

AUGUST 2020

# Sibyl

VOLUME 13: ISSUE 8

Mindfulness | Compassion | Authenticity | Insight & Wisdom

Since 2007 | SPIRIT • SOUL • MIND • BODY

## MAGAZINE

FOR THE SPIRIT & SOUL OF WOMAN







# INSIDE COVER STORY — In Her Own Words

## EMBRACING & BECOMING YOUR LIFE CALLING

### *Not Taking No For An Answer*

*By Shannon Chin*

**As women, we often find it hard to say NO.** It's even harder when we keep getting NO for an answer. Since I started my own business, it was very disheartening when a potential client says no.

Then another and another. In the early days, I've even received criticism for a proposal that I've put forward. The interesting part is that none of it was about the program that I've proposed. They were just nit-picking.

Undeniably, we tend to take things upon ourselves when we get a NO. That hit me quite hard back then. I didn't want to take NO for an answer, I've asked for a meeting but never got a reply. I started to doubt myself. It has rocked my confidence. However, instead of allowing myself to delve deeper into this unpleasant experience and let it destroy my confidence, I've decided that I will reflect on it and pick myself up. I discovered that it was about the person and the situation they're in and not about me. This has also helped me gain better clarity on who I want to become.

When I was facing some financial challenges, I went to the bank to discuss the possibility of a loan but I was declined. It felt like NO has started following me around and I know it is not something I want to accept. From then onwards, I wrote myself a big reminder that I will not take NO for an answer. I've committed to find creative ways to continue to pursue my life calling.

In 2 separate occasions, I had 2 different potential clients who said NO to me. This time around, I never doubted my ability to help them. Instead of accepting the NO from them, I chose to remain in touch, just to offer them some help every now and then because I genuinely want to help them. They became clients a year later.

In life, we grew up hearing more NO than Yes. I still hear many parents using NO with their children. I also hear a lot of NO from people in conversations. Perhaps it has become a subconscious choice of word because we were conditioned to accept NO since young.

In the current situation around the world right now, many people could be facing situations with more NO than Yes. It's important to know what does NO means to us. We can reframe the meaning and use it to reflect, review and reset. More often than not, it's not about us, it's circumstantial. We can turn it around, we can flip it from NO to ON and draw creative energy from it to do things differently. After all, we've already switched ON the creative button.

I'm sharing this because I want you to know that the big fat NO will not take you down unless you allow it to. It is just a test from the Universe to see how committed you are to you. Never ever give up!

[www.fitmindsau.com.au](http://www.fitmindsau.com.au)  
New South Wales, AUSTRALIA



**FIT MINDS**  
**Fit Minds Australia**

*Delivering Potential, Joy and Purpose in Life*

**Shannon Chin**  
*Cognitive & Mindset Coach, Author, Speaker*

*Shannon specialises in training the brain, building cognitive resilience to reduce dementia risk*

[www.fitmindsau.com.au](http://www.fitmindsau.com.au)



# Sibyl

# MAGAZINE

*"Ordinary Women Sharing Extraordinary Insights"*

FOR THE SPIRIT & SOUL OF WOMAN

INTRODUCING THIS

YEAR'S CONTRIBUTING ARTICLE WRITERS

# 2020



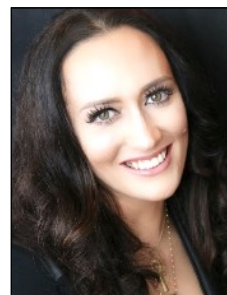
Brenda Pitout



Carol V. Meyer



Cynthia Harrison



Dani Andersen

Just launched  
our brand NEW  
Portfolio Gallery

Promoting our  
writers as they  
make the shift  
GOING VIRTUAL



Danielle Schooch



Gail Gibson



Jill Dianne Bittinger



Kara Lambert



Keita Annie  
Whitten-Foster



Kimberly Hambrick



Lee Steem



Lynley Evans



Margie Batson



Marie Brunger



Marla Diann



Martine Negro



Michele Sayers



Orlaith O'Sullivan



Pennie Quaile-Pearce



Penny Myers



Shannon Chin



Suzanne Duncan

Our Contributing Women Writers reside in regions all around the globe. Therefore, when reading each article understand the spelling within her article is published 'as is.' Example: Recognize (American) vs. Recognise (Australian) OR Honor (American) vs. Honour (Canadian or UK), etc.



# Sibyl MAGAZINE

FOR THE SPIRIT & SOUL OF WOMAN  
*"Ordinary Women Sharing Extraordinary Insights"*

CELEBRATING THE WORDS & WISDOM OF WOMAN

*Today's WOMAN ... Bold, Beautiful, Bountiful and Brilliant!*

Sibella Publications, we acknowledge and ...

- **EMBRACE** every woman's personal journey as sacred
- **HONOR** each step a woman takes as divine and blessed
- **BELIEVE** each woman's life-purpose is forever in process —  
leading, directing & calling her toward her highest good.

As a woman writer, consider today the day you found the literary platform you've been seeking — one that has positioned itself for more than a decade to embrace and uplift your feminine words of wisdom.

Celebrating 13 years of successful publishing "For Women by Women," Sibella Publications proudly publishes the real-to-life and spiritual-path experiences of women around the world. Our circle of editors diligently seek-out and find intuitively gifted, mature and wise women who are ready and willing to share their feminine insights, thoughts, and inner reflections with other seasoned women sojourners on the path toward spiritual awakening, higher consciousness, and personal healing.

We take great pride in expanding the reach of every woman's God-inspired and heart-centered message of love and light to an avid reading audience; anxious to read more about all things — Spirit. Soul. Mind & Body. Both of our digital online magazine publications showcase the original written works of some 50 - 60 selected women writers from around the globe. See inside how you too can become an article writer.

Presently, Sibella Publications proudly connects to some **75,000+ women in readership**. The average age of our readers (mainly women) range between 35 - 65 years of age. We're a global publication with a wide and outstretched monthly distribution. Reaching the hearts and minds of women in the United States, Canada, Australia and Europe - these four regions are where most of our writers, readers, and subscribers reside.

