

# TIPS FOR EVERYDAY HEALING



Simple, Practical Wisdom for  
Your Vibrant Well-Being

By the Co-Authors of the book titled, *Heal Thy Self*

Do you believe in your innate body wisdom?

Do you know how to tap into it?

Do you know how to set an intention,  
consciously focus,  
and manifest your desire for healing?

If you've never done this before,  
or even if you have,  
you'll love the tips in this e-book.

Every Day Healing *is* REAL.  
And Infinite!

Follow these simple tips, practices, and guidelines,  
and you will regularly experience

## ***EVERYDAY HEALING.***

You're worthy. You deserve it. It is yours.

***This e-book was created especially with you in mind!***  
***ENJOY!***

## About this E-Book

Vibrant well-being is something we aspire to, dream of, and work to bring into our everyday lives. For those of us who live in good health, with emotional stability, and spiritual connection, we recognize that it has little to do with inheritance or the luck of the draw, and much to do with mindset and simple practices. The authors of this e-book have found ways to improve their own quality of life and are here to share them with you so you can do it too!

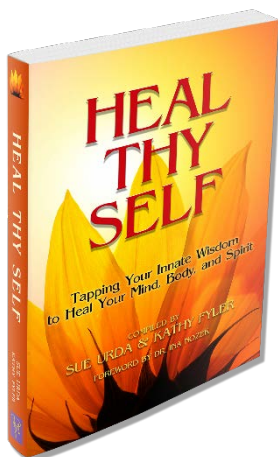
This e-book is a compilation of mindful and meaningful tips, thoughts, and exercises intended to enhance your own moment-to-moment life experience.

As you read these tips, imagine ways you can bring them into your daily routine. As you do, you'll find that you're more engaged with the people in your life, you'll be less stressed, and you'll enjoy life's simple pleasures. You'll also experience more peace, harmony, and ease with your family, loved ones, friends, coworkers, and community. Mostly, you'll experience these feelings within yourself.

These tips are intentionally brief and to the point because we know you have a full and busy life. Use them to increase your personal everyday well-being and healing.

## About the Authors

The individuals sharing these tips are the co-authors of the new book *Heal Thy Self*. They have come together to share their personal experiences and journeys to help you have a smoother and more graceful experience of growth. It is their wish that the tips in this e-book and their stories in the paperback book will assist you on your personal life journey.



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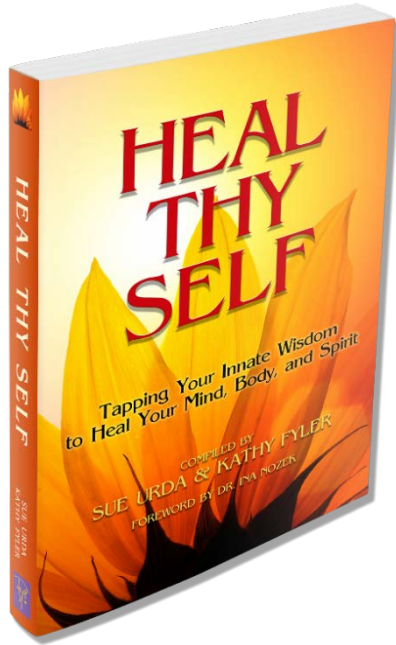
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*Read more about the Upcoming Amazon Bestselling Book ~ Available June 15th, 2017*

# *Heal Thy Self*

*Tapping Your Innate Wisdom to Heal Your Mind, Body, and Spirit*

***Have You Ever Wondered if Self-Healing is Possible?  
Wonder No More! The Possibilities are Real and Infinite.***



Not only is it possible to heal yourself; it happens every day to ordinary people like you. Healing is the birthright of every individual; it does not discriminate. You don't even have to believe it is possible for healing to occur; although, your belief in your ability to heal along with your mindset and a good dose of self-love greatly assist the healing process.

There are many people who suffer loss, illness, and trauma, and this greatly effects the way they show up in their lives, their overall well-being, and level of happiness, contentment, or success. Many of them live for years without resolution or healing before becoming aware and tapping into the incredible, inherent wisdom of their bodies and spirit. The beauty of discovering this natural resource of inner healing is that it is always available, to everyone—no exceptions.

*Heal Thy Self* contains stories of thirty-one women who have transformed their lives through some form of self-healing. Although each of their lives and stories of healing is very different, the common thread they share is that they are grateful for their healing and now

have a desire to help others heal themselves too. Each of these women emerged—feeling blessed, empowered, vibrant, and even happy! Each transformed her life—and often the lives of those around her—into one she is now happy to live and share. May you find your own inspiration and passion to Heal Thy Self.

## **Read and Explore the Possibility of Self-Healing:**

- Dis-ease *can* be released with ease
- Well-being is your birthright and readily available
- Self-love is the starting point for self-healing
- Grief, mourning, and despair can heal through love
- Shame and guilt can be alchemized to love and purpose
- Emotional and physical abuse are catalysts for personal power
- Self-respect and self-worth are often born through faith
- Regret and remorse can disintegrate with inspired action
- Practices and modalities work when you work them
- Prayers and devotion are precursors to peace
- A broken heart mends with loving intention
- Release the past to live fully in the present
- Forgiveness is an open door to healing

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**The 3 P's in a Spiritual Practice: Proactive - Patience - Perseverance**

## The 3 P's In a Spiritual Practice: Proactive, Patience, & Perseverance

Christina Ann Sullivan

The path to healing begins with a spiritual practice that you are committed to on a daily basis. In the busy-ness of life, we can get swept away by it all and neglect to make time for what matters most. It is of the highest importance to create time to be in communion with God in stillness. This is how God is able to speak to us. In silence, God speaks to our minds and, more than that, God speaks to our hearts.

### Here are 3 steps to cultivate your spiritual practice:

**Step 1:** Be proactive and set aside time for meditation each day, even if you start out with ten minutes. Pick a quiet space and begin with a prayer from your heart to God.

**Step 2:** Allow yourself to be in the stillness, without thought, and rest in God as God rests in you. This process requires patience because silence does not always come easily. The ego will fight you constantly with meandering thoughts along with bodily movement.

**Step 3:** Persevere through any discomfort, impatience, and unease.

The kingdom of God lies within you and you access the kingdom through silence. When you put God first, all things fall into their proper place.



**ABOUT THE AUTHOR:** Christina Ann Sullivan is passionate about being of service. She feels she has lived many lives within this one lifetime, and that those wide-ranging experiences—including childhood abuse, substance abuse, and dysfunctional relationships—allow her to be compassionate, relatable, and knowledgeable while remaining non-judgmental. Christina is a Denise Linn Certified Soul Coach, Reiki Master, Certified Medicinal Aromatherapist, Spiritual Mentor, Author, and Speaker. She believes her mission is to help her clients access their souls and deepen their relationship with God while exploring a relationship with

Jesus through the awakening of their Christ Consciousness and transform their lives on all levels—mind, body, and spirit.

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**Destruction or Creation? Both are Necessary.**  
**Wanda Buckner**

Creating something new—whether a relationship, a room of your own, or a collage—feels great! Creation is a valuable, fulfilling, and necessary part of life. We seldom consider that destruction is also valuable and necessary. Relationships come and go as our lives change. The decor we loved two years ago feels outdated today. We discard the curtains and repaint. The collage loses its appeal. We get rid of it to make room for something new.

