

MAGICAL GODDESS

NEW MOON
WITH YEMAYA
Bridget Engels

MATT KAHN
LIFE KNOWS THE WAY

OMGOD
BRIAN D. RIDGWAY

5 Steps to Heal
**RELATIONSHIP
WOUNDS** Marlu Harris

ALLERGIC TO LIFE
Satu Lindgren

WATER

*Effortlessly Fit
& Happy Body*

25 Phases of Divine
Feminine Awakening

Dr. Amanda Noelle

TOWARDS Kati Kelo
EMOTIONAL FREEDOM



Goddesses don't do business they have ecstatic **LOVE AFFAIRS.***

(*with all life)

How is your love affair with your life?

Does it fulfill all of your desires? (even the most secret ones)

Does it treat you with luxurious gifts?

Does it allow you to have time for yourself,
plenty of freedom, ease and joy?

Does it inspire you? Do you feel safe and supported,
loved like a Goddess should be loved?

Or do you feel rejected, drained and tired?

Are you all in and not getting much in return?

Are you the one doing all the hard work on your own?

Do you feel like you have a world of love to give,
but no one to receive it?

How much are you willing to love and let go?

How much changes and freedom are you willing to create for you?

What would your magical love affair look like?

Let's find out, what else is possible for you and your love affairs?

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Welcome to
Magical Goddess Magazine!

KATI KELO IS a facilitator of change, magic and expansion of consciousness. She helps 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.

– Create a Life of Divine Flow –

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HEALTH & HEALING

One of my favorite dictionary descriptions of healing is; to make sound or whole, or return to a sound state. Another one is; to return the original purity or integrity.

KATI KELO FOUNDER & CREATOR

HERE IS ME WITH MY BELOVED JESSE, formally known as Mr. James Wolf. He passed on to the other side on his birthday 26th October. We had the privilege of enjoying his loving, kind and playful company for the past 13 years. RIP my love.

IF YOU THINK OF THIS UNIVERSE where everything is energy and that energy can be still or it can move. Every movement produces a sound, weather we can hear it or not with our human ears. We can think of the whole Universe as a symphony just as we can think of our whole being. When everything is in harmony it all works together smoothly without limitations. When there is misalignment the harmony gets interrupted and disease takes place. If I think of it this way it becomes easier for me to understand why different modalities of healing can work, by introducing the harmonious vibration where it has gone missing and returning the original harmony of the matter. The easiest healing method we all have in our use is the presence and the frequency of pure unconditional love, it has the ability to harmonize anything.

IN TRUTH NO ONE OUTSIDE of us can actually heal us. Healing is always an inner job. A true healer is merely a witness and holder of the space for our natural healing to occur. And if you think of the oneness we are the ones that invite the help and the healers into our lives. If we go deeper into the truth we get to the realization that there is nothing to heal and no one to be healed, that any disharmony is just a matter of limited perception and awareness. However, knowing the truth does not help us when we are faced with struggles that feel very solid and real and a lot of the times unjust.

USUALLY, WHEN WE WANT TO HEAL or change anything in our lives, we begin searching for help. We do everything in our power to try to fix the problems as quickly and easily as we can. If we get a physical

illness we go to the doctors and most of the times they are successful in removing the symptoms of our illness and we carry on with our lives as usual.

MOST OF US LIVE IN the world of causalities, where one thing causes another. We pick up the rules on the way and buy most of them without a doubt. We believe that the symptoms are the cause of our pain and once they are fixed our pain goes away. Although, western medicine has began shifting into fixing the problems before they occur, it is still functioning from preventing the illness rather than us having a communion with our bodies. A real relationship where we are aware of our bodies and are communicating with our bodies and our environment at all times. A deeper understanding of everything being energy. We can't seem to get by from the solidification of our bodies and creating separation between the spirit and the body. It is the same with everything else our money problems or our relationship issues, we try to fix the superficial illusions of appearances instead of understanding that we are the ones creating the separation in a much deeper level.

WE KEEP ON DREAMING of the better future where everything is well, and go on to imagining the worst case scenarios. That is human nature trying to avoid things getting even worse and trying to fix and heal all the wrongnesses so that the future can be better. We keep forgetting we have created the perfection of this moment as it is. We forget to stop and listen. We fix the symptoms and move on. We focus on the future avoiding facing the pain that really was causing our symptoms. That is when we are tying ourselves

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to the past, because we are creating from avoiding the pain of the now and it is actually creating more of that same pain. We are creating repeating cycles of pain that keep growing in power. Then comes a day the reality punches us right in the face without a warning. That is the moment we are forced to stop. The moment of shock when everything comes into a standstill and we are paralyzed. We become the void of time and space, our heart sinks into the darkness. All we have left is to surrender to something greater. Unfortunately or fortunately, that is usually the point when the real "healing" begins. When we have no escape from the things we have been avoiding sometimes for decades. Of course life is not black and white. We all have our own journeys, but a lot of us have experienced the cycles of issues showing up over and over again until we are forced to face them and come to a full stop in some area of our lives.

WHAT CAN WE DO THEN to end the cycles of separation without having to have the ultimate heart stopping dramas? And how can we create a true communion and harmony with everything in our Universe? First and the easiest thing to do is to ask for it. What does it take for me to be in harmony with everything in my Universe? What does it take for me to have a true communion with my body?

THE MOST POWERFUL TOOL OF SELF-HELP is to actually start helping yourself and stop waiting for someone to save you, fix you, heal you or love you. You have got to be willing to know for yourself, drop all the guru's and masters as some magical beings that can make everything right for you. It is your life, your body. You

are here to live it no one else can do it for you. So often we forget the first thing that a true master always says: *You have got to do the work for yourself.* We just go on and take everything for granted without a question and then most of the times end up disappointed when they could not offer us the fix we needed. We did not really listen, we just bought something, copied it, repeated it and expected it to work like magic. But it didn't, because our awareness did not expand.

THE REAL EXPANSION, healing and mastery happens only when you are asking for your own truth. It is so easy for us to think that we can never be like the masters we admire, but there is nothing that separates us from any master. We all have the same abilities to ask for the truth. That is all it takes to begin your journey to your own mastery and liberation, to ask what is true for you and what works for you? Master is nothing more than a person who is willing to question everything and ask from their own source, what else is possible? What do you want to know?

ASK YOURSELF: Where are you trying to fix and heal yourself instead of acknowledging the separations you have created between you and your good? What would it take for you to live in harmonious union with everything in your Universe? What are you not willing to receive, that if you did receive it, would allow you to heal? What would it take for you to be whole?

Follow your own heart and expand into the Magical Goddess, that you truly are!
Love, Kati



Sometimes we stay in places we don't fit because we are taught to believe there is no place that can embrace all that we are.

We ball ourselves up and try to fit into spaces that were never meant to be forever but only for awhile.

It's a dreamland, we're told. A fantasy.

We convince ourselves our wild weirdness is too much; our bold voices too inappropriate.

We convince ourselves that we would never fit into anyone else's world.

We convince ourselves we should keep bottled up the essence of who we are.

In a world where we grow on a diet of not being enough, why would we ever think that we were?

We feel the poison of it as soon as we think it.

The soul deep crushing, sinking, venomous feeling as we dance with our unworthiness.

It feels toxic because it is.

It's not true.

Its a bloody lie and it always has been.
You are worthy.

You are more than enough.

Your voice was meant to be heard.

Your needs were meant to be met and your dreams meant to take flight.

Stand up and be yourself.

Be too much.

Love too hard.

Dance wildly.

Howl at the Moon.

Open too deep.

Take a chance.

Be heard.

Do all the mystical things that make you YOU.

Because each time you do you shed a more of the disguise they taught you to cover yourself with and the more uncovered and bare you are, the more your truth can be seen by the ones who were meant to.

Just because you don't fit doesn't mean you failed; it means you grew past the box and now the time has come to break free.

C. Ara Campbell



KELEENA MALNAR

GODDESSES REMOVING PATRIARCHAL CONTROL

Contrary to belief, **the Goddesses** are powerful loving angelic beings that for eons have been wrongly accused of being vengeful women. This has never been true. The goddesses have always been the divine feminine balance to the divine masculine since the very beginning of time. The Goddess is the feminine aspect or counterpart to God equally.

MANY GODDESSES were high priestesses, deities that were hidden away in temples because of the scrutiny they received from those of religious beliefs. Fictional stories were created and myths to change the thoughts and minds of all labeling them as evil, whores, unjust or inhumane. In actuality, these women fought for freedom, used their magic to bring good, taught gardening, restored peace, worked with all the elements of the earth, were scribes, educated, intelligent and so on. They utilized their abilities in pure love to protect, love and teach human life.

OVER TIME, the masculine that followed the patriarchal ways demeaned the Goddess with their convoluted stories. They added these stories and lies to their religious text and bibles. These stories in return inflamed the ego in man that untruthfully made the masculine believe they were kings, royalty, gods, that they did no wrong, creating lies that the masculine is of greater importance than the divine feminine. This was the beginning of the tilt on the balance scale and the corruption of the women.

NOW YOU SEE, that the patriarchal control manifested the up rise over the inequality of women. Wars and greed began and for thousands of years women were forced to accept this unjustness because it was and in some countries still is, written in laws that define the divine

feminine of the lesser gender. This is no longer acceptable anywhere or anytime, in this very time of now upon the Earth or universally.

WE THE ORIGINAL Divine Goddesses are back upon the earth. We return in divine love and grace once again to free all souls of the patriarchal template forever. Each divine feminine soul upon this earth carries an aspect of the Goddess within her and with each new day, the codes of light that dwell within are opening.

THIS IS THE TIME of the Goddess, the time of the divine feminine stepping into her power to bring forth the balance upon mother earth. We are the shift goddesses. We are the power life force that is bringing forth the change in balance upon the earth and for humanity. We vibrate in pure unconditional love in oneness and we will not back down until the Earth's balance is restored. It is in our blood. It is in our lineage. It is in our soul and we in togetherness bring the changes that need be in the purest form of love in truth. As above... so below.magalena

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"Every thought can move a universe."

BRIDGET ENGELS actively and regularly connects with the Moon and the Goddess. She is the founder/leader of the: Circle of Luna in Seattle, a Wiccan, Ritualist, Artist, Writer and the Author of: "**THE ORACLE OF LUNA: MEDITATIONS WITH THE MOON GODDESS**" found on Amazon. You can connect with her on **FACEBOOK:** <https://www.facebook.com/theoraclelunamedmoongoddess/> Website: www.bridgetengels.doodlekit.com Email: circleofluna@gmail.com or, Instagram: bridgetengels

NEW MOON WITH YEMAYA

BY BRIDGET ENGELS

TAKE A FEW DEEP BREATHS. Close your eyes. Gently go within. Relax. You are going on a journey....

NOW- SEE YOURSELF WALKING along a tropical sandy beach. You can feel the warm, salty spray of the ocean on your face. The water is a turquoise color. The sun has set in the sky and evening is setting in.

YOU NOW LAY DOWN onto the sand and closing your eyes; you fall into a deep sleep. The tide slowly comes up and forms a blanket of water over you and gently pulls you into the ocean. Still asleep; your body is carried further away from the shore. You are cradled in the arms of the ocean. Your body gently rises and falls with the waves. Your breath is in tune with the motion of the sea.

FLOATING FAR into the vastness of the ocean; all is calm and you buoy peacefully on the surface of the sea that mirrors the sliver of the New Moon in the night sky above you. Imagine now, that you are being pulled down into the depths of the sea and becoming immersed in the ocean of life.

SEA CREATURES TEEM AROUND YOU in this marine universe. Fishes of many kinds, crabs, dolphins, kelp and coral reefs all busying themselves.

YOU NOW HEAR A VOICE IN YOUR MIND: "You are more than you know...so much more..."

YOU LOOK DOWN TO SEE a parting in the shadowy depths below you as a whirlpool funnels downwards. A woman's face looks back at you; seemingly there but transparent with the ocean and fishes behind her. Her flowing robes create glassy ripples of water. A group of mermaids swirl around her watery figure.

HER ANCIENT VOICE REACHES YOUR MIND:

"I am Yemaya... Goddess of the Sea. I nurture and protect all beings here through the eternal highs and lows of existence. All life is a constant cycle of emptiness and fullness. Just like the ebb and flow of the tides with the pull of Mother Moon. Know my secret: Live in harmony with the rhythms of these cycles and sustain your power."

YOU FEEL A SURGE ON THE WAVES NOW and the wind is picking up. Yemaya has disappeared with her Mermaid maidens. Something pulls you towards the surface and you are being carried up and down with the immense waves. Riding the high tide towards the horizon close to the white sliver of the New Moon that is illuminating a soft light onto the water's surface; you are carried away on the foamy, moonlit waves back towards the beach.

THE TIDE PULLS YOU BACK onto the shore and leaves you there like a shell. You are shaped by the rhythms of the sea and the Moon. You lay blissfully on the night beach with the warm salty breeze and the sound of the waves lulling you.

YOU ARE MADE WISE by Yemaya's powerful teachings. You realize that beneath the chaos of life there is a deep intelligence that guides you and transforms you through all of your life's cycles.

NOW ...TAKE A FEW DEEP BREATHS. When you are ready; return to present time and place. Gently open your eyes.

Blessed be!
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A NEW MOON GODDESS MINI-RITUAL

by Bridget Engels



BECOME AWARE OF YOUR BODY.

Notice how you are connected to earth. It's as if you are an ancient temple with an open sky opening to see the Moon (Luna) in the night sky.

2) 3)

1)

9)

4)

8)

7)

6)

5)



FIND A QUIET SAFE PLACE that can contain you while you are in meditation free from distractions....

YOU CAN BRING YOUR intention on the paper you wrote or the symbol you placed on your altar later at the time of the Full Moon phase and see if it or they have manifested!

TO CLOSE, in gratitude to yourself and your spirit; return to your present time and place and normal awareness.

WRITE THE MESSAGE you received or your intention(s) on a small piece of paper and place on your altar or in a special container for safekeeping. You can also put a symbol of the New Moon or your intentions on your altar.

ASK THE GODDESS from your meditation or The Moon(Luna) if She has a closing message for you. This may arrive in the form of an image, word(s), sound. Give yourself time to receive this message. Then; digest it.

NOW BECOME AWARE of any distracting thoughts or concerns you have. Honor them and then release them out the top of your head or into the sky of your temple. Tune into your heart. With humility and sincerity; offer yourself to the Moon (Luna) and her energies...

THE NEW MOON PHASE is the best time to set intentions, and embark on any new directions or set goals. You may know what you want to accomplish, or you may not. Allow your intentions to form and trust that they will unfold perfectly in time for you.

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*The potency of any meditation and ritual is intimately tied to the way in which your receptivity. Here is a brief ritual for the **New Moon** that you can do anytime you want. Alone or with a group.*

THE SECRET LIFE OF Angel Healers

Who are **Angel healers** and what do they do? Well, there are thousands of Angel intuitives and healers around the world masquerading as office managers, accountants, nurses and many other things. I know, I was one of them. I would work in an office by day and study Angel texts and teachings by night. I had no choice, I felt so drawn to learning about the Angels that I was compelled to know more.

