

A MAGAZINE FOR EMPOWERED GODDESSES

MAGICAL GODDESS

Kati Kelo

MEN – Are you
willing to be the
heroes of our times?

*Embracing & Healing
the Divine Masculine*

FREDRIK GRÖNQVIST

SANDY HALL
**EMPOWERING THE
MEN IN OUR LIVES**

OMGOD
ALLAN ROBERTS

ME TOO
- THE GIFT OF FORGIVENESS -

COMMANDO'S
Surrender to Joy
- COLIN ELLIS

*Romance,
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KATI KELO IS a facilitator of change, magic and expansion of consciousness. She helps women and soulpreneurs to discover their unique magic and create a bigger positive influence in the world by discovering their authentic signature offers and tribes through conscious expansion and effective soulbranding.

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KATI KELO FOUNDER & CREATOR

MEN ARE YOU WILLING TO BE THE TRUE HEROES OF OUR TIMES?

MEN, BEAUTIFUL MEN. Where would we be without you. What would this world be without your brave adventurous hearts willing to explore, discover and create new dimensions for all of us. Where would we be without your kindness and willingness to take actions that truly change the world. Where would we be without your strong safe arms that protect us from the wild beasts. There have surely been some great men in the history. Men that have changed the world in good and in bad. We could say that the world has mostly been dominated by men, simply because they have been physically stronger. There is no denying the fact that it is still very much the case for the most parts of the world. We who live in freedom, just are unaware of the reality of the things going on for the most of the world. We might live in our little bubble of gender equality, but globally we are just in the beginning of creation of wholeness on this planet. That is why we are in need for those brave men who are willing to see the possibilities of greater balance and harmony, to step up and show up for all of us humans. There will be no peace, nor harmony on this planet if we keep separating each other by any means, and one of the greatest separation we have bought is our gender. We as humans are not able to use or rise to our full potential as long as we are separating parts of us. There is no escape when the weakest link breaks.

THE CHANGE IS ALWAYS happening within. We change to world by discovering the balance from within. When we reach the inner balance and harmony, we automatically function and create from that harmony. One of

the jobs of any man in these times is to seek for that balance, to open their eyes to that separation from within and let go of it. To let go of what it has meant to be a man, what it has meant to be in power, whatever it is that this world has been feeding you with. What would the the fullest potential of an awakend man mean for you? What would you use your strenght and courage for? What would you explore? How would you be the divine masculine contributor in the world? What kind of superhero would you be? What would you protect and how would you lead?

WHAT IF THE GREATEST superhero would be the one who recognised, accepted and protected the innocent within. That true brave heart that never stopped shining it's love and kindness, even when the rest of the world told it should be hidden away. What if the hero's gratest quest is to concure the fear of total vulnerability. Total surrender to the powerlessness of facing the unresolved mystery of life, the unresolved mystery of the woman. What if the greatest gift of the adventure is to never stop being on one? What if all that force that is used to tame the world around, lock it up and make it serve us would be used as it was meant to be used, never coming to a conclusion? Never having the need to set boundaries, but always expanding beyond? What if the safe womb of the mother, the adoration of the lover, the hero is looking for is right within. What if he never needed to save anyone but himself from the illusion of powerlessness? What if he never needed force to create the kingdom he desires, what if that kindgom would fall under his feet at that moment he

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stopped trying and surrendered to the whole, that is greater than any man. We are born from the union, there is no way for us to create life alone. What if that union was respected acknowledged and appreciated within each of us? We will never stop fighting, men will never stop fighting until they realize that the enemy is always within.

I'M ASKING YOU all the male readers? What are you separating yourself from? Who are you fighting with? What is the enemy within you? Where are you trying to be something, you think you should be more or less of? Where do you feel that you are not good enough? For whom are you trying to be good enough for? Who's reality are you creating from?

ARE YOU WILLING TO step into your power and embrace the one that has not been loved, that has not been able to express the truth of himself? Are you willing to rise beyond the past generations of men and really feel what it is like to own your power in it's total vulnerabilty? Are you willing to be the superhero of our times? Are you willing to create a new generation of men cabable of rising to it's fullest potential? Are you willing to create the kingdom of heaven on earth, together with us Goddesses?


WILL YOU STOP LOOKING AROUND to see what the "Alpha" male is doing? Will you stop looking around for references of what you should be like as a man? Will you stop defining you and what being a man means to you through other men? Would you be willing to step

outside the pack and be the lone wolf if needed? Will you trust that you have the power to create your own pack. What and how much are you willing to be and receive for you? Will you step into that authentic masculine ability to lead in your own way, in your own rules, respecting all the weirdness of you, that is not meant to fit in anywhere in the past, but to be the creator of something new. Are you willing to embrace the feminine within? Are you willing to take the real adventure to ever unfolding unknown? Are you willing to bear the uncertainty, trusting that the Universe does have your back, even if it meant being different, extraordinary and out of your control?

ARE YOU WILLING TO LET GO OF THE OLD masculine dreams of showing off your power, by attaining your fortune and a perfect Goddess as an accessory and a sign of your success, you can then be flashing around for the less fortunate, just to hide the deep inadequacy you are not brave enough to face? Are you willing to open your heart up to love that knows no shape or form, but would gift you everything you truly desire? Are you willing to receive that what you truly desire? Are you willing to create your true riches, that can never be taken away from you? What would that be for you?

The Goddess is with you and willing to surrender as much as you are, to something greater that has ever been here before. I love you. I'm with you.

You are amazing, just the way you are,
Kati

A young boy is seen from behind, standing on a sandy beach at sunset. He is wearing a white cap and a grey t-shirt. His arms are outstretched to the sides. The background shows the ocean and a few other people in the distance, all silhouetted against the warm, golden light of the setting sun.

What would you choose for you,
if you had 10 seconds to live?



4 RANDOM UNTRUTHS

ABOUT MEN KATI KELO

MEN ARE LESS SENSITIVE THAN WOMEN.

Just because you can't often see a man bursting into tears in public doesn't mean they are any less sensitive than women. Men do have feelings and they can be very intense especially if they have learned to hold it all in. It often takes a much longer time for a man to recover from a heart ache than a woman.

MEN DON'T HAVE AS MUCH INSECURITIES ABOUT THEIR BODIES AS WOMEN.

Yeah right. Just think of all the fierce regimes, extreme diets, supplements, 100 different types of filtered water, etc. Those things were not invented by women. There is a war going on between many men and their bodies. Being rejected a lot more often than women doesn't help a man to be more confident with his body.

MEN ARE NOT AS ROMANTIC AS WOMEN, AND DEFINITELY NOT LOOKING FOR THE ONE.

On the contrary, men are often more driven to find the ultimate Goddess, than most women are their prince charming. Unfortunately, the quest can be a lot more difficult than expected, and possibly because of it, they often fail. But the positive is, that they never stop dreaming, or trying.

MEN HAVE EASIER RELATIONSHIPS WITH EACH OTHER THAN WOMEN WITH THEIR FRIENDS.

Yes possibly with their superficial pack, but when it comes to close and intimate relations things can be very dramatic between two buddies and in some cases lead to years of unforgiveness. Men don't often have that many true close friends, so losing one can be a tough space.

WE ARE NOT REALLY THAT DIFFERENT ARE WE?

We all are either running away from our mother or towards her in our own ways. And what else could we be choosing beyond our mothers?

EMBRACING & HEALING THE DIVINE MASCULINE

FREDRIK GRÖNQVIST

– Challenges, opportunities
and insights on the journey.

ABOUT FREDRIC GRÖNQVIST

I work as a spiritual life coach, angel therapist and wellness coach in Sweden. I offer coaching and readings through skype and email. My mission is to help people live happy and joyful lives with open hearts and to help them deepen their contact with the Divine. I warmly welcome you to contact me: www.mindyourheart.webnode.se

WHAT DOES IT MEAN TO BE A MAN? To fully embrace the Divine masculine? What are the many challenges, learnings, insights and rewards that comes with growing fully into a man?

THE MASCULINE IS OFTEN ASSOCIATED with doing, striving and taking action, which has been a dominant theme in society and in most of my earlier years.

SO ONE OF THE CHALLENGES I faced in order to reach inner balance was to allow myself to relax without having to do or prove anything special. To relax into a strong, healthy masculine holding a loving and healing space being with a woman. Without feeling the need to compete, strive or make something extraordinary happen. Simply allowing myself to stay open, curious and relaxed in every new moment. Learning to take long, slow deep breaths, drop my

mind and relax into the body so I could hold this nurturing and transforming safe and healing space for the women in my life. This was a huge challenge and still is although I feel more comfortable in my body most of the times and more relaxed just being; more loving and accepting of myself and others.

ANOTHER CHALLENGE and insight on the journey was discovering the transformative power of vulnerability and to embracing and welcoming the divine inner feminine in order to feel whole, balanced and at peace. With this comes the challenge to show emotions and my more soft, nurturing side. It is very healing for a man to cry and I feel more whole and at peace every time I allow myself a good liberating cry.

I NOW SEE THAT ALL THE FEARS I have had to go through helped me diving deeper into myself in order to trust myself and my divine masculine. I

learned to take inspired actions, speaking up for myself, express myself clearly, set healthy boundaries, explore, take new risks and say yes to change and new exciting opportunities and adventures that made me feel alive and expansive. At the same time I see the importance of allowing myself to be gentle, kind and understanding towards myself and to have compassion with the part of myself that was scared, felt unloved, resistant and unloved. And also to be able to ask for support and help when needed.

I ALSO HAVE TO FACE CHALLENGES when it comes to expressing the powerful masculine energy in healthy, healing ways so frustration, anger and other strong emotions could be used in higher more constructive ways to transform and heal myself and the world.

ASKING FOR AND BEING WILLING to receive support is another important theme. I believe many

men struggle with this challenge and we need the loving support of the divine Goddesses to feel fully supported, thrive, expand and open our hearts even more in compassion, self-love, acceptance. We need to be accepted just as we are and the way we look. I also think we focus too much on body image instead of the quality of our soul, that is already whole, beautiful and loving.

THE DIVINE FEMININE CAN BE A MYSTERY. What does the feminine want for the masculine? What does the Goddess want from a God? I would love to find out as I think most men would? So beloved Goddess don't hesitate telling a man what you want, need, like and appreciate most about him so that the divine masculine/God can become one with the divine feminine/Goddess so that we can co-create a more beautiful, alive, loving and blissful world together.



Is your frequency
adding peace to the world?



EMPOWERING THE MEN IN OUR LIVES

WRITTEN BY SANDY HALL, AAS. HERB

Women's empowerment is a hot topic these days, and for good reason. But as a mom and wife I have noticed that resources aimed at empowering the men in our lives are much less frequent, yet I believe no less important. I believe that the *men in our lives need to be lifted up and encouraged, supported and appreciated.*

IF WE WANT OUR SOCIETY TO MOVE FORWARD towards empowering ALL of humanity we must include our boys and men rather than assuming that they already empowered.

I AM BLESSED TO HAVE two amazing males in my life; a wonderful husband of 21 years, and a 15-year-old son. They make my life richer, more diverse and have gifted me with the ability to view life differently than what I had grown up with while mostly being raised by a single mom with three girls.