Destruction and creation are equally important. Hanging on to what no longer exists or serves us, whether it was wonderful or horrific, prevents us from creating a new life. If your spouse died twenty years ago and you continue to cling to that event and the life you had, you remain stuck in the past. If having the lead ten years ago in your community theater's musical was the highlight of your singing career, admit that was then and this is now. It's time to explore new possibilities!

No matter how beautiful what you created in the past was or how devastating its destruction, the best part of your life is not over; it's now. Your only life is now.



**ABOUT THE AUTHOR:** Wanda is a gifted healer, clairvoyant, medium, and interspecies communicator/instructor. Whether your needs are physical, emotional, mental, or spiritual, Wanda's work allows you to clear what doesn't support you, find your own knowing, and discover new possibilities. You truly can repair your past, heal your present, and embrace your future. More information is in her book, *Choosing Energy Therapy: A Practical Guide to Options for People and Animals*. Wanda's latest publication in *The Gifts of Grace & Gratitude* chronicles her experiences healing into life after the death of her partner due to a medical error. Wanda practices in Olympia WA and at a distance anywhere.

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### 3 Principles For Claiming Your Spiritual Light Karen Schaaf, MA, CHt

As a light worker, I have been taught by my Guides to remember my spiritual light and connection to God/All There Is. They taught me to the importance of a morning ritual to set my energy vibration, and I am sharing it with you.

#### When you wake:

1. Sit up in bed and say to yourself "thank you for this day." Feel the gratitude in your heart.
2. Swing your legs over the side of the bed, pull your shoulder blades together, and say to yourself "I will walk this day with an open heart."
3. As you stand, picture or imagine a bubble of light forming around your body, protecting you, guiding you, and increasing your body vibration. Say to yourself: "I chose to walk in light and love energy."

This mindful action creates intent, which is a very high vibratory energy on Mother Earth. This mindful act also links you to your spirit helpers that walk with you in this dimension. The bubble of light is your spiritual essence manifesting outside of your body.

Walk in your light, with the desire to walk your highest path, in highest power, and in highest wisdom every day.



**ABOUT THE AUTHOR:** Karen Schaaf, MA, CHt, has dedicated her life to healing and uplifting others. For over two decades she advocated for children as a Social Worker and Guardian ad Litem, and served as an independent Tribal Liaison between Native American tribes and Washington State. Today Karen has a private hypnotherapy practice, where she draws on her previous life as a Native American shaman to help others release emotional baggage and heal their lives. She also creates powerful amulets of Jasper and Agates designed to balance the wearer's energies and reconnect them to Mother Earth. Each piece of jewelry is accompanied by her book, *Medicine Jewelry: Working With Rock People*.

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## **Tools for a Self-Healing Lifestyle**

### **Alexandra Roehr**

One of the greatest gifts of life is that we all have the ability to heal. We have within us the knowing, desire, guidance, and connection to create a life of health and well-being!

It is understandable that at times this may be difficult to believe or accept. In the midst of our suffering, pain, unknowing, etc. it is hard to fathom that we can heal. But we can!

#### **Here are Some Tips to Help you Create Your Self-Healing Lifestyle:**

- Make your healing a lifestyle choice: Be willing to change all aspects of your life that contribute to your dis-ease and alignments.
- Have the willingness to believe that you can heal: Treat yourself as your best friend, and reassure yourself that you love, accept, and believe in yourself.
- Take time to sit in meditation: Allow yourself an opportunity to connect with your inner guidance; it will show you what you need to heal.

Healing physically, mentally, or spiritually is a process, and one that can be viewed as an obstacle or as a journey. In choosing to take responsibility and ownership of your healing, you will be able to create a self-healing lifestyle that will lead to your true healing.



**ABOUT THE AUTHOR:** Alexandra Roehr is a Wholistic Life Coach and writer who lives by one simple but profound motto: I love life! I love waking up every day and knowing that anything is possible! She didn't always feel this way. After deciding that she would no longer settle for an "OK" existence, a series of synchronicities led her to the tools and teachers that helped her heal her life. At the heart of this transformation was her willingness to submit to Divine guidance, and today, she assists her clients in developing the tools to heal themselves—Mind Body and Spirit.

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**YOU CAN HEAL!**



## Why Hairy Ogres Aren't Conducive to Healing Amber Shannon

You've heard it all: eat healthy, drink water, exercise, reduce your stress, do yoga, pray, meditate, dance, align your chakras, etc. All of those things are fabulous. However, they mean absolutely nothing if you are trying to heal and you have people in your life who are toxic.

Trying to establish healthy habits is hard enough on its own. Having someone around who is wreaking havoc on you emotionally or energetically is catastrophic and renders all of your attempts null and void. It's like building a beautiful faerie kingdom made of sparkly Legos and a big, hairy ogre coming in and stomping it to pieces— every day. It's easy to recognize destruction when you can physically see the effects. It's not so easy when it's being done on an energetic level.

So, what to do? Remove the person from your life? Sure. But that's only temporary. If you do nothing else, it won't be long before another ogre appears. To permanently release this pattern, you have to go to the source, and that's you. Start by addressing your unprocessed emotional pain and check your belief system. Journaling is a wonderful way to begin, but seek support as you go deeper.

The ogres will vanish and healing will be yours.



**ABOUT THE AUTHOR:** Amber Shannon has been working in the field of intuition since 2008, serving as a channel for divine communication in which she facilitates her clients' transformation. Amber's work is rooted in the understanding that when the flow of energy between the heart and the mind is strong and congruent, people behave in loving, rational ways; they are also able to tap into their "inner GPS" and use it to navigate life's twists and turns and create rich, fulfilling lives. Amber's mission is to assist with the elevation of planetary consciousness by helping people all over the world to re-

establish this heart-mind connection.

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## **Empower Your Actions** **Amy Jayalakshmi Hellman**

Your body speaks to you quickly and easily. Take moments to listen. When the world challenges you, give your body a voice; everything you do, think, feel and say has a physical consequence in your body and your reality.

Here is a simple way to cultivate your body conversation:

1. Ask yourself the question, "Is this my reaction?"
2. Feel, sense, and think the answer.
3. If the answer is "no", say to your body, "I release the need to take on others' reactions into my body."
4. Take a breath; continue to breath and observe the feelings, thoughts, and desires to react that present themselves to you as they come up.
5. Allow the energy of the feeling to pass.
6. If the answer is "yes," ask, "What do I want to do with this reaction?"
7. Find out what you truly want to do. What is your motivation and true intention with this desire?
8. Take a breath, and allow the feeling to pass before taking action.

Not only will you begin to notice how easy it is to identify your true desires coming from your body, mind, and heart, but you will increase your awareness of your surrounding environment, allowing you more choice to take action towards your goals and dreams.



**ABOUT THE AUTHOR:** Amy J.'s journey as a teacher began over twenty years ago, when she realized that teaching was learning transformed. Since then she has had the pleasure of instructing students of all ages and backgrounds and on topics ranging from academic to self-healing and more. Amy holds a master's degree from the University of Oxford and a Masters and Certificate of Science from the ThetaHealing Institute of Knowledge; she uses her extensive background in academic instruction and the healing arts to guide families and teachers looking for pathways to success for their children and students.