Sandra Rea

WHEN IT STARTED OUT I'd be found perusing the Mind Body Spirit section of the book store, not knowing quite what I was looking for until an Angle book would literally jump off the shelf. I'd sneak it under my arm and hastily pay for it hoping no one I knew would notice.

I FELT THAT MY DAYTIME persona of business woman and executive didn't quite fit with the "airy fairy" world of Angels. What would people think? Surely they would think I was mad!

Thankfully, since then I've learnt to embrace my "madness" and let the Angels lead the way.

NOWADAYS MORE AND MORE PEOPLE are opening up to the Angels, thanks in no small part to people like **Doreen Virtue** and **Lorna Byrne** who have been very forward in speaking about the Angels and their experience with them. There are still however many people who have a strong connection with the Angels but are afraid to speak up about it. I see it all the time,

clients come to me for an Angel healing, proclaiming an interest in the Angels, only to reveal afterwards that they in fact receive messages from the Angels or they see flashes of light while their eyes are closed (a sure sign from the Angels). Many people dumb down these experiences or reason that they are something else, a coincidence perhaps!

A FRIEND OF MINE who worked for years as a detective would recall occasions in work where she would feel her hands light up (channeling healing) while standing beside a colleague at the photocopying machine. I remember attending "*important*" meetings and seeing my clients guardian angel light up behind them as if trying to catch my attention. Of course, I chose to continue with the meeting rather than halt proceedings to give an important message to this person. In hindsight, I'm sure they would have been delighted to hear these messages but I didn't have that perspective at the time.

THINGS ARE SLOWLY CHANGING and I know people who are marrying their day job with their spiritual gifts. Some of them bring their Angel cards to work and give their colleagues a free reading during lunch. Another person I know has successfully brought the topic of Angels, spirituality and complementary therapies into a publication she writes for. Others are cutting back their working week

to three or four days and spending the other days working as part time healers. Many others are feeling drawn more and more to follow their calling.

IT'S WONDERFUL TO SEE companies now host wellness weeks and offer employees meditation classes. It makes perfect sense, in a world where people are suffering from stress, anxiety and overwhelm, something has to be done to help. Meditation works wonderfully to help ease stress and anxiety and as a result these companies are seeing a happier, more productive staff.

WHILE ANGEL CLASSES many still not be high up on the corporate agenda, the shift towards mindfulness and greater well being is a positive and welcome change. For those who are still "*undercover*" you are being called to embrace your gifts and in doing so help many others in unexpected and profound ways.

SANDRA REA is a gifted healer, author and spiritual teacher, passionate about helping others to heal and to improve their lives. Sandra is a certified **Angelic Core Healer**, **Reiki Master Healer**, **Meditation Teacher**, and founder of **Angelic Bodies Healing Practice**. She teaches regular courses and workshops about the angels, meditation, Reiki and spiritual development. For more information go to www.angelicbodies.ie

MICHAEL PAGEL

THE BLANKET of LOVE

I was born in Hyde Park part of Boston Ma. on Sunnyside st. We moved from there to Dorchester, also part of Boston. While growing up there the city was embroiled in Bussing. I was more concerned with Chasing grasshoppers and catching them.

I WAS LIKE A LIL TIGER CUB, if it moved, it caught my attention. I was very small for my age, and once when hanging around outside of the house someone stopped in and asked my mom why I was allowed out on the sidewalk, surely I was too young...? My Mom said, Oh yeah, talk to him, tell me how old you think he is? I guess I had a lot to say, even back then. I Loved to play as a kid, but I loved to sit with the adults and listen. Putting my 2 cents in when I could. My Mom took me aside one day and told me I could listen, but shouldn't speak because some of the adults didn't like it. That was when kids were seen not heard.

ONE OF MY EARLIEST MEMORIES was my Brother Joe and I were looking out our bedroom window and we saw what we later described as Mary. We told our parents we saw mother Mary floating outside our 2nd story window. Yes, we both saw her. Maybe because she is the only Goddess of the Catholic church we went to? Maybe she was my cousin Mary? She wasn't born yet and has since passed and who is now one of my guides, who knows?

MY FIRST EXPERIENCE WITH HEALING was in Rhode Island. I was staying with a friend of mine, Bob and his Girlfriend Andrea. Andrea

was having severe menstrual cramps and other physical Issues~ I don't know why I did this, I guess I was guided to. I closed my eyes and asked god for her pain to go away. I focused on her abdomen and after a minute or so, I knew she felt better. So, I asked her "How do you feel?" and she said "I feel Fine, why?" I told her what I had done, and she said "Michael, I feel like I've been wrapped in a blanket of Love." And all her pain was gone.

I THOUGHT COOL, and I kind of put the experience on the shelf behind me so to speak. Soon after that I went to massage school and learned Reiki. Prior to this I had never heard of Reiki or any other healing modality. I ended up taking up to level 3 and did Reiki for ten years.

I THEN READ THE RECONNECTION AND DID RECONNECTIVE HEALING FOR SEVEN YEARS.

IN 2011 I started having a dream. It was a Reoccurring Dream. Then I was seeing the same thing in Visions while awake...I saw people holding their hands in the prayer position and I was activating their hands. I kept seeing it over and over. didn't know what it was, tried to ignore

She said "Michael, I feel like I've been wrapped in a blanket of Love." And all her pain was gone.

wit. I couldn't. So I saw it clearer. I then had a Grand Mal Seizure. afterwards I found out I had broken my right arm, tore the rotator cuff and dislocated the shoulder. I couldn't work, so instead of trying to ignore it, I went within and saw more.

I COMBINED USUI AND KUNDALINI REKI with other modalities and my own innate abilities and Receivngs was born. I sent to a couple of facebook friends, and they felt it. Then I shared it in person and they felt the same things ~ Centering, Balance and Calm~ I then did this for over fifty people and they all felt the same things, tingling, pain disappearing instantly, feeling Loved, There are three stages of Receivngs~ a Session, Hand Activation, and the Alignment. This is easy to teach and learn. And once you have been given the Alignment, you can then Activate others others. People as well as Pets and plants love this. What will it do for you? I don't know. This is new, and is Growing. If this sounds like it may be your Calling, then come and join us. It is an Amazing Journey Of Love, Unity and Balance.

MICHEAL PAGEL
receivngs.net and
Receivngs with Michael Pagel on fb

YOU'RE A HEALER, SO WHY CAN'T YOU HEAL YOURSELF?

by Suzanne Newnham

"You're a healer, you work with energy, why can't you heal yourself?" These words haunt many who work with healing, spiritual or psychic energies – and if that healer has a chronic condition then those words may produce unnecessary additional stress.

I HAVE BEEN ASKED THIS question many times over the past nine years, and for a long time it seemed to drain what little energy I had left. If you're working with energies there seems to be a certain expectation of vitality, health, fitness and a never-ending happy disposition. I have wasted so much time and effort searching for the answer to *"What am I doing wrong? Why can't I heal myself?"* and trying to live up to other people's expectations of being a healer.

THEREFORE, AS I SIT with **ULURU** looming tall in front of me I am drawn to talk about healing from a different perspective. For an explanation about **ULURU** go to: <http://www.parksaustralia.gov.au/uluru/>

THIS IS AN INCREDIBLY SPECIAL moment. It's not just the fact that I'm sitting on an ancient land in Central Australia that is steeped in Aboriginal dreamtime stories, it is because even though this trip had been planned more than a decade ago, chronic pain and other symptoms took away my life as I knew it. Coping with

the *"why can't you heal yourself?"* paled into insignificance as each day became a struggle to breathe, to not succumb to intense pain and instead to find purpose again. All of this effort took time, dedication, and supportive understanding or awareness by others.

THIS IS NO DIFFERENT for anyone with chronic pain. It is also important to find what helps you improve your own situation and not go under. Healing is more than just being in *'good'* health. It's an attitude to life, an enjoyment, finding a purpose even if it is not in the manner that used to fill your dreams, goals and aspirations. When dealing with chronic pain (or any persistent situation which draws down your energies) being able to let go of those dreams, and future expectations, and find strength within each moment is vital. If those dreams are part of your destiny in my experience they will come to fruition, just perhaps in a different way to what you have planned.

YOU MIGHT NEVER ATTAIN good health but that doesn't deprive you of living. Adapting so that

"Healing is more than just being in 'good' health. It's an attitude to life, an enjoyment, finding a purpose even if it is not in the manner that used to fill your dreams, goals and aspirations."

the way you approach each challenge, each opportunity, becomes your normal. You redefine your priorities so that even if your health or abilities are compromised you can still enjoy what is important to you. While this might look as though you are giving into your limitations I have found that this also gives a sense of freedom.

I'M EXPLORING THAT FREEDOM. It's now later in the day and after an awesome sunrise I'm drawn to the *Valley of the Winds* walk at **KATA TJUTA**. With walking stick in hand I clamber up to the first lookout. Elated I gaze at the rock formations and am excited about what might unfold at the next lookout. A sign indicates *'rough terrain'* but it doesn't look too bad. I start down the slope and then ... in front of me is a rocky steeply angled path, foretelling what is ahead for the remaining 1.3km. I make a decision and feel upset that I need to turn around. Disappointed but only for a minute. An immense joy overtakes me as I realise it's a bonus getting this far. Healing, which even though it took many years, I consider miraculous. I never thought I would be venturing far from the house let alone wandering the desert, exploring and giving myself permission to appreciate what I can do.

SO THE NEXT TIME you hear the words *"Healer, why can't you heal yourself?"* just know that there is a difference between good health, health and healing.



SUZANNE NEWNHAM is an author, trance medium and health advocate (chronic pain). Her published works include **ETHICS OF A PSYCHIC READING**; numerous short stories in anthologies; 2 novellas (co-author); columnist on health/chronic pain.

For full details on Suzanne's books and activities go to:
<http://suzanne-newnham.com>.

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*Spread your angel wings and be the blessing
of kindest love for yourself.*

*Surrender to the insecurities of life,
for life is always taking care of itself.*

*You can not find safety in the ever
changing illusions of the world.
The safest place to be is within
the heart of your infinite being.*

*It is there, where you are always connected,
always supported and infinitely loved.*

*Find that space within and
your life becomes that of peace,
joy and harmony.*

4 MORNING HABITS

*to help keep you on
the happy train all day*

Did you know that mood is a large predictor of health and wellbeing? That happier people live longer and are healthier. Happiness, however, isn't a switch you can just turn on and keep on. We all want to be happy but how do go about improving our overall happiness?

LAURA BOYSEN

AS A COACH I work with clients to strategize how to upgrade their health and happiness and help them implement those strategies. You can practice many techniques and exercises that will trigger daily and lasting positive psychology, techniques/habits that trigger compassion, empathy, emotional intelligence, compassion for self and others, resilience, presence, and optimism. In daily practice of these habits you will be firing the same neurons over and over again, reworking your brain. Then you will soon begin to improve and actually notice the changes.

Some ways to cultivate happiness include:

- Gratitude
- Practicing realistic optimism
- Avoiding comparative thinking
- Practicing kindness
- Build and nurture relationships
- Practice Forgiveness
- Commit to your goal
- Savor life's small pleasures

Try adding the following 4 habits to your morning routine and watch your happiness bloom.

Gratitude

Gratitude has a way to break the half-empty glass view of life. It also helps cultivate a lot more on the list above than just gratitude itself. Gratitude helps you to savor life's small pleasures, and helps you cultivate optimism. It also cultivates compassion, empathy and social skills helping you to build and nurture strong relationships. The more you practice gratitude the more you will find to be grateful for. No matter how stuck or uncomfortable your life may be, looking for something to be grateful focuses you on the good in life, and what you focus on you create more of.

Add gratitude to your morning ritual by finding 1-3 new things to be grateful for. It could be something from yesterday, something coming up today, could be little, could be grand. If you can't come up with anything new, go with 1 oldy but goody.

Want to make the impact more powerful? Don't just say the words, but really feel the feelings of gratitude.

Meditate

It's easy to go on the Web and find an incredible number of benefits for meditation. And pretty much any type of meditation will have benefits. I encourage you to make a morning practice of it. Even if it's just 5 minutes. Try different kinds until you find one you do like. Apps like Headspace or Insight Timer are wonderful tools for learning and getting guided meditations.

I like to practice mindful meditation, which is what the Headspace app teaches.

'Mindfulness means paying attention in a particular way; On purpose, in the present moment, and nonjudgmentally.'

- JON KABAT-ZINN

Practicing mindfulness through meditation helps awareness and presence to permeate throughout your day. And, if in a moment you can be aware of what you are feeling, clarify it, and describe it. It creates a little bit of psychological space that allows you to pause and decide what direction you want to go in - with the emotion or changing the emotion. It helps you to either choose happiness or to bounce back out of unhappiness more quickly.

If you choose to go with affirmation such as "*I am a millionaire*", those to can be powerful, but studies have shown they are even more powerful when you add in realism. Keeping an optimistic open awareness ask yourself what could be standing in your way.

Affirmations

Many readers of this wonderful magazine will know about affirmations. I view affirmations as a tool to remind myself daily how incredible I am. I look myself in the mirror and remind myself who I am at my core and what I am capable of:

"I am love, I give love, and I choose love, and my light shines through me."

"Life is in love with me, and it has my back"

"I am a confident, strong, leader and I can do anything I set my mind to"

In doing so you can begin to self-generate loving emotions for yourself on a daily basis. A practice that will grow and flourish.

Intention

Setting your intention for the day helps you to create small and meaningful goals for the day. And if you actually think back on your intention for the day it'll help you stay committed throughout the day. Commitment to goals is a strong way to cultivate happiness.

Again as with gratitude, don't just say your intention, use your senses. See it manifested, taste it, smell it, feel it accomplished. And then ask yourself, what must I do today to create this intention? Then go about doing it.

If your intention is realized, fantastic, it makes your gratitude list for tomorrow morning all the easier. If it isn't realized, it's an opportunity to ask why, and build an open awareness to yourself and the life you are creating. You might just gain a great lesson (that hey, you can add to that gratitude list!).

With Love and Light – High Five!
Laura

WHY WE PROCRASTINATE AND HOW TO STOP IT - RIGHT NOW!

BY BARBARA HOFMEISTER

EASY TO IMPLEMENT TIPS THAT WILL HELP YOU GET “STUFF” DONE

Have you ever noticed how we can be our worst enemy? Sometimes it sneaks in slowly so that we hardly notice as happened in my case. I come from an admin background and used to be really good at it but over time, as I found more exciting things to do with my life, admin work started to bore me to the extent that I never felt like doing it.

I KNEW I NEEDED to do it but kept putting it off until it either became truly urgent (like tax stuff) or opportunities were lost. Papers on my desk piled up and sometimes things even got lost. Over the years it got so bad that I ended up dreading to even sit on my desk because I knew that I could not get all the work done. It was not that I was lazy, I just did other things that I enjoyed more and took to working on my laptop on the sofa. That was much more comfortable and I did not have to see the misery in my office which made matters worst. Can you relate? Maybe for you it is not admin work but exercise that you avoid, or changing your eating habits, or the small “events” that drift unpleasantly into your relationships etc.