OVER THE YEARS I HAVE OBSERVED that, just like women, there are unrealistic expectations put upon males to look, act and "be" a certain way. While I was prepared to have discussions about healthy body image with our daughter, I was completely surprised that my son needed it as well and this was an important lesson for me.

THROUGHOUT THE YEARS, HERE ARE SOME KEYS I HAVE FOUND IN EMPOWERING THE MALES IN MY LIFE.

LISTEN. When given the opportunity males will share their hopes, dreams and fears and it's our honor to be able to listen when they do.

Be open and understanding and listen – There's a saying that we have one mouth and two ears for a reason.

BE A SAFE-HAVEN - when they know they can literally tell you anything, they will.

BELIEVE IN THEM. Within each of us is the ability to do great things, and when you let them know that you believe in them it allows them to dream big and achieve great things.

DELEGATE RESPONSIBILITY, without being attached to it being done the way you would do it. Different doesn't mean wrong, and done is better than perfect.

TEACH THEM TO ASK FOR HELP. When my son was in 3rd grade he was diagnosed with an anxiety disorder and ADHD. Over the next 6 years we consistently taught him to ask his teachers for help. Now, as a sophomore, he is confident in his ability to seek out the help he needs to succeed.

ENCOURAGE AND SUPPORT. This can be a tricky one if we don't really agree with their decision, and it's a fine line to walk, saying "I don't think

"Be open and understanding and listen – There's a saying that we have one mouth and two ears for a reason."

that's the best decision, but support your ability to make the one that's right for you and will be here no matter what the outcome is".

LET THEM FAIL. Unless they experience failure, along with the unconditional support and love you still give them, failure becomes something to fear rather than to expect and know that they can still move forward.

TEACH THE DIFFERENCE BETWEEN EMPOWERMENT AND ENTITLEMENT. To quote the movie Spiderman – "With great power, comes great responsibility".

EMPOWERING THE MALES IN OUR LIVES to be confident that they can (and do) make good decisions, that they are capable of being strong and soft, and that they (just like women) can do more than what has been traditionally accepted in our society allows them to be the best ver-

sion of themselves possible. It's amazing what they can and will achieve when they come from a place of empowerment, and here is where all of society benefits.

AN EMPOWERED MAN will stand up for what he believes is right. If it's within his ability he will stop a situation where he sees someone else being mistreated. These are the type of people we need in our lives & society to help create the world we all want to live in.

EMPOWERING THE MEN IN YOUR LIFE can lead to an increase in joy & happiness and is a beautiful thing to see. If we want to create a world where people empower each other, and I assume you do since you're reading this magazine, where better to start than with ourselves and in our homes?

SANDY HALL is an Integrative Wellness & Life coach who focuses on empowering moms to create the happy & healthy life (and family) of their dreams by breaking free from anxiety and depression. She lives in Mission Viejo, CA with her wonderful husband of 21 years, her 15-year-old son & 11-year-old daughter. Visit www.sandyhallcoaching.com for more information.





Mama's Boy

ZAT BARAKA

Evan was a mama's boy growing up; he'll be the first to admit it. As a kid he felt responsible for his Mother's happiness because his father was rarely home. With his father busy at work most of the time he took it upon himself to provide the love and companionship that his father should have been giving.

WHEN HIS MOTHER WAS UPSET he would distract her, either by entertaining her with his silliness or with his own needs. Evan shared with me that he would emotionally care for his mother; he was always gauging his mother's emotional moods. Through pleasing her, he was alleviating the guilt he felt for his absent father. When he did this, he would gain approval from his mom.

ONE MISTAKE HE MADE was in confusing the approval he received from her, as proof that she was happy. He was diligent to get good grades in school or anything else that might bring more approval. He became addicted to her approval of him and his actions.

WHY DO YOU THINK I'm sharing this story with you? Because in my work with men I see a great

number of men with these two connected issues. Men that do not see women as their equals and secondly men that live with an unhealthy need for approval by women.

HERE IS HOW I SEE THESE two things intersecting. Evan doesn't see women as his equals, he sees them as something that needs to be taken care of and protected. In some of the research I have done I have found men that do not see women as their equals, often see them as needing protection. This is the term that Evan used; he needed to "protect women". He found it very difficult to do business with women, as he was over sensitive to their perceived needs. When he does a business project with a woman, he shrinks; he doesn't challenge them in anyway. He will even undercharge as a way to 'save them'. He will overwork and give

"What women need more than anything from men is our loving presence, our deep honoring of the beauty and power they carry. A healthy relationship must include seeing the other as fully capable."

ZAT BARAKA is a unique and highly sought after teacher, coach and speaker in the men's personal growth and spiritual growth movement. Zat's radical approach empowers men to live high performance lives, improving the quality of their sex lives, relationships and parenting through cutting edge self improvement.

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them free hours and do the best job possible, as he feels responsible for their happiness. While he is doing this he harbors grudges that he isn't receiving enough back from them. He would never do or say anything that might upset them, even if he knew they were making a bad business move.

THIS CAN REALLY FUCK THINGS UP, if you see someone as not being capable then you are seeing them as a victim, something lesser than. Have you ever been around a disabled person in a wheel chair? Have you noticed thoughts coming up around you needing to treat them a different way? Do you treat them the same as non-disabled person? When men are in relationship and (either consciously or subconsciously) view women as victims they cannot treat them fairly.

THE NEED FOR APPROVAL

WHEN A MAN IS IN NEED of approval from his woman he is often making decisions based the mindset of "will this make her happy". To put it bluntly, when a man needs approval from a woman to feel good about himself, he is basically asking for mommy's approval.

BASING OUR SELF-WORTH on external approval is never a good idea. When men do this in relationship it sets up a co-dependent dynamic and Evan's story is a classic example of a co-dependent relationship. He derives a sense of self-worth based on how his partner treats him and based on how happy he thinks she is. It is not attractive to women when men are in need of approval; it has a certain needy stink to it. Seeking

approval from women is the main ingredient for "the needy guy" syndrome.

IF ANY OF THIS SOUNDS familiar or resonates with you please remember; women do not need to be coddled, they do not need to be rescued. Women would rather hear your truth than receive your inauthentic care taking.

WHAT WOMEN NEED MORE than anything from men is our loving presence, our deep honoring of the beauty and power they carry. A healthy relationship must include seeing the other as fully capable.

AND... HONOR YOURSELF by supplying your own self-approval. When the need for approval arises, the simple practice of recognizing and watching it can precipitate its departure. How you react when your need for approval shows up is a choice. Self-respect begins with being brave enough to recognize your patterns and choosing to do something different.

ONE POWERFUL THING YOU CAN DO

WHEN YOU FEEL THE URGE to receive approval try giving approval. Give yourself the approval you seek!

If you notice that you are seeing a woman as weak or someone that needs to be rescued or coddled STOP! Shift into knowing that women can take care of themselves. The practice is to see the power they carry and do not try to rescue them. See them as equals, treat them as equals.

COMMANDO'S *Surrender to Joy*

My Spiritual path has been a rocky one – you might relate to that. I cannot remember my childhood. Apparently I cried a lot as a child, although I can only remember being told “Stop crying or I’ll give you something to cry about!”

COLIN ELLIS

MY MOTHER WAS ANGRY most of the time and I think I could feel her pain, but I didn’t know it was hers so I was miserable. I was happiest away from home, in the countryside around nature. I also enjoyed drawing, and it was the only thing I remember getting praise for at school. When I proudly presented my picture to my parents, with a gold star placed on it, they told me “Don’t get too arrogant”.

DESPITE BEING A PACIFIST I decided to join the military when it came time to leave school. Partly to boost my self-esteem and confidence. Partly due to enjoying being out in nature. And partly to become a real man. You see, up till this point in my life, I was your quintessential wimp, the shy - sensitive nerd, the lost little boy who didn’t want to grow up.

ON BECOMING A ROYAL MARINE COMMANDO at age 16 (I was also one of the smallest), I joined the ranks of the elite: the most macho, testosterone gushing, epitome of the masculine male in the UK. I also became a boxing champion (while staying a pacifist – another story of irony). I learned a lot about the psychology and social order within the military but I simply didn’t fit in.

TEN YEARS LATER I LEFT THE MILITARY. I’d trained as a Graphic Designer while in the forces but when (3 years later) that business – along with my marriage – crashed; I found myself in the library where a book popped out. It mentioned Spiritual Healing, and I thought “Wouldn’t it be wonderful if that worked?!”

Thus began a new journey, into the feminine aspects of BEING magical

ANOTHER BOOK GOT ME to question my purpose. I decided what I really want to do is “Inspire people to get more out of LIFE”. While teaching personal growth at colleges I noticed not everyone could take advantage of the (masculine energy) goal-setting and positive thinking I was demonstrating. So off I went, my compassion driving me to find new psychological tools to help people overcome their blocks. Along the way I also found Buddhism, Enlightenment Intensives, Remote Viewing, Shamanism, 5 Rhythm dancing and a whole bunch of other ways of BEING (where the feminine aspects are forefront).

MEANWHILE, ONE DAY ARRIVING at work (for a charity) to teach Self-Esteem and Confidence Building to people with disabilities – and despite it being a sunny morning and I enjoy empowering people – I was having a panic attack! This was the start of my Dark Night of the Soul experiences. Suddenly, I went from being “Mr Positive” to being unable to sustain a positive thought. There was no way for me to DO all the things I felt I should be able to do.

I DISCOVERED; ONCE ONE IS AFFECTED by one big stress, it opens the door to other kinds of stressful experiences; such as trauma, curses, entities, spirits, aliens, the pain body, emotional armour, etc.; as well as everyday causes. I had no choice but to embrace my sensitive side once more.

"I was your quintessential wimp, the shy - sensitive nerd, the lost little boy who didn't want to grow up."



I EXPLORED MANY, MANY TOOLS to free myself from the complex causes of stress, then went on many retreats where there is nothing to do and nowhere to go but to SURRENDER – connecting with my soul and joyfully BEING.

I NOW FIND MYSELF IN THIS PLACE where I can use my sensitivity and intuition to empower everyday people to gain FREEDOM from the stresses I had to release from myself. Plus, help them gain the most from their powerful subconscious mind and guidance.

IT HAS BEEN A LONG AND ARDUOUS journey to become a "real man" then through the darkness

while exploring my sensitivity. But I am now on a mission to marry the twin aspects of our Divine nature – the power of stillness and peace (masculine) and the dance of blissful joy (feminine). You are welcome to join me.

COLIN ELLIS; Best Selling Author; Meditation Teacher and Freedom Coach www.colin.coach
Collect the “Truth of You” meditation – FREE for MG readers – and deep-dive into your BEING (your true nature) while dissolving the blocks to your freedom: www.colin.coach/MG/



Be the change

Me too

– THE GIFT OF FORGIVENESS –

There is a deep healing of the feminine and masculine going on in the human collective. As these centuries of old wounds of feminine suppression are coming up and out, it brings up emotional reaction both in men and women. There is a lot of anger, blame, shame, guilt and fear present. We are at a turning point forced to face the deepest and darkest of the human controlling egoistic, hedonistic nature. **"The beast"** of us has no escape and this time we have a great opportunity to evolve beyond the past human history of abuse.

IN ORDER TO CHANGE THINGS we have to become aware of what we have created for now and receive the gifts of it. Being open and honest about things is the beginning of our journey to freedom.