**Enjoy your reading experience!**

"More than ever before the voice of WOMAN must be heard"



**FOUNDER & CEO  
PUBLISHER  
EDITOR-IN-CHIEF**  
*Sibyl English*

**WEB MANAGER  
& CONSULTANT**  
*John Mitchell*

**EDITORIAL STAFF  
DESIGN & LAYOUT STAFF  
ADMINISTRATIVE STAFF  
ANNUAL RETREAT STAFF**



*Nothing real can be threatened.  
Nothing unreal exists.  
Herein lies the peace of God.*





# SPEAKING TRUTH FROM THE SOUL

## UP CLOSE AND PERSONAL

---



### FROM OUR FOUNDER

Sibyl English, Founder & CEO

Sibella Circle International & Sibella Publications

- SIBYL Magazine: For the Spirit and Soul of Woman
- Luminous Wisdom: SOPHIA

*I truly believe each of us are the spark  
within the twinkle of every star in the sky. ~ Sibyl English*

Hi, my name is Sibyl English, founder of Sibella Publications and Sibella Circle International. With great joy and a full heart, I welcome each and every newcomer into my world of feminine soul-expression, Sibyl Magazine: For the Spirit and Soul of Woman — an inspiring publication that shines a light on the introspection of self-love, self-care, emotional healing and higher-consciousness.

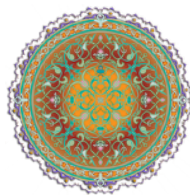
The uniqueness, and actual beauty of Sibyl Magazine is that each page is written and submitted by women from around the globe, "**Ordinary Women Sharing Extraordinary Insights.**"

As always, when reading through each month's issue, you'll find thought-provoking stories and intellectual resources to glean from. With an open mind, as you reflect on each woman writer's article, feel free to connect with her if you have further questions, or need assistance and or would like to have her thoughts on something pertaining to her article or expertise. Think of each of our Contributing Article Writers as your personal © Soul-star Connection of love and light!

We encourage you to join our over **75,000+ in readership around the globe** — women who already receive their personal copy of Sibyl Magazine's simple and easy-to-open hyperlink in their inbox at the top of every month. Never to miss an issue, we hope you'll become our newest subscriber today!

With love, light and joy always,

*Sibyl English*



Sibyl English, Founder & CEO

Sibella Publications. Since 2007 (Main Website | Publishing House)

Sibella Circle International (Network). Since 2004

Sibyl English (International Jazz & Soul Vocalist)

[www.SibellaPublications.com](http://www.SibellaPublications.com)

[www.SibellaCircle.com](http://www.SibellaCircle.com)

[www.SibylEnglish.com](http://www.SibylEnglish.com)





## WHAT DRIVES YOU AND DESTINY?

### *Flipping Out Over Perspectives*

By Kara Lambert

**How often do you stop and think about the other person when you respond to them?** I mean get in their shoes, jump up and down and take them for a long hard hike. You know the hike where your lungs ache and you keep looking at what seems to be a never-ending hill and you hope and pray that your legs will keep you going. Yeah, that deep and that long and not just a fleeting or flippant consideration.

I've been caught out, filling in the blanks with what I thought was happening, what others were thinking... all by filling in with what my drivers (generally fears) are. You know the thoughts, "this person must think I'm an idiot", or "OMG, they hate me", or "But they won't accept it because..." I know I'm not alone and it can be anyone that I do it to, even my spouse.

Our brains hate gaps and its default setting is to fill them with the stories we tell ourselves, the stories we have been programmed with. And rightly or wrongly, they jump right in to fill the void so we don't feel lost and we can make sense of what would normally be confusing.

These stories that fill in the blanks can be peppered with your own drivers. Your fears, your needs, your beliefs, your values, and even your goals. Especially if you fear upsetting people or not being liked, if you need to be accepted, if you believe that your voice doesn't matter, if you value connection, if your goal is to be liked. Your brain fills in the gaps, sometimes to protect you from what you think could be a painful situation and sometimes to defend you from what you believe is an attack, and always with your drivers or stories you tell yourself.

Now think about that person. The one that you just mentally put words into their mouth and did the "they must think xyz about me". They have drivers too & you've just assumed yours all over theirs. You've taken the words out of their mouth before they've spoken and assumed that your words are the right ones. And there's a really good chance you've got it wrong. Perhaps it was from fear of rejection, the need to be accepted, the belief that your thoughts don't matter, that you value being right, or that your goal is to keep the peace. But there's an equal chance that the other person just wasn't thinking any of these things because they have their own drivers. That they fear, need, believe, value, or have a goal that you can help or support them with - and you've just missed a whole opportunity.

So, the next time your brain flies off into, "OMG, they...". Just stop and think. Consider the other person and where they're coming from, their drivers. You'll be surprised how quickly you can calm down with a little flipped perspective, parking your perspective and giving them a go.

[www.karalambert.com](http://www.karalambert.com)

South Australia, AUSTRALIA

CLICK TO MEET THIS WRITER -



*The attraction of our Light connected  
with the essence of your Light!  
And so it is ...*

~ Sibella Publications

[SibellaPublications.com](http://SibellaPublications.com)



Business & Fear Coach | Social Media Consultant

*Understanding What Drives Growth!*

*Helping business understand what drives the people,  
including themselves, they rely on to succeed*

[www.karalambert.com](http://www.karalambert.com)







# PRACTICING THE ART OF HAPPINESS

## *Our Deepest Belonging*

*By Orlaith O'Sullivan*

**One of our deepest impulses is to belong. We share this impulse with many other living beings - it's part of what helps us to survive.** We organise ourselves (or are relegated) into different groups: according to our gender, our friends, our culture, our interests, our beliefs. Even our suffering forms groups - if we develop an illness or an addiction, we instantly belong to a new group!

And because one of deepest instincts is to belong, one of our deepest hurts is the feeling that we don't belong. Being excluded or ignored or discriminated against can be very painful and can bring up fear, loneliness and shame.

In Ireland when people first meet, there is often a question, "Where are you from?" You talk and then you realize, "I know your sister!" I lived outside of Ireland for about ten years and I was asked that question all the time. And sometimes when I heard the question, it made me feel separate. I felt that even if I lived in that country for 30 years, I'd always be asked, "Where are you from?" My mind added: Because you're obviously not from here.

When I moved back to Ireland, I could hear that the question - which we ask because we want to form connection - can do the opposite. In Ireland the question never hurt me because I feel I belong here. But if I wasn't sure I belonged, then the question can touch that sore spot.