I AM TALKING ABOUT procrastination. It is such a powerful habit that it can not only destroy your dreams, it can destroy your self-esteem and happiness when we let it go on. Before I tell you what you can do about it, let's see what procrastination is:

“Procrastination is the avoidance of doing a task which needs to be accomplished. It is the practice of doing more pleasurable things in place of less pleasurable ones, or carrying out less urgent tasks instead of more urgent ones, thus putting off impending tasks to a later time.” (Wikipedia)

“To procrastinate is to defer action; delay; until an opportunity is lost.” (dictionary.com)

STUDIES SHOW that procrastination has little to do with being lazy.

In fact, when we procrastinate we often work intensely for long stretches just before deadlines. So if we have to do the work anyways, why do we procrastinate in the first place?

SOME PEOPLE SAY they work better under pressure. However it has been proven that pressure creates stress and we all know that stress causes all kinds of physical and mental ailments. Leaving things until last minute gives us a feeling of overwhelm, anxiety, fatigue, and often disappointment from falling below our own standards and behind with our goals. Overall it can be said that when procrastination makes us dissatisfied with ourselves and over time lowers our self-esteem and the belief we have in our possibilities.

AWARENESS IS THE FIRST STEP TO CHANGE

LET'S TAKE A LOOK AT why you procrastinate so we can get to the root of the problem. Please, rank the following reasons for why you procrastinate from 1 to 5 starting with “1” being the biggest reason and “5” being the least.

- 1 **FEELING OVERWHELMED** – A feeling that there is too much that needs to be done in order to accomplish a task, thus paralyzing us from even taking the first step towards achieving it.
- 2 **TASK UNPLEASANT** – We view the task as boring or tiring or that it will make us uncomfortable in some way.
- 3 **FEAR OF FAILING** – If we take action towards reaching our goals yet fail to realize them, we fear we will be seen as a failure. We fear being rejected or made to look like a fool.
- 4 **LACKING MOTIVATION** – We find no internal motivation or benefit for doing the task, and there is no penalty for not doing it, leading us to not do it at all. The cost in terms of time and energy seem to outweigh the benefits.
- 5 **LACKING FOCUS** – Unable to stay on task because something has come up. The ‘something else’ can be anything that distracts the person from continuing to work on a main task.

So, how can we procrastinators overcome this destructive habit? >>

>>HOW TO STOP PROCRASTINATING



HOW DO YOU DISTRACT YOURSELF OR WHAT DO YOU DO ALTERNATIVELY?

When we avoid doing a task that needs to get done, we usually distract ourselves by doing a preferred task or action. What do you do? Please, note at least 3 actions you take or things you tend to do alternatively. I usually research or plan my next trip or write content for my newsletter. What do you do that is not urgent or really important instead of the tasks you tend to avoid?:

MAKE A PLAN THAT WILL BE EASY TO FULFILL

When you let things pile up like I used to or leave them until the very last minute, you will not only feel overwhelmed and stuck but will also feel a lack of time to do the things you love. To make sure you have time for fun, reduce the time you think you have available for working on important tasks by scheduling recreational and non-work related activities and awards. That way the time you can work on perceived “unpleasant” tasks will be limited and you will have a tendency to make the most of the time available because you know you are awarding yourself with “time off”. After all, it is in the schedule. I love painting, doing research and spending time with friends. That is in my lose schedule. See what type of schedule works best for you. For me a fully planned schedule does not work. I want to feel free but still have a plan. How about you?

BREAK THINGS DOWN INTO TINY STEPS

I could not have cleaned and organized my desk in one go. There was too much on it but by giving it chunks of time and small achievable actions, I was able to clear it step by tiny step until finally all was done and I only had to focus on the new stuff. Now staying up to date is easy and if there is a big chunk that is likely to take a few days, like when I need to finish my tax stuff, I break it down into small achievable chunks of time to stay motivated. You are moving towards completion while before it was just sitting there weighing you down. After doing several small chunks of time on this task, you will have made progress and gained momentum, and it won't seem so huge anymore.

REMEMBER TO FOCUS ON YOUR OWN GOALS AND DREAMS

One of the things I frequently notice with my coaching clients is that their focus is on other people's goals and tasks without considering where it will take them. Other people's goals are usually obligations for you so make sure they are congruent with where you want to go with your life. It is so easy to get off track and one day wake up and wonder how you ended up where you are. Focus on what you want to do, not what you want to avoid. Think about your why for doing a task and set positive, concrete, meaningful goals for yourself. Make sure you write them down and have a clearly defined vision for your future because if you don't it is highly likely you will end up living someone else's!

SET AN INTENTION AND COMMIT

It takes deliberate strategies to avoid becoming your own worst enemy by procrastinating on your intended actions. If you feel stuck, start simply by committing to complete a small task, any task, write it down, then tick it off and reward yourself. When I am done with this article, I am going to award myself with a scoop of my favorite ice cream. It's sunny outside so I am looking forward to the walk I need to take to get it.

DROP UNREALISTIC EXPECTATIONS

If you use a “*to do*” list make sure all tasks are broken down into small steps that are easy and fast to tick off and really commit each morning to get it done. You can use Google Calendar for scheduling or even better www.simpleology.com. Both are free services that will help you stay on top of things and you can also dump all your ideas and tasks from your brain into a great system that reminds you when you use it actively. It will help you re-build the trust in yourself and will slowly strengthen your action muscle. Don't sabotage yourself by having unrealistic expectations that you cannot reasonably meet.

UN-SCHEDULE IF NECESSARY

If you feel really stuck, a scheduler can add pressure and be counter-productive. So, in the beginning of weaning yourself off procrastination, keep a largely unstructured, flexible schedule in which you slot in only what is necessary plus some fun stuff to award yourself. This can reduce feelings of being overwhelmed and increase satisfaction in what you get done.

MAKE SURE YOU ARE IN THE RIGHT ENVIRONMENT

When working on an important task, put your cell phone away and on silence and keep the internet off unless you really need it for the task. It is so easy to get distracted these days. NEVER start your day with reading your emails. That is a huge time stealer and distractor. Schedule time for it and stick to that time frame.

BECOME AWARE OF YOUR SELF-TALK

Notice how you are thinking, and talking to yourself. Talk to yourself in ways that make you feel good and remind you of your goals and dreams. Say “I will...” instead of “I wish I had...” or “I should...” or “I must...”

TO SUMMON UP, you now have quite a few very effective and mostly fun ways to overcome procrastination. Use what feels right for you but remember the saying: *Short-term gain, long-term pain* To get all that you want out of life, it is well worth taking a few simple steps towards achieving all that you dream off. It is 100% in your hands.

May all your dreams come true!

Barbara Hofmeister
Master Coach and Trainer
www.barbarahofmeister.com
Master Coach <http://thetobebook.com>

WHAT DOES IT MEAN FOR A MERMAID TO BE IN HER OWN POWER?

FROM VICTIM TO EMPOWERED CREATION

KATI KELO

Once upon a time I was a mermaid. Stranded into the depths of the vastest ocean of the universe. Dreaming of the world above, taking a walk making love to my prince charming on the beach with the gentle waves kissing our bodies. But, it would have meant that I'd give up my tail and suffer on every step on the solid ground. I'd lose my voice and the beauty of my heart would not be heard. No flow, no ease or joy. And if my love would reject me I'd die with no return, except by killing my love and my dreams. This was my story, brought up by my precious guide on his last visit.

Are you stuck being a victim of your stories?

ALL OF US WOMEN ARE VICTIMIZED to some extent in the world no matter where we come from. It is because none of our mothers have yet been truly free to choose for themselves. The good news is, that we are here to create a new world and a whole new ideas of what it means to be a woman, and even more so, what it means to be an empowered woman. In order to become free we must let go of the old paradigms of victimhood, power and control and establish our own power beyond those of the past generations. The past masculine ideas of power have meant control over something, power over another, control over women. That is also why we can have trouble in accepting our power and stepping into our power in the world, because we and a lot of the world around us is still holding on the old ideas of what power means. But we are embracing a new era of co-creation where the power of each individual is based on their fullest potential and willingness to create, express and co-create the world in joy and harmony. To get there faster we can make a big impact by clearing our own limited perceptions of victimhood, power and control. The greatest contribution of any woman is each one of us discovering our own authentic Goddesses of magical creation.

Are you willing to let go of your need to control and manipulate and flow on the waves of your infinite being?

ARE YOU GETTING A FALSE SENSE OF POWER by manipulating and controlling the world around you? Do you feel safe only when you are in control of everything? In truth your human self has no power nor control over of your creations, if you think you do then you are creating a new world into a bubble in the sea that can burst at any time. Trying to control the outcomes is creation from the past limitations. Don't use the force, but let the force use you. Follow the energy, the flow of your being. There is no safer place in your Universe than the flow of your own love. That is the only love there is and it is infinite. Plan your actions, but be ready for magic. Living in the infinite possibilities requires you to trust the divine within you.

*Where does your magic want to flow?
Where are you resisting owning your power, because being in power means control over something for you? Are you creating from the avoidance of being controlled? Are you afraid of losing control? What if you allowed yourself to be totally out of control magical?*

Empowerment is all about your authentic expression. That is where your treasure is, in your love and joy.

My guide looked at me with that boyish grin on his face, the one he always does, and asked me: What if that mermaid had the magic of shifting from tail to legs and from legs to wings just by choice? What if her love could do the same?

WHAT IS REALLY STOPPING YOU? What are you not willing to do, learn and be, because you think it is too hard, boring and you think you couldn't do it anyway? Do you hate managing your money? Are you afraid marketing and selling your services? What beliefs have you picked up from the world around? What if marketing and selling your services could be one of the greatest gifts of your service in the world? What if your selling was about inviting people to a party of their life time? What if you could change from tail to legs any time you needed to? When you choose to be willing, whatever it takes, someone with wings usually shows up just like magic to assist you, or you just grow your own.

Where are you giving your own power to choose for yourself to something or someone else?

IT IS EASY FOR US WOMEN to secretly gift our choices to those around us. It can be a convenient way to stay in the safe loving embrace of the sea of our dreams. Besides we can't leave the ocean, because everyone we love lives there and they are not going to like me growing feet, when they are stuck with their tails.

Contemplate the places you might subtly give your power away, your kids, your spouse, your friends, your enemies. Do you think of someone else first before even choosing something that feels light for you? Do you go to the butt's and impossibilities first. Do you think what others may think about you before you think about what it would do for you? What if you chose first for you and then began to ask for what would it take to get there?

Are you playing the blame game?

BLAMING IS JUST ANOTHER form of giving our own power away. Do you feel like constantly walking on the edge in the world where other people are either your enemies or allies? Are you trying to win people over? Do you often find yourself fighting against someone or something? What are you getting from having someone to blame? Where do you refuse to be in power and choose the convenience of staying the victim of circumstances? What is the gift of it for you? What awareness are you trying to resist? Are you being a rebel without a cause? What else could you be creating with that energy? What would it take for you to find a cause to fight for? Who and where would you rather be?

What are you? A mermaid, a fairy, a unicorn, do you prefer flying or swimming? What does it look like for you to be empowered you? What is your super power? What if you choosing to focus on one thing didn't mean you can't ever choose again?

Without love our life is nothing but a game of survival. What do you love?

YOU PROBABLY HAVE HEARD many times that one key to empowerment is doing what we love doing. Yet there are many who struggle to figure out what it is. What do I love so much that it would make me jump out of bed with joy? It can be simple, if you don't know something you just ask, show me the gift of me, show me what I love? What if you instead of waiting for the inspiration started being the love that you truly are. What if you added a bit of that love to every transaction with the world and see what opportunities that will bring about. Being love is about you being present to yourself and others without judgements receiving everyone as they are. What if you were the gift of open space of gratitude and magic?

How many limitations are you creating for yourself with the need of having to have a point of view about something or someone, including yourself? What if the love of your being is the magic for your wings to grow and what if everything will start to look clearer as you rise above the ocean and the land? What if your only purpose was to follow your joy?

WATER

THE NATURAL FORM of water is constant movement. It moves in vortexes when it is allowed to move in its own way. We have built dams, pipes and all sorts of structures to stop the natural movement of water. This makes the water to lose its abilities. The minerals and all the energy that is in the water disappears.

FOR WATER TO BE in its full potential, it needs to be able to vortex. This is why water drunk directly from a stream is a whole different deal than water from a tap or bottle.

HAVE YOU EVER NOTICED that you're stirring your coffee or tea way too long? That you just can't stop stirring it? By doing that you're creating a vortex, that invites the natural qualities of water back to it.

WHY THERE SEEMS TO BE more storms these days? We have trapped water and it does its best to get back its abilities by creating vortexes in the form of hurricanes and tornados. The question is, what contribution can we be to water so that we can have an easier co-existence?

WHAT ABOUT THE WATER in our bodies? Water will always find its way, no matter what. There is water in every cell of our body. What can we be and do to invite it to vortex too? How much ease could that create in our bodies? What would it heal?

Satu Lindgren

WATER IS VITAL OF ALL LIFE ON EARTH and we should take care of the water of our being and the waters of this planet.

WATER CARRIES INFORMATION and energy and water can be programmed in many ways and there are plenty of technologies and devices available to structure and alchalance our water.

WHAT IF YOU WERE MORE CONNECTED with the water of your being? You can start working with your water simply by programming or blessing all the water you drink and the food you eat. Play with your water, speak to your water like the indigenous people do. Listen to your water and the waters around you.

WHAT WOULD YOU LIKE to put into your water, love, healing energy or joy? Maybe you want to find an answer to a question, let the water clear your body and mind.

*Be water and flow with ease and grace
it is the most natural state of your being.*

www.magical-goddess.com

EFFORTLESSLY FIT AND HAPPY BODY

KATI KELO

When I was thinking about this issue of the magazine, I began to wonder how have I got to be so lucky, when a lot of people are struggling with all kinds of health and weight issues today. After all, it isn't like I have had the most healthiest lifestyle. There has got to be something here that I'm doing right. I analyzed my life and came up with a list of things, that I might actually have been doing to stay fit and healthy without paying much attention to it. Here are my simple health secrets for you magical beings.

EAT WHAT YOUR BODY WANTS

Ask what your body wants to eat and eat what your body wants, when it wants it. Now, this might sound crazy to some people who have been dieting and have had weight issues. But, in truth your body doesn't have a weight issue, it is your mind that does. There is a difference between emotional eating and craving than asking and eating what your body really wants. If you have been eating a lot of processed food. You might begin to train your body and mind to taste real food, veggies and healthier things, then you are in a much better place to begin to ask your body what does it really want to eat. You will start to get answers more and more clearly and when you follow your body every food will begin to taste heavenly, because when you give your body what it really wants it creates pure satisfaction.

If you do have issues with emotional eating ask:
*What is the emotion you are not willing to feel
and if you did feel it, it would allow you be free of it?*

Don't take anything seriously. You came to this life to experience your body the way it wants to be, ask your body. *How do you want to be? What is the ideal weight for your being?* There is nothing more sexier than a Goddess enjoying her body as it is, with all the curves and soft places. Allow yourself to enjoy the treats too. When you begin to listen to your body more you notice there is no need to go the excess with the treats, a bit is enough. I could not live without chocolate!