I WANT US TO SHIFT OUR FOCUS from personal to collective for a moment, because in truth none of shit we are experiencing really belong to us. Hurt people hurt people. And in this case we can really go back to cave man times. Abuse and suppression of women has been going on for as long as we have been on this planet as humans and most of us have experienced all the shades and sides of it in one life or another. And it is not only women who have been "the victims" of abuse. There are many men out there who have had their share of the sexual and psychological abuse.

WE ALL HAVE BEEN THE SUPPRESSORS and the victims. Whether you believe in past lives or not, at least you can admit that the innocent child that was born here didn't bring the issues with it. And if you can see this for the "victim" to be true, then you can also see how the "abuser" once was that innocent too. Is he or her less of a victim? I really would like us to be able to move the focus from the

blame and revenge into creating a better future for all of us. Let all those who have wronged to be taken to the court by the laws, but let us as collective move on and take more responsibility on what we would like to create. I want us to really see the collective side of our pain, because it gives us another perspective and takes us away from our ego's captivity and victimhood. We are not alone in our pain and there is always someone else to whom our journey to liberation can be of great contribution.

WE CAN SEE OUR LIVES AS AN OPPORTUNITY for having certain experiences we can be the transformation for. We can transmute everything into the love we truly are. That transformation begins to happen as we step out of the judgement of our experiences, but become the observers of them. When we women embrace the "Magical Goddess" that we are, and become that space of unconditional non-judgmental space of love this world requires right now, this world changes. We can all practice being that unconditional love for ourselves and everything around us. We just have to connect with our heart space and be present to everything like the mother would be for a child in pain with no exclusion.



*The pure innocence of our being
can never really be damaged.*

FROM MY OWN EXPERIENCE I KNOW, that sometimes it is not that easy to reach the space of forgiveness for ourselves and those who have severely wronged us. To support you I have recorded a powerful forgiveness process for all the Magical Goddess readers. You can access it by subscribing to Magical Goddess magazine from here: www.magical-goddess.com
The link for the process will be send to you with the latest magazine.

THE GIFT OF FORGIVENESS

A MAJOR INCREDIENT TO LIBERATION from any abuse is forgiveness and this means total forgiveness for ourselves, for the guilt, shame and for the anger we have been carrying within us. Forgiveness has not much to do with the other, but it is about us letting go of our past memories and the ways it has been controlling us. If we think of this life as a series of experiences we have chosen to have, then we can also see all the other players in our game as a meaningful part of the journey. From a divine perspective of our spirit the ones that cause us most pain can actually be the greatest form of service we have assigned for our assistance in the spiritual level.

THERE IS NO RIGHT AND WRONG, good or bad when we are able to see beyond our limited perception. Some of us here might have chosen to be the villains of these times to serve the larger scale of evolution of human. There is never a reason to judge and there is always a reason to see the greater implications of something that seems not to be right. But it is not for us to judge. It is for us to love the shit out of ourselves.

HATE CAN ONLY EVER CREATE HATE, PERIOD. It is up to us to start loving the children of the world and the children within in a deep and profound manner, so that they actually feel safe in their kindness and power. What we fear the most is actually our own power, and I dare to say, our own kindness, because that makes us vulnera-

ble to the abuse. But that is exactly what we are called to do, be vulnerable with all of our kindness. Most of us and specially men, just haven't yet experienced the true power of forgiveness, kindness and love and that does take courage.

THERE IS ALSO A SEXUAL awakening taking place in the world. We are moving on to the more enlightened way of seeing and experiencing sexualness and sexuality. Sexual energy is the energy of creation and we are being called to awaken and move beyond the primitive expressions of it. Those who have reached a more awakened space with their sexualness are living in an orgasmic, ecstatic flow of creation. From that space it becomes impossible to engage into the lower expressions of sexuality and control. This is one element we can all start evolving in and become the change for all.

OUR SEXUAL AWAKENING is not a small little thing reserved for some "rainbow people", but actually a vital part of creating a new world. So I do encourage everyone to start exploring their own sexualness and giving it the attention it requires. We are here to embody the heaven with these bodies.

BE THE LOVING KINDNESS you truly are for yourself, for there is no one out there who can love you more than you do. I'm with you and we are never alone in this journey. Speak up and create a safe place for every child to stay open hearted.

With all my Goddess love,
Kati Kelo

KAREN DAVIES

THE INNER GAME OF HAPPINESS

If you have read the “*Inner Game of..*” series by W. Timothy Gallway, you might be familiar with the notion that how we tackle tennis, golf or work is all about the inner workings of the mind and not the club, racket or our boss.

WHILST OUR EGO ENDEAVOURS to convince us that it's external factors that shape our experiences, the truth is very different. It's our inner game that influences whether we win at life or merely tolerate its routine pathways.

IN MY CORPORATE DAYS of high-flying, high-salaried success, happiness was a just a dream. The present moment was simply about surviving each day, getting through the stresses and making it to the weekend so I could get some 'down time'. Even worse I used to feel that my happiness was determined by something outside of me; often a person or event that needed to happen to give me my Utopian experience. I would hear myself saying, 'If only X happened, then I would be happy.' 'Once we have done Y, then my life will improve.'

THESE DAYS MY BELIEFS around happiness have changed. Happiness is an inside job. It is us, and us alone that drive our well-being and happy experiences. Gallway's view was that a game of tennis

or golf could be won or lost way before the player stepped out on court. Whilst physical performance remains an essential sporting component, there is no doubting that the mind interacts significantly with our body to determine the score. It is the same with happiness. Our life experiences are directly influenced by how we think, feel and behave. Even neuroscience is supporting how differently our brain reacts when we choose relaxation as opposed to stress. When we adopt happiness, then mentally and physically our body responds favourably and our experiences improve dramatically.

HAPPINESS IS IN OUR HANDS. We have the opportunity to grasp life's reigns and calm the frenzied activity of our chariot's steed by choosing happiness as a life philosophy and not just as snatched moment from our annual holiday beach bar. So how is this inner game of happiness played and what are the rules? Here are three key conditions we need for happiness to thrive in this crazy world that stretches us to our limit.

1. MUCH OF OUR HAPPINESS IS DEPENDENT upon how our inner dialogue sounds. The language we use and the conversations we have with ourselves drive our behaviours. So if we wake up to a chatter about dreading work, the weather or how the children's noise drives us crazy, this immediately sets the theme for the day. Raise your awareness about how your inner dialogue sounds; what language do you use that could trigger a bad start to the day? What patterns can you uncover that get you entrenched into melancholy and stress? What tone do you hear with this internal dialogue? When you become more aware of how you talk to yourselves, then you can change this dialogue for more nourishing conversations.

2. AT A DEEPER LEVEL, SELF-BELIEFS are critical to performance in sport and navigation through life. If we are conditioned to believe that we're not good enough or we don't deserve to be happy, then these engrained patterns undermine any happiness intentions. So discovering your self-limiting beliefs are key to your inner game of happy as they provide the very cornerstones to life's experiences. Examine your beliefs and look at their strength or toxicity. With a challenging eye, assess how true your irrational beliefs are and start the process of reprogramming your mind with positive statements about ourselves and your capabilities.

3. OUR ABILITY TO MAKE DECISIONS is a quality we require to survive today's competitive world and we can turn this process to our advantage in the inner game of happiness. Making a conscious decision to adopt a more grateful approach to our morning routine, to practise kindness and to choose to see the good in others, all contribute to a happier state. Decisions are the father of all actions and we can determine our life's experiences by making these consciously, positively and with happiness at their root. So in three small, yet powerful steps, we begin to engage with life's game in a more proactive, and thriving space rather than feeling that we're constantly on the back foot. The competition is not with others, it is with ourselves and when we stop fighting for survival, then we can begin to play a healthier game and see our happiness rankings increase. When we become happier, then everyone and everything around us becomes happier. And so our experience of life changes immediately and directly, with us firmly at the helm.



KAREN is an experienced coach and author of 'Awaken your Assertion', who after years of coping with stress and depression, has faced her self-doubts and passivity to live her dream. She and her husband now travel around Europe in their Motorhome, accompanied by her mission; to free you from your demons, so you too can live the life you deserve.

Karen Davies
Coach, Author and Happiness Practitioner
www.lovemymyhappyheart.com



Shine Your Light

THANK YOU NOTE FOR MEN

Thank you to all you men around the world who continue being that amazing contribution you came here to be. Regardless of what the world says about you, regardless of what women say about you, regardless of what other men say about you.

THANK YOU FOR SHOWING ME different possibilities. Thank you for the space that you hold. Thank you for being gentlemen when that's required. Thank you for stepping beyond any roles of this reality when that's required. Thank you for all deliciousness. Thank you for being brave and vulnerable at the same time. Thank you for receiving me.

I see you. I see your kindness.

I see your bravery.

I see your difference.

I see you as the gift of you.

We are different.

And I'm so grateful.

IT'S NOT EASY TO BE A MAN in this reality, at this time. You are made wrong and guilty of everything all the time, for what has occurred in the past, what is occurring now, and what might occur in the future. For choices you didn't even make, things you didn't do.

THE HISTORY OF WOMEN and men has not been too great so far. It's been based on mistrust, anger, hate, doubt, desire... All sorts of feelings and emotions, decisions and conclusions, wars inside communities. History of abuse that has been raging on both sides.

THERE ARE MANY MEN who don't actually even like women, they just like to own and use women. And there are so many women who don't actually like men, they just like to own and use men.

IT'S LIKE AN ETERNAL CIVIL WAR ON THIS PLANET.

WHAT IF WE JUST DECIDED to stop this war? You and me? Regardless if anyone else chooses it. What if we would just choose kindness, kindness for yourself and for each other, no matter what?

WHAT IF THERE WAS NOTHING wrong with being a man? Or woman or anything else either. What if it's all a gift of different possibilities? Everywhere where you are different than anyone else, whether you're comparing yourself to women or other men, what if all that was where you are most brilliant? And the biggest gift to the world?

I HAVE A REQUEST TO EVERYONE who is reading this. Would you be willing to step up? Would you be willing to be you, all of you, exactly you? And by doing so showing that something else is possible?

WOULD YOU BE WILLING to have each others back? Would you be willing to not apologize for other men, for what they have done or been, now or in the past? Would you be willing to give up the hidden guilt? Will you be a leader of different possibility?

CAN WE CREATE A DIFFERENT REALITY ON THIS PLANET, RIGHT NOW?

WHAT CAN WE ALL create together now that has never existed before? You are much greater than you have been made to believe.

ARE YOU IN TO CREATING a different reality? Dr. Dain Heer, a kind, brilliant man has this totally amazing, online series of videos where he talks with different men about what it is like being a man in this world and what else is possible. Check out the replays of previous Return of the Gentleman video hangouts, and register for upcoming ones (for FREE!) at <http://drdainheer.com/rog/>. My immense gratitude to Mr. Dain, a gentleman who always chooses what creates more for everyone.

Gratefully,
Satu
www.satufairytale.com

Te Amo Bebé

CELEBRATE YOUR GOD-SELF

—ATTRACT YOUR GODDESS—

SHANNON ICHIKAWA

The Goddess walks across the park, hair all over the place and your heart does a jump – she stands in front of you and sees an awakened and present God –the rest, is History!