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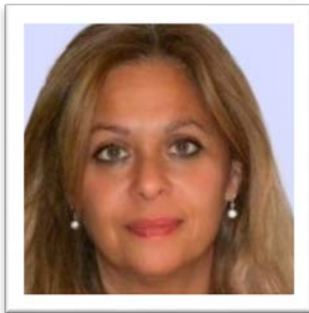
## Manifestation is Frequency Angela Hanna

Many people speak on the subject of manifestation; let me share with you my experience and that of my clients. When you think about the vastness around us, our Galaxy, and the 100 to 200 billion galaxies that astronomers estimate make up the universe, you can only begin to imagine the power of Source, God, Creator, etc. Everything is balanced perfectly! There is no lack; there are no shortages or insufficiencies. This most Sacred force of energy is unfathomably powerful! We as human beings exist within this very sacred, beautiful, benevolent, and endlessly expanding body.

Take a minute to ponder this... It is a completely mind-bending thought, isn't it?

How then can we ever imagine that we are meant for anything other than abundance?

Abundant happiness, joy, health, peace, wealth and prosperity—these are our birthright. Any other manifestation in life is not a product of destiny or lack but is due to the trapped emotions, inherited imbalances, false beliefs, traumas, and difficult memories that cast heavy shadows on our Divine light. Once these are all released, we automatically achieve greater alignment with Divine Source. At the precise moment we come into full alignment and when our frequency is at its highest, manifestation becomes effortless.



**ABOUT THE AUTHOR:** Angela has been “sensitive” for as long as she can remember; however, all her gifts came flooding in only a few years back. By what she could only describe as grace, she was shown that her past, painful life experiences were to be used to help others. Since then she has worked full time with people of all ages and animals of all kinds from the four corners of the earth. Using primarily The Emotion and Body Code modalities, she works to free them from emotional and physical limitations so they can live the very best version of their lives. Angela’s clients describe her as being highly intuitive,

divinely guided, and deeply compassionate.

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## Do You really Understand "Who you are" or Why Am I here? Beth Lynch

Do you ever wonder why are you here? Why you feel like you don't belong? Many have and search outside themselves, creating a lifetime of repeated cycles, disappointment, and even depression. We are naturally an intuitive species and have gotten far away from this being our natural expression of self. Meditation is the most natural and powerful tool we have to connect to the true Source of who we are as a spiritual and human being. What Spirit shares on eternal life, self-love, and mental health could change the world as we know it.

Something must change and we are now on the brink of the shift. It begins with understanding mental healing, so that we can shift the frequencies we are living in. The science of Spirit is nothing new but we must understand and devote to this to create a peace-filled and abundant future personally, in communities, and globally.

When I asked Spirit why are we not getting it, the response was "You have evolved as a species technically but not spiritually, you are now in the consequence of that—it is not punishment but consequence". In that moment, I committed to help others broaden their intuitive intelligence, and I invite you to open to yours.



**ABOUT THE AUTHOR:** Beth Lynch is an Intuitive Consultant, Medium, and founder of Inner Light Teachings based in Upstate New York. For more than twenty years she has helped her clients heal by connecting them to loved ones who have crossed over. Lynch is especially passionate about helping those who have lost family and friends to suicide and other mental health issues. She also volunteers to educate people of all ages about the power of meditation and devotion to higher awareness. Beth Lynch is a graduate of Delphi University's Patricia Hayes School of Metaphysics and the Arthur Ford School of Mediumship.

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## Using the Silence to Heal Yourself and Attract Your Tribe Crystal A. Davis

Before you can attract your tribe, you must focus every day upon your vision and trust the process. The silence from the world around you is a gift for self-healing; for it is in the silence that God/Universe/Source can guide you to your unique Divine purpose. As you embrace the opportunities within the silence, you will transform your own pain (feelings of unseen, unheard, and misunderstood) into the “Been there, done that” magnetic marketing message your tribe most needs to hear and feel from you!

Tips to work within the silence:

- Just *Do* Inspiration - Use your authentically inspired vision of “What would I love to be, to do, and to have?” as daily inspiration within the silence and not as a tool to measure your progress.
- Become the Observer - As emotions surface for healing, become the observer of your emotions and nurture yourself with loving self-talk.
- Allow the Universe – You’ll never see the whole staircase and you don’t need to; Surrender to the silence and allow the Universe to reveal your next step!

By repeatedly following these simple steps, you will heal yourself and become the magnet that attracts your tribe to you!



**ABOUT THE AUTHOR:** Crystal A. Davis—Visionary Business Mentor and Coach—helps Spiritual Entrepreneurs struggling to turn their soul’s calling into marketing that attracts their tribe. After years of feeling lost and unsure of her place in the world, Crystal left a six-figure strategic planning job with the FBI and embarked upon a spiritual journey where she struggled with networking, marketing, and making money in her business. Now she delivers her “Stand Out and Shine” Magnetic Marketing Success Transformation System™ to help her clients “*Be Brilliant. Your Rules. Your Way!*” Visit the gift page on [my website](#) for a complimentary Unique Brilliance Discovery Session.

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## Creating Healthy, Happy, and Harmonious Connections with Yourself Heather Thomas

Your body holds deep, innate wisdom that when accessed provides a life full of vitality and joy. One of the most important healing techniques that I use is to connect with physical sensation in my body.

Often we want to run from painful sensations or feelings. It may feel counter-intuitive, but giving yourself the gift of physical reconnection will result in greater ease and comfort on every level.

Tips for creating healthy connections with your body:

1. Find a quiet, warm, comfortable place to sit or lie down.
2. Take a few deep breaths to calm your mind and body.
3. Invite your awareness to travel inside your body and explore physical sensations. Be as curious and non-judgmental as possible.
4. Follow your awareness to areas of tingling, vibration, sensations of warm or cool, pulsing, softening, etc. Notice comfort and ease as well as discomfort and dis-ease.

When you hold these areas in your awareness without trying to change them, they shift and change on their own. The work is to remain patient and neutral, curious and exploratory. Your result will be a renewed sense of connection with your inner self, greater comfort, ease, and peace for your body and mind.



**ABOUT THE AUTHOR:** Heather is a successful facilitator of health and healing. She approaches life with curiosity, enthusiasm, and love. She enjoys living her yoga, walking her talk, and encouraging others to do the same. As a Reiki master, yoga teacher, and massage therapist specializing in craniosacral therapy, Heather runs a private practice that includes mentoring, workshops, and retreats. An expert in her field, most of Heather's work focuses on helping clients create "Happy, Healthy, and Harmonious (H3) Life Connections." As a long-time resident of Fort McMurray, Alberta, Heather is supported by her family;

Russell, Dylan, Ben, and Max the hedgehog.

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## **Take Care of You First!** **Jackie Rioux**

Survivors of childhood trauma have had their power and their innocence stolen from them. As women, we naturally want to take care of others. An after-effect of childhood trauma can be that a woman becomes very unbalanced in giving too much, sacrificing her own needs for her spouse, children, friends, and community. This is very unhealthy and hard to overcome.

A good analogy is the airline safety procedure where we are told to put on our own oxygen mask first, before helping others, even a child. This applies in all areas of life as well. If we cannot breathe, we cannot help anyone else. Put on your own oxygen mask first.

Here are some suggestions I have found to be essential to my own well-being:

- Forgive yourself and others
- Self-respect is paramount
- Face and overcome fears
- Schedule time for yourself and keep your appointments
- Enjoy your own company
- Take courses in areas of interest, knowledge is power
- Follow your heart's passion
- Listen to your body, pace yourself, rest when needed
- Reward yourself often
- Eat healthy regularly, and enjoy treats moderately

The best gift you can give to others is a happy, healthy, and balanced YOU.