MOVE HOW YOUR BODY WANTS TO MOVE, WHEN IT FEELS GOOD

I read a study that a ten minute walk a day is actually enough and even better than some heavy exercises in maintaining a fit human body. You don't need a regime, you just need to move your body daily in the way that feels good for you.

Again, ask your body how it wants to move and just do it. If you ask daily what movement would give my body joy, and follow the guidance through you will begin to get more alive in your body. Turn on the radio and have a little jam on your own. Try different things and see what your body likes. All our bodies are different and something that turns you on doesn't turn on anyone. Don't force yourself to a Yoga class just because everyone else is going. Some of them have really turned me off instead of on. I have tried and liked a lot of different things, and there seem to be seasons in the way my body likes to move. The next thing I'll be getting more into is Arial Yoga, that is fun flying!

**WARNING: ANY MOVEMENT OF
YOUR BODY GENERATES ENERGY
AND INCREASES YOUR HAPPINESS.**

DON'T COMPARE YOURSELF TO OTHERS

This one is easier said than done in today's world. You have to remember that you are the center piece of your Universe and every encounter of yours is just a reflection of your consciousness. Become aware of those moments when you don't feel good enough or feel jealous of someone. Be with those feelings within your body. You are the source of everything in your world. It is your beauty that sees the beauty of the world and others, be grateful for all the beauty you create.

*What if you practiced valuing your own beauty?
What are the things that make you beautiful?
What kind of reality do you wish to live in, what is
your definition for beauty and for the beauty in your
Universe? Are you trying to fit into someone else's
Universe instead of creating your own?*

We are only as beautiful as we feel within. Do you remember a person whose eyes were shining like diamonds for the love of life. That is the most beautiful thing I have ever seen in anyone.

DEAL WITH EMOTIONS AS THEY RISE

Most of the diseases are created by storing things we are unable or unwilling to feel into our bodies, or taking in something that doesn't belong to us. Allow yourself to be with the emotions when they arise. Take some time for yourself daily and go through any events that caused an emotional reaction in you. Don't just brush anything off but observe and be present to it. That way your body can stay clear. Also if you get down, sad or angry, always remember to ask who does this belong to and return all the stuff that doesn't belong to you to the sender. We tend to pick up a lot of stuff from around us.

PLEASURE

We are here to enjoy life, and enjoy our bodies. Our bodies have the capacity to be orgasmic beyond your wildest imagination. We are meant to feel orgasmically good in our bodies. Our sexual energy is the energy of creation. We need to be turned on to reach our full potential.

Get to know your body. Feel your body, feel the energies in your body. It is all about you connecting with your own body. Take the time to feel your body inside out daily. Be with your body and the sensations within your body. *What turns you on, where can you feel it?* Practice and follow the energy. There is no need to seek for advice, just take the time for you being in your body. Your body knows all the secrets and they will be revealed to you if you just allow yourself to dive in. Eventually you awaken your Kundalini and your life will move yet to another level.

Trust yourself and your body. *What brings you pleasure?*

YOUR BODY IS YOUR LIFE PARTNER

One thing I have always done is talked to my body. I am grateful for my body everyday for giving me this opportunity of a life time on earth. When I got pregnant seven years ago I began to do a little prayer for my body more consciously. Everyday I thank and love all the cells of my body, all the organs and everything for being such magical self healing super divine machine of perfection. No matter what I think, believe, feel or do, my body has the ability and the awareness to heal itself and maintain the perfection of every cell. I allow my body to function beyond the limitations of my mind, beliefs and actions in its divine perfection. My body has more awareness than I know and I always ask my body to function from its own awareness rather than my limitations and I ask it to ignore all my attempts to create disease in my body and bring any such attempts into my awareness, so I can deal with them.

**Your body is your partner. Listen to your body.
Be present in your body. Talk to your body.
Let your love affair with your body expand
and carry you throughout your life time.**



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 **Brian D.**

Ridgway, international #1 Bestselling Transformational Author and Speaker. Brian is passionate about us awakening from the illusions of problems into total freedom.

OMGOD

SEXY, HOT & SPIRITUAL

BRIAN D. RIDGWAY

OMGOD BRIAN D. RIDGWAY

WHO ARE YOU?

I'm known to my friends, fans and clients as "The Spellbreaker" because of my gift that allows me to help people release and dissolve any and all spells/programming/conditioning so they can step into life as what they truly are – Infinite, Eternal Beings of Light in a Universe of Infinite, Eternal Light in a state of Infinite Possibilities and Ever-present Grace. I live in Unconditional Love and I help others to take steps into the same. Relating to this article, I am a pure "conscious dominant" masculine with a well-developed feminine side.

ARE YOU SINGLE?

I am. I no longer "need" to be in a relationship. I no longer "want" to be in a relationship. I'm in a magical place where I can feel "my" Goddess coming to me – as I call her in – she feels me calling to her. And I'm really enjoy the experience of watching – without waiting or wanting.

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

Yes and no. Having learned – finally – to fully love myself, I no longer have that yearning for "the one". This allows me to fully love everyone who comes into my field – and it allows me to receive love (which is very rare in the world today – though it won't be for much longer). At the same time, I often literally feel her making her way to me, as we each shed everything that is not us, so when we meet, we can be completely and totally naked and deeply connected.

WHAT IS YOUR IDEAL GODDESS LIKE?

She is deeply, fully and completely kind. She has learned self-love. She lives and practices Conscious Communication. She has largely silenced her inner critic – and so she no longer interprets the words of others as criticism. She embodies the essence of her Divine Femininity, and so she is open, soft, very affectionate, sweet, nurturing, sensitive, sexy, smart, and PASSIONATE. She is sooooooo ready to walk around the corner into me, she can almost taste me, as I can her. She's beyond "traditional" gender roles and fully in tune with NATURAL gender roles. I know that is controversial to some, so let me be clear: In every relationship,

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for there to be sexual tension, heat and passion, there must be polarity. One is more masculine, most of the time and the other is more feminine, most of the time. I'm nearly a pure masculine – and so my Ideal Goddess is nearly pure feminine – and those energies guide our dynamic. Finally, she, like me, has evolved far beyond caring what anyone thinks about her or about us.

WHAT WOULD A PERFECT LOVE RELATIONSHIP BE FOR YOU?

This is my second-favorite question. ;-)

We put loving communication FIRST.

We build each other up,
encourage each other and nurture each other.
We listen to each other with our ears,
eyes, hearts and souls.

We NEVER hide or hold back our truth from
each other. What is in, is what comes out.

We are passionately experimental – and
sensitively intimate – in our sexual expression.

We never "seek to please" the other – but
always intend to give pleasure,
because we understand the deep difference.

We inspire and encourage others with
the exquisite intimacy they see us sharing.

We seek to understand each other and to meet
each other – not from need, but from giving.

We focus on making life more wonderful
for each other.

Photos by DAISY SCHENK

IS THERE A DIFFERENCE BETWEEN MEN AND WOMEN IN LOVE?

This is an important question, and one of those points where a seemingly subtle shift can make a massive difference in outcome.

There is not necessarily a difference between "men" and "women" regarding love. There is definitely a difference between masculinity and femininity in love – and in everything else. The key is to fully understand the differences, to be willing to fully, deeply listen with an open, caring mind to seek to understand the position, thoughts and feelings of our partner. Femininity sees a different world than masculinity. Masculinity experiences a very different world. Unless we are truly, lovingly seeking to understand the perception of our partner, things spin out of control quickly. But where there is heartfelt listening, peace, harmony and pure passion can grow in a safe space.

WHAT DOES SEX AND MAKING LOVE MEAN TO YOU?

In some circles, my approach to this is considered controversial – and I'm OK with that. In many cultures around the world, the feminine has been put down, cut off, criticized and condemned. Similarly, the masculine has been crucified, castrated, crushed and condemned. The "traditional" gender roles in many civilizations have become so corrupted and twisted and destructive that people are fighting against "natural" gender roles – without understanding the critical difference. As a result, most women are forced to choose between a "nice guy" who is "safe relationship material" and a "bad boy", who will bring her the fun and exciting sexual dominance she really wants, yet who will treat her disrespectfully and with dishonor. I classify myself as a "conscious dominant" and I see the role of Conscious Masculinity to be, "Worshipping the Goddess in his woman by gently adoring the Little Girl, respecting and caring for the Authentic, Whole Woman and giving a wide-open safe space for the Wild Inner Slut to explore and experience fully." Sex and love-making are the highest place where the Masculine and Feminine meet to communicate and expand their highest energies.

WHAT TURNS YOU ON?

- Authenticity
- Kindness
- Passion
- Sweetness
- Raw, truth and transparency
- Asking for what you want
- Seeking to understand my desires
- Confidence

WHAT TURNS YOU OFF?

- Criticism
- Taking things personally
- Assuming attack when there is none
- Neutrality
- Hiding (inauthenticity)
- Out of balance masculinity

WHAT DO YOU LOVE ABOUT YOURSELF THE MOST?

I love ALL of me! Took a long time to get here, but I made it and I love myself for it. I love my consistent kindness and care for others. I love that I am the most loving and dedicated father I have ever seen – after personally having the most unloving father I have ever seen. I love my ability to help others – and the fact that I'm always expanding my reach to impact the world more fully and largely.

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

I'm always evolving. Always. When I notice something that "ain't me", I start the transformational process in that moment, integrating the energies back into myself. Right now, I'm focused on becoming more organized as my work is expanding to a larger global audience. I'm also focused on getting into higher physical balance and the best physical shape of my life – at 52.

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

Stop looking.
Start loving.

Be the voice of kindness and compassion to yourself. Begin to speak to yourself, touch yourself and listen to yourself the way you envision the Ultimate Lover treating you. This will heal all wounds, and make YOU the Ultimate Lover – and the perfect love will be walking around the corner and into you before you know it.

A close-up photograph of a person's hand, backlit by a warm, golden sunset. The hand is positioned palm-up, with fingers slightly spread, as if pouring or letting go of something. A fine stream of light-colored sand or dust falls from between the fingers. The background is a soft-focus gradient of orange, yellow, and blue, suggesting a sky at dusk. The overall mood is contemplative and peaceful.

Past is dust, let it go.



5 STEPS TO HEAL RELATIONSHIP WOUNDS

Can a broken relationship be repaired? We've all been hurt by the actions or words of a loved one. An emotional wound can be a life-changing event that leaves lasting scars. When you hurt, there is always a lesson to be learned, although it may not be clear at the time. While knowing this doesn't take the pain away, it can urge you to explore more deeply. But how do you cope now when your feelings are raw?

MARLU HARRIS

MARLU HARRIS LMFT
Life Coach and Psychotherapist
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"**HOW DO I MOVE ON?**" is a question I hear frequently. Allow yourself time to process your feelings and heal. Be gentle with yourself. Following are steps to help you repair emotional wounds.

1. GET IN TOUCH WITH YOUR TRUE FEELINGS ABOUT THE PERSON OR SITUATION

Like most people, you are probably highly influenced by the opinions of others and may not be clear about your own feelings. For example, you feel sad and your friend says "*If someone did that to me, I'd be furious!*" Then you think it's not okay to be sad and that you should be angry instead. Listening to your well-meaning friends can be confusing.

**TO HELP IDENTIFY YOUR FEELINGS
THINK OF THESE 4 CATEGORIES:**

- 1. MAD
- 2. GLAD
- 3. SAD
- 4. SCARED

Identifying your feeling is key. An objective listener, such as a therapist, can help. Taking the time to sort out your emotions can save you from acting in the heat of the moment when you might say something you'll regret later.

Your feelings are valid. They are sending you a message. Even so, they are not necessarily rational. Process your feelings and work through them rather than avoid them.

2. DECIDE WHAT YOU WANT FROM THE RELATIONSHIP

Once you are sure about your feelings, clarify what you want. Do you want to be respected, appreciated, listened to? Do you want to understand yourself better? What is your motivation? Is it to be understood or to make another person change? Make sure that you are truthfully expressing how you feel and what you want, rather

than manipulating the other person into changing to accommodate you.

3. EXPRESS YOURSELF EFFECTIVELY USING "I" STATEMENTS

Practice what you want to say. Take responsibility by using "I" statements: "*I am hurt that you ridiculed me in front of my friends*" rather than "*You are rude and disrespectful.*" When a comment begins with a "you" statement, the listener often feels criticized and becomes defensive. Focusing on the behavior and not the personality makes it easier to hear without feeling judged. Express yourself without blame or condemnation of anyone, including yourself.



4. COMMUNICATE IN PERSON

Once you're aware of what you want and how to say it, plan a time to talk. "*I would like to talk. When would be a good time to meet?*" Face to face or on the phone enables you to have a live conversation. If you choose to communicate by email, send it to yourself first. When you read it, how do you feel? Does it come across as an honest expression of feeling or is it full of blame and recrimination? Resolving conflicts through texting is fraught with complications. It is too easy to react without taking the time to process feelings.

5. REMEMBER THE ONLY PERSON YOU CAN CHANGE IS YOURSELF

People around you may change their behavior based on your actions. It happens all the time. However, repairing a wound is primarily to make you feel better, and to know you have done everything you can to fix it. Use your spiritual practice, prayer and meditation to find peace. Forgive yourself for your part in the conflict and honor yourself for making an effort to heal the relationship.

TOWARDS EMOTIONAL FREEDOM

KATI KELO

Emotional freedom comes from awareness. When we stop reacting to our emotions and allow them to become a functional part of our awareness our emotions can work for the expansion of our consciousness instead of our limitation.

EMOTIONS AS TOOLS OF EXPANDING CONSCIOUSNESS

Emotions are one way we can collect information from our environment. I would call emotions as holistic way of sensing the environment. We are just having some trouble in understanding what our emotions really are and they have become our limitations instead of tools of expansion. The problem is that we get attached to our emotions and we use them to define our sense of self. What we want to be and what we don't want to be. Through our emotions and thought processes we choose ways how we can avoid and resist being or doing something and what we want to be and do.

Feeling heavy is the best indicator of where we are not creating from freedom. Instead of seeing our emotions as messages from our highest good, we usually take them personally and slip into human dramas. We hide our emotions, suppress them and deny this holistic magical machine of awareness we could have working for us, helping us forming connections and revealing the real hidden limiting patterns and attachments, helping us to evolve and expand.

WE ARE ALL EMPATHS

The change begins by asking for the awareness of what is really going on. What is the emotion really trying to tell me? When we observe our emotions as they arise, we begin to notice that they contain a piece of vital information every time they come about. We can use our emotions and feelings for our benefit when making choices and ask questions like *how does this feel for me, does this feel heavy or light?* We all are empaths, we all have the ability to sense things and our emotions are a sign of it. It is what we do with them that changes things for us.

BEING PRESENT TO THE AWARENESS OF YOUR EMOTIONS

When you practice being present to your emotions they in time turn your tools of awareness instead of emotional reasoning. You start becoming grateful for them when they arrive. They might feel a bit sad as they arrive or angry but when you are used to listening what the real point is there is always a liberation and expansion on its way. And we are in constant evolution, so during our journeys we are going to go through a lot of emotions. The key to stay in balance is to understand what they really are and how to start living with them and see the gift of them as one of the gifts of our awareness.