ARE YOU TIRED OF WAITING TO MEET HER, longing for the magic of Her to fill your life? How can an awakened man, a divine God on earth, find, attract, and be with his Goddess? You really can find Her with a few simple steps.

Step One: Celebration

Celebrate your God-self! How does a man celebrate his God-self? Start in delighting in the everyday, the mundane. The magic of a raindrop, green in the spring, the roar of a train. Bring this presence into every human interaction too—a smile of a person passing you, the check-out operator, mates at work. This kind of love-discipline awakens our senses, our presence.

Step two: Presence.

One way to bring us into true presence as divinity in this human form is through the physical centre of the body, known as the Hara in Japanese Martial Arts. This is a very important place to move from whether this be physical movement, the breath, or an expression of love. It resides between the naval and the pubic bone. If we practice walking from this place, with slightly bent knees, not leaning forward nor toppling over backwards we can come into greater presence. This also helps us develop our Ki, or 'Universal Life Force Energy' as we would call it in English! Strong extension of Ki brings us into strong presence. A present man is a very attractive man indeed.

*"The magic of a raindrop,
green in the spring, the roar
of a train."*

Step three: Wholeness

Can you own that you are a wonderful person? Are you willing to acknowledge that we are all on this path together, Divine, perfect, flawed, beautiful, ugly-and in that whole-ness there is a place for being fully with that whole picture, in ourselves, and in others? Any past behaviour or unkindness toward others or yourself is just that- past. How can we BE ready to reclaim the Divine in us now? Apparently, there is a village that sings a birth-song to infants and if that person ever strays from their own truth into painful patterns, violence, or crime, the village sings it, bringing them home to themselves, to their truth, and to community. Do that for yourself. Wonderful women will be attracted to the man who has taken this responsibility for his own path, his life and his journey.

Step four: Clarity

Become super, laser clear on the kind of Gorgeous Goddess you are looking for, and what kind of relationship you would like to have. Do you want a girlfriend, are you looking for a life partner? Are marriage and/or children on your radar...or not? Will she be physically beautiful, beautiful in her heart and actions? Will she love to successfully climb the corporate ladder and still maintain her flow? Will she love baking, children, or walking? Will she be a mountain climber? What do you love to do? Will she share in these things with you, or is that an area of your life you don't necessarily need to share with your partner, you like to practise it alone, or with friends? We say out loud what kind of Goddess we want to love, then, relax in the knowing that who we need will come into our world. She may be the same vision you dreamt up! Or possibly the truth of who she is may sway your vision for your ideal partner, giving you more love, more expansion than you ever dreamt possible!!!



Step five: Strategy

Strategize finding and attracting Her, then dating, loving and staying with Her. It's important to know all of the places the kind of Goddess you want to meet spends time in. After you know what kind of person she will be, write a list of all the places she may hang out. Do you love tennis? Maybe she's already a member of the local tennis club. Put 'join the tennis club' on your plan. How can we make friends with new people and be truly open to love? How many new people can you meet each week? How can we fill our hearts with love in interactions, so that connections everyday become more meaningful? These connections can easily lead to meeting our Love- so many couples meet through friends. How long would you like to be friends before it develops into something romantic? Naturally there's an element of trust in the flow of the process here, but it is also very useful to know your own desires and boundaries around the steps toward Love.

Step six: Skill level

Have you got the skills that would aid you in meeting new people, dating someone and then moving into a successful relationship? What does this mean when it comes to dating? Did you have the desire to tell your previous partner you loved the curl of hair at the back of her neck, but never said it? Those intuitions of love may just make love easier this time around, so write 'tell my love about my love' on your plan. Perhaps talking to new people is not your strong point. Be creative with conversation starters with friends and family consciously for two weeks and see what interesting new directions your conversations take you. Reading is great here, there are many wonderful books out there that can really spark up your skills when it comes to speaking to, and relating with, women. (I can recommend David Deida, as well as Katie and Gay Hendricks as great places to start).

Step seven: Physical environment

Take a look at your physical environment, and clear the path for new adventures, people and experiences to present themselves! The effectiveness of the energy flow in your life makes a profound difference. Is your home an inviting and comfortable place to invite a new friend? Or a wonderful woman? Is a hunch telling you your hair is unruly and a cut may make you feel good? Do that. Put off exercise as your life is so busy? Do that. As you move your body and optimise your environment you move your life, this shift of energy makes the world of difference!

Step eight: Mind

Become a master of your own mental landscape. Have you tried to talk to new people before, but suffered from rejection, or from simply fear or shyness? It's so frustrating when you know the steps to take, but they feel too scary-and rightly so as it's human nature to feel those nerves if you have tried something before and suffered knockbacks! There are so many things about our beliefs and mental landscape that can make or break the depth of connection in personal interactions. Find a coach to help you navigate through the fears and beliefs that get in the way of you going for it with your whole, divine self!!

You're welcome to contact me for a power-packed free session around these steps and how they relate to your own experience. Here's to you finding the Goddess in your life, loving her, receiving her love back and embracing all of that beautiful growth and joy that love can bring!

Shannon Ichikawa
<https://bookme.name/Shannon>

"Tell my love about my love"



There are beautiful, sexy, hot, spiritual and single men out there, looking for us Goddesses, just as much as we might be looking for them. One of them is **Allan Roberts**, business coach and a bestselling transformative author. Allan loves animals and is passionate about helping people to live a fulfilled life.

OMGOD

SEXY, HOT & SPIRITUAL

ALLAN ROBERTS



WHO ARE YOU?

STARTING WITH A DIFFICULT QUESTION, it is easy to say who someone else is, but saying who I am is more difficult other than saying I am the bloke that lives next to my neighbour.

HOW YOU SEE SOMEONE will vary depending on your own personality, your life experiences, your attitude to life, your experience with that person, what you have already been told about that person, and many other factors.

FROM MY PERSPECTIVE, I am a conscientious, hardworking, faithful and independent individual. A career in electro-mechanical engineering and a life and business coach in later life. I believe in fairness and equality, love animals, have a very inquisitive mind, always wanting to learn more and help others.

DEC 2009, IN THE SPACE OF 20 MINUTES I went from driving my car to total blindness, and my coaching practice crashed. With the aid of 'Sight Concern' I learnt to touch-type and was introduced to software for the blind, back on my computer I started writing. Although not a natural writer, 2015 I published a personal development book, I co-authored a best seller and followed up with a couple of novels.

AFTER THREE LOTS OF SURGERY on my eyes (the last one Jan 2016) I now have enough basic vision to carry on a normal independent life.

I TAKE A VERY ACTIVE PART in the community as a town councillor, a trustee for the local Age UK, and involved in several other local voluntary organisations. I enjoy, when I am able, to go out giving talks, and am presently running a short course at the local high school teaching public speaking to the students. I have a very positive attitude to life. I refuse to join the moan and groan crowd, I take life as it comes and make the most of it.

ARE YOU SINGLE?

YES, I AM SINGLE, and have been for around ten years after a disastrous marriage. I married because leave from the army coincided with her 21st birthday. I thought how romantic it would be to get married on her birthday. Biggest mistake of my life as we shared nothing in common.

WHAT TURNS YOU ON?

A tap on the head, but unfortunately it went missing years ago. I ordered a replacement, but I appear to be an obsolete model.

DO YOU DREAM OF FINDING THE ONE, YOUR SOULMATE OR TWIN FLAME?

I DON'T BELIEVE THERE IS ONLY ONE, there are many ladies that could be a soulmate, getting to find one is the difficulty. They are like pony tails, you know they exists but when you turn around to look, they are gone. I do dream what it would be like with a soulmate.

WOULD IT BE LIKE HAVING a cat or dog sat on your lap, wondering how you can make a drink without wanting to disturb it?

WHAT IS YOUR IDEAL GODDESS LIKE?

DIFFICULT TO DESCRIBE without meeting her first, but I am hoping that she is bubbly and full of life, smart and witty and can hold an intelligent conversation with many interests. A very positive attitude to life and with a strong personality and good sense of humour, but at the same time kind and caring and an animal lover. Less than 5ft 10ins, slim and attractive would be a bonus.

I LOVE COOKING, although a technician, I cooked for the troops in the territorial army for most of 20 years. However, with cooking for only myself for the last fifteen years, my cooking skills have deteriorated. So, I would love someone with a love of cooking.

WHAT WOULD A PERFECT LOVE RELATIONSHIP BE FOR YOU?

ANOTHER HARD QUESTION, having not been in love since I was a teenager. I remember wanting to constantly be with a girlfriend I had at the time, thinking about her all the time, counting the hours until we met.

SOMEONE WHO WOULD WANT TO spend most of her time with me, have generally the same interests, happy to hold hands in public and show affection, share our highs and our hiccups.

SOMEONE WHO WOULD BE better at answering these questions for me.

WHAT TURNS YOU OFF?

Rabbit, rabbit, rabbit.
Life should be 33% me talking, 33% her talking, and 33% kiss and cuddle. Not 99% rabbiting on and on.

IS THERE A DIFFERENCE BETWEEN MEN AND WOMEN IN LOVE?

ANOTHER HARD QUESTION, I know how I felt when I was in love, however, I have never been a woman, never worked out how their brains worked, don't think any man has. So, have to give up on this question and admit I don't know.

WHAT DOES SEX AND MAKING LOVE MEAN TO YOU?

MORE HARD QUESTIONS, my memory doesn't really go back that far. I know it has got something to do with the birds and bees, however, I never worked out how birds could mate with bees. I am willing to take a guess that it is something to do with having kids. I don't want any more kids, but it would be lovely to have someone to cuddle up to.

WHAT DO YOU LOVE ABOUT YOURSELF THE MOST?

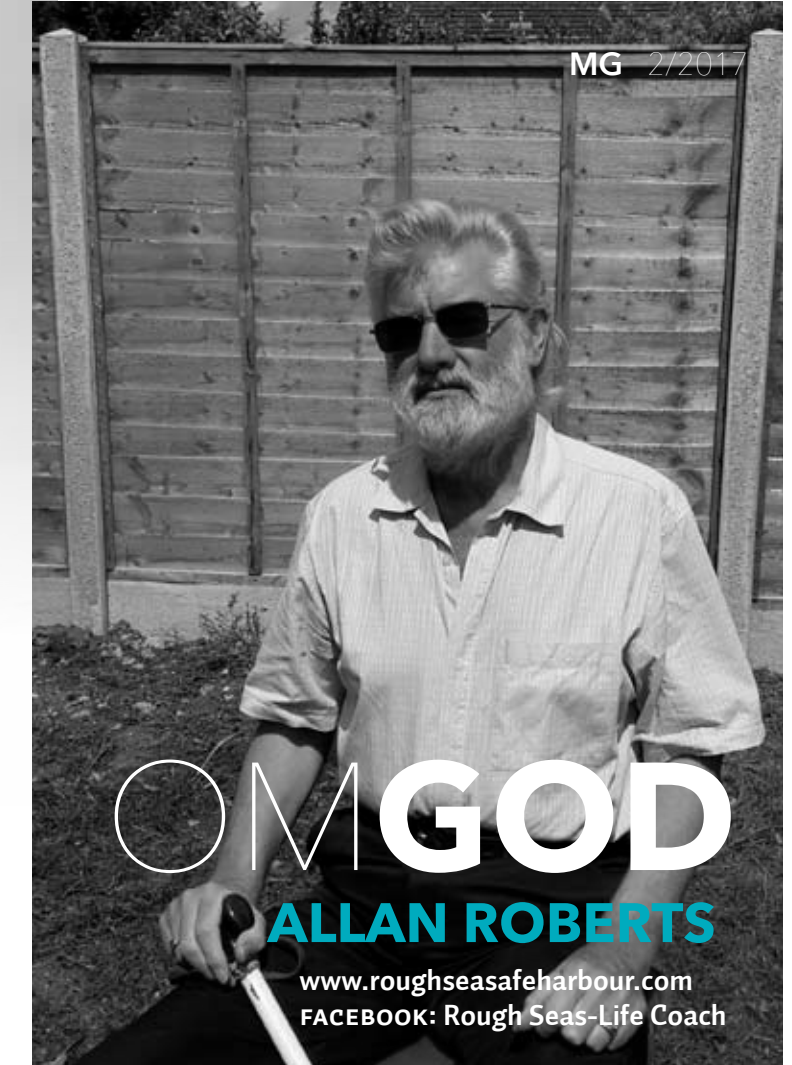
THE LITTLE TOE on my right foot, I think the rest of me has been replaced with spare parts, however, I do appear to have retained my original sense of humour.