I don't ask the question anymore. In our practice, we aspire to go deeper than our experience of all the different groups, all the ways that we separate ourselves from each other. We try to sense a deeper truth, the experience of no-separation. There are times we may have felt that - being somewhere very beautiful in nature, or singing in a big group, or looking up a sky filled with stars. There are times that we feel connected. That we belong. And we didn't need anyone to tell us. We felt it.

So how can we strengthen that feeling, of knowing that we belong? The very first step is to allow all of us to belong. We exclude part of ourselves all the time. This nice part of me is allowed, but the thorny parts - not welcome here!

We need to allow all of us to be here, bathed in this light of practice. When we practice, we need to include our anger and distraction and our confusion. Because otherwise, we're already discriminating. We're separated from ourselves. So the first peace work - the first unity - is allowing you to be you. Taking time to get to know and understand you. Complete inclusion. We let ourselves be home.

It's our deepest belonging, and it can bring a deep, stable peace to us. Thank you for reading - and take good care of your precious heart.

[www.orlaithosullivan.com](http://www.orlaithosullivan.com)

Dublin, IRELAND



ORLAITH O'SULLIVAN  
International Teacher & Author

Pathways of mindful living  
to heal, nourish and inspire.

Online courses, retreats,  
one-to-one sessions and  
guided meditations.

Cultivate joy, release old  
patterns and live with  
happiness, gratitude and  
connection. Deep self-  
care is a gift to you and  
everyone in your life.

Rediscover your loveliness  
and trust in your wisdom.



"The best thing I've ever done."  
- one-to-one client

orlaithosullivan.com





## THE PATH TO LOVE AND COMPASSION

### *The Power Of the Mind*

By Lynley Evans

**We all go through ups and downs in our lives**, but have you ever thought that we are in control of what we think, what we take on, and what we portray to the world? We can take on the thoughts that move through our minds, or we can choose to let them just float through. I know from personal experience, I would take on everything I thought, which were mainly negative, not a good thing. And these would eventually become beliefs.

One of the most basic beliefs we carry about ourselves has to do with how we view our personality. A “fixed mindset” assumes that our character, intelligence, and creative ability are static and we can’t change them in any meaningful way, and success is the affirmation of that inherent intelligence, an assessment of how those givens measure up against an equally fixed standard; striving for success and avoiding failure at all costs become a way of maintaining the sense of being smart or skilled. Or, we can develop what is called a “growth mindset,” which thrives on challenge and sees failure not as evidence of unintelligence but as a heartening springboard for growth and for stretching our existing abilities.

Out of these two mindsets, which we manifest from an early age, springs a great deal of our behaviour, our relationship with success and failure in both professional and personal contexts, and ultimately our capacity for happiness.

The fixed mindset creates an urgency to prove yourself over and over. If you have only a certain amount of intelligence, a certain personality, and a certain moral character – well, then you’d better prove that you have a healthy dose of them. Every situation is evaluated: Will I succeed or fail? Will I look smart or dumb? Will I be accepted or rejected? Will I feel like a winner or a loser?

There is another mindset in which these traits are not simply a hand you are dealt and must live with. In this mindset, the hand you are dealt is just the starting point for development. This growth mindset is based on the belief that your basic qualities are things you can cultivate through your efforts. Although people may differ in every which way – in their initial talents and aptitudes, interests, or temperaments – everyone can change and grow through application and experience.

A mindset tells us what is going on around us. In the fixed mindset, that process is an internal monologue of constant judging and evaluation, using every piece of information as evidence either for or against such assessments as whether you’re a good person, whether your partner is selfish, or whether you are better than the person next to you. In a growth mindset, the internal monologue is not one of judgment but one of insatiable appetite for learning, constantly seeking out the kind of input that you can metabolize into learning and constructive action.

[www.goodevansconsulting.com](http://www.goodevansconsulting.com)

South Australia, AUSTRALIA



**Lynley Evans**  
Director/Head Coach

*I assist men and women 40+ years to develop resistance to harassment in the workplace. As a master practitioner in Hypnosis, I focus on the area of stress as well. I have developed an online program with two levels — purely online and one-on-one coaching.*

[goodevansconsulting.com](http://goodevansconsulting.com)







*The  
Universe  
is waiting  
for you to  
surrender  
yourself  
to life –  
thereby  
allowing  
Life  
to give  
to you  
abundantly!  
~ Sibyl English*



**Hila J. Esters**  
Minister, Author,  
Teacher and Speaker

## Freedom Network NOW

Make your life HIS business

*With God, all things are possible  
Live in the NOW of God's Word  
Flow in HIS presence and power*

[www.freedomnetworknow.com](http://www.freedomnetworknow.com)



## Linda Kaun

Inner-Leadership Coaching for  
Women on a Mission

Discover a totally counter-intuitive way to  
**MAKE FRIENDS WITH POWER** so you can  
*Be the Leader* you came here to be.



[www.lindakaun.com](http://www.lindakaun.com)



**EMPOWERING  
HEALTH**

**ANNE BARRATT**  
Kinesiologist & Mind-Body Coach

*Re-Empowering through whole body healing.*

*Freedom from emotional, physical and digestive pain  
through natural energy work using a variety of modalities  
including kinesiology, and hypnotherapy.*

[www.empoweringhealth.clinic](http://www.empoweringhealth.clinic)

## Believe

**Laurie Bartley, TTRP**  
Vibrational Catalyst, Speaker & Author

**Choose Mindfully • Live Healthfully  
Love Exquisitely**

*Connecting to your Spiritual Council for wisdom and  
guidance to help you live into your extraordinary future.*

[www.heartcenteredliving.ca](http://www.heartcenteredliving.ca)



*Dr. Dugast*



**Dr. Mahayana I. Dugast**

Author, International Speaker,  
Founder of NeuroBiology  
Reprogramming™

*"You are far more  
resourceful than you  
were led to believe"*

### SERVICES:

**ONLINE PRACTITIONER  
& TEACHER TRAINING  
NEUROBIOLOGY  
REPROGRAMMING™**

**ONLINE SUBCONSCIOUS  
CLEARING —  
GROUPS OR 1:1**

[drdugast.com](http://drdugast.com)



## EMBRACING BEYOND THE HEALING

### *Life Test Or Final Exam*

*By Penny Myers*

**When I look back on my younger years of age 8, 9 and 10, I relive the feelings of sadness and loneliness of being unloved.** I truly believed I had done something to deserve being segregated from my younger siblings. I can clearly see my struggles in life after the struggles have occurred. When I survive a struggle, another seems to hit me hard. Today I wonder if the struggles were tests that ultimately lead to my exam. I'm still here. Is this a pass or hanging on for the next exam?