HOW TO WORK WITH YOUR EMOTIONS?

When you notice a slight change in your mood, there is a little sensation of unease, if you stop then and ask what is this. What is this awareness that I'm getting? Stop and listen to your body when you ask what awareness is my body and my emotions trying to communicate with me about? You might notice a passing sense of anger, frustration, jealousy, pain. You might begin to realize the judgements the situation is bringing up for you: I feel that I'm not good enough, I'm stupid, I'm not worthy, I'm too old, not talented enough etc. Stay with it and keep asking, *why am I creating this feeling this emotion? What is the limitation I am choosing now? What is the lie that I'm buying? Where does it come from? Does it come from me? Who does it belong to?*

NOTHING BELONGS TO YOU

Everything we react to never really belongs to us, it always belongs to someone and we picked it up through our human experience. Nothing is in a way never ours, even if we brought it here with us from another lifetime. It belongs to the world and we are witnessing something that wants to be loved in the world. Every issue is in the end a gift of love, so we can love more and love all those things someone hasn't been present to.

TRUST YOUR AWARENESS

Whenever you are asking questions trust your own awareness, no matter how silly answers you might get. The first incling is usually the right one. You know, you have infinite awareness, just have to trust that. When you become the observant you step out of the victimhood, because when you know what the truth is, you can't go back blaming others for something you have picked up and bought as your own belief or judgement about you. You start to discover that behind your abusive situation is a story that you are holding on to. A story that you picked up from somewhere and an emotion that you keep repeating in various strengths. Once you are aware of the story of the emotion, that you are the one who is recreating it in order to be present to it so that it is noticed and appreciated as it is. Loved unconditionally.

BE IN YOUR BODY

When you go into your body with the emotions and the longer you stay with them they are transformed in your consciousness too. They become just a different frequency of energy, nothing more. It is the mind that makes them into complicated issues that effect your ability to make choices and ability to choose something else for you. What is brought into the light of your awareness can't carry on anymore. When you realize that nothing is yours to begin with and where it is coming from you take your power back from the situations. You know why you are creating it. *Do you have to create from that point still or can you create something new?*

WHAT ELSE IS POSSIBLE?

Sometimes it seems difficult even with the knowing where things come from to shift them. Then you have to keep on asking. *What awareness are you not willing to receive that you want to receive from the situation? What are you not perceiving, knowing and being, that would allow you to create beyond the past conditions?* Now, it is possible for you to stop creating from that same point of past. You can start asking *what else is possible? What else can I create now?*

BREAK THROUGH

Our life is a holistic experience all things are connected and it often feels like once we have cleared one thing another one seems to show up. We often think this life is about solving problems or fixing things and that at some point we reach a perfection or become fully enlightened. But, it is a constant expansion it doesn't stop and everytime we hit a wall it is just the wall of our current box we are ready to break through. An easier way to see things is that we are in constant expansion in this illusionary reality, experiencing everything, and there is a part of us that wants to gift us the richness of the experience of love in all of its forms. We are infinite love and we want to expand that love into everything. It is our nature, our love wants to shine through us to the darkest of places, because inside we know we are capable of loving everything that comes along.

WHAT IS UNCONDITIONAL LOVE?

It is a frequency space of being present, it is the womb of a Goddess, the void that contains all of life and judges none, where every appearing thing is a precious child of creation where everything has value and right to exist, without a reason.

KATI KELO

– Create a life of divine flow –
www.magical-goddess.com



*Let nature do it's work for you.
Float in the water of your being.*

25 PHASES*

Of A Divine Feminine Awakening

The old systems are crumbling – political, economical, environmental, social, familial etc., to be replaced by the New Earth Paradigm. Thanks to the patriarchal era we have come to an understanding that violence, evil, and greed are, well, a bit dumb, to say it gracefully. Women by the hundreds of thousands are being called to the forefront across the globe – often through an invisible spiritual calling, a triggering event, or through birthing a starchild – to act as a sort of modern-day high priestess, or High-Healed Priestess, as I call us.

Dr. Amanda Noelle

Going through the process of divine feminine awakening can be a rough ride at times, but the rewards are worth it. Here are some enlightening descriptions of the awakening journey by Dr. Amanda Noelle.

25 PHASES*

Of A Divine Feminine Awakening

1. *YOUR DIVINE FEMININE EYE OPENS: You are going along in life, then WHAM, something shifts, and you start seeing life differently.
2. *YOU'RE YOUNIQUE: You notice that you are different, because you start seeing the world from a new spiritual light; healing yourself first becomes a top priority.
3. *WHO AM I? There is a time where it seems that no one totally gets you, and you hardly get yourself sometimes!
4. *RELEASE THE PATRIARCHY: You realize that you are trying to fit into a man's world of competition, judgement, ego, attachment, and jealousy.
5. *PLEASER AND PERFECTIONISM BURNOUT: You suddenly become exhausted and cannot keep trying to please anyone, especially men/male energies! You can't go on any longer being a perfectionist and overachiever.
6. *DEATH OF THE EGO: You just can't keep going with your old life, or you will burn out or even die...you feel called to do and be something bigger and more authentic. The search for spiritual answers begins.
7. *SELF-CARE PRONTO!: You nurture yourself; you begin to fall in love with the goddess energies. You start to wake up to the mystical world, and world beyond the physical (aka metaphysical).
8. *BLISS AWAKENING: After hitting your breakdown, you start to experience joy and bliss in insane amounts! FREEDOM! Your psychic gifts become upgraded or activated – your third eye may open, your intuition sharpens, or your hands-healing energy activates.
9. *MONEY PAIN: money issues ensue – how are you going to make money as a high priestess, feel safe in the world, and have people respect you? Won't they think I'm crazy? You often ask yourself...
10. *HOPELESSNESS AND DEPRESSION: This can make you feel suicidally depressed and want to give up at some point...You feel alone and nearly hopeless.
11. *INTEGRATION TIME: You may have to be alone for some time, exploring your new goddess gifts and self – you are still in the closet but it feels so good! Or you may surround yourself with spiritual like minds and run away from mainstream people for a bit.
12. *BODILY UPGRADING: You shift your diet and lifestyle to a more clean and healthy diet, so you can live higher and higher in bliss.
13. *PAIN CLEARING: Then you hit some intense pain codes, often having to do with isolation...You want to break out of the closet but you can't see how you'll be able to do so, because you're so frightened.
14. *THE CRY FOR HELP: The pain gets so intense one day that you want to die, so you call out to your angels, "Help me!" high priesthood
15. *NEED FOR COMMUNITY: Then you call out to your community for help, for love, for understanding. You are a Divine Daughter who needs to be held.

The world is transitioning into a new paradigm where the Divine Feminine is honored as sacred alongside her Divine Masculine counterpart.

- 16. ***DEEPPENED DIVINITY:**
You then deepen your connection to Spirit and surrender as you let go of control and self-judgement.
- 17. ***HOPE:**
You keep an inkling of hope in your priestess bootstraps at all times, even when it is very very dark. There is still a candle lit for you in the Divine Feminine Temple.
- 18. ***CRACKING THE CODES:**
You then hit HUGE breakthroughs because your love of the Goddess is so deep and pure. You are an advanced soul tapped into something big....
- 19. ***MANIFESTATION POWERS:**
You then begin to be able to manifest like crazy! The Law of Attraction sits in your favor. Money, opportunities, living situations, travel, etc. Or you at least discover the the immense potential of your spiritual gifts.
- 20. ***CONFIDENCE CLEARING:**
You start getting the confidence back you had before you went through the Divine Feminine Awakening; sometimes you even have to keep that ego in check sister!
- 21. ***ROOT CHAKRA GROUNDING:**
Your finances stabilize, you quit that slave job, and your high priestess manifestation skills carry you.
- 22. ***EGO REBIRTH:**
Your ego may reactivate in a new way. Some of you will get greedy and capitalize off of others' weak spots and pain; others of you will deny yourselves from your power.
- 23. ***FAME PHASE:**
You become recognized in your community as a healer, leader, and results producer.
- 24. ***SELF-DOUBT/HATRED:**
Yet you still hate yourself sometimes, and others do envy you or tear you down. There are those who want you to be burned at the stake, who persecute you for stepping into your soulful power. Things go up and down and then you realize that you are an ocean of love with waves, and it's not meant to be stable. Still, goodness surrounds you and you start to build your bliss and community from a deeper level. The unconditional love of God/ dess saves you every time!
- 25. ***DIVINE FEMININE ACTIVATED:**
You reach your full activation to become free! Joy returns! You cannot stop the bliss, the love, the creativity and keep needing to share it with the world. You're generally pretty fulfilled in life and are able to continue the upward growth. The growth cycles will continue to ebb and flow, but for the most part you have stepped into your high priestess self-empowerment and are ready to make a huge movement on the planet.

DR. AMANDA NOELLE helps conscious single women to call in their Beloved at lightspeed so that they can become Twin Flame Power Couples that heal the planet.
<http://dramandanoelle.com/>

25 PHASES*

Of A Divine Feminine Awakening





BRIAN D. RIDGWAY

BALANCING & HEALING THE MASCULINE AND FEMININE

The Issue: There is a lot of pain and misery in the world in the area of Masculine and Feminine energies. More important to you and me, there is a lot of pain in individual men and women around this confusion.

THROUGHOUT HISTORY, in many different cultures, often one or the other energy has "led" and dominated - and the entire culture went out of balance - often with disastrous results. Fear, ignorance, and prejudice on either side makes the other side "*the enemy*" and something to be fought, resisted and subdued. No matter your "*orientation*", look around today and you can see that things are definitely "*amiss*" in the balance department. But what exactly IS amiss about it? And what exactly can you or I do about it?

MANY ARE SPEAKING about the idea of balancing and healing the divine masculine and feminine in the world. I believe that is an error. A misconception. A matter of "*wrong focus*". We can't change the world. As with every other topic, we can only change ourselves. Fortunately, that is enough to change the world. The fact that you're reading this tells me that you, like me, are aware that something is out of balance, and that maybe there is something you or we can do about it.

IN MY WORK WITH TENS of thousands of men and women around the planet, I've been blessed to be able to gain a perspective that sheds light in places where most people see only shadows. Because of that, it is best for me to

make my perspective clear first. Then, we will look at what is really going on, and what is possible regarding bringing this into balance.

"THE LEVEL 5 APPROACH"

"When you change the way you look at things, the things you look at change." I live my life, and I look at life, from what I call "*The Level 5 Paradigm*". In my work with private clients and groups, I work only from that "*elevated viewing position*". This brief article doesn't allow a full explanation of the Level 5 Paradigm, so if you want to go deeper, you can check out my website at www.briandridgway.com

THE LEVEL 5 PARADIGM embodies a "*next level*" approach to everything. It is based in the most esoteric truths of all wisdom traditions and the most radical truths of modern quantum physics: There is no physical universe here. Everything we see and perceive and experience is actually ONE infinite, eternal energy - complete, perfect, eternal, limitless, inexhaustible and unending. That perfect infinite energy is the '*conscious stuff*' that makes up everything. Including what I call "*me*". If there is no physical universe, and everything is energy, then there are no "problems" or mistakes or

accidents. Everything IS and everything is perfect as it IS.

SO, WHAT ABOUT PAIN, misery, suffering – the stuff that happens. (Like the horrors and atrocities that arise from out-of-balance masculine/feminine energies? These are all nothing more than errors of perception – and each of us – each ONE of us – has the power to change it, to be the change we want to see in the world.

LOOKING AGAIN AT THE "PROBLEM"

IN MANY CULTURES around the world today, out-of-balance masculinity has been dominating and "*stepping on The Goddess*" in very unhealthy ways. In response, there has been a series of uprisings of the feminine, fighting back. (Those of us living in higher levels of consciousness know well what happens when we fight back. We create more of the same – or worse.) The movements that arise often create even more suffering and misery than the issues they arose to counter.

TODAY, MORE AND MORE boys are being taught that their natural masculinity is "*bad*" and that they need to be "*nice boys*". As a result, men are becoming more and more feminine - in an

unhealthy, forced, out-of-balance way. This creates an even more unbalanced situation. Among other things, it forces women to become more masculine - including women who are naturally pure, or nearly pure-feminine.

"*what is*") and we simply refocused on balancing those energies in ourselves? Again, focusing on being the change we want to see "*out there*".

SO, HOW?

IT STARTS WITH really digging deeply to find out what you actually are. Are you naturally more masculine – or are you naturally more feminine. This can be initially confusing, because if you are under a lot of stress, you've probably been living from the opposite of your natural orientation. If you'll become truly quiet and really tune in and ask the question, "*Am I naturally more feminine or more masculine?*", you'll literally feel the answer. If you want more support, ask 5 or more really close, "*Conscious*" friends what they see – and be ready for some shocking insights.

A CONTROVERSIAL POINT (FOR A MOMENT)

WOMEN ARE NOT AS GOOD as men. And they are not "*equal*" to men. Men are not as good as women – not equal and not better. They are DIFFERENT. Neither better, nor worse, nor equal. The entire debate about equality is an illusion. Women are better than men only at one thing - being women! And vice-versa. Men and women are universal energy embodied – and therefore, perfect. Of course, if we're looking at this issue from a less-than-fully-aware place, we are going to see it very differently than if we are looking at it from our higher-selves.

SO LET'S CUT THROUGH all of the garbage and get straight to the core. We can't change the world. We have learned this on so many topics – yet the most "*enlightened*" people still cling to the old "*warfare energies*" on this one topic. But what if we were to stop focusing on "*healing*" the masculine/feminine in the world (which only keeps us at war with

larity and passion. The point is not for YOU to become "*balanced*" in your masculine and feminine. It is to fully accept your nature – and to do so courageously and boldly to give permission to those around you to do the same.

And as you step fully into your beauty and grace and loveliness, exactly as you are, unapologetic – and without fighting against those who fear – you actually do the ONE THING you can do to bring the world back into balance.

AND AS YOUR SISTERS observe you daring, courageously, to be exactly as you are, they feel the deep inner stirrings to begin to move back into their truth. And the entire world makes a giant leap into balance. And from this moment forward, every precious moment you spend living from your truth moves the world. Be what you are. And watch the world come into balance to meet you.



BRIAN D. RIDGWAY
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– Matt Kahn –

LIFE KNOWS THE WAY

One of the greatest distractions to becoming a liberated expression of spirit in form is an innocent tendency to put all of your hope into a healing modality instead of learning how to trust the transformation already under way.

IT IS VERY COMMON to trust some sort of process that promises a new form of understanding, or even grab ahold of an understanding you've gained, not ever seeing how the very thing you trust doesn't guarantee you'll cultivate more faith in the Universe that guides you along.