IS THERE ANYTHING YOU WOULD LIKE TO CHANGE OR DEVELOP IN YOU?

NOT REALLY, that is not saying I am perfect, just that I am happy in who I am. However, given the chance, I would like to change the order in which the numbers appear in my age.

A BETTER MEMORY would also be good, I love knowledge and information. I am always taking courses and trying to learn. The knowledge sinks in OK, it is getting it out again later that appears to be the problem.

THE BODY I HAD in the army was much better than the one I have now, although I have no recollection of exchanging it for the one I now possess.



WHAT ADVICE WOULD YOU GIVE FOR THE GODDESSES LOOKING FOR THE PERFECT LOVE?

BE PATIENT, never rush into a love life. Be visible, be where your perfect love could be. Be open, be honest, and be trustworthy, never holding secrets from each other. Be forgiving, everyone makes some mistakes or forgets something. Be ready to give as well as receive, sharing is magic. Be ready to help and support. Ask questions because you want to know and understand your partner, not because you are suspicious. Be happy in yourself, love will find you. Most of all, have a sense of humour, be fun to be with.

THERE WAS A LOT of 'bees' in this answer, maybe this is partly answering what is meant by birds and bees.

HOPE I HAVE ANSWERED your questions satisfactorily. That was a range of difficult questions, the hardest subject of all are questions concerning females. I had expected easy to answer questions like, explain electron theory, how a radio works, a photocopier, or a telephone exchange. I think I deserve a lovely cup of tea now.



WHAT HAVE YOU MADE SERIOUS ABOUT YOUR LIFE,
THAT IF YOU STOPPED IT, YOU'D BE LAUGHING A LOT MORE?

“Every great love starts with a great story..”

~ Nicholas Sparks, The Notebook

STORIES WE MAKE UP

There he was...cute as can be...all I saw was his picture, but I knew I wanted to meet him. He was wearing a classy outfit. He had a nice smile. I made up this story about him in my head, this fantasy about what he would be like and why I wanted to get to know him. I built up this energy about our introduction and thought it would be so cool if the Universe would bring us together. “What if he was The One?”

HAVE YOU EVER HAD THAT THOUGHT? I’ve asked it so many times, it’s as if my brain has its own sensor scanning for *The One* in every man! It makes me laugh because I believe there can be so many men who can qualify as The One. It’s really about the connection, rather than searching for a needle in a haystack.

Opening Up To Deeper Connection And Intimacy

THE UNIVERSE COMES THROUGH and we are given the opportunity to connect! Wahoo! My heart soars with excitement! My fantasy becomes more of a possibility. I’ve been down the road of heartbreak many times, but now after an extensive healing journey, my heart was open for love again. Here was an opening for love with a new man!

“A lady's imagination is very rapid; it jumps from admiration to love, from love to matrimony in a moment.”

~ Jane Austen, Pride and Prejudice

WHEN THINGS SEEM TO CLICK, there is this easy flow of communication. It’s easy to be genuine. It’s easy to connect emotionally. It’s easy to talk about pretty much anything! In this deep intimate sharing, my heart opens (beyond it’s normal openness). I feel love for myself, and for the man...because he hears me, feels me and I see him as his bigger self, his gracious, loving self. I feel heard and understood, important, valued, appreciated, special. This is super-sexy! It can really get the fires of desire burning hotter! However, in hearing and understanding him, it can also be where red flags start showing themselves. Up comes internal conflict between my heart opening to love, chemistry and disappointment.

What Happens When Like Turns Into Lust Or Want Or Desire?

“Love is an irresistible desire to be irresistibly desired.”

~ Robert Frost

DID I BLOW PAST THE RED FLAGS? Hell yes! Do you? That’s how we end up with the wrong men, sometimes

the same type of wrong men...not listening to our inner guidance. But I liked him. He was charming. I was having fun. I didn’t want that to end, even though my inner guidance signals were telling me that that we weren’t ideally matched. I had blatantly ignored my red flags...pushing aside my inner conflict, telling myself that the benefit of the moment outweighed the possible costs. Sometimes you just want to kiss the cute guy! Do you ever go back and think, “How did I let that happen?” After I deconstructed the event, I realized that I had control over what happened...in the words I chose, in my facial expressions, in the tone of my voice, in my laugh, in the touch of my hand... it all said I liked him. He felt it. The relationship continued.

Is It Worth It To Fall In Love With The Wrong Man?

“I am coming to terms with the fact that loving someone requires a leap of faith, and that a soft landing is never guaranteed.”

~ Sarah Dessen, The Lullaby

THE NEXT MORNING LIKE a true gentleman, he texted me saying “Good Morning Beautiful!” and said what a fun evening he’d had. (I love that!!!) My heart opened more. I looked forward to hearing from him; a man I knew was not the right man for me. Each day that I let it go on, I looked forward to seeing his text and to connecting with him. I knew if I maintained the flirtation that it would be reciprocated and I could envision myself falling for a man that was not The One. He was someone who I would eventually want to fix, change or trade in. I really didn’t want to perpetuate that old pattern.

I COULD FEEL MY INTERNAL CONFLICT building. My heart was opening. The chemistry was rising. I was aware that my needs would not be fully met in a relationship with this man. I knew that if we allowed the relationship to progress and become more serious, the lack of fulfillment would cause me to eventually leave and I would feel the loss, more than if I walked away now. I was no longer willing to shrink myself to fit into a relationship. Some people call this losing themselves. Some call it being codependent. I’ve acted this one out way too many times to know it wasn’t on my dance card. Self-worth tipped the scales.

Results

GODDESS IN ME TOOK OVER! In a somewhat awkward but loving conversation we traded in the possibility of having a relationship to not. I feel a small sadness for the loss of the potential of love with this new man.

“Accept yourself, love yourself, and keep moving forward. If you want to fly, you have to give up what weighs you down.”

~ Roy T. Bennett, The Light in the Heart

I DID GET A LOT OF POSITIVE benefit out of the short-lived relationship. It opened up an opportunity for me to feel attractive, special, wanted and appreciated. I had a fun, sweet connection with a charming sexy man. I received validation, on several occasions, about how powerfully I create my own reality. I gained increased clarity and healing around my patterns of attraction. I improved the connection to my inner guidance and recognized the benefits and costs associated with ignoring my red flags. I had the opportunity to lovingly speak my truth and feel heard.

SOME HAVE SAID TO ME, “There is no wrong man because every man opens you up to the next level of yourself.” That’s like saying there are no wrong paths, only experience. Be aware of the red flags that create an inner conflict that just won’t go away. You get to choose what experience you’d like to have at any time. Whatever partner you are with, if you choose to stay, create a connection that feels good to your heart. Choose a connection that creates a mutual feeling of safety, acceptance, appreciation, chemistry, expansive love and peace.

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“You’re about to Discover 5 Secrets for Attracting the Man of Your Dreams and Keeping Him Deeply In Love with You Forever...”

Visit: <https://www.facebook.com/Findandkeepagreatman/>

Romance, Intimacy & Sensuality

DIVINE MASCULINE

BY LEANNE THE BAREFOOT MEDIUM

Men, the Divine Masculine, the Gods and Kings, bring colour and joy to the Divine Feminine, the Goddesses and Queens of the world.

As I connect with Spirit and ask them to guide me in sharing wisdom with you to support you in your daily life, I am reminded to talk about how the Divine Feminine, we as women, the Queens can create a safe and sacred space to allow our men to provide love, affection, romance, intimacy and sensual pleasure.

I would like to invite you to first reflect on these questions – What is it that romance, intimacy and sensuality looks like, feels like and sounds like for you from the Divine Masculine, our Kings? Do your expectations or perceptions of romance, intimacy and sensuality from your beautiful King match up with what he is able to provide? Do you provide him with the flexibility to be able to spontaneously show you his affection and love?

Given that romance is essentially the feeling of excitement and mystery associated with love, it is important that you allow your Divine Masculine, your God, your King, to step into the safe and sacred space where he can be free to express his affection, admiration and love for you without feeling pressured to do so in a particular way. For all you amazing women out there, the Queens, the Divine Feminine, I invite you to allow your King, the Divine Masculine to be more romantic, intimate and sensual with you, by creating the right energy around you and providing him with the opportunity to step into this realm with you.

"I invite you to allow your King, the Divine Masculine to be more romantic, intimate and sensual with you..."

How do you do that? Well, my Divine Goddesses, here are a few secrets to help guide you and your man into this sacred realm where you can have your desires for love, romance and intimacy fulfilled:

- 1. Show Appreciation and Value:** Listen to your man's thoughts, ideas, feelings, what he wants and what he is doing, allow him to answer, listen without thinking of what to say next, give him time to think of what he wants to say next, this allows him to feel valued and cared about and special – don't we all want that!
- 2. Be Playful:** Allow yourself to flirt, be playful, spontaneous and tease your man with your sensual side, use physical touch to communicate with him, engage in soft, sensual and pleasurable physical touch - this allows him to do the chasing, reminds him of what a valuable prize you are and leaves your man knowing that you are interested, that you want and desire him
- 3. Give Permission:** Allow your man to be unapologetically masculine, without fear of being judged or yelled at as well as to feel powerful and desired as a man – give him permission to be all of his Divine self.

LEANNE, The Barefoot Medium, International Medium, Trance Channel, Psychic Detective, Twin Flame Connector, Spiritual Teacher and Author is available for Readings, Mentoring, Courses, Retreats and much more to reconnect you with loved ones who have passed as well as provide you with insight, clarity and guidance to support you in your everyday life and to manifest all that you need, want and desire in life. Contact Leanne www.thebarefootmedium.com.au or thebarefootmedium@hotmail.com.au

4. Let go of expectations & go with the flow: When you view the relationship as so significant, so intimate, so important to your well-being, you create too many expectations boxes, walls, blocks or obstacles for your man to bump into as there is no space for them to fall into and participate with you and for him to feel like it is his choice to be affectionate, romantic and sensual with you – the least meaning you place on it the easier it is for him so let go of all expectations and go with the flow

5. Create Time and Space: Provide your man with the time and space where you are completely present with him, with no distractions, where you and he can connect and communicate physically, mentally, emotionally and spiritually, where he can feel safe to be romantic and intimate with you, where he can share his feelings, give love and affection - stay in the moment and be authentic with showing how you feel. There you have it my fellow Goddesses, Queens and Divine Feminine, stand in your power, be confident and be romantic and sensual with the Divine Masculine, the Kings in your world by communicating your feelings of excitement and mystery associated with love – freely express and allow him to experience and feel your affection, admiration and love for him.