**ABOUT THE AUTHOR:** Jackie lives in Prince George BC Canada. She has four grown children and four grandchildren, so far. She retired from an exhausting corporate job in June 2016 and now lives her passion through encouraging and empowering others to find their own life purpose by overcoming trauma and letting go of the past. Jackie is a practitioner in several bio-energetic modalities and techniques. She is a perpetual student, always eager to progress in personal growth. With her interest in human nature and psychology, she shares her extensive list of resources and tidbits of wisdom on her website at [www.ladybugwellness.ca](http://www.ladybugwellness.ca)

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## **Right Voice, Right Choice** **Kari Kelley**

When you listen to the right voice you always make the right choice. There is a wise inner voice that always knows what is best for us. When we follow the guidance of this voice, we are always better off.

Sometimes we don't hear the inner voice because all the other voices that are outside of us are loud and distracting. Other times we hear the voice and dismiss its wisdom. We may later find ourselves regretting that we rejected the inner voice, because we could have acted on it and had a better outcome. Then there are the times we hear the guidance and argue with it. The outcome of this situation depends on our choice.

As I ponder all the situations of my life when I listened and acted on the guidance, I can truly say that the outcome always provided a valuable lesson. I can also say that I learned a lesson when I did NOT act on the guidance.

Listening and acting on the guidance that is within allows the ability to respond to the outcome from a place of power rather than a place of regret and/or reaction.

Are you listening to your inner voice?



**ABOUT THE AUTHOR:** Kari Kelley is a writer, speaker, and vocalist deeply passionate about sharing her voice of courage and inspiration. She has been featured on a wide variety of stages, panels, radio, and TV shows across the United States. Kari is the author of “Black, Blind, and Female;” the creator, producer, and performer of her one-woman show “Somebody Else’s Child;” and a contributing author to the bestselling e-book Village Pearls: Spiritual Practices to Uplift your Soul. Kari has entertained VIPs at sold-out networking events all around Northern California.

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## **TREE THERAPY**

**Rev. Robin VanHorn Schwoyer**

As children, if we were being cranky, my grandfather used to say “Go outside and blow the stink off of you.” We would head outside to the yard and play. I must admit, we felt better. Our family spent a lot of time in Nature. As an adult, this became a natural routine for me.

As it would turn out, various studies done for the last 50 years, do show that being around trees and in the natural environment calms us, can stimulate better cognitive & creative function, and acts as a reset in many ways.

The next time you find yourself stressed, head out into Nature and spend some time with a tree.

Take a moment to appreciate the tree. Then take a few moments to assess the source of your stress. Notice your physical sensations, feelings, thoughts and beliefs. Breathe deeply and allow the stillness to soothe you. You can touch the trunk of the tree to release your cares and to receive healing. Hold a leaf and study its features. Allow yourself to be nurtured and journal any impressions you receive. Express your gratitude for the tree.

So, got stress? Go do tree therapy!



**ABOUT THE AUTHOR:** Robin is a renaissance style woman being an artist, author, gardener, Reiki Master-Teacher, entrepreneur, inspirational speaker, and retreat facilitator. As a coach and consciousness guide, she uses intuitive art, sound healing, success coaching and stress reduction to activate and empower a person’s transformative process. Robin has expertise in caregiver issues, being a special needs mother, Alzheimer’s daughter, and founder of the Caring Circle®, a holistic support group for caregivers. She is the founder/director of HeARTs for Autism®, a nonprofit offering creative lifestyle support for Autism families. Robin’s great passion is

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## Head vs. Heart

### Kathy Leone

It is common to listen to our minds instead of being in tune with our bodies and hearts' desires. If this goes on long enough we become unbalanced, lethargic, depressed, nervous, dissatisfied, and may develop a dis-ease. Conversely, honoring our hearts brings peace to body, mind, and spirit, and helps us experience joy.

A path to follow your heart and intuition:

1. Breathe deeply, relax, and check into your body. Notice any physical tension, stress, or pain. Shoulders tight? Stomach nervous?
2. Direct your breath into the tense area until it relaxes. If it won't relax, talk to it—ask if it has something to tell you or if it needs something. This sounds weird, but it works.
3. If you get a message, consider what it's saying. It could tell you to avoid a certain food or say it feels ignored. Always thank the messenger and pay attention moving forward.

As you listen to your body and heart, you will begin to trust your intuition more than your mind. Eventually, it will be natural to check in with how you *feel* before what you *think*. Let your sense of peace and joy guide you; it will have a great impact on your health and quality of life.



**ABOUT THE AUTHOR:** Kathy Leone is an Intuitive Catalyst for healing and change. Kathy has always been sensitive to the needs of others, which led her to study and practice many forms of healing, including Massage Therapy, Reiki, Classical Homeopathy, and Access Bars. While on her path she fell seriously ill and experienced her most profound healing from the Seimei technique. In 1997 Kathy trained in the Seimei method, first in the USA, then Japan. She is a former Seimei Instructor and managed The Seimei Foundation for many years. Kathy combines all of her expertise to get at the root cause of illness, release blockages, and create profound shifts wherever her clients need it most.

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## **Aha's for a Self-Care, Proactive Life** **Carly Alyssa Thorne**

In today's society we are so wrapped up in technology and lead such fast-paced lives, we forget all about self-care which is so important for a proactive life. Not practicing self-care creates stress which diminishes one's proactivity in all areas of life.

Tips for self-care:

- Upon awakening and before you get out of bed, breathe deeply, and think of what you are truly grateful for.
- Get up at least 15 minutes before everyone else to just 'be' with yourself.
- Start your day with reading, watching, or writing something that is affirmative and inspirational.
- Map out your action steps, intentions, and outcomes for the day.
- Schedule daily self-care time for either first thing in the morning before you go to work or last thing you do before you go to bed.

Self-care tip ideas:

- Meditation & Yoga
- Massage
- Journaling
- Jappa: walk while chanting a certain mantra or affirmation
- Hiking in nature
- Walking along the ocean barefoot at sunrise/sunset
- Going on a weekend retreat
- Getting weekly energy work

You can't be fully present for others if you don't do self-care to be fully present for self. Enjoy the journey, you are worth it.



**ABOUT THE AUTHOR:** Carly Alyssa Thorne is a writer, activist, and transformation catalyst. A firm believer that life is all about sharing, collaboration, and teamwork, she lives from a Paying it Forward—The Ripple Effect mentality each and every day. She spent more than twenty-five years sculpting, integrating, refining, and continually educating herself in the areas of the multi-sensory, psychology, theology, philosophy, business, multi-media, entertainment industry, nutrition, fitness, health, NLP-Neuro Linguistic Repatterning, hypnotherapy, energy healing, archetypes, Feng Shui, and eastern-western healing and medicine, all of which she combined with her life experience to create a blueprint for working with individual and corporate clients.

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## Getting in the (Fish) Zone

### Kathy Sipple

Ever had a conversation with someone that didn't go so well? Possibly about politics, religion, or some other topic that usually proves divisive?

Ready to try a simple healing exercise?

- Draw a 6" circle on the top of a blank piece of paper. Now draw another 6" circle intersecting the first circle, allowing them at least 2" overlap. The top circle represents the other person and their beliefs, the bottom circle is you.
- Notice the shape of the area of overlap derived from the intersection of the two circles. It forms the vesica pisces or "Jesus fish". In non-religious context, we see it regularly in a Venn diagram.
- Consider the discussion that led to contention. Did either of you pull the other far beyond their "fish zone"? Reflect on the things you know about the other person that you respect and admire. Write some of them down in the area of intersection. Feed the belly of the fish.