A WONDERFUL SIGN that you are cultivating deeper faith in the Universe is a willingness to discard each and every process or insight that brought you to this point. Without a need to remind yourself of your most profound moments of clarity which were once a major turning point, but now linger in the shadows of memory, you are free of the reference points that keep you trying to stay in imaginary lanes of spiritual comprehension. Again, the distraction is a tendency to trust your understanding, instead of developing more faith in a reality you've attempted to outwit or undermine. To trust what you've been able to comprehend is not an act of faith, but a measurement of fear. It is a coping mechanism shrouded in reason that puts all of your hopes, dreams, and aspirations into conclusions you've made, while reality awaits your most courageous decision to place all of your faith into that which cannot be determined or denied.

IN MANY SPIRITUAL CIRCLES, the tendency to trust an understanding of life, instead of having faith in the mystery of life itself can be quite easy to notice. Sometimes it comes as one-lin-

ers or advice from someone who offers whatever words or process helped them out of a dark corner of despair. While the advice they dispense may have helped them find some form of relief, it becomes difficult to see how the very words they offer have become a newly decorated prison cell – one that is merely wallpapered with their most treasured spiritual phrases. Often times, the words aren't even coming from someone who has benefitted from an understanding or a taught process, but someone who is still trying to make a process work in their life or convince themselves of a certain level of understanding by attempting to sell it to others.

JUST BECAUSE IT'S TRUE on some level, doesn't always make it helpful. There are many truths to witness and none of them contradict one another. They are equal expressions of an unknowable reality that lives to express infinite potential through the ecstasy of creation and never-ending discovery.

IT'S NOT THE WORDS we share that transform lives, but the depth of aliveness within us that inspires such wisdom. When that which you are is consciously expressing itself in form, the potency of words and actions have an incredibly healing and miraculous effect on those around you. The misunderstanding is clinging to the words that such a liberated being offers, instead of absorbing the transmission of energy erupting



One of the greatest distractions to becoming a liberated expression of spirit in form is an innocent tendency to put all of your hope into a healing modality instead of learning how to trust the transformation already under way.

Dare to embrace the truth of who you are even if it seems different from every spiritual insight you've ever had in the past.

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

in their presence. Equally so, this doesn't mean words have no value or it isn't absolutely remarkable when suddenly you are able to understand something in a fresh and expansive way. It is more so a balancing act between being open to higher forms of understanding without getting attached to imagining life works in one static way.

AS YOUR JOURNEY will continue to show you, whatever way you have been shown life to work surely becomes the next dream you'll awaken from – with no end to a depth of understanding that leaves you as liberated as any master can be, but with no final conclusion to hide behind.

WHETHER IN THE WRITTEN form or throughout the teachings I provide verbally, I am offering you a transmission of presence to assist in the accelerated unfolding of that which has already blossomed. It is not an appeal to exchange your old phrases for new ones, but to

supply you with a point of focus that allows your innocence to feel safe enough to let your heart open. Once your heart has opened completely, an understanding beyond all forms of understanding simultaneously shows you everything while removing any conclusions imagined about the clarity in view. This is so your faith is placed in grace of the Universe, instead of the clinging to a universe of beliefs and ideas. Sometimes a teacher says things not as an autonomous declaration of truth, but to inspire those who cling to fire back with their preferred teaching or process. Each and every time this occurs, the one who insists on making a better spiritual point ventures one step closer to surrendering the defense mechanisms of their most treasured understandings, as an entry point into an even deeper layer of liberated joy.

WHEN YOU ARE ABLE TO LOVE and adore anyone throughout the unfolding of circumstance without a desire to rehash your previ-

ous learnings, or teach a process that gives others new ways to spiritually judge themselves, the purity of your being shall offer the relief and recognition that no amount of cleverly-crafted words may ever deliver.

WHETHER WORKING with ourselves in our own journey or reaching out to assist another, the question remains, *"Are we transmitting what we are through a spontaneous play of self-expression, or attempting to control someone's experience as a way of preserving our faith in our deepest forms of understanding?"*

IF IT'S A TRANSMISSION, the words will flow like a wellspring of eloquent beauty to inspire all who have been brought together to drink from its stream. If not, it'll be another sales pitch, most likely coming from someone who hasn't figured out how to get it working in their life, let alone transcended an attachment to the very thing that seemed to briefly work in the past. I rejoice in the ecstasy of

your true eternal form. You are a spiritual being, not a salesperson. Dare to embrace the truth of who you are even if it seems different from every spiritual insight you've ever had in the past. When rooted in this optimal position of unwavering faith, your words and actions will inspire countless lives.

BY THE TIME your words have been absorbed and embraced in every heart, you've already moved on to the next stage of exploration, where even greater paradigms of revelation are revealed in your presence. From this space you have become a living expression of Truth in action, with no static form of understanding to defend when life already knows the way.

MATT KAHN
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<http://www.TrueDivineNature.com>

HEALING AND EXPANSION WITH MAGICAL GODDESS

MY HEALER JOURNEY BEGAN as a child playing and experimenting with my friend forcing her to take some hands on healing. It was just something I did naturally, without knowing anything about healing. I became a **Reiki** healer in the mid 90's and my latest additions to my tools are **Infinity Healing** and **Access Bars**.

INFINITY HEALING is about working directly with the source and it is perfect for clearing specific issues from their root causes. Before I did the Infinity Healing course, I asked the Universe to show me the most effective quantum healing method there is. And by several serendipities of magic, I was on a course all paid for within a couple of weeks of that question. I have been working with it and I have no doubts it is one of the most powerful healing tools I have experienced.

NOW, I HAVE BEEN GUIDED to my own healing or I rather call it **Goddess LOVE Transmission**, which for me is about connecting with the infinite pure unconditional love of the divine feminine and creating a space where the presence of the pure Goddess love embraces everything and everyone who is willing to receive it. **Goddess LOVE Transmission** loves everything for us. It surrounds and permeates everything we are not able to fully love within ourselves yet. This healing space is very gentle, yet extremely powerful, because it eliminates all of our judgements we have about ourselves and gifts us the freedom to see beyond them. It is a heavenly space of being safe, totally accepted, nourished and infinitely loved just as we are. It is very empowering, like being embraced by the divine mother of all. It can

create miracles and more freedom and space for our expansion. For me ultimately divine feminine and masculine are one. I see it as in the quantum physics where the particle can be still or choose to move. This Goddess healing is more about that still loving presence the space and void between the movement, there is no forcing just vast space of unconditional love, where there is no need to heal.

FOR ME HEALING ultimately is about reaching the space where there is no need for healing, because all is and has always been in its divine perfection. However, to get to that space requires expansion of our consciousness and the quickest, easiest and very practical tools for expansion I have found from **Access Consciousness®**. I'm expanding my Access journey by taking a Foundation course next week. I can't wait what new possibilities it creates for me and for my clients?

WHAT I LOVE ABOUT Access is that it is all about creation with ease and grace and the tools work like magic and as you all know I'm into magic. In my "divine love path" I have gone through sexual and Kundalini awakening and discovered OSHO and Tantric philosophy. What intrigues me is that I have noticed that Access and Tantric philosophy have very much in common. I wonder what will emerge from my discoveries?

If you want more ease, joy and magic connect with me. I'm gifting free complimentary sessions to all Magical Goddess readers. Let's talk about what you want to change and create for you?
BOOK HERE:
<https://calendly.com/katikelo/magicalgoddess>

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@satufairytales.com

KATI - Access Bars & Private **MAGICAL GODDESS** sessions 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.

AFTER A BARS SESSION PEOPLE HAVE REPORTED PROFOUND EFFECTS ON:

Elimination of aches, pains and stiffness of the body	Increased energy
Improved sleep	Getting out of depression
Reduced stress	Helping with ADD and ADHD
and mind chatter	Losing weight
	And even being HAPPY

**Are you willing
to give it a try?**

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

Allergic to life

SATU LINDGREN

I used to be allergic to pretty much everything. I ate allergy medicines (yes, not just one but many) basically year round. When I was born, I was completely fine but after just a few months I developed a horrible rash **EVERYWHERE**. After loads of testing and time spent in hospitals it turned out that I was allergic to all animals, pollen, plants, dust, most foods...

DURING HIGH SCHOOL, I was also constantly on antibiotics and other medicines like that. Fighting an infection.

Against what?

AGAINST THIS WORLD, against being here, against me. I didn't want to be here nor receive any aspect of this world. I just had decided that it is not worth to live on a planet like this, with people like this. I thought that this world was just so horrible that I don't want to be here.

HOW MANY TIMES I wrote down in my notebook questions like "Why am I here?" "How to live?" "How to be a human being?" "What am I doing wrong?" "When will this get easier?" "When can I start living?" And how many times I wanted to quit this all. To get completely out of this world, and out of this body. Only reason I stayed here was that I knew how much it would hurt and create suffering to people around me. But I was not living for myself.

And I was not willing to receive this world.

THEN I HAPPENED TO come across Access Consciousness, and boom! Everything started to make sense finally! And Access is one of the wackiest, wildest, most not-making-any-sense -thing ever! But that was exactly

what I required. With Access tools I started asking questions and chose to look at this all with brutal honesty. I was so done with it all. Not just with my allergies and infections and pains, but with my whole life.

MANY THINGS STARTED changing, and then suddenly I was offered a "perfect apartment" - but it came with animals. It was just so perfect in all other ways that I decided that now is the time for allergies to go. I had been letting go of so many limitations that I just did not want to hold on to this one either. It really happened just in a blink of an eye, though I know that working through other limitations also made it easier.

MY ALLERGIES HAD a lot to do with hiding, not showing up, not wanting to live in a world like this, and not receiving from anyone. I was trying to control pretty much everything, determining what is right and what is wrong. Although I never seemed to get that right.

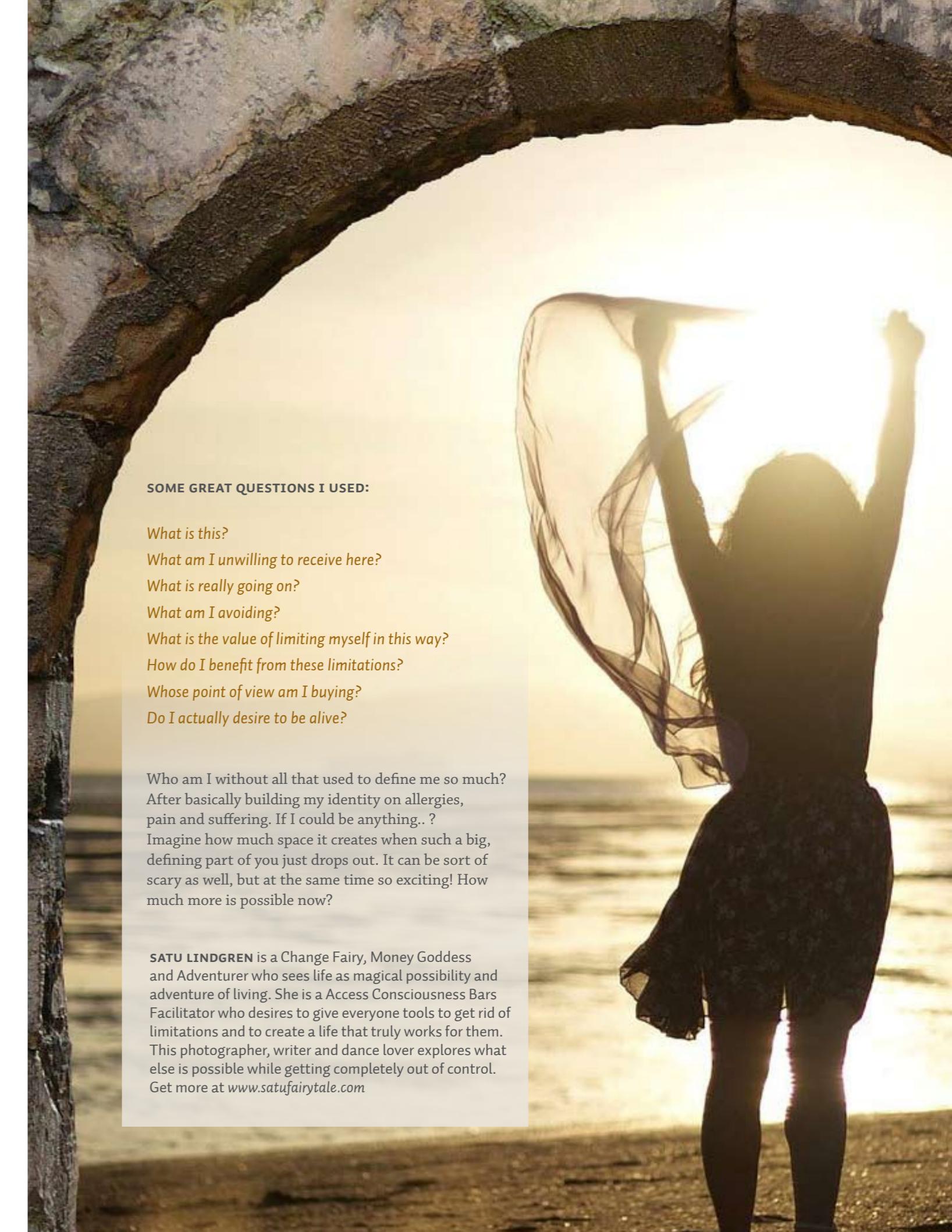
WHEN I MADE the demand to stop hiding myself, to SHOW UP in my own life, as myself, no matter what that looks like and let go of excuses, everything started to work out and I didn't hurt anymore. My pains and my problems started to dissolve. I also needed to take a look at am I willing to be here, on this planet. Am I willing to be alive?