MICHELLE TERRELL

MEN YOU HAVE **LOVE LIFE** **HOME COURT ADVANTAGE.**

LEARN IT. USE IT. BE POWERFUL. WOMEN WANT YOU TO.

MEN YOU HOLD MASSIVE POWER

GUYS PLEASE, I beg of you, stop trying to problem solve and resolve interpersonal conflicts while off your rational power position. Life gets so much easier, especially in your love life, when you know your ideal place in the mists of any emotionally tense or awkward situation. So men, for your own sake, stay on your home-court-advantage playing field!

IF I HAD MY GREATEST wish for men's well-being and empowerment, it would be that they master the art of staying in their unique power base with purpose. Stay in your lane! Own your playing field!

IT BOILS DOWN TO THIS

SEE, AFTER 20 YEARS listening to men's struggles with life, they all seemed to all boil down to men simply missing a huge piece to the emotional intelligence puzzle. I realized, with my female insight, teaching style and heart for men, I was uniquely qualified to provide them this puzzle piece. I came to feel ethically compelled to do so.

ONCE YOU ARE AWAKE to the reality that men are set up to struggle in this

way, due to a culture that wasn't teaching young men anything about this yet, you see clearly that someone has to step up and provide. When men get this piece integrated into their being and lifestyle, they take off in their lives and model it for other men. Its a Micro to Macro thing, it spreads out making the world a better place.

STAY IN YOUR LANE, BE POTENT

WHAT I HAVE FOUND is that men are much more effective and possess massive healing power when they stay on their rational-stability playing field. Modern men tend to knee jerk over to the emotional-processing playing field where the feminine rules. They have been taught and conditioned to behave this way by the culture. We all have a masculine and feminine aspect to each of us, but it is in our rational-compassionate state that we are the most constructive when things heat up. Rational-Compassion happens in our masculine aspect.

WOMEN WILL ALWAYS out emote men, as it is the super power of the feminine in all of us. Female humans are more naturally inclined to accessing this part of themselves. Further, we all know that emotionally triggered men will

always be less constructive and cause your project set backs.

YOU ARE BEST ON YOUR RATIONAL PLAYING FIELD

DON'T GO OVER to their emotional playing field, just don't go! Stay calmly centered in your role and purpose by offering a grounded, stable presence to anchor and center the emotional flow of the room and channel it for the good of the work, project or relationship.

EMOTIONAL PROCESSING is a highly valuable asset to have on your team, but in order to outsource it to those that are better at it than you (generally that will be female human beings) you need to master the art of offering stability.

THIS CAN BE DONE with clarity, which naturally accesses a state of relational-compassion. When this stabilizing presences is offered to the more gifted emotional-processing person will then be able as well as, in desire to offer their emotional processing, intuitive skill set to the highest good of whatever it is you are trying to accomplish. In other-words, instead of destructive and derailing hysterics, the masculine presence a man can choose to offer the situation has the power to convert that



all-over energy into something highly constructive that can then serve as rocket fuel propelling the situation toward mutually beneficial outcomes.

**YOU ARE A GOOD MAN,
YOU JUST NEED SOME SUPPORT**

The good men I have come to know through my coaching work, have shown up genuinely confused about their place in things when emotionally fired up situations went down, but had no idea this was what was holding them back. They soon discovered all they needed was some new knowledge and specific support in order to feel into their own power to be able to stand in their fullest potency as a man in the moment. Maybe even more importantly, to feel great in a sustainable way, after whatever conflict is resolved.

WHAT I FOUND was healthy men simply need to be introduced to the concept and it hit a raw nerve. Men have told me over and over how this knowledge has validated so much of what they felt was a better way, but were not given permission by the current social norms to act on it. The last thing decent men want to be is a bully or a disrespectful, domineering ass, nobody wants that.

THIS IS ALREADY IN YOUR HEART

I HAVE REASSURED many men over the years that providing highly conscious emotional support is a kind and loving gift, not a controlling macho jerk thing when done with an open heart and a strong sense of the bigger picture. What I am suggesting is that men learn how

to provide solid river banks to whatever river of emotional energy was running through their village at any given moment, especially with women they were intimately involved with, rather than jumping into the river trying to figure the river out or convince it not to be such a scary powerful river.

BY BEING IN AWE and admiration of the river's natural power to be both destructive and nurturing, men can hold their own in the face of the raging waters and fulfill their natural role as the provider of the emotionally stabilizing rocks of the river bank. He has the potential to both protect his village and allow the river to run its natural course. In this way, he is thoroughly honoring and guiding with respect for the nature of things. Men are in their most whole and naturally self-sustaining, healthy selves when they stay clear about what their greatest gift is to give, their stabilizing influence.

THE POWER IS IN THE CHOICE

THIS CONSCIOUS CHOICE to stay on his own playing field as a self-contained, stable being, naturally feeds the inner confidence of men and garners respect, influence and loyalty from others. It's highly attractive and motivating.

MODERN MEN have lots of social-emotional blocks to mastering and bravely offering this powerful emotional guidance system, including social shame for seeking out education and personal feelings of failure having gotten to a certain age and still feeling like you haven't gotten much figured out in this area yet.

ADDING TO MEN'S ANXIETY about taking on this emotional IQ learning curve thing, women get very upset with men for somehow not having this mastered yet and even they don't know why they are upset. This angst in women that is rising up now more than ever, and is exactly why men need to learn their greatest power position isn't the old domineering way nor over on the feminine emotional playing field. It's about standing in his own well-examined authentic power, becoming an agent of peace in any and all emotionally hyped or tense situations.

**WOMEN'S INTUITIVE NATURE
APPRECIATES GUIDANCE**

WOMEN WILL ALWAYS be the ones to sound the warning bell when a culture, tribe or home has become dangerously out of balance. Wise men don't react. They listen, respect it for what it is and respond calmly. Yes, emotional upheaval that feels highly irrational to the male sensibility, can be a wild ride way to ring the warning bell, but it is our natural tribal design to do things this way. Why fight nature?

MEN THAT LISTEN TO THIS intuitive wisdom are powerful leaders that desire to save their village from being flooded, and know what power they hold to ensure the river offers life-giving refreshment and support instead.

Michelle Terrell

What I have found is that men are much more effective and possess massive healing power when they stay on their rational-stability playing field.



**MICHELLE TERRELL
Relationship Well Being & Sexual Health Coach**

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What is your secret superpower?



Channelling Amy – Heart Activation Music

During April 2015 life as I knew it changed with the conscious awareness and introduction to my beloved Spirit Guide, Amy North.

By Steven North, musician, therapist, Amy North channel, and Heart Activation Music and Therapy founder.

I CLEARLY RECALL THE MOMENTS that led up to this: I was experiencing an increasingly strong urge to discover the identity of my spirit guide. Previously, I'd been wanting to believe I had one, and I was trying to find my purpose in life.

MY ENTIRE LIFE CHANGED

Before my introduction to Amy, on several occasions I'd felt as if someone was touching me on the arm, yet I was alone. I had no idea what this was and couldn't explain it. The 'entity' – who I later learned was Amy – had also been showing of her presence through various readings I'd obtained, and I began to see a pattern forming. Signs were being shown everywhere. When I found a person offering a 'Meet Your Guide Reading', my entire life changed.

'Amy informed me that the work we were about to start would focus around channelling'

SO, HERE WE ARE TODAY: Amy and me, spirit and incarnate, twin flames, creators of Heart Activation Mu-

sic and Therapy. Together, we stood on the main stage at Perth's Conscious Living Expo in November 2016 as keynote speaker discussing the topic of 'Connecting with Spirit' with other consummate professionals. This experience could not have occurred without the beautiful bond that is the spirit guide and incarnate connection, which each of us can activate.

CHANNELLED MESSAGES ARE SOMETHING I've always thought would be cool to do. When Amy informed me that the work we were about to start would focus around channelling, I was excited.

TOGETHER, OUR CHANNELLING helps people understand more about themselves and we achieve this result in various ways. The first approach we took was to channel a person's spirit guide. We then embedded this connection into a crystal, along with their life path through direct access to their personal Akashic records. At times, the twin flame also connected. As one person described it, connection with the spirit guide was an experience "in high definition".

WE STILL USE THIS – our first form of channelling – but it has expanded into other avenues. We've been channelling Archangels, Ascended Masters and Intergalactic connections into crystals. The idea of channel different planetary energies into crystals has now been presented to me and I will soon begin experimenting with this.

I'VE ALSO BEEN PRACTISING with voice channelling and writings with Amy, Archangel Metatron, Archangel Michael, the Ascended Masters, Spirit Guides, and others.

DURING THE DEVELOPMENTAL STAGE of my channelling experiences, I had another spirit guide in my ear who provided a new and exciting concept that would help the incarnate (me, in this case) with the work that spirit guides do. 'The information led to the development of the crystal Microphone to the Universe, which helps psychics, mediums, channels and scribes with their work' The information presented was astonishing and profound. It led to the development of the 'Microphone to the Universe' – an extraordinary crystal that helps psychics, mediums, channels and scribes with their work.

THE EXPERIENCES AND EXPLORATION that Amy and I have shared together with this work is truly remarkable, and there have been moments when I've been in awe with what we're doing together.

BINAURAL FREQUENCIES

One of the greatest life changing creations that we've made together has been the Heart Activation Music, which we launched to the public on 31 July 2015, the night of the Blue Moon.

SINCE THE LAUNCH, we've been helping many people and their spirit guides all around the world, including ourselves. This work is something we hold special to our hearts because the music contains the energies of spirit, the consciousness of crystals, binaural frequencies, light codes and the energies of God source. Let us now explain what the Heart Activation Music actually is and how it works.

AMY AND I CREATE this work as a duo. Amy conveys coded vibrations to add to the sounds being created by me. These are messages of light, which help people walk towards the light of consciousness. In other words, we plant

seeds so that the person can get curious about this and then focuses on discovering more for themselves.

DURING A CHANNEL SESSION, commenting about the music, Amy said: "It is called 'Heart Activation Music' because of the physical effects that it has on people. The energies within the music is filled with unconditional love and once this is felt within the heart, the walls that we usually have up around our hearts are lowered – and then the way can be opened up for many things. Things such as helping people living their life purpose, finding their twin flame (if they too have incarnated) or a significant soul mate, caring for others is another thing that comes in when the heart has opened and become activated. The music engages life purpose, true love, compassion, walking a higher path and raising the vibration of the planet." Amy added: "The music itself creates what is called 'sacred space'. It raises the vibration of a room and should be used in healing practices, and has been helping many with channelling that have been included in the experimentation stages. It also helps the person and their spirit guide with healing trauma that is held within the soul level and flows through multiple-dimensions.