My marriage, the excitement of my first pregnancy, the first grandchild and this was the beginning of my family unit. This was most disappointing as Laura was diagnosed with a terminal illness and had 6 months to live. A test? There were the trials and tribunes of a marriage when a child dies. I went on to have 2 daughters who are my pride and joy. My husband and his family had their challenges. Passed Test? My children's father struggled with the loss of his daughter by not talking. Marriage and a family just was not what he thought it would be. A Test?

Fast forward 8 years and my son was born. He cried, cried and cried and little sleep for me and 2 daughters to get off to pre school every other day. Meals, laundry, budgeting with one income provider. My father unexpectedly dies of an aneurysm. A huge unimaginable experience to my siblings and mother. I was ousted immediately after my father's funeral. Our son, age 20 dies by suicide 10 years later. What's lesson I might learn from this? The Exam?

At this time in my life, I was 49 years of age and felt like a 1000 piece puzzle dropped on the floor and scattered. I don't know where to begin to move forward. By now, I have completed many tests. I have made it through and gone beyond and waiting for the, yes, waiting for the celebration of successes. Mmm, the explosion was yet to come.

My marriage is over. I'm moving on. I'm now going to think about my survival and well being. This is more than I expected. Now, I wonder is this the exam? Do I have more to complete to continue on in life or my thoughts are telling me I have a choice to end it or live on?

Can I handle more tests and more exams? Do I want to? What the heck is life then if the tests and exams mean nothing. What if I end it all? What then does my lived experiences matter? Im not sure I want to die. Im not sure I want to continue because, is there beauty and celebrations for me? I am not normally selfish, but I feel I need to stand up for me!

I must continue this, as this decision is vital.

**EmbraceBeyondtheHealing.com**

Ontario, CANADA

CLICK TO MEET THIS WRITER -




## The Centre For Postvention

**Penny Knapp, Founder**  
Keeping The Humanness in Postvention

**You are not alone!**

*Grief, Podcasts, resources, materials, training programs, Blog. Coaching and Counselling.*

**RememberingNicholas.ca**





## OUR MAGNIFICENT BLUEPRINT: THE 'I AM'

*Serve? Keep — No? Let Go!*

*By Brenda Pitout*

**The voices in our world are becoming louder than ever!** As COVID 19 takes hold and sweeps communities, countries, and continents it is possible that our own inner voices of intuition, instinct and conscience can become stifled or even muted leaving our existence dictated to by others. We may not have been infected by the virus but each and every one of us has been affected in some form or fashion by its vicious venom.

I have realized that I can become consumed by the sound of suffering if I tune in to the global picture which I can personally do nothing about. I have had to make a conscious choice to rather tune in to my own smaller, safer world and find sanctity and deep gratitude for where I presently reside knowing that things can change but for the meantime I can be at peace whilst I pause and ponder where I want my life to flow to once the pandemic is past.

Our world has become surreal in its unpredictability and uncertainty something which can leave us as its inhabitants reeling from shock and shaking with fear if we try to predict our future. I have learned to simply witness the process of powerful change which was inevitable play out as it profoundly shifts the thoughts, habits and behaviour of every single human being inhabiting the planet.

This world war that is waging is like none other our world has ever known and its outcome is both unpredictable and unprecedented leaving rich and poor, learned and unlearned, weak and powerful, young and old vulnerable to the merciless agenda of an unseen force willing to destroy everyone and everything without any remorse or regret.

I love the fact that my soul knows that this is a cleansing process to enable me to recognize the foolishness of the past so that I can release my attachment to man-made systems, structures, and mechanisms to enable me to realise the wisdom of focussing on that which exists beyond this reality and invest more heavily in that treasure which cannot be taken away from me. That which can be mine when mortality is swallowed up by immortality.

I want to tune in to my own inner voice and the voice of the One who knows the way and who can safely guide me through uncharted waters, so I can cross the trackless desert and walk upon the sea because He is the Way and my hope and confidence can be deeply rooted in Him.

I love that in our world, undeterred by the malevolent presence, the sun still shines warm and welcoming, the birds still sing to their hearts content, the trees continue to flourish producing sweet succulent fruit whilst the blossoms faithfully bloom, the rich scent of their presence filling my lungs with a perfume that nourishes the very core of my being. I am peaceful and content whilst feeling reassured that I am blessed because I am loved – now and always!

[www.wellnessonsteroids.com](http://www.wellnessonsteroids.com)

Perth, WESTERN AUSTRALIA



**WellnessonSteroids™**  
**Where Wellness is a Way of Life**

**Brenda Pitout**  
**Emotional Wellness Specialist**  
**Counselling, Coaching, Course Creator &**  
**Connection to your "I AM"**

[www.wellnessonsteroids.com](http://www.wellnessonsteroids.com)







## EMBRACE EACH STEP OF THE JOURNEY

© 2020 Written by Sibyl English



*Remember, life is about embracing  
each step of the journey; and not gaining  
immediate and false satisfaction when you want it.  
Trust the process of the journey; for truly, it is a gift.*

*Love yourself enough to walk, and not run.*



*You miss the most important parts  
of your divine dance with the universe by  
moving too fast, and demanding too much  
from yourself and others.*

*Self-manipulation is a 100% stress-filled act  
of low self-worth and disbelief in self.*

*Therefore, choose to know in your heart*

*that you are more than enough*

*for all the goodness*

*that's coming your way!*

REG. RATE ~~\$155~~

LIMITED TIME OFFER

SPECIAL COVID-19 RATE

NOW **ONLY \$55**

FOR BOTH MAGAZINES

**Subscribe**





## THE PATH OF INNER ALCHEMY

### *Lost In Transition*

*By Daniella Schoch*

**We live in a world of constant change. Which means we also live in a constant state of transition.** Change is an outer event - external and situational: Getting a new job, moving, leaving your job, ending a relationship, someone passing away.