SOME GREAT QUESTIONS I USED:

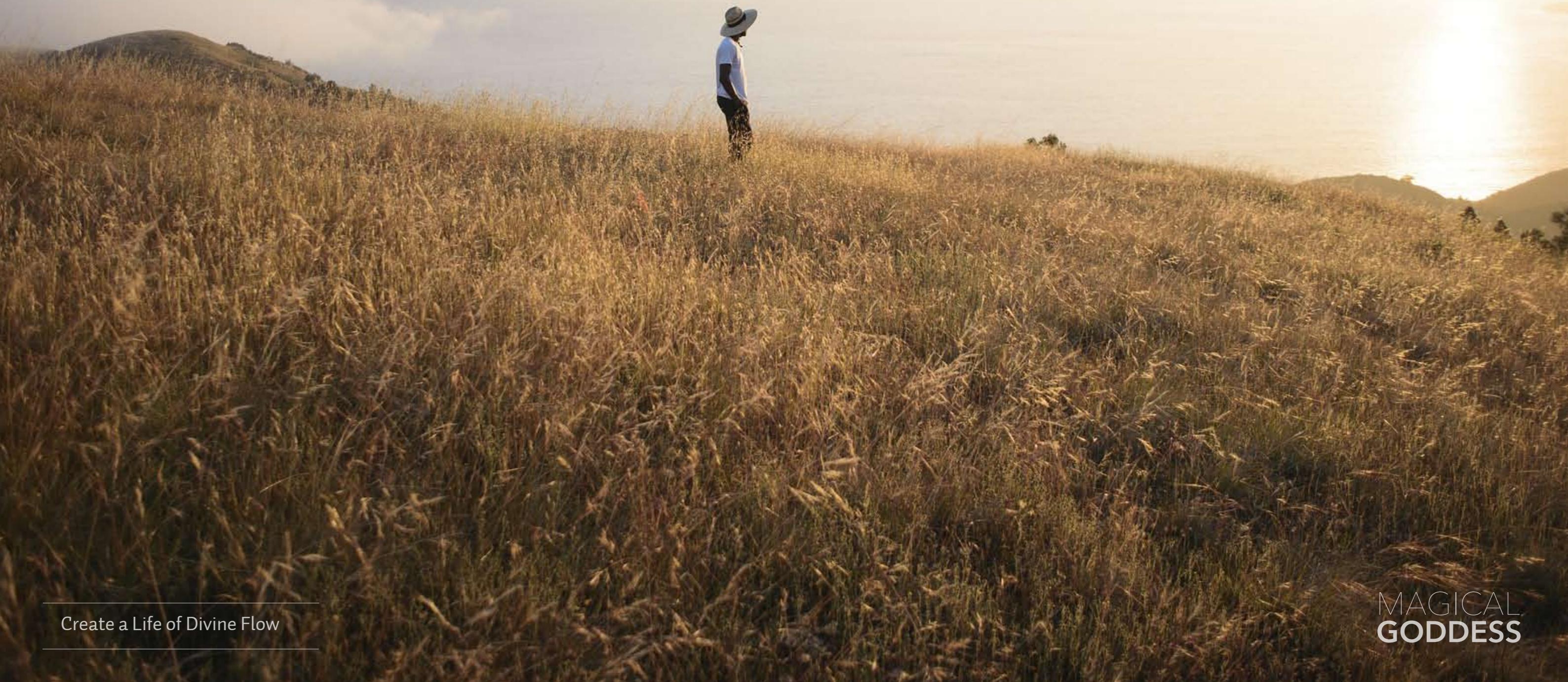
- What is this?**
- What am I unwilling to receive here?**
- What is really going on?**
- What am I avoiding?**
- What is the value of limiting myself in this way?**
- How do I benefit from these limitations?**
- Whose point of view am I buying?**
- Do I actually desire to be alive?**

Who am I without all that used to define me so much? After basically building my identity on allergies, pain and suffering. If I could be anything.. ? Imagine how much space it creates when such a big, defining part of you just drops out. It can be sort of scary as well, but at the same time so exciting! How much more is possible now?

SATU LINDGREN is a Change Fairy, Money Goddess and Adventurer who sees life as magical possibility and adventure of living. She is a Access Consciousness Bars Facilitator who desires to give everyone tools to get rid of limitations and to create a life that truly works for them. This photographer, writer and dance lover explores what else is possible while getting completely out of control. Get more at www.satufairytales.com



*No one can really
heal you, but you.
A healer is merely
a witness to your
own ability
to heal yourself.*



YOUR BODY'S FENG SHUI

– WHAT YOUR HEALTH SAYS

ABOUT YOUR LIFE – By Kathryn Weber

When we want to read our environment to learn more about our lives, **feng shui** helps us to understand what our environments are saying about our business success, our family, our health and our relationship happiness.

WHAT'S FASCINATING about the study of feng shui is to see the correlation between our lives and our bodies. In addition to reading our spaces to tell us where we can improve our lives, we can also look at our bodies to gain better understanding of our lives and our happiness.

MANY TIMES BEFORE we take a big step in our life – especially a step that requires our faith and courage – we become ill. Illness isn't always a sign that something's wrong; it's often a sign of growth. It's our body's way of "pulling in" and helping itself to marshal its full energy before taking on a big endeavor.

TO PUT IT ANOTHER WAY, we often break down before we break through.

START PAYING ATTENTION to when your body breaks down. It's often before you make a big step – especially a step that is purely for ourselves – like writing a novel, beginning an important course, getting married or moving.

THERE ARE OTHER SIGNS our bodies make that relate to areas in our life where we might be trying to grow or where we need to take steps. The list below will help you decipher your body's feng shui code.

NORTH/BUSINESS AND CAREER opportunities. Business relates to the ears. Think about it: how do we learn about opportunities and chances to advance in our jobs and business? We hear about them. If you're ears or this portion of your head is bothering you, are you listening for chances to move ahead or are you waiting for an invitation? To move ahead, be sure you stay attuned to the business messages around you.

THIS IS ALSO THE SECTOR of money. Notice I said money, not wealth. Wealth is accumulated money like stocks, bonds and 401K's... The north (and the ears) are about money coming in the door, week after week, month after month. This is salary, sales, and money-making opportunities. Keep your ears clean, trimmed, adorned and wear your hair tucked behind your ears....and listen more for opportunities.

SOUTH/RECOGNITION AND BUSINESS SUCCESS. This relates to the heart and eyes. Maybe you aren't 'seeing' the opportunities and you're blind to your chances to advance. Or, you might not be following your heart's desire in your career. Do your best to look ahead and be visionary with your job or your business and life. If your eyes are bothering you, you might not

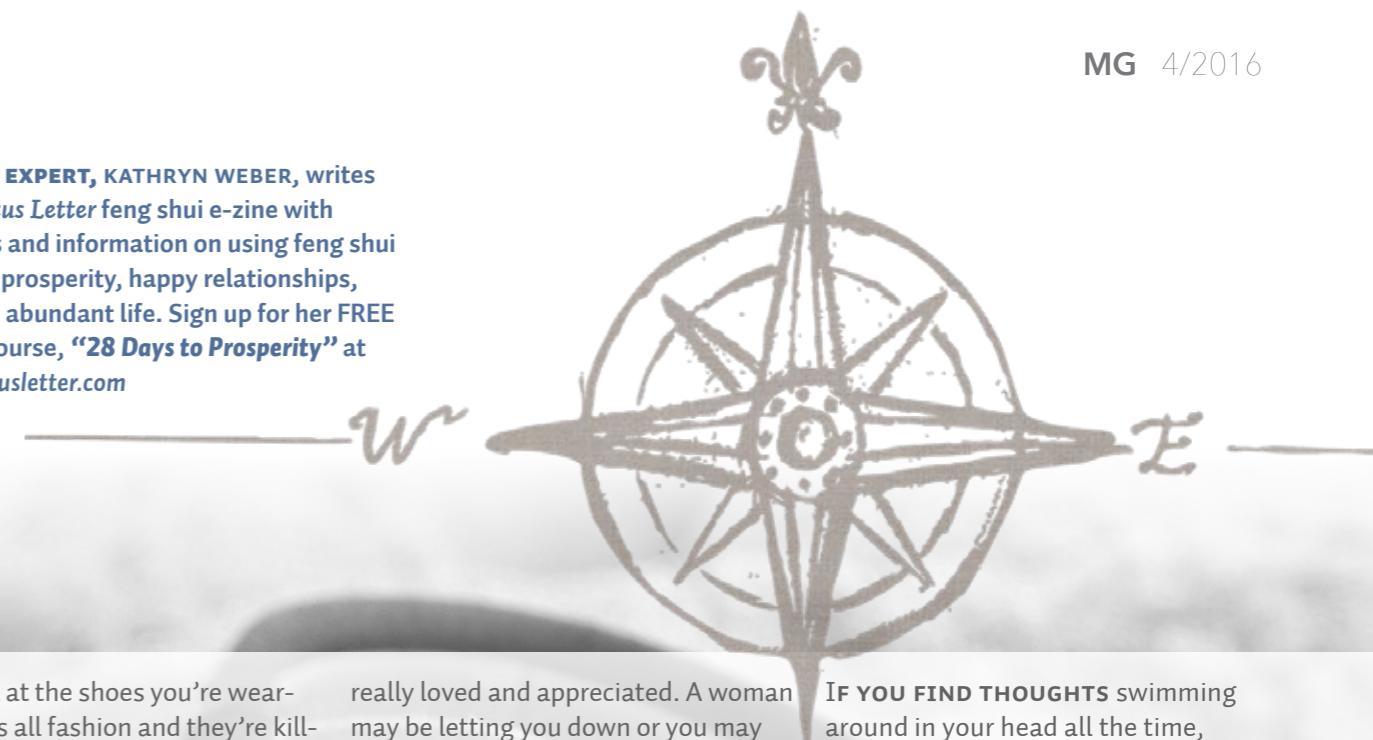
want to really "look" at what's upsetting you.

EYES RELATE TO SUCCESS and maybe you're not seeing yourself as a success. What could you do to change how you see yourself — and how others see you? Think about what you could do to improve your image so you can "see" yourself looking more successful.

EAST/FAMILY, HEALTH AND GROWTH. This relates to the feet, and also the lungs. If you have problems with your feet (or lungs), you have a problem with inertia. You may find it's hard to get growing if it's hard to get going. When your feet or breathing slow you down in life, you feel like life is standing still or going backwards. This can manifest as problems with the toes, cracked heels, fungus, asthma, COPD, and chronic respiratory problems.

YOU MAY HAVE TO "take a big step" in your life. Talk to your podiatrist about any foot problems you're having and get them resolved to help you move ahead in life. Reconsider your diet too. If you have severe edema or swelling, reduce carbohydrates. These can be yin because they create water and water slows you down. Trees can drown in too much water ...and so can people. Or,

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



take a look at the shoes you're wearing — if it's all fashion and they're killing you, you're risking your growth and health. Feng shui is about balance, so look for shoes that balance fashion with comfort.

SOUTHEAST/WEALTH, MATERIAL ABUNDANCE. This relates to the hips and thighs. This is an area that is a source of power and strength – much like having a large amount of money in the bank. If your hips are hurting from sciatica or bursitis, money may weigh on your mind and you may suffer from anger and gallbladder problems.

MORE TO THE POINT, the kind of money that you accumulate may bother you. You may worry that you don't have enough saved, or for you enough may never really be enough. Talk to an acupuncturist or good massage therapist to help loosen up your hips and thighs so that you aren't so uptight about money – and set aside some money you never touch. Ever. Just having some money that's accumulating will help to rebalance your energies, particularly if you have a problem with accumulating money.

SOUTHWEST/ROMANCE, LOVE, RELATIONSHIPS. When your stomach and body core bothers you, you could feel like a situation is too much to stomach. Maybe you don't feel like you're

really loved and appreciated. A woman may be letting you down or you may feel pressured to live up to unrealistic expectations if you are a woman. Sometimes stomach problems show up as nosebleeds. Find someone or a group where you will be accepted and loved. Or, disassociate yourself from those who you feel are not supportive of you or drain your energy.

WEST/CREATIVITY, CHILDREN, PROJECTS. This area is associated with the mouth. When you have tooth pains or mouth problems, you may find that you have a problem expressing yourself. The teeth relate to stating your needs, wants, desires and your individual creative expression. When a mouth problem comes up, ask yourself if you need to express yourself or if you are expressing yourself fully. Maybe you're not living up to your creative potential.

NORTHWEST/HELPFUL PEOPLE, MENTORS, INTERNATIONAL TRAVEL. This area is associated with the head. When there are migraines, sinus problems and any kind of problems with the head, even eczema or dandruff, maybe you're not letting go of your thoughts and expressing yourself well. Maybe you feel like you're going everything alone.

Look for a mentor for yourself. Try to align yourself with others who can help you get ahead. Seek out influential people and ask for their assistance.

IF YOU FIND THOUGHTS swimming around in your head all the time, chances are you aren't asking for the help you need or you are lacking in perspective. Try to find time and space to "clear your head" and go to places like the mountains or beach where you can see far distances and release tension that's in your head.

NORTHEAST/GOOD DECISIONS, WISDOM, LEARNING. This direction is associated with learning and wisdom and relates to the hands. When there is a problem with the hands, decisions may be hasty, rash or lack thoughtful reflection. Hands are our "doing" parts of our body — and the brain's extension outside of our body. Do you find yourself frequently hurting your hands? You may have problems with clear thinking and ability to make good decisions.

TO HELP YOUR MIND and the ability to make good, sound decisions, focus on where your hands are and what your hands are doing. Give them extra care and attention – how long has it been since you've had a manicure? Being more conscientious about your hands will help your thoughts be clearer and more reflective.

© Kathryn Weber

MAGICAL GODDESS - FOR THE LOVE OF ART

KATI KELO

- HEALING THROUGH ART AND CREATION -

WHEN MY LIFE FELL APART about two years ago and I had to start over from scratch my art became a very vital part of my healing process. I kept asking the Universe to guide me, to show me my gifts and what it is that I'm meant to do with my life. I was called to paint again. I began getting messages from Goddesses and animal spirits. Each of my paintings came about with a message and healing some aspect of me. It has been a way for me to communicate and reconnect with with my flow and the oneness of all lifeforms.

ART IS ALWAYS IN A WAY a process of healing, because it allows us to connect with the natural creative being within us. It shows us that life can be more. Something else is possible and we can create something into existence that wasn't here before or available for us. When I paint I never know what the result will be. When we allow ourselves to create without expectations it connects us to the natural chaotic flow of creation and from that flow something unusual, unique and beautiful can emerge effortlessly. There is also a healing aspect in working with colors and movement. Colors are frequencies of light and just like music they can balance and harmonize us. When we are working

with matter and movement, we are actively engaging with our environment, transforming our energy into the physical form, embodying our spirit. Process of creation encourages and activates us to take actions in the world.

CREATION IS HEALING. When we break free from the past limitations and transform energies into something new we expand. I encourage all the Goddesses to to find a way to play with creation in freedom without having any expectations of what will come out of it. Just do it for you in your own way and connect with creative forces of your being. That energy will expand to all areas of your life. Creating something creates more opportunities to create.

I HAVE BEEN AN ARTIST and creative in many ways and life times. When I studied art in this life I became very intrigued of the Bauhaus, the spiritual aspects of art, colors and forms. I fell in love with Kandinsky's idea of the future artist just vibrating in a corner of room uplifting the people and environment creating changes just by their presence. That is in a way what I'm doing now, creating changes by being a space of expansion and love for myself and others.



SEAHORSE by Kati Kelo, acrylic on canvas.
Posters and other products of my healing paintings
are available from Fine Art America:
<http://fineartamerica.com/artists/1+kati+kelo>

MY ARTIST PAGE ON FACEBOOK:
<https://www.facebook.com/Kati-Kelo-1561471964140379/>

**SEAHORSE**

The seahorse quietly and patiently floats in the flow of the vast ocean. There is no hurry, just calm surrender to the infinite flow. Everything happens in the right time, and everything you need will be brought to you according to divine timing. This little creature assists you in surrendering to you higher self in oneness and in deep gratitude. It connects you with the I am presence, that contains everything within. Everything is unfolding with ease and grace. Relax.

THE MAGIC OF SUBLIMINAL RECORDINGS

The conscious brain cannot hear the inspiring words spoken in a subliminal audio, they are at a frequency that is too high to consciously hear. The silently subliminal inspiring and affirming spoken word tracks, while not heard by the conscious mind, are registered directly by the unconscious mind on a subconscious level.

THIS PROCESS CREATES amplified effects and desired behavioral changes in the listener's life, habits, self-beliefs, behavior, physiology, etc. from the inside-out without our critical, logical conscious mind rejecting the inspiring and affirming spoken words. The themes of each subliminal audio provide support for the listener to have more wealth, better weight management, connect with self-love, a healthy lifestyle, better study habits, being more organized, and so much more.