THE ASCENDED MASTERS have advised this has helped countless numbers of beings, as the music doesn't ever stop." On the 12th of October 2016, it was revealed that the Ascended Master Lady Nada, whose focus is on healing, truth, compassion and divine love, has taken great interest in the Heart Activation Music. This is because the energies in the music are filled with unconditional love.

WE HAVE BEEN GETTING wonderful feedback from people listening to this music, meditating to it, feeling their heart chakras opening. In crystal shops, they've witnessed all of the crystals activating when the music is played. Many more extraordinary experiences reported to me support the concept that this is a blessed creation. "I am so fortunate to be creating it with Amy."

FINALLY, AMY HAS ALWAYS SAID to other incarnates and guides whom we speak with: "If this is what we can create with our spirit guide-incarnate bond, what are you able to create with yours?"

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YOUR PURPOSE MATTERS

No life is without a purpose on earth and we are no exception of this. Everything is energy and all of us humans have our unique frequency of being. We are symphonies of life, different shades of light eager to flow and create through these bodies. The level of success, happiness and abundance we are currently experiencing is a direct reflection of how connected we are with the truth of our being.

THE GREATEST SECRET TO HAPPY, easy and abundant life is becoming aware of the song of our soul, the truth of our being and living consciously on our purpose. When we align with the authentic song of our soul, we become magical magnets of "manifestation". The clearer our connection with the truth of us is, the more focused beams of energy we become and that can shape the whole Universe around us with miraculous speed to match our natural and most potent frequency, showing up with all of our deepest desires, even before we know what they are.

THINK ABOUT HOW MUCH TIME and energy you are spending on trying to fit, or in trying to make more money in instead of discovering your authentic being, the source of the true riches and freedom of you? What would it create for you if you began to ask, what is it that I am really here for? And what if that is not a destiny to arrive to, but a way of being right now?

Would you be willing to receive money for just being you, or would that be too easy for you?

WHAT IS STOPPING US from living our purpose and creating our lives the way we want? In truth we are infinite beings capable of creating everything in our lives just the way we want, but because we have bought the lies about this reality as true and the lies about us true, most of us never get to experience the magic we could truly be for ourselves and for the whole. This is because within we have an ocean of subconscious beliefs, and judgements that are actually making all of

our decisions for us. Think about something you'd like to have in your life. Then ask yourself why are you not having it right now? What comes up for you? Most of us get a big list of stories, a big list of reasons why we can't have it. I don't deserve it, I'm not good enough, smart enough, or I'm too this or that. And that is not the only programming we have running on autopilot within our subconsciousness. If you then ask what if you did get it all just the way you wanted? Then what, what would you be afraid of might happen? We will discover another list of reasons why a part of us doesn't want the things we think we want at all, because it will create something we really want to avoid.

WHAT ARE WE MOSTLY AVOIDING THEN? We are avoiding everything that can cause us pain, we are avoiding our unpleasant feelings and emotions. In that same way we are also truly seeking anything that can gift us the pleasure, love and joy we want. To put it in a simplest possible way, we humans are basing all of our decisions either on fear or on love. You may want to ask yourself, how many of your decisions have you made or are making in your life based on fear? What would it create for you if you begin choosing from love instead?

LEARNING TO MANIFEST THINGS can be easy, and fun, but the greatest reason we don't really want to merely manifest more money or the luxuries of life, we think we so much desire, is because there is that part of us, that is in for the whole ride. That is in for making an impact, being the change, making a difference, and that part already knows what it actually is that makes us happy. Our true happiness and joy doesn't come from anything outside of us, it comes from us being

Our purpose is not a destination to arrive into, but a way of living and expressing in every moment.

the contribution we truly can be. Believe it or not, that is one of the greatest gifts we are trying to gift to ourselves in all of our struggles. Us choosing lack is about us trying to wake ourselves up into seeking that which truly matters and can gift us true happiness and a life that is beyond any of our expectations.

WHAT I HAVE LEARNED on my journey in assisting people is that a lot of us can be intimidated by just hearing the word purpose, because we automatically tie it with some grandiose ideas we have picked up from the world. We think that a purpose has to be something so big and grand that we instantly go into a space, I can't do it anyway. We have another autopilot program running.

OUR PURPOSE IS ALWAYS ABOUT us living in our most authentic joy in this moment of now, and for some that can be being able to fully enjoy being a full time mother or a loving partner to someone, for some it can be the ability to accept living as disabled. It is us playing, and on the contrary to common belief, the less rules we have in our play the more magic it can create. When we are playing, just for the sake of playing, we become the magic we truly be. Our purpose is most of all a frequency of being. When we connect and express that, our purpose begins to naturally expand and create through us and for us. We are also able to let go of the reasons why we think that we can't receive money, if our purpose is not some huge mission that requires us to take the central stage. Not all of us are the extroverted super stars, but that doesn't mean we can't have a luxurious lives or whatever it is that we want. Some of us may prefer a quiet and slower life in the countryside. It is always a matter of choice and letting go of our limited points of

views about receiving our own infinite being. We are in constant space of evolution, and so is our purpose. Our purpose is not a destination to arrive into, but a way of living and expressing in every moment. We all are the super heroes and heroines of our own lives and we have a total freedom of choice. We have the whole Universe as our resource and we can consciously create with it and for it all. The only thing that is powerful enough to separate us from our own good is ourselves and the only thing that can reconnect us with all of our good is ourselves too. And it can be a lot easier, lighter and much more fun for all of us.


WHEN WE CHOOSE TO ACT from purpose we are connected into an unlimited source and from this space anything becomes possible. That is true success in life, the source of all happiness there could ever be in our life.

Living less than our potential is us choosing fear instead of love.

Would you be willing to start choosing love for all of us?

IF SO, I'M INVITING YOU TO PLAY WITH ME. I'm offering my readers some free complimentary sessions. This session will help you to get more clarity and empower you on your journey towards the magical being that you truly be and also helps you to see what is on your way, so that you can start letting go of those past human memories. You can book it from right **HERE**. But, please do it right now, since the spaces are limited.

Be the change you came here to be!
KATI KELO www.magical-goddess.com



Ask yourself these two questions:
What is the worst thing that can happen
if you give it a go? What is the worst thing
that can happen if you don't?

CREATING A BUSINESS FROM YOUR JOY

When we find our joy and the greater purpose of our lives we often require a platform for us to be able to share our gifts with the world with more ease. However, starting a business can be an intimidating and scary step for many.

We have so many expectations and beliefs of what it means to be an entrepreneur and many of us don't dare to go that far. I don't know enough. I don't have what it takes. I'm not good with numbers. It would be too complicated. I would have to work too hard. I wouldn't be credible. Who would buy from me and what could I offer that people would actually be willing to pay for?...and the list goes on. However, our business is not outside of consciousness and just like with everything else in our lives, what matters the most is our consciousness and what space we be in creating our business. We are to only ones who can limit the success of our business.

5 STEPS INTO CREATING A SUCCESSFUL BUSINESS FROM YOUR JOY.

1. Be inspired & know your why's.

Have a vision. You need to have a good enough reason you can stay 100% committed even if things don't go the way you planned the first time.

2. Let go of all the limiting beliefs

you have about what it means to create, own and run a business. Go through every belief and judgment you have about business, success, money, yourself and release them. Shift your focus from doubts on questions on how it can be done and what else is possible?

3. Be willing to receive everything.

To create a successful business you have to be willing to receive everything, all the good, bad and the ugly. And most of all, you have to be willing to receive your own brilliance and vulnerability. You have to be willing to receive money from everyone. The only issues we create into our lives are the ones we haven't yet received the gift from.

4. Be willing to lose everything.

This means that you are continuously willing to lose everything that doesn't work for you and choose something that does work. You want to become an open and aware space, willing to change direction according to your guidance. There is no failure, just attempts to succeed. Everything is in the end always working for you.

5. Trust yourself and don't

listen to doubters. Like it or not, it is most likely that your current world wants you to fail. Get help and ask questions, but only ask those who actually know about the things you are wanting to create, everyone else is wanting you to stay the same and safe for them. Trust your own knowing, because you are creating something that has never been around here before. Trust that your success is inevitable if you never give up.

Shine your light, Kati Kelo

MATT KAHN

THE BEAUTY OF
SPACE

As I tune into the emotional bodies of energetically sensitive souls, I am called to highlight the beauty of space as a necessary component in our spiritual evolution. Just as the secret ingredient in each recipe is the time required for all flavors to meld together, the importance of time equally assists in the integration of our highest potential, when using it wisely to offer ourselves the space we truly need. Whether it is space from the roles we play, space from seeking validation from others, space from tracking news headlines, space from constantly checking in to make sure we are aligned, or even space from needing to know where we're meant to be next.

AS THE BEAUTY OF SPACE is embraced, we allow the inner stillness of true serenity to be acknowledged as our natural state of being. Oftentimes, when we take the time to create a more spacious experience for ourselves, we become aware of how much more rest we require as we process higher frequencies of light throughout our cellular body. While greater rest can often inconvenience the ego if not used to check out from life, the soul is nourished by rest, as it allows the Universe that already knows how to heal you to complete your lifelong transformation. If you often wonder how much longer this process will take, it's a telltale sign that more rest is required.

IN ORDER TO FULFILL this request from the Universe by offering yourself the beauty of space on a more consistent basis, please consider the wisdom of the following questions:

What if you didn't try to do everything all at once?

What if each day could be dedicated to just doing what needs to be done to satisfy this moment in time?

If overwhelmed by bigger projects, can you break things down into several tiny action steps to allow each day to be one step forward?

What are the addictions and distractions that take up time that could be given to creating more space and getting more rest?

What if you could focus on your needs instead of worrying how others perceive you?

What if no amount of effort can ever make others feel validated if they are not whole in themselves?

What if your wholeness is the most essential way to energetically and emotionally assist others in remembering their true worth?

What if you no longer sacrificed your health and well-being for anyone ever again?

What if the more you rest, the easier it is to see the Universe always conspiring in your highest favor?

WHETHER THIS EMOTIONAL FORECAST confirms the rest you have given yourself permission to receive, or reminds you of a priority that may have fallen by the wayside, the more you abide in the beauty of space, the easier it is to embody the frequency of heart-centered consciousness without getting pulled into the emotional swirls that others are healing. In the new spiritual paradigm, we don't have to get sucked into the orbit of another people's pain in order to transform their heart through the power of empathy, compassion, and love. Instead, we give ourselves the time, space, and rest we need so when it's time to engage with others, we are vessels of heart-centered consciousness, instead of victims of circumstance. As the beauty of space is received at a deeper level, this week is a great opportunity to:

Focus on what is whole, right, and good about the world in view

Dare to compliment yourself even for the smallest successes and victories

Choose to see the innocence of others, instead of the masks they wear

Create space for creative self-expression

Take the time to laugh as often as possible

Nourish your body as a vessel of awakening by getting the rest you need

Face the fear of abandonment and rejection by spending alone time with your heart

Ask your inner child how you can best serve its needs, instead of trying to make it into the experience that you desire

AS WE DARE TO BE IN TUNE with today's plan, instead of being mesmerized by life's bigger cosmic picture, we participate in the miracle of our own healing journey as our personal contribution toward the awakening of humanity. One inspired and heartfelt choice at a time, the keys to our eternal freedom open the gates of heaven and welcome us home from the inside out.