The next time you speak with this person, try starting in the "fish zone" of your shared beliefs, then slowly (and gently) explore one another's edges—kind of like yoga for conversation!



**ABOUT THE AUTHOR:** Kathy Sipple resides just outside of Chicago near the Indiana Dunes with her husband John and their black Labrador retriever, Bodhi. She is a frequent keynote speaker and trainer and host of 219 GreenConnect podcast. She holds a B.A. in Economics from the University of Michigan and is a member of Mensa. She won a Golden Innovator Award from Barbara Marx Hubbard and Conscious Evolutionaries Chicago-land for her empowering and groundbreaking work in social media. Sipple works online with clients everywhere to provide social media strategy,

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## Choosing vs Reacting

### Francie Canter

To become aware that you are reacting to a person or situation provides you with a choice to create a greater outcome for yourself and others. You also can reduce the stress these situations may cause and open to create more peace and joy within.

When I become aware I am in a pattern of reacting to a person or situation I stop for a moment and acknowledge the awareness. I take a slow deep quiet breath, maybe even another. This can serve to stop the reaction pattern energy of the mind and or emotional body. Silently, I ask to release all that no longer serves my highest and greatest good with total respect for the free will choice of any or all involved.

By creating a space in time, thought, and emotions and allowing an energy of Light to enter you can make a conscious choice to allow a new possibility in that moment.



**ABOUT THE AUTHOR:** With gratitude and in honor of the rare and gifted teachers met along the way, Francie founded Visionary Legends of Love Inc, a 501(c)(3) nonprofit organization so that many more may be aware of and receive the works and teachings of these legendary individuals.

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## Manifesting the Life of Your Dreams Leah Rubba-Lazarus, LCSW

Recognizing that your past does not have to equal your future, you can embrace the opportunity for new beginnings inherent in each moment. Here are some practices and tips to assist you:

- Know that you are greater than your conditioned behavioral patterns and limiting beliefs, even though they have impacted 95% of your choices up until now. As you change your thinking, you can change your life!
- Listen to the promptings of your heart, rather than what you think you *should do* in formulating your goals and intentions.
- Consciously and repetitively focus on what you want, not what you don't want. Be as clear and specific as possible.
- Visualize your desired outcome. Then step into the *feeling* of gratitude for having already accomplished your goal in advance of accomplishing it.
- Take daily steps to move in the direction of what you want to manifest. You will get there, one step at a time. Celebrate your accomplishments along the way!

Having done all of the above, let go of your attachment to a specific outcome and have faith that there is a Higher Power at work. Trust that the most benevolent outcome will flow into your life in Divine right order and timing.



**ABOUT THE AUTHOR:** Leah Rubba-Lazarus, LCSW, is a holistically-oriented psychotherapist and transformational coach with over 27 years of experience in private practice. Leah integrates a combination of traditional psychotherapy, energy psychology techniques, and mindfulness to facilitate healing and change in her clients. She is certified in Eye Movement Desensitization and Re-Processing, ThetaHealing®, Psych-K, The Emotion Code, and Meridian Tapping and is a certified Level 2 Practitioner and Trainer of the Aroma Freedom Technique. Leah is also a Holy Fire 11 Reiki Master and

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## **Be Gone, Sludge!** **Leslie Miller Jewett**

Have you ever noticed that being around someone negative can leave you feeling weighed down? Everyone we encounter has an energetic effect on us. When we meet people who are polite and kind, it leaves us feeling good. On the other hand, interacting with someone being nasty can really ruin your day.

Positivity raises our vibration, making us feel lighter, while negativity is slower and denser. I describe this negative energy as feeling heavy and sludgy, like a thick, oily residue on your aura.

To help clear myself of anything yucky I may have picked up, I use a simple technique that I call “cleansing breath”. It only takes a minute and it can be done anywhere!

The Cleansing Breath Technique:

1. Close your eyes.
2. Slowly and deeply inhale through your nose and imagine that you are inhaling a beautiful white light that fills your body.
3. Pause for a count of three.
4. Exhale through your mouth and visualize that you are expelling any negativity in a grayish mist that the universe will immediately transmute into positive energy.

Repeat this exercise a total of three times and notice how much lighter, better, and clearer you feel!



**ABOUT THE AUTHOR:** Recovering alcoholic and self-proclaimed “walking contradiction”, Leslie Miller Jewett, has battled depression and anxiety for as long as she can remember. After discovering she is empathic, she studied different healing modalities and is now a Certified Zentangle Teacher® and Reiki Master. With a focus on art, meditation, and energy work, Leslie hopes that sharing her knowledge and experiences will inspire others to embrace their unique qualities and help them to become comfortable in their own skin. She is the owner of ZENSQRL and lives on Boston’s South Shore with her husband and two pugs.

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## Lessons You may not have Learned in School

### Lisa Sawyer

It is said when someone loses one of their senses, others are stronger. While I have never fully lost one of my senses, my devastating health diagnosis and battle to recover made my sense of analytical observation stronger.

Here are a few life lessons I learned along the way:

- It's okay to feel - When faced with a life changing event, many emotions will fill your being. All of the emotions you feel have their place, need their space, and are acceptable.
- A little humor goes a long way - Learn to embrace your differences and difficulties and find humor. Laughter can heal.
- Find the positive side - When faced with a challenge or tough spot in life, people tend to focus on the bad. There ARE positives as long as we are alive.
- Pay it forward - Express gratitude for that which is given to you but it is not always necessary to "pay back" kindness. Sometimes we are overwhelmed by the thought of what we "owe" people. Paying it forward in your own time and when you are able is a great way to keep that positive energy flowing.

Take a deep breath and be kind to yourself. You will find lessons appear when you need them most.



**ABOUT THE AUTHOR:** Lisa Sawyer resides in Florida with her husband and two children. She also has three stepsons, a daughter-in-law, and granddaughter. After working in Corporate America for more than ten years, she left to raise her children and pursue at-home business ideas. For the past decade, she has been a distributor for Send Out Cards and enjoys getting paid to be nice. She volunteers at her children's school and is an active member of the Jacksonville Chamber of Commerce. She received a BA in Accounting from North Carolina State University and MBA from the University of North Florida and

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## **Singing Your Story** **Melanie Noullett**

On my journey I have learned many techniques and tools to help release stored emotions and trauma from my body. Becoming vulnerable through songwriting and singing my story has been the most powerful. Most of the songs I create start with the pain I have experienced, while the chorus contains a powerful affirmation for change that uplifts me when I sing and helps to create the future life that I want. The universe has an amazing way of giving me a glimpse of a better life, and so the remaining verses of the song describe the beauty that I know is just around the corner giving me hope and helping me to focus on gratitude.

Singing your story brings you to a place of acceptance for what has happened and moves you towards true healing. As you allow yourself to be truly vulnerable through song, your heart opens and the pain can be expressed and released.

Get your feelings out on paper and create a healing plan in your song that will create what you really want in your life. When your song is complete, you can sing your way to freedom from the trauma that has been holding you back!



**ABOUT THE AUTHOR:** Melanie is the founder of Tiger Lily Transformations. She provides energetic healing and intuitive peer guidance to people choosing to transform their lives and those experiencing a spiritual awakening. Melanie holds a Master's degree in Environmental Science and began studying alternative healing methods in 2009. She is an avid reader and seminar enthusiast, integrating what she learns into her work. Melanie also has a passion to share her own personal story through song writing. She is developing her gift further by writing songs that incorporate other's stories to inspire individuals on their own journey of transformation.