WITH A SUBLIMINAL recording, we bypass the negative, skeptical conscious mind and deliver the positive and inspiring words directly to the subconscious mind, which amplifies it tremendously.

What are Scalar Waves that are infused in Subliminal Magic's Subliminal mp3s?

SCALAR WAVES produce a secondary field by motion of subatomic particles interacting with Human Aura. These waves can travel far faster than the

speed of light and encode the information of the affirmations and inspiring words silently throughout space and time into timeless, space-less quantum patterns. They can directly interact with your brain energy producing much more amazing beneficial results, then the average subliminal audio out there on the market. When played, Subliminal Magic's subliminal Mp3s generate these Energy Scalar Waves combined with the 528hz Frequency to stimulate your brain and to produce specific results. This is a unique and powerful upgrade to these subliminals, amplifying the energy of the affirming spoken word track and providing additional energetic support for the listener.

What is the 528 hz Solfeggio frequency that is infused in Subliminal Magic's mp3s?

RECENT STUDIES SHOW that this Solfeggio frequency of 528 hz is part of a process that can assist you in manifesting a life of your dreams without stress, illness, and sickness. It is also discovered that the Solfeggio

frequencies are more powerful than any other sound frequencies. Subliminal Magic's Recordings Contains Scalar and 528 hz frequency energy embedded within the mp3 that support your highest potential for your life, energetic field body, mind, soul & right into your cellular & DNA levels.

Subliminal Magic's Newest Energy Infused Subliminal Series is called the Magical Series.

THEY ARE VERY HAPPY and proud to introduce, their 'Healing with the animals' subliminal energy infused audio mp3 series. It is unique and the concept of this series is one-of-a-kind.

THIS SERIES COMPRISSES of a number of audio tracks which combines the benefits of certain animals' sounds and energies and beneficial frequencies.

THE IDEA BEHIND this series is to allow listeners to enjoy the benefits one can receive from these animals - both to their bodies as well as to their minds - for as long as needed, even without being in contact with the ani-

mal, plus the added benefits of the scalar waves and 528hz frequencies and energies added to these subliminals.

ANIMALS ARE an incredible contribution to us and the planet in many ways in their own unique way. Therefore, we have infused these qualities and captured their essence into our audios, so that anyone can enjoy and receive these amazing energies from the comfort of their home, without the barriers and limitations created by our minds.

IF WE LOOK, for example, at the cat subliminal audio track, we know from recent scientific studies that there are many benefits to be experienced from the cat's purr. Just to name a few: it can decrease the risk of heart attack by up to 40%, heal bones, repair muscles and lower stress. Anyone who owns a cat can tell you what an amazing feeling it is to stroke their cat and feel their purr and how relaxed it makes them feel.

SO IMAGINE being able to receive the contribution that the cat's purr can

"Recent studies show that this Solfeggio frequency of 528 hz is part of a process that can assist you in manifesting a life of your dreams without stress, illness, and sickness."

be to you, or being engulfed by the loving energies of the dog, or being transported by the soothing voices of the dolphins and whales, or being uplifted by the singing of the birds or even being carried by the gentle murmur of the elephant and much much more, any time you wish just at the touch of a button.

SUBLIMINALMAGIC.COM Provides Many Unique Energy Infused Subliminal Audios that Revolutionize their Effectiveness, Because they are infused with Benefical Energies

ALL HIGH VIBRATIONAL energy signatures of frequency, that are infused within their subliminals, are being delivered to the receiver throughout all energy, space & consciousness from the generating of scalar waves from all our subliminals.

To Experience their Transformational Subliminals visit their website:
subliminalmagic.com

HOW TO END THE SUFFERING OF THE HUMANITY

Have you ever wondered why people on this earth suffer so much?! No matter where you turn, where you look at...You see faces which show everything else, but happiness, joy....

HUMANITY SUFFERS emotionally, physically, mentally all over our beautiful planet Earth. The time has come to end this suffering. How would this world look and feel like if this suffering was removed, erased?! Let us first see what really causes humanity to suffer. No.1 reason for the suffering of the humanity is the separation from the Divine, Higher power. When you are disconnected from the Divine you are not standing in your full power and do not access your full potential. You cannot live your dream life.

PARENTS, SCHOOL, SOCIETY HAVE TOLD YOU that you are here in this life to struggle, to fight... Knowingly or not knowingly they have done everything to bring you away from the natural connection you were born with....the deep connection with the Creator. Your Creator.....You have forgotten who you really, truly are-daughters and sons of the Divine. Divine has created all of you to live happy, fulfilled, meaningful lives. It is your birthright to live the life you desire and deserve.

WHAT HAPPENS WHEN YOU RECONNECT WITH THE DIVINE?

- You find back to Self-Love
as an expression of the Divine love for you
- You have access to your full potential
and utilize it for achieving all your goals, dreams and visions
- You find your authentic voice
and speak out your truth boldly and confidently
- You stand in your personal power as
an expression of the Divine power
- You experience the joy of life living
in a state of "being happy for no reason"
- The driving force of your life is Love...
unconditional love for everyone and everything
- You feel one with everyone
and everything on the Earth.

"THIS ALL IS WONDERFUL TALK"... I hear you saying...yet, how does such a connection with the Divine look like in a real life?! You wake up every single morning with the inner knowing that you are one with the Higher Power, that you do not have to walk your path alone, that Divine is beside you, in front of you, within you. Loving you, guiding you, supporting you with his immeasurable love for you...every single one of you. Love which you do not have to deserve. Love which naturally flows from the Divine heart directly to your heart. Love which gives your life the real, true meaning.

YOU DO NOT HAVE TO DO ANYTHING to be loved by the Divine. Just being who you are

is enough for the Divine to love you, to take loving care of you. Open your hearts and souls widely to let this beautiful Divine love flow into your heart and soul. Let the Divine love and light illuminate every single cell of your body, your heart, your soul. Divine love is the true source of your power. Divine love heals all your pain. The emotional and the physical pain. Nothing and no one can withstand the power of the Divine love. Divine love and only Divine love expressed as passionate Self-Love and Self-Care will save every single one of you from suffering!

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www.madlena-kantscheff.com

MAGICAL GODDESS

– Infinity Healing –

Are you ready to let go of your abundance blocks and limitations for good?

Step into your infinite abundance with Magical Goddess – Infinity Healing.



MORE INFO @

www.magical-goddess.com

D

THE MAGICAL ALPHABETH

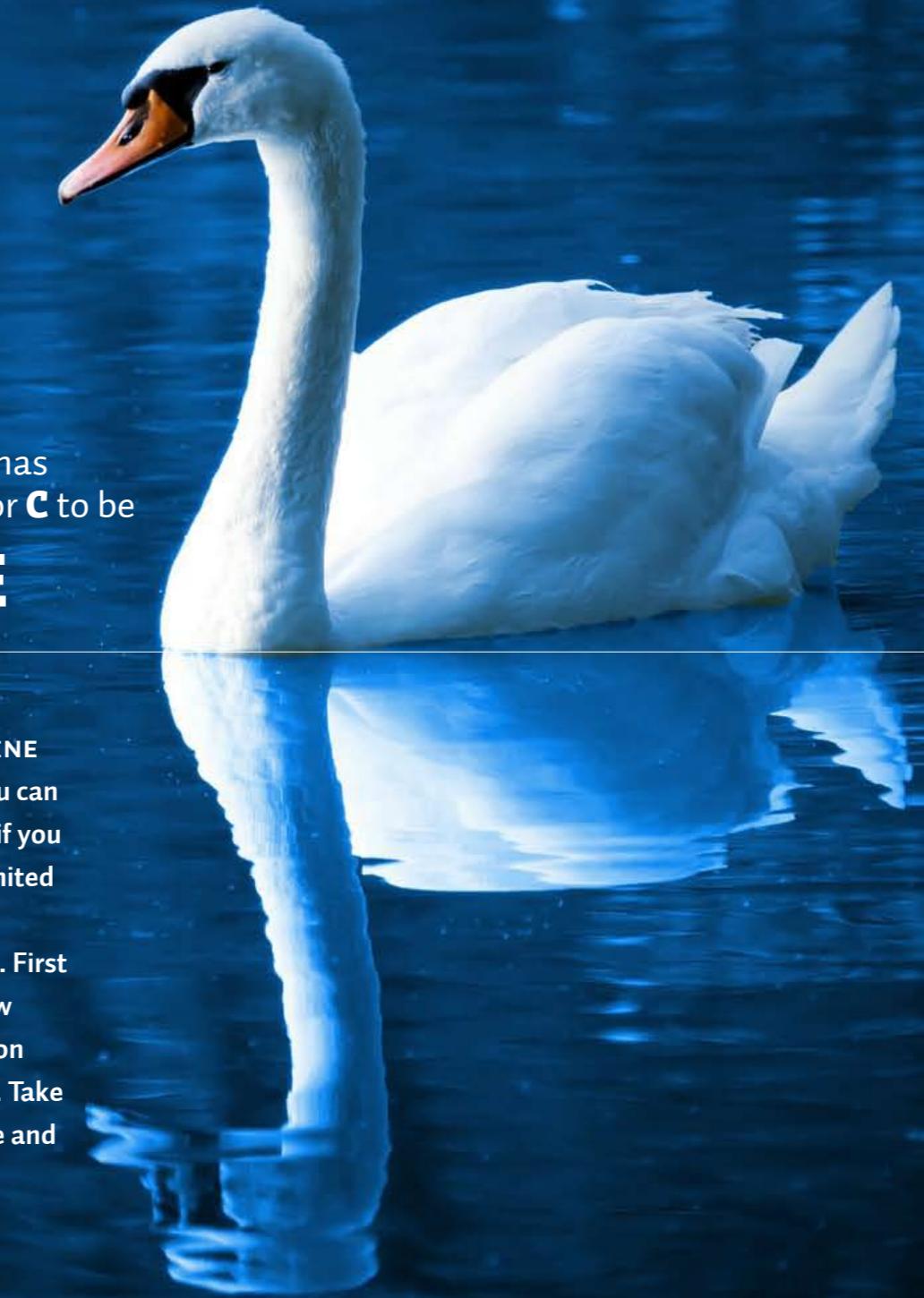
How do you use words? Everything is energy including the way we speak and how we use words. Words have the power to create. God(dess) is in the little details of our lives. How many uplifting words can you come up with that begin with the letter D?

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

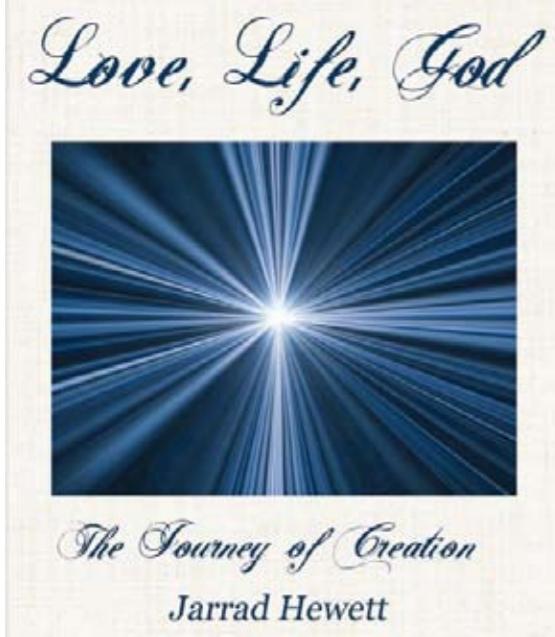
Magical Goddess has chosen the word for **C** to be

DIVINE

CONNECT WITH YOUR DIVINE MASCULINE
Life is about balance. You can not be a whole Goddess if you haven't embraced and united your masculine side.
Be bold and take actions. First of all ask for yourself how it is done. Stop relaying on other people's solutions. Take responsibility for your life and trust your own mastery.



BOOKS RECOMMENDED FOR GODDESSES



LOVE, LIFE, GOD:
The Journey of Creation Audio Book
Jarrad Hewett

This audio book must be one of the best audio books I have ever listened. The way it has been made into a dialogue or a radioplay format makes it so much more interesting and fun to listen. In this audio Jarrad speaks with several "guides". The playful way of the dialogues and the distinctive voices of them help to stay light, and receptive to the "complex" subject of the nature of the whole Universe, life and creation. This is a biggie. If you are ready for a massive consciousness expansion this audio will joyfully take you there. If it gets too complicated and you need to listen to it again, that is okay because it is so much fun. Jarrad has that effect on me, always making me feel lighter.

GET IT HERE:
<http://www.jarradhewett.com/product/love-life-god-the-journey-of-creation-audio-book/>



Let's talk about your LOVE AFFAIRS.*

MAGICAL GODDESS IS EXPANDING. We built a team with amazing Goddesses and can now offer you a full service for you to become the Magical Goddess you came here to be. This private program of your Total Magical Goddess Immersion includes everything you could ever need for building your successful Goddess enterprise, from inner work to the outer, all the way to a finished high quality online product.

ARE YOU READY TO TURN YOURSELF ON get rid of your implant pants and shift yourself to a higher gear with ease, grace and joy? What would it look like if you woke up a year from now to a totally new world? What would it be like if you felt confident and secure with yourself and with what you want to create? What if joy and love would become your natural space of being?

WHAT IF SOMEONE DID ALL THE TECHNICAL WORK and marketing materials for you and your business, so that you could fully concentrate on what you enjoy the most? What if you had magic by your side attracting customers?

WHAT IF DISCOVERING YOUR MESSAGE and talents, creating a business and making it online was pure ease, joy and glory? What if it was your love affair?

SOME CONTENT OF TOTAL MAGICAL GODDESS BUSINESS IMMERSION:

- WHAT IS THE MAGIC OF YOU? -**
- Discover your unique vision, mission & niche.
- Build a step by step business plan.

- WHAT IS STOPPING YOU? -**
- Release your success blocks.
- Overcome fears and limitations.
- Build your confidence.

- NEW POINTS OF CREATION

- Elimination of the old points of creation
- Creation from freedom
- Creation with communion with your body

- HOW TO MAKE IT INTO A PRODUCT? -

- Create high quality unique content with your authentic voice.
- Build a powerful brand and packaging.
- Create a magnetic website and an expansive marketing plan.

- HOW TO SELL WITH MAGIC? -

- Become an irresistible invitation for your clients.
- Be totally magic with your business.

WE DESIGN YOUR BRAND WITH YOU, visual style, colors, logos and even copywrite your messages and create a beautiful client attracting website for you. We help you to create the irresistible offer and landing page. We guide you by hand and teach you how to manage your site and your offers. On top of it all you will emerge into your new life as an empowered and totally Magical Goddess.

How does it get any better than this?

BOOK A SESSION TO LEARN MORE:
<https://calendly.com/katikelo/magicalgoddess>

**Goddesses don't do business
they have ecstatic
LOVE AFFAIRS.***

* On Your Journey With Magical Goddess You Will Learn How To:

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NEXT ISSUE

WELCOME TO A MAGICAL NEW YEAR & NEW YOU!

HOW DOES IT JUST KEEP ON GETTING BETTER AND BETTER?

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