road.”

Soul Song Therapies



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



Redu Spiritual Wellness Center®



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



“True love is not found outside of you; it begins within your spirit.”

Dayna Whitney

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

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



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



Directory of Heart-Led Entrepreneurs



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



“Love is sacred because it reminds us we were never separate.”



Astrology Readings,
Healing Sessions,
Guidance & Mentorship



369 Amor Fati

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

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

PERSONALIZED SUPPORT FOR CONSCIOUS ENTREPRENEURS.

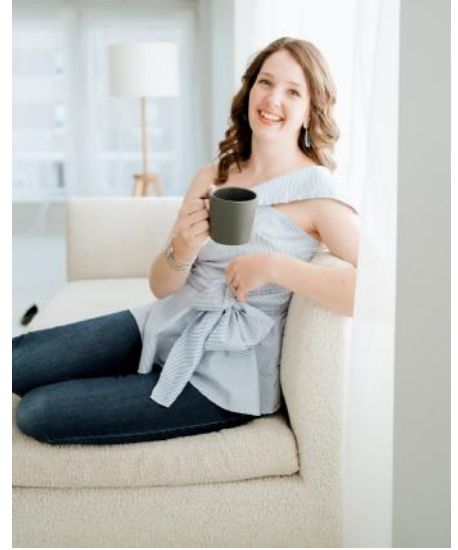
Hi, I'm Jeanine

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

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

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

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



The Suite™

COACHING PLATFORM

- The Suite is a flexible coaching membership that gives you access to a collective of vetted experts across business, leadership, mindset, and energetics.
- Instead of committing to one coach or one rigid pathway, you choose the experts you work with each month based on what will move you forward most right now.
- Book multiple expert sessions monthly
- Choose from business strategy, marketing, leadership, and energetic support
- Access a growing library of masterclasses and replays
- Receive support that evolves as your goals and season change
- Grow without burnout, pressure, or hustle culture
- This is for entrepreneurs who are done outsourcing their authority and ready to build from clarity, alignment, and sustainability.



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



“The soul grows in silence, heals in nature, and awakens in love.”



Watch for future Issues to be available in Audio



RED DEER HEALING AND WELLNESS CENTER

HYPNOTHERAPY • MASSAGE • SOMATIC THERAPY • REIKI
• SOUND HEALING • MEDIUM & CARD READINGS



“The universe speaks softly to those who learn to listen.”

Psychic Sophia by Sonja



I HELP PEOPLE FIND CLARITY, PERSPECTIVE, AND UNDERSTANDING AROUND LOVE, RELATIONSHIPS, CAREER, AND LIFE TRANSITIONS, ESPECIALLY WHEN THINGS FEEL CONFUSING, STUCK, OR UNRESOLVED. MY WORK IS ABOUT HELPING YOU UNDERSTAND WHAT'S UNFOLDING, WHY CERTAIN PATTERNS ARE SHOWING UP, AND WHERE YOU HAVE ROOM TO MOVE FORWARD WITH MORE CONFIDENCE.

I WORK INTUITIVELY, USING TAROT AS A SUPPORTIVE TOOL ALONGSIDE DIRECT INTUITIVE INSIGHT. TOGETHER, THESE OFFER GROUNDED GUIDANCE THAT HELPS YOU SEE SITUATIONS MORE CLEARLY AND MAKE SENSE OF WHAT YOU'RE NAVIGATING.

MY APPROACH IS CALM, RESPECTFUL, AND FOCUSED ON OFFERING CLEAR, HONEST GUIDANCE YOU CAN ACTUALLY USE.



Directory of Heart-Led Entrepreneurs



THE RULE OF 3



RISE INNERVERSITY

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



Build Your Soul-Aligned Empire Without Burnout




Living Well
Massage & Raindrop
Therapy



Rural Roots Healing by Sheila

Evidential Psychic Medium • Intuitive
Energy Healer • Reiki Master



Earth Wisdom Apothecary
**HERBALIST &
ENERGY WORKER**



Psychic Sol

Psychic Medium
Reiki Master



Reflexologist of the Ear &
Auricular Therapist



Balancing the Whole Body
Through the Power of the Ear



Hazey Moon Essentials

Specializes in handmade
jewelry and gemstone
products



- ◆ Financial Independence For Everyone
- ◆ Building Entrepreneurs



Mountain Aura Crystals

Canadian crystal shop located
in the heart of the prairies



contributors

"THE SOUL BLOOMS WHEN IT IS NOURISHED
BY TRUTH, LOVE, AND STILLNESS."



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



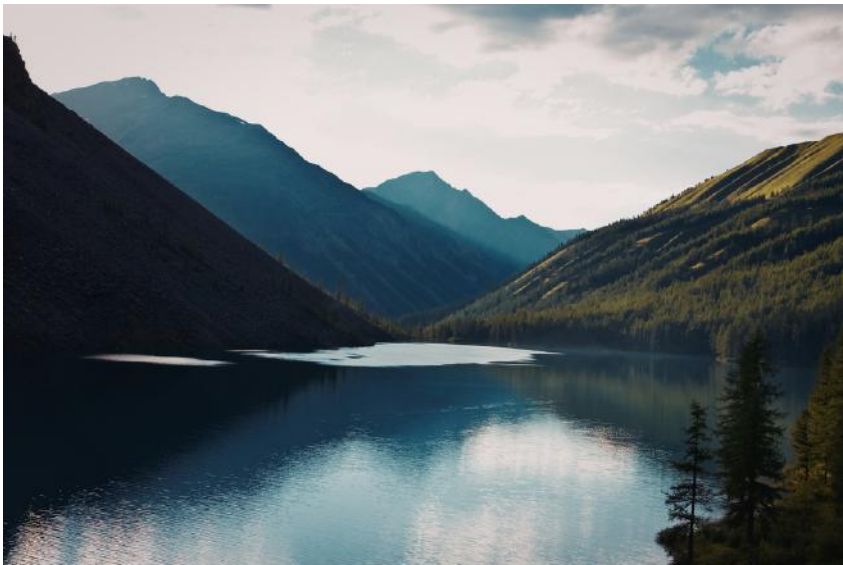
Hailey Smytaniuk
Earth Wisdom
Apothecary



Sue Pickering
Soul Works



Kerry Doran
Jayli



SUBMIT YOUR ARTICLE
WITH ALIGN



The Mission Of Align

My hope for Align is for you to experience this creation and feel instantly aligned—one rooted in heart, vision, and deep spiritual purpose.

ALIGN is not simply a magazine or directory; it is an interactive, sacred, virtual space intentionally created to support and elevate the spiritual wellness community. Every aspect of ALIGN reflects devotion to connection, authenticity, and the honoring of soul-led work.

ALIGN is a one-of-a-kind heart-centered spiritual business community designed for entrepreneurs, lightworkers, healers, and spiritual guides who are ready to be seen, discovered, and celebrated. It offers visibility without compromise—allowing heart-centered businesses to share their gifts in a way that feels true, expansive, and energetically aligned.

This platform exists to amplify meaningful work. Within ALIGN, stories are shared with intention, and spiritual entrepreneurs are featured in a space that recognizes the depth of their calling.

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

To encounter ALIGN is to witness my vision devoted to collective elevation. It is an invitation to step forward, claim your space, and allow your heart-led mission to be seen and supported—exactly as it was meant to be.

Much Love,

A handwritten signature in black ink that reads "Sue". The signature is written in a cursive, flowing style with a large initial "S".

thank you

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

This platform lives and thrives because of our amazing community.



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