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## **Balance and Joy** **Nikki Maly**

There have been many times I've felt overwhelmed while striving to achieve success. Maintaining my spiritual practice has provided balance and joy in those challenging times.

Here are the steps I consider key to my happiness along the journey:

1. Be Authentic - Listen to your heart and stay true to what feels right.
2. Self-care - Schedule time throughout the week for your mind, body, and soul care. Include meditation, movement, connecting with Mother Nature, journaling, reading, and creative activities.
3. Setting Intentions - Practice setting intentions at the beginning of each day.
4. Ritual - Celebrate the holidays, the seasons of the year, and the seasons of life.
5. Gratitude - Give thanks daily for everything—the challenging and the good.
6. Go with the Flow - Stay focused on your goal; be flexible on your approach.
7. Breathe - Breathe through challenges and joy brings greater perspective and ease.
8. Play! - Take time to take a break and have fun.

Following these steps has helped me balance out the ebbs and flows of life while keeping in the present moment of life. The more you practice being in the moment, the easier it becomes to have grace through all times.



**ABOUT THE AUTHOR:** Nikki Maly is an Intuitive Specialist, yoga instructor and alchemist dedicated to supporting all those seeking healing, life transformation, and self-empowerment. Trained in the healing arts of Usui Reiki, ThetaHealing and Hatha Yoga, she combines these techniques with her intuition and her connection to her guides to illuminate the divine spark that already lives within her clients and students. Nikki lives and works in Orlando, Florida; however, because energy is not restricted by distance, she provides healing sessions and intuitive consultations to clients abroad by phone or Skype. She also travels to teach students the techniques that transformed her life.

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## Love and Harmony Starts From Within Rachelle Delorey

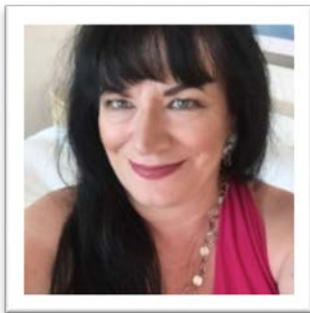
People come into our lives that are challenging; they are there to help us crack open so we can heal and let the light into our soul. When you are feeling down or negative or if your ego keeps popping in, create some positive statements about yourself, repeat them aloud, post them on your mirror to read—and do this until you believe it.

A book that impacted my life was *7 keys to Serenity* by Serge Mazerand. It helped me open my heart and soul and let go of the pain I was holding onto.

Here's some of what I learned, practice, and recommend:

- Start with forgiveness of self
- Journal 10 things you are grateful for daily
- Say this Prayer for yourself: "I love you. I am sorry. Please forgive me. Thanks for coming up."
- Breathe deeply and reconnect to Source
- Take 5 minutes daily to meditate or be in solitude
- Make the time for loving yourself: massage, walk, rest
- Focus on what you have
- Set boundaries for yourself
- Have a Reiki or healing treatment to relax
- When a shadow comes up, learn how to heal and release it

Remember this: When you fall down and can look up, you can get up.



**ABOUT THE AUTHOR:** Rachelle Delorey is a certified Reiki Grand Master Teacher and Certified Emotion Code and Body Code Practitioner. She practices The Balance Procedure and more than thirty other modalities and techniques to facilitate healing for herself and her clients—human and animal. Her own journey to wholeness began ten years ago after going to her first Reiki Circle, and now she lives her passion by teaching others how to fulfill their wellness goals: mental, physical, emotional, and spiritual. Rachelle is the mother of five grown children and has thirteen grandchildren. She loves reading, writing poetry, gardening, and being in nature.

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## Quick Manifesting Meditation You Can Do Anywhere

### Shelley Poovey

We all want to manifest our desires instantly. Working with our bodily sensations is one way to speed up the process by reinforcing or affecting change at the energetic level in the moment. Here is a manifestation meditation I practice and recommend for quick manifesting...

When something happens in alignment with your desires, take a moment to feel the sensations running through your body. Increase your resonance with this frequency by sweeping those good feelings throughout the whole body, inhaling from the feet to the top of the head, exhaling from the top of the head to the feet.

When an unpleasant sensation arises, notice where in the body it is experienced and bring your breath into that space. Sensations can be physical, mental, emotional, energetic, or even environmental. Remain present with the sensations as they arise, noticing the fluctuations between the states of density or discomfort and emptiness or any other unpleasant sensations. Stay with the practice until those unpleasant sensations subside.

Enjoy the practice of working with experiences as they arise, whether they are pleasant or unpleasant. Transforming adversity and negative energy into vital energy allows it to be used toward manifestation. This is true alchemy!



**ABOUT THE AUTHOR:** Shelley Poovey is the owner of BodyAttune in New York City, and an expert in manifestation and inner alchemy. Her work explores the relationship between the archetypes of the psyche and the complex neural networks that regulate consciousness in the human body. Shelley offers personal sessions that focus on stimulating our innate capacity to heal and manifest our deepest desires, as well as a monthly subscription-based program that works with manifesting in harmony with the New and Full moon cycles. She also hosts a year-long immersion program around various energy practices. Both programs

provide a unique opportunity to engage a balanced relationship between presence, embodiment, and transformation.

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## Tap and Cry from Grief to Calm Sherry Rueger Banaka

There are times, especially early after the loss of a loved one, when all we can do is cry. Crying is an important release and is to be encouraged, not stifled. If we also tap with our fingertips on certain acupressure points on our bodies while crying, it helps relieve the emotional intensity.

Try this beginning sequence to soothe yourself:

1. With the fingertips of one hand, tap gently on the fleshy side of your other hand as you cry.
2. Once your tears have subsided enough to speak, try putting words to your feelings as you continue tapping on the side of your hand. For example: “Even though I miss (your loved one’s name) so much, I’m doing the best I can. Even though I feel hopeless and lost, I accept myself anyway. Even though I don’t know how I can go on without (him or her), I acknowledge all of these feelings, and I accept myself just as I am.”
3. As more thoughts, images, or feelings arise, add them to these self-acceptance statements and keep tapping. Presently, your emotions will shift to a sense of calm.

Remember: How you experience grief is unique to you, so be patient and gentle with yourself.



**ABOUT THE AUTHOR:** *The tremendous help Sherry received from EFT to process her grief over the deaths of her child and husband inspired her to become an EFT/Energy Practitioner. She was personally trained and mentored by Dawson Church, PhD, and is certified through his organization, EFT Universe, to practice Clinical EFT, the method validated by dozens of clinical trials. It is Sherry’s passion and privilege to help others learn and benefit from this easy to use self-help tool that is so effective in alleviating the stressful responses associated with loss and other life events. She offers EFT/Energy sessions in person and online.*

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## Opinions Do Not Define You Uma Alexandra Beepat

Do you remember those school days when we had to cite credible sources for our book reports and make sure they came from reputable sources?

In life too, we need to fact check. We have been brought up to believe everything we hear. Why? Because as little children, that is what we did. We accepted our parents' reasoning as our own. If dad told us, "Don't touch that! It's hot!", either we would listen and save a scalding, or we wouldn't listen, get burned, and then understand his concern.

The problem is, as we've gotten older, we no longer fact check every statement coming our way. Let's get back to basics. Don't believe it especially when it pertains to you. Challenge it. Find the source and if it is not credible, dismiss it.

The next time someone tries to put you down, you can say in your mind (or out loud!), "Your opinion does not define my reality."

It really doesn't. All this world is a stage as Shakespeare, yogis and all enlightened folk will tell you. It is all made up of our perceptions. Learn and hone your lens; how do YOU see the world? Embrace your uniqueness and never let someone else dim your shine.



**ABOUT THE AUTHOR:** Uma Alexandra Beepat is an author, speaker, healer, and spiritual teacher based in Virginia. She owns Lotus Wellness Center, where she mentors clients in psychic development and other aspects of spirituality. Her book, "Awakened Life," explores her own journey and supports others seeking to create positive change in their lives. Uma is a trained Psychic Medium from Arthur Findley College in the U.K, as well as a certified Angel Tarot Card Reader, certified Hypnotist, Certified Life Coach, Reiki Master Teacher, and Registered Yoga Teacher. Known as the "Get Real Guru," she is

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## **It is Time to Heal!** **Angelica Amaral**

Our body has an extraordinary ability to heal itself. It is wonderful how our body reacts when we pay attention and listen to it. When we feel tired, have insomnia, pain, weight issues, fatigue, stress, anxiety, depression, etc...these are signs from our body telling us to listen and take action.

Suggestions for healing:

- Choose healthy, balanced, and nourishing foods.
- Exercise. A good place to start is by walking and increasing gradually.
- Think positive thoughts. It is said that we are what we think - if we think of health, we will get more health.
- Read daily. Get motivated, inspired, and learn new ways to take care of yourself.
- Connect with people or groups to improve your health and well-being.
- Laugh to uplift your state of mind and boost your immune system.
- Find the joy of daily living and consciously 'feel' your good health.
- And most important, pray. Maintain and increase a relationship with your Higher Self.

No matter your age or what you have experienced, to take care of yourself is to love yourself. When you love yourself, you can love and care for others.

It's never too late to start listening to your body. Go ahead, take care of yourself. Love yourself!



**ABOUT THE AUTHOR:** Angélica Amaral is a certified practitioner of The Emotion Code, The Body Code, Bio-magnetism, and Jin Shin Jyutsu. Always intrigued with natural healing, it was her own struggle with Fibromyalgia and Reflex Sympathetic Dystrophy—and her miraculous healing through the above modalities—that set her on her true path. Since opening her own healing practice in 2010, Angélica has witnessed the physical, mental, and emotional transformation of countless clients. Angélica is a Verified Health Practitioner of the Pastoral Medical Association. She is fluent in Spanish and English and volunteers at Sanoviv Medical Institutes in California and Mexico.

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## Free Your Voice ~ Reclaim Your Joy! Lisa Morgan

*“Your voice is a source of strength, a way of asserting your aliveness...your right to be...a unique expression of who/what you are in the world. Many of us are taught not to have our voice. There are many reasons; but it has tremendous cost. We become wolves without a howl, lions without a roar, and songbirds without a song—vulnerable to depression and impotent rage.” John May, Ph.D.*

As children, we were born natural “sound makers”. Whatever the sound, we let our voices rip! As we grew older, we learned this was not OK. Years of repression robbed us of vital life energy and joy. As adults, we must choose to “unlearn” these tendencies, and reclaim our birthright to be free with our innate voice!

Free Your Voice:

- HUM...mmm...: (Cover your ears) Vibrate your body by raising and lowering your pitch; hum a song (relax from the “inside-out”).
- Face Freer: Ripple your lips (motor boat style); imitate a kazoo; and perform “When the Saints Come Marching In”.
- Vocal Exploration: babble, screech, squeal, giggle, holler, roar, laugh; play “HA HA”; talk nonsense syllables; scat sing; imitate foreign accents.
- Sing: Improvise a “la la” melody; or sing in the shower!

As you free your voice, you’ll also reclaim your joy!



**ABOUT THE AUTHOR:** Lisa Morgan is an author and speaker with thirty years combined experience as a Board Certified Music Therapist (MT-BC.) and Certified Life Coach (C.P.C.). However, it would be her own dramatic experience during a workshop that compelled her to investigate the missing pieces of her childhood. Her fifteen-year journey allowed her to “break the code” of her unconscious mind—understanding trauma, dissociation, triggers, the freeze response, re-enactments, soul retrieval, body memories/pain, and PTSD. Lisa’s mission is to help heal suffering. She is available for speeches or trainings on “The Body as Our Biography”; “Understanding the Unconscious Mind and Repressed Memories”; “Healing from Trauma: Understanding the Stress Response” and “Dissociation: A God-Given Gift for Survival.”

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## **Know Your Truth**

### **Rev. Karmynn Grimmer**

How to know your truth is one of the best starting tips I give to my students. This is an Access Consciousness tip on how to begin to use your body as the receptive tool it truly be.

1. Check in with your senses. Get Centered.
2. State out loud or to yourself “Truth my name is \_\_\_\_.” (state your name).
  - Note any changes you recognize in any of your six senses.
3. State out loud or to yourself “Truth my name is \_\_\_\_.” (state a name *other than yours*).
  - Note any changes in your body senses.
4. What will you feel and what does it mean?
  - When you speak truth, your body senses a light, lite, expansive sensation.
  - When your statement is false, your body senses a dark, heavy, restrictive sensation.
  - When you feel heavy mixed with lite, this is a lie with some truth mixed in—or vice versa.

You can use this exercise like Kinesiology/ Muscle Testing. For example: Simply hold a food you are thinking about eating. Then state to yourself. “Truth, body this is what you require”. Then act accordingly.

You can use this for so many things! How can it get any better than that? What is truly possible?



**ABOUT THE AUTHOR:** Reverend Karmynn Grimmer is a Spirit Walker, Reiki Master Teacher, Tenrikyo Yoboku, Cosmetologist, Medical Massage Therapist, Access Consciousness BARS Facilitator, Wellness Coach, and public speaker. Her work is a devotion to God, to help this Planet and her inhabitants to raise their vibrations and grow in energetic awareness. Over time she has created a system to help her students to learn about and empower themselves, heal their past, and create a healing space for others under the guidance of Jesus. She lives just outside of Buffalo N.Y., where she works out of two wellness centers.

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## **STOP, PAUSE, PRAYER**

### **Ruth Kent**

There is an often-overlooked and simple beginning to receive and live everything you desire. Whether you desire vibrant health, beneficial relationships, peace of mind, a light heart, abundance coming into your life, or even a good day ahead, we must first set our intention and ask.

Here is a simple guide for asking:

- Stop - Be intentional. Make the decision to be fully in the moment.
- Pause - Pausing allows you to focus **ONLY** on receiving. Now is the time to ask—ask for help from above. This allows you to receive solutions rather than focus on the situations or challenges.
- Pray - Pray to be aware of what is in your highest good and that which is needed in the moment. This is a way of being focused and present to the Power of Now. Also, allow your intuition to be heard and guided. Intuition is nothing more than the connection to the Divine within. It is often an answer to your asking, and answer to your prayer.

Enjoy and be Grateful. Gratitude creates happiness.



**ABOUT THE AUTHOR:** Ruth Kent, RN, CBCP, is an Emotion Code Seminar Instructor and the creator of the Success Together Program. She has worked in healthcare for nearly five decades, forty-one of them as an Intensive Care nurse; however, it was her physical, emotional, and financial struggles that served as the catalyst for spiritual growth and expanded her abilities to help others. A series of synchronicities led her to the work of Dr. Bradley Nelson and a profound transformation. Today, she provides her clients with simple self-help tools that support them where they are and provide the means to live a life of joy through freedom.