Transition is internal. It's the psychological and emotional processing and integrating of the outer change. It follows its own inner rhythm, dynamics and stages, always involving an element of time.

Just because you've signed your divorce papers doesn't mean you're done with your transitional journey. It doesn't matter whether you chose the change consciously (like leaving your job) or it was "forced" upon you (you were let go) - you still need time to process it. Which might seem harder when it was you who chose the change.

Some changes occur within the natural seasons of life, a moment when you sense that something is coming to and end: your orientation in life, the definition of success. It's that midlife turning point where your awareness goes more inwards and your desire to contribute, serve and impact others positively just naturally grows. You want to share the gifts of your life experience.

Every process has a beginning, a middle and an end. Likewise transitions move in 3 stages: the ending, the neutral zone and the new beginning.

The ending is the life event that usually kicks off the process of transition: the end of the relationship, moving, quitting your job, a sudden illness, losing someone. It seems straightforward but it's usually not as clear cut as it sounds - unless the change is external. You usually have resigned from your job internally before you hand in your resignation. Sometimes we just wake up one morning and realize: I'm done with this. Either way, you need to mark the ending before you can move into the next stage.

The neutral zone can be the most challenging time when you've left the old behind but the new hasn't emerged yet fully. You've left the safe shore; you're out on the open sea with no land in sight. This is a time that can be very strenuous. A time of confusion, depression, anxiety, regret, denial and doubt. We feel we're in a vacuum, in this in between state, in limbo land. Despite all of that it can be where we find the biggest treasures. A time of healing, exploration, inquiry, of reorientation, renewal of energy and purpose, of transformation.

Many of us are in the neutral zone right now - still trying to process all the changes that this year has thrown at us. It can feel like everything we knew to be true, our identity and structures have fallen away. It's important to remember that it's in embracing a new vision that we move through this losses. Allowing ourselves to reorient towards being with the unknowing. Bringing rituals and sacredness back as that constant factor in our lives we can evoke amidst immense life transitions.

[www.daniella-s.com](http://www.daniella-s.com)

Mallorca, SPAIN

*\* This is my 3rd year writing for Sibella Publications!*

# Daniella S

*Creative Mystic, Spiritual Mentor & Life Coach*

---

## Retreats | Pranic Healing | Coaching

*Breaking through old patterns and beliefs,  
discovering core values and needs, and  
creating the life you truly want to live.*



[www.daniella-s.com](http://www.daniella-s.com)



## **SIMPLE YET PROFOUND**

### *Everyday, Deep Belly Laughs*

*By Kimberly Hambrick*

**Laughter is better than chocolate and that is a bold statement in that I am a chocolate connoisseur!**

But the act and sound of laughter are pure joy to my entire being. Be it a giggle of a child, laughter among friends, or the snort—an unattractive habit that accompanies my laugh when I am truly tickled—all instantly makes me happy.

I am, by nature, optimistic. I believe all things are possible. Yet, just like you, not all things work out as I hope and/or some moments in my life are just unhappy. But I firmly believe that we can find the good in the bad. We might need to pause a bit longer, but in time, we find the good and remember with laughter.

Recently a colleague/friend lost her battle to cancer. I met her a few years back when we worked together to compete for a large Federal project. We clicked immediately and our expertise complimented each other. Most of the time working together was stressful due to designing a five-year project and working with tight timelines; but it all was worth it in that we were successful and won. Unfortunately, her health took a downward turn and she never truly experienced the joy of the win in that she went on medical leave soon after the announcement.

Throughout her fight, she remained positive. She would send out updates and each one had a line or two that made me smile and laugh. In her fight for her life, she understood the power of laughter and made a point to make sure those who were hurting, were also laughing.

When I learned that she had died, I spent some time crying and praying. And then I started to remember, and my mind went to the moments that just made me smile and laugh. On a planning trip, we took a pour paint class. If not familiar with this, you mix up various colors of paint in a cup and invert the cup over the canvas so the paint pours out and creates a masterpiece.

Her's looked like a Mardi Gras festival. Bright colors dancing together across the canvas. Mine, well it looked like that same festival, only three days after the parades and the crowds left. Somehow my bright colors mixed into a sea of brown and yellow. We laughed until we cried at our end results. And that memory raced back to the surface after hearing of her death. And through my tears, I laughed until I had no more laughter in me.

Life is fragile and short. Enjoy each day and enjoy all the moments, the good, the bad, and the ugly. Take time to pause in the non-good moments and find the learning and the laughter. It is there, I promise. And when you find it, you will realize that the simple yet profound act of a deep belly laugh makes all the difference.

[www.kimberlyhambrick.com](http://www.kimberlyhambrick.com)

West Virginia, USA



**President / CEO**

**LEAD You Forward —  
to your greatest potential!**

**Leadership development and  
coaching designed to empower you  
forward personally or professionally.**

**[kimberlyhambrick.com](http://kimberlyhambrick.com)**



'Susan's Soul-Connection Trilogy Will Transform The Way You See Yourself & Think About Your Life!'

Search on Amazon By Author Name  
Susan Lowenthal Axelrod



*Confident-Life*™

Imagine the Possibilities.

*As a Confidence Coach, I help you find clarity and feel confident in life and work. Clients tell me they feel transformed. I believe them. ~ Susan L. Axelrod*

For mature women seeking their own freedom in work and in life, take the reins! Here's your direct contact to Susan: [susan@confident-life.com](mailto:susan@confident-life.com)

*Discovering You Again. Act Now.*

*WhatWillYourLegacyBe.com*



## REAL LIFE EXISTS BEYOND OUR BELIEFS

### *'I AM' -- A Powerful Medical Compound*

By Marie Brunger

**Working in a clinic which provided conventional and alternative treatments for cancer patients opened my eyes to the importance of faith in living, dying and recovery.** Unfortunately many of the men and women came as a last desperate call for help. And for some, all I could do was to help them find some peace.

I watched the anxiety rise rapidly as patients juggled huge amounts of medications, stressing as they endeavoured to get the right dose, at the right time, in the right order. This alone posed many questions. How much does the fear interfere with the effectiveness of the medication? How does the nervous system react to the medication when taken with large doses of fear? Surely they would have a much better chance of responding positively when the stress is removed from the mind body system?