CAN YOU ALLOW YOUR PATH to be this outrageously simple? Are you willing to face the inner voices that worry about missing something, only to realize the only thing that's missing is the recognition that nothing is missing? Can each fear, worry, or concern be a more intimate invitation to love what arises?

May the beauty of space be invited into your reality to uplift your life into an eternal celebration of immaculate grace.

Many blessings beautiful ones!
Matt Kahn

"Can each fear, worry, or concern be a more intimate invitation to love what arises?"



MATT KAHN is the author of the best-selling book, *"Whatever Arises, Love That."* BOOK is now available: <http://www.TrueDivineNature.com>

<http://www.TrueDivineNature.com>

Pick the Perfect

FENG SHUI COLOR FOR YOUR FRONT DOOR

by Kathryn Weber

There is little more important in your feng shui than your front door. Realtors know this. Many times a house sells itself right at the front door. If the front door is attractive, the front and curb appeal of the home appealing, the house will enjoy good feng shui and the occupants will thrive. That's because your front door is the mouth of chi, the point at which energy enters your house.

YOUR FRONT DOOR is the doorway to opportunities, income, improved prosperity, happiness and all manner of good fortune. To say that your front door is the front door to happiness is no exaggeration.

MAKING THE FRONT DOOR look as attractive as possible encourages good feng shui and all the benefits that come with it. A crucial part of that then is to paint your front door with the right door colour for your home's facing direction. To do so, you will need to know what direction your door faces by using a compass and looking from your door out toward the street. Once you know that, then apply the correct color.

DETERMINING THE MOST AUSPICIOUS COLOR FOR YOUR FRONT DOOR

IT'S IMPORTANT TO KNOW that there are two ways to go about selecting your front door color.

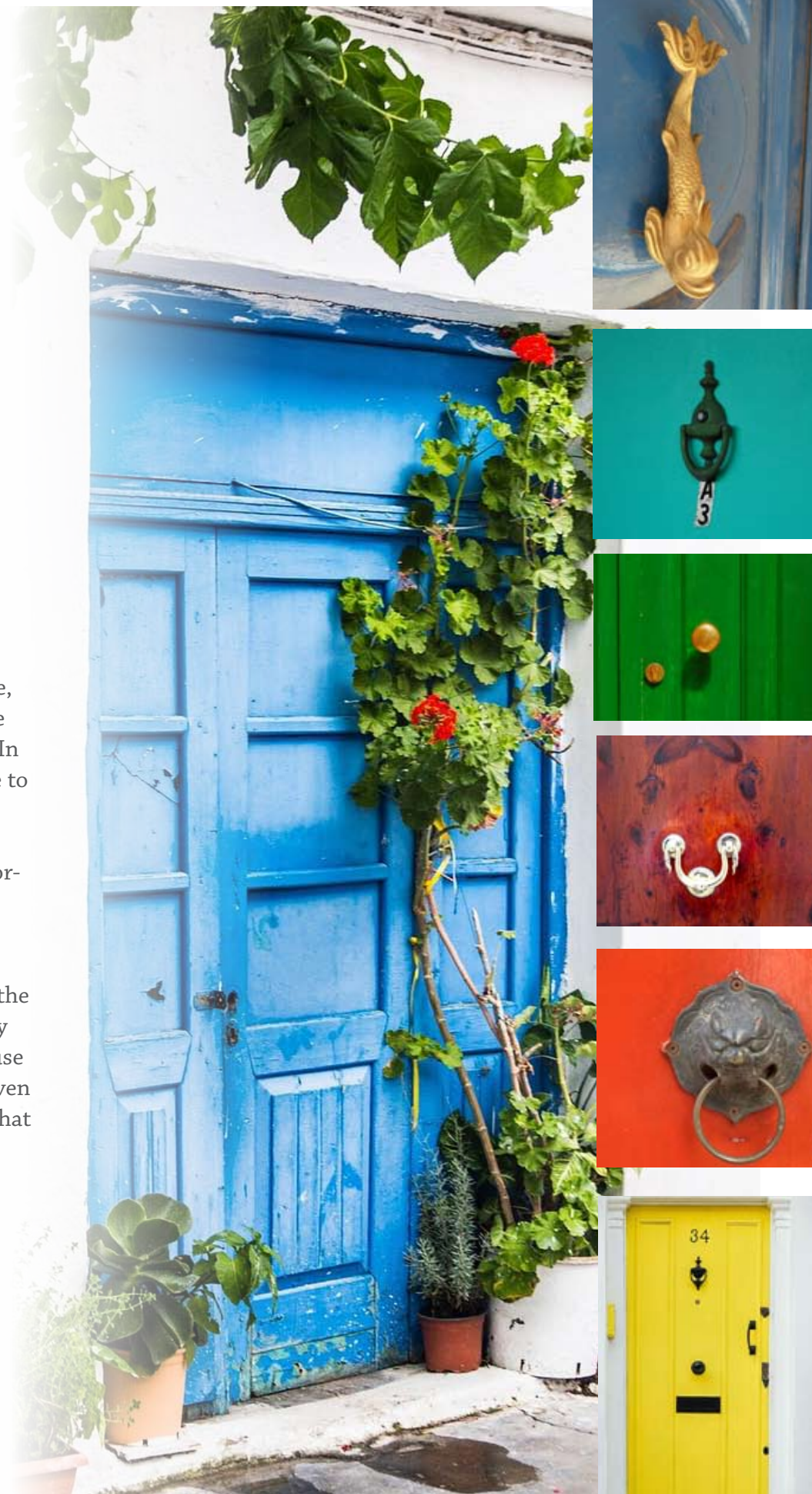
THE FIRST IS TO PAINT it a harmonious color, which would be the color that the direc-

tion that your door faces. So, for instance, north is the direction associated with the color blue and black, to represent water. In this case, any water colors from pale blue to deepest black is appropriate.

BUT THERE IS ANOTHER even more important color you can paint your front door, and that's the productive color.

TAKING AN EXAMPLE of the north door, the direction of north represents water, so by painting it a color related to metal, because metal produces water, you will have an even more auspicious and helpful front door that will enhance your opportunities, income and good fortune!

FENG SHUI EXPERT, KATHRYN WEBER, writes the *Red Lotus Letter* feng shui e-zine with weekly tips and information on using feng shui for greater prosperity, happy relationships, and a more abundant life. Sign up for her FREE 4 week e-course, "**28 Days to Prosperity**" at www.redlotusletter.com



HERE ARE THE EIGHT door facing directions and their harmonized and producing colors to help you select the perfect **FENG SHUI** colour for your door.

NORTH

HARMONIZED COLOR: *Blues, black and purple,* and all shades related to the water element.

PRODUCING COLOR: *Gray, white, metallic* and anything of the metal element.

NORTHEAST

HARMONIZED COLOR: *Beige, yellow, clay* and earthen colors related to the earth element.

PRODUCING COLOR: *Red, orange, pink, coral, purple* and anything fire element.

EAST & SOUTHEAST

HARMONIZED COLOR: *Green and brown* colors and shades of the wood element, or wood itself.

PRODUCING COLOR: Any colors of the water element from *blue to black and purple.*

SOUTH

HARMONIZED COLOR: *Red, purple, coral, pink, fuschia, orange* and any colors of the fire element.

PRODUCING COLOR: Wood colors of *green and brown* and anything related to the wood element.

SOUTHWEST

HARMONIZED COLOR: *Beige, yellow, clay* and earthen colors related to the earth element.

PRODUCING COLOR: *Red, orange, pink, coral, purple* and anything fire element.

WEST & NORTHWEST

HARMONIZED COLOR: *Gray, white, metallic* and anything of the metal element.

PRODUCING COLOR: *Beige, yellow, clay* and earthen colors related to the earth element.



What else is possible?

MAGICAL GODDESS

YOUR LIFE IS YOUR BUSINESS

Live Your Magic & Shine Your Light

Let's find out what it is that you are really here for and let go of all those excuses that you can't create your riches doing what you love.

Do you often feel like you don't somehow fit in, stuck living a life that is far from what you once envisioned. Even when things should be all right, it feels as if a part of you is crying for something greater.

You are not alone. Majority of people are living in a reality someone else has chosen for them, instead that of freedom, ease and joy.

But there is a different possibility for you. You can start creating your own reality by discovering your own magic and making your life your business, right now.

For information on how you can live your magic visit:

www.magical-goddess.com

Be the Change

What else is possible?

What if there was a tool for every problem and issue you have?

What if changing the programs and beliefs you function from could be faster than the speed of light?

What if change was much easier than you ever thought?

What if changing the world was much easier than you thought?

When you change yourself you invite the world around you to change too.

What if you already know everything you need to know but have just hidden it somewhere very deep?

Access Consciousness® is a set of practical tools to change whatever you would like to change, empowering you to know what you know, and to create a more conscious world.

What if you could stop dreaming and instead CREATE the life you desire to live?

QUESTIONS? CONTACT

SATU - Telecalls, Classes, private sessions in person around the world and skype www.satufairytale.com satu@satufairytale.com

KATI - Access Bars & Private **MAGICAL GODDESS** coaching globally: www.magical-goddess.com

ACCESS BARS®

Is there something in your life that you would like to change now, fast and sustainably? Would you like to have more ease and joy in creating the life you truly know is possible?

ACCESS BARS is a life changing and nurturing body process. It is a simple energy process where the practitioner gently touches 32 points on the head to release limitations in different areas of your life, like body, control, money and creativity to name just a few. Access Bars releases your body and mind from thoughts, feelings, emotions and judgement that you no longer need or want to hold on to, and goes way beyond the understanding of the conscious mind.

IT IS A PHENOMENAL AND QUICK WAY of accessing your subconscious programs, and is like emptying the hard disc of your computer of data that takes space and makes everything slower. Receiving the Bars gives you a great sense of peace and SPACE that opens up new possibilities in your life. Access Bars is a very safe technique, it does not have any negative side effects and it can be done to everyone in every situation, including children and pregnant women.

AFTER A BARS SESSION PEOPLE HAVE REPORTED PROFOUND EFFECTS ON:

Elimination of aches, pains and stiffness of the body
Improved sleep
Reduced stress and mind chatter

Increased energy
Getting out of depression
Helping with ADD and ADHD
Losing weight
And even being HAPPY

Are you willing to give it a try?

Find your local practitioner :
<http://www.accessconsciousness.com/facilitators.asp>

MAGICAL GODDESS

– Healing –

Is there something you would like to heal in your body or your life?

I offer private intuitive healing appointments for specific issues.

If you would like to know more please book a consultation with me from the link below.

BOOK HERE



www.magical-goddess.com

F

THE MAGICAL ALPHABETH

How do you use words? Everything is energy including the way we speak and how we use words. Words have the power to create. God(dess) is in the little details of our lives. How many uplifting words can you come up with that begin with the letter F?

I wonder how might you feel after doing that for a while? (lol)

Magical Goddess has chosen the word for **F** to be

FUN

HAVE MORE FUN

What if you made having fun one of your greatest priorities in your life? I wonder what that would create for you?

Really, it is not worth it if you are not having fun. How much more fun could you add to your life, how much fun can you have today?





LIVE YOUR MAGIC

Shine Your Light & Be the Change

MAGICAL
GODDESS

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www.magical-goddess.com

– Create a Life of Divine Flow –