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## Rise and Shine Your Inner Light: 5 Morning Healing Tips

### Michelle Goebel

You wake up and think... “How am I going to get through today?” Gently move your healing process forward by selecting a two morning practices to feel better and to ease into your day, more joyfully.

- Upon waking, with your eyes closed, smile. As you think about a person, pet or place that you love, gently inhale / exhale through your nose 10 times.
- Think about something you’re grateful for and FEEL the sensations in your heart. *Research shows that grateful people experience less pain and feel healthier.*
- Meditate deeply for 30 minutes. Ask, what do I need to know about my healing process? Do any messages come up?
- Pick up a spiritual or inspirational book, hold it to your heart and ask what do I need to know today? Open it. Read two pages. What’s the significance?
- Create a healing affirmation and FEEL it flow through your heart. Visualize yourself in the mirror as perfectly healthy and vibrant.
- Drink healing, organic herbal or green tea. Take the time to *slowly* sip the warm tea to create a moment of peaceful grounding and appreciation to enhance its benefits.

You can heal. Energy shifts and DNA changes. Never give up. Try new things. Ask for help.



**ABOUT THE AUTHOR:** Michelle Goebel is a writer, speaker, and founder of Inspired Intent. Her spiritual journey began twenty-five years ago, after a truck accident left her with severe injuries. Through meditation, energy work, and natural practices, she healed herself. Later, she earned eleven certifications in Energy Healing, Meditation, Wellness, Ayurveda, and Angel Healing. She has worked with thousands of private clients to release pain, digestive issues, anxiety, and depression. She teaches them to heal illness and injuries, and to thrive by activating their inner pharmacy and inner wisdom. Michelle

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## **True Connections are Nurturing and Healing**

**Kathy Fyler**

We all have a need for love and belonging, a need for connection. Connections provide security, opportunity, friendship, and grace. Lack of connection can cause angst, worry, depression, and dis-ease. Conversely, real and meaningful connections assist healing and growth.

### **Here are 3 tips for nurturing the connections in your life:**

1. **Be yourself.** Be authentic. You may choose to put your best foot forward and be “your best self” and that is perfect. People who resonate with your personality and energy will be drawn to you.
2. **Express gratitude freely.** It is said that you learn much about an individual’s character by how she speaks of others. Any thanks or praise that you can give about another person helps the person you are praising, the one who hears it and you! It’s a win-win-win.
3. **Be present.** No matter where you are or what you are doing, give yourself freely to the people that you are with. Put aside the chatter of your mind, clear your plate, and simply be present. Being present is a gift for you and everyone else touched in the moment.

By following these simple steps, you will create real, true, beautiful, and long-relationships – and your life and connections will be more abundant because of it.



**ABOUT THE AUTHOR:** Kathy’s earlier career includes being a Critical Care Nurse, Project Manager for a technology firm, and owner of a \$5 million manufacturing company. In 2005, Kathy followed her calling to make “more of a contribution to what matters most in this world”. Using her experience and passion for technology and people, she co-founded Powerful You! Women’s Network and Powerful You! Publishing to fulfill her personal mission of assisting women in creating connections via the internet, live meetings and the published word. Kathy is an Amazon #1 Bestselling Author who loves to travel the country connecting with and teaching women.

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## Find the Feel Good Sue Urda

How would you like to access ‘feel good’, high vibration thoughts and emotions in a matter of a few seconds? It’s possible and even simple. Here’s how...

Your brain is the most complex computer imaginable, and it’s really good at doing its job of providing you with the information you ask for. You’ve heard the saying, “garbage in, garbage out”. Well, in the case of your brain, whatever question you ask you will get a conforming answer, so you want to be sure to ask empowering questions that will bring you to the feeling place you desire.

To find the feel good, ask yourself the following empowering questions:

- What’s good about this?
- What could be good about this?
- How can I find the good in this?

Asking these positively directed questions will help you look at everything and everyone in front of you with the expectation that you will find the good. Since your brain is excellent at fulfilling your wishes it will deliver the goods—the bright side, opportunity, beauty, fun, and positive aspects.

Within seconds of asking these questions you will raise your vibration, elevate your mood, sharpen your senses, and of course, you will find the feel good!

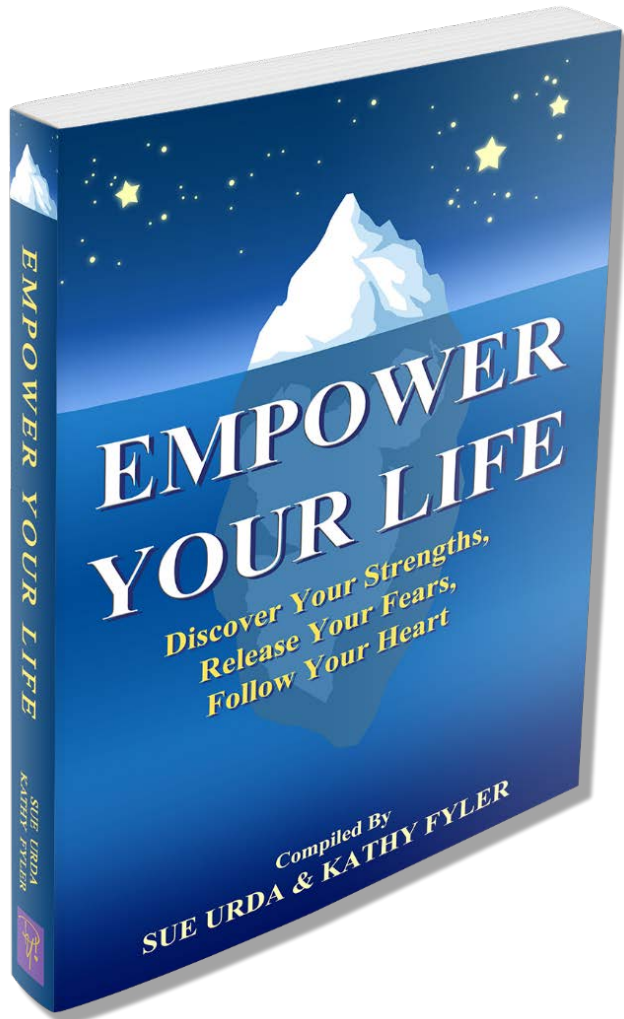


**ABOUT THE AUTHOR:** Sue Urda is the Feel Good Guidess. She is an Award-Winning and #1 Bestselling Author, Speaker, Inspirer, and Co-Founder of Powerful You! Women’s Network & Powerful You! Publishing. Sue is a two-time honoree on INC Magazine list of the 500 Fastest-Growing Private Companies. Having started three companies since 1989, Sue knows the challenges and joys businesses face, and she is committed to helping entrepreneurs and all women thrive, get connected, share their stories, and feel good. Sue loves assisting individuals in their own pursuit of success, purposeful-living and freedom, and her mission is to help people find the feel good and live in that space

every day.

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**JOIN US for our next anthology book titled, *Empower Your Life*,  
launching in November 2017.**



### ***Are You Called to be an Author?***

If you're like most people, you may find the prospect of writing a book daunting. Where to begin? How to proceed? No worries! We're here to help.

Whether you choose to write your own book, contribute to an anthology, or be part of our how-to book series, we'll be your guiding light and biggest supporter. If you've always wanted to be an author, and you can see yourself partnering with a publishing company that has your best interest at heart and with expertise to back it up, we're the publisher for you.

We provide personalized guidance through the writing and editing process. We offer complete publishing packages and our service is designed for a personal and optimal authoring experience.

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