What if faith is the natural intervention we have been missing? We know that standing strong in faith weakens fear. It raises our energy, helps us all to feel better about ourselves and improves general well-being, regardless of the circumstances. What if recovery is possible by combining the natural medicinal compound of faith with conventional medicine? Isn't it possible that as we raise faith and lower fear, we could also reduce the medication?

I discovered the importance of working with the patient and their family on an emotional and spiritual level before they begin to make important plans and decisions about the treatment. Uncovering any fears and beliefs the client, their families or support team have about cancer is critical. Creating a team driven by faith ensures that everyone becomes a part of the solution and recovery, working together for the good of the patient. I love the quote 'There is no way to peace, peace is the way' This means that finding peace with 'what is' allows the whole team to openly explore, and more confidently choose possible treatments.

Cancer and other stress-related illnesses are often our wake-up call to return home to Self-love. Having in depth conversations with cancer patients at the point of diagnosis and prognosis is crucial. They can uncover long held fears and limiting beliefs which in turn can expose the root of the problem. By treating the real problem from the onset, the cancer has a much better chance of retreating. If we don't pay attention, those systematic 'messages' will continue to come back, slowing down the journey 'home'.

In spite of millions of dollars being poured in researching a cure for cancer the disease continues to grow rapidly, world-wide. I wonder what would happen if we spent a fraction of that government money to teach our young community the art of developing and sustaining a healthy, self-loving and worthy identity. When we put faith back in the driver's seat, we will more easily put an end to the fight, not only against cancer but against an array of diseases, conditions and syndromes that are crippling man's kindness.

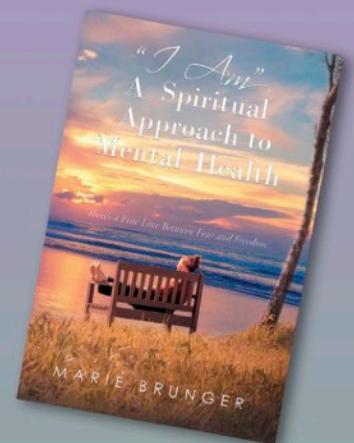
[www.mariebrunger.com](http://www.mariebrunger.com)  
Queensland, AUSTRALIA

## MARIE BRUNGER

MENTOR | SPEAKER | AUTHOR



*"Dare to live beyond your beliefs!"*



*Our Soul's purpose is to evoke an undeniable existence of extraordinary self-worth*

Marie's book, **I AM, A Spiritual Approach to Mental Health** is available from her website.

**mariebrunger.com**





## **GAIA, INDIGO, AND SAGE**

### *Cultivating Dignity and Sustainability*

*By Keita Annie Whitten Foster*

**The other day I was asked by a Maine Black farmer to describe my farm for his local newsletter. I was surprised. I did not see myself as a farmer. At best, I am a gardener. In my mind, there is a difference. I think of gardens as hobbies or projects, while farming is something big, involving profits. Being asked this question stirred up a curiosity within, why am I so drawn to grow food?**

I think of myself as a person who cultivates food rather than a farmer. I adopted the term "cultivating" after working with older Sudanese women refugees who resettled in Maine. Demonstrating their pride using rhythmic hand gestures with whooshing sounds, these women explained how they grew and harvested sesame. Cultivating described their way of life- a proud livelihood as Sudanese women taking care of their families.

Farming was a game I played as a young girl. I would play for hours alone on the tar rooftops of her mother's apartment building, conjuring up all sorts of farming adventures while surrounded by the concrete jungle of upper Manhattan. Other days I foraged wild scallions that grew on the grounds of Riverside Drive Park, imagining I was a Muskogee who lived in the tress. I chuckle when I think back to how other kids -who looked like me- teased me and called me weird. They accused me of trying to be "White." After all, we had never seen Black farmers. Our schoolbooks, TV, and storybooks only showed white-smiling- farming- families, with white farmhouses, animals, and lots and lots of fields- I often wondered what it felt like to live with all that open space.

When I became older, I came across a book with old, black and white photos of wide-eyed, tattered, tired, dusty black people called sharecropper. These were black southerners who worked the land to pay off debts of peonage due to Black Codes or due to the whims of The Reformers. I gasped, where these Black Famers? I could now understand my father's disdain and hostility whenever I pressed him to tell me stories about growing up in rural Alabama.

For me growing food is not a hobby. It's a homecoming to a version of myself I touched into as a child long ago. It's a deepening of appreciation in grace, humility, and patience within myself. Today I am the tiller of the soil and soul- an act I now understand is healing my ancestral lineage. The ability to choose to grow food has become reclaiming a sustainable way of life once denied to my ancestors. The term cultivating feels like an organic reciprocal relationship between myself and Gaia -who is also teaching me to trust my instincts. My ancestors inspire me to claim what I call "The knowing in my bones". With their help, I thrive and we thrive as family. I cultivate aspirations. I help others to reclaim their lives with dignity so they can thrive too.

[www.keitaawhitten.com](http://www.keitaawhitten.com)

Maine, USA

## ***Ready, Set, Thrive!***

**Keita A. Whitten Foster**

**MSW, LCSW, SEP**

**Consultant | Leadership | Healing | Education**



***Redefining Therapy As  
Conscious Identity  
Development***

**"Helping Women Heal Complex Trauma & Adverse  
Childhood Experiences as Embodied Soul Wounds"**

***Speaker, Artist, Workshops,  
Individuals & Families***

**[www.keitaawhitten.com](http://www.keitaawhitten.com)**



## MEDITATION IS ...

*By Sibyl English*

Meditation is the quiet time  
I spend alone with God

Meditation is when I sit in wonder and in awe  
just thinking of all the kindness and mercy  
I am given each and every day.

Meditation is when I feel the wings of angels  
brush up against my skin, letting me  
know that I'm protected

Meditation is when I breathe deeply  
into my belly, until heaven and earth  
cohabitate as one.

Meditation is when I choose to stop  
and say thank you, and I love you,  
and I'm sorry to others.

Meditation is calling my mom on the phone,  
and talking until she tires from our long  
conversation, and then we say  
I love you and goodbye.

Meditation is when I look into my husbands  
eyes and see a man who loves me to and  
through the ebb & tide of eternity.

Meditation is waking to the morning sun  
or the gentle sound of rain, and being grateful  
to be alive for one more day.

Meditation is the softness of my sheets,  
and the downy of my pillow, when I lay me  
down to sleep; and pray the Lord  
my soul to keep. Amen.



## IMAGINE CREATIONS

**Deirdre Catlin**

Founder

**Imagine a new you!**

*If you can dream it ...  
you can become it*

**Memory Energy  
Therapy**

Quickly release the  
control of negative  
energy, stress, thoughts,  
anxiety, PTSD.

Reveal your light.  
Offering workshops,  
Online sessions.

**eye-seellc.com**

**EMPOWER**  
Your Potential



**Samantha Ember**

Human Behaviour Specialist

**Life Coach, Speaker, Thinker, Author**

*Facilitating Personal Success through  
Transformational Coaching*

**"Reclaiming Your True Self"**

"Are you ready to Unlock your  
Journey towards Reclaiming  
your Authentic Self?"

Educating, Inspiring, Facilitating  
& Guiding you to Live Life By Your  
Own Design, through Online  
Programs, Workshops, 1-on-1 Sessions  
(phone or Skype) and Podcasts.

**Get Started Now, with  
FREE Monthly Downloads**

Click Below

**[EmpowerYourPotential.com.au](http://EmpowerYourPotential.com.au)**



## *"Ordinary Women Sharing Extraordinary Insights"™*

EDITORS  
BEGIN  
ACCEPTING  
ARTICLES  
JULY 1, 2020

*I'm definitely interested in becoming a  
Contributing Article Writer  
for  
Sibella Publications*

Sibella Publications — Celebrating 13 years of successful publishing for women by women. Since 2007



Be sure to take notice as to when (exact dates) the Editors are accepting new incoming articles for the next publication. Then follow these easy-to-follow **SUBMISSION GUIDELINES**, edit your work and **SUBMIT! EASY as 1, 2, 3.**

***Early article submissions are greatly appreciated** (allowing you to miss the last minute writer's rush - smile).*

*If your initial article is selected for publishing, the editors will want to continue to publish your words of wisdom for one full year — \*You should receive a response from the editors within 5 - 7 days after sending in your submission.*

### **Topics to write about include:**

All things Spirituality -- Healing. Awakening. Enlightenment. Mindfulness, Insightfulness, etc.

Share the steps of your journey to aid other women as they move forward on their own feminine life-path.

### **The following information is needed at the TOP of your article.**

- Be sure to **TITLE** your article (word count of your title needs to be between 3 - 5 words)
- Written by \_\_\_\_\_

### **Use the following guidelines to create the body of your article.**

1. USE SINGLE SPACE FOR YOUR ENTIRE ARTICLE  
ONLY DOUBLE SPACE TO SHOW SEPARATION BETWEEN PARAGRAPHS
2. NO INDENTIONS or TABS SHOULD EVER BE USED
3. DO NOT USE BULLET POINTS ANYWHERE IN YOUR ARTICLE OR BOLD OR ITALICS
4. WRITE ARTICLE IN FULL PARAGRAPH FORMAT: 5, 6, 7 or 8 **COMPLETE** PARAGRAPHS  
STEER AWAY FROM ONE LINERS. Send as a word doc. (.docx).
5. TEXT COLOR: **BLACK**
6. FONT TYPE: **TIMES NEW ROMAN**
7. POINT SIZE : **10 POINTS**

### **The following information is needed at the end of your article. \*This is Mandatory.**

- Your one (1) website address (not facebook, linkedin or blog connected site)
- The state and country you reside (Ex: Indiana, USA)
- Your **word count** **BOLD** (do not include your title in your word count)
- Your phone number and email address for editors to contact you if they have a question.  
(This is only for publishers, editors or designers use)

**Article Word Count:**

Minimum 475 - Maximum 500

**Send your article to:**

Submission@SibellaPublications.com



## AUTHENTICITY AT ALL LEVELS OF BEING

### *Is Your Heart Light?*

*By Martine Negro*

**Let me introduce you to your heart, Kardia, which is far more than an efficient pump.** In Chinese Medicine, the heart houses your Spirit. It is the container of your Soul and the seat of your higher mind. Heart transplant researches show that the essence states are transplanted into the recipient! In the Egyptian culture, the dead person's spirit was fairly judged by conducting the process of weighing the heart against the feather of truth to assess the quality of its love. If true and just, the heart would weigh the same as the feather. Then the spirit would be free to enter the place of bliss.

If the heart was heavier it was thrown to the demon Ammut who would gobble it!

As your emotional centre, it is directly affected by any emotion. So working on your heart is essential for your physical and spiritual health. Holding on to deep anger, resentment, hurt or hate is the same as swallowing poison every day. It will eat you from inside. In my whole career, I only met two patients who did not want to forgive. One of them was a fifty year old lady whose only son was killed in a motorbike accident three months before she was diagnosed with lung cancer. Within minutes of our meeting, she proclaimed: "I know why I got this cancer, I will not forgive God for taking my son before me! And I don't care if I die!" Grief mixed with anger is pretty lethal. So if you notice some of these heavy energies within, start polishing your heart to energetically transform these buried reactions into forgiveness and compassion allowing you to restore peace within. Your heart will always reveal what is truly going on.

Clinical experience has shown me that every single chronic illness has an unresolved emotional state at its core: anything from grief, anger, guilt, fear or any of the complex combinations they can generate. Until those are properly processed and you are at peace with the situation, the illness cannot clear completely.

The Heart is your most important organ spiritually as it is where the Divine enters the core of your being becoming the ultimate source of your heart beat. Our natural inner state is one of joy and peace. People who are healthy in their golden years, have valued and cultivated these states. That helps them accept what they cannot change (like the death of a loved one) and focus on what brings them joy. They practice altruism and cultivate friendships. They also never indulge in worry, live in harmony with themselves and the world, are easily content yet at the same time open for more! That is an excellent recipe for a long happy and healthy life.

How often do you check deeply into the truest centre of your being? Sense its voice, feel its smile and act from its springing forth guidance. Remember, keep your heart light!

[www.martinenegro.com](http://www.martinenegro.com)

New South Wales, AUSTRALIA

CLICK TO MEET THIS WRITER -



**MARTINE NEGRO**  
ENERGETIC MENTOR

---

WELL-BEING:  
A MARTIAL ART MINDSET

ENERGETIC MAKEOVER SESSION  
(SKYPE) to live from your authentic  
self and stay well.

[martinenegro.com](http://martinenegro.com)





## IGNITE YOUR CAN-DO MINDSET

### *It Is OK to Take A Break*

*By Gail Gibson*

**Since February, I have been working on a hugely rewarding executive coaching project with an incredible team of people.** An intensive programme, both personally, and for the group I am coaching. I use the word intensive because there has been a vast amount of learning shared, knowledge gained, and practice implemented. Together, we have delivered many hours of focused hard work, which has had a high level of personal impact, physically, cognitively, and emotionally.

As the team progress in their role, from week to week, the pressure has built up, and a personal limit has been reached. It is time to take a break.

I was inspired this month by a conversation with one of my team, about the dangers of burnout and the importance of self-care. Burnout can take on many disguises, from lethargy and sleeplessness, to low self-esteem and irritability, and all in between. Burnout can lead to stress which is one of the main reasons why people feel worn out and fail to deliver, mentally and physically. Burnout is dangerous with a capital D.

We can all become overwhelmed in the work we do or the life we lead. It happens. Often, when we take on too much, or fail to give ourselves time to step away and recharge. Life can become super-fast paced, and we sometimes believe that we need to keep up with the speed. It is like the accelerator pedal is stuck on maximum. Each day whizzes by in a flash and we become casualties, as we burn the candle at both ends.

It is OK to take a break. This is exactly what my team member did, along with several of their colleagues too. Being within striking distance of burnout was enough to say - "STOP, I need to take a break. It is important for me to step back from what I am doing and to allow the intensity of learning and practice to filter. I need to unwind and rest and shift my focus inward, to take care of myself before I can help others."

What did my team member discover at the end of a week's rest? Instead of saving up leave for one single big holiday, the idea of taking mini breaks at regular intervals can be a better personal plan. By doing so, you learn to take notice of your emerging burnout pattern, and you can give yourself a chance to take care of your mind, body, and soul. It is about self-awareness and for you to realise, that unless you are on full battery power, you cannot perform well.

Building in a routine of self-care habits is positive and progressive. We all need to step away from time to time. When you do so, you will look, feel and be better in yourself. When we take time to be mindful of overwhelm, burnout, and self-care, we can shift focus to give ourselves permission to take a break, to recharge and deliver personal and professional best.

[www.gailmgibson.com](http://www.gailmgibson.com)

Johor Bahru, MALAYSIA

CLICK TO MEET THIS WRITER -



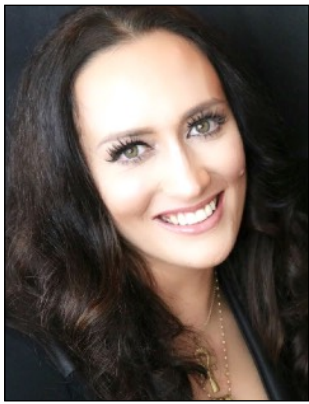
**Gail Gibson**

**Performance Coach, Speaker, Author**

**Providing Sanctuary from Chaos**

Enabling you to achieve peak personal performance through mindset and behaviour change coaching.

[www.gailmgibson.com](http://www.gailmgibson.com)



## ACHIEVE, LIVE AND BE YOUR GREATNESS

### *Living In the Moment*

*By Dani Andersen*

**How often do you have moments that take your breath away and make you feel truly alive?** I remember one such experience years ago that happened spontaneously. I was in Cairo, a stone's throw from the pyramids of Giza, walking back to catch a taxi after a wonderful evening spent talking and sharing stories with a new friend whom I had met at the Sphinx and my Portuguese friend who had introduced us, who I had met a week earlier.

As we weaved our way through the back roads to the main street, each in our own mind reflecting on the day's mind blowing events, our footsteps muffled from treading on dirt, I happened to hear lively music and the sound of women laughing and clapping. At first I shrugged it off and continued on my path, not wanting to create any disruption or intrude on their celebration. However, my Egyptian friend noticed my brief pause as my ears pricked up to the sounds and with curiosity clearly plastered across my face, asked if I wanted to go and see what it was about. When I nodded, he motioned for me to follow him.

With only the sound of the music and clapping to guide us, we zig zagged between tightly packed houses, the odd stray dog crossing our path, and then suddenly there was the source of the happy sounds we could hear; women of all different ages laughing, clapping and singing, along with the traditional ululation to signify joy and celebration. Their faces beamed back in excitement the moment they laid eyes on us, as my friend quickly explained to me what was happening. One of the young women was a bride-to-be and was having her traditional pre wedding party with friends and family. I smiled to myself as I thought how this is the same kind of thing women in my culture do too, those universal rituals that we all share.

Before I knew it, one of the women broke free of the group and made her way over to me, grabbing me by the arm and motioning for me to come and join them. The group opened up their circle to allow me, a foreigner, a stranger to join in with their celebration and when the bride-to-be caught my eye she immediately headed my way, encouraging me to dance with her and dance I did. They all made me feel so welcome and accepted that I felt like I was a long lost member of their family.

As I let myself be caught up in the experience, dancing for the joy of life, for the celebration of love, for the moments that make us feel alive and remember what is important, I looked up to the stars above, those tiny diamonds in the night sky and gave thanks for all that is good in the world, all that connects us and the experiences that remind us of the value and beauty of living in the moment.

[www.DaniAndersen.com](http://www.DaniAndersen.com)

Bay of Plenty, NEW ZEALAND



**PERSONAL ALKHEMY™**

**Dani Andersen**  
The Queen of ALKHEMY™

Play Big. Live Powerfully.  
Lead Fearlessly.

Mentoring Conscious Leaders To  
Be Unstoppable In Life & Business

[www.daniandersen.com](http://www.daniandersen.com)



Handcrafted • Powerful Botanical Essences Made Fresh Daily

# O ARTISAN<sup>SM</sup>

Artisan Blends for Wellness

**BOTANICALS ARE THE MOST POWERFUL  
&  
FASTEST IMMUNITY  
AGENTS ON EARTH**

## Introducing our newest blend "BOTANICAL FORTRESS"

Protecting you & your loved ones  
from VIRAL • BACTERIAL • FUNGAL  
& MICROBIAL ADVERSITIES

Saturating & activating your entire being  
with advanced protection IN SECONDS

While simultaneously evoking BALANCE  
ALIGNMENT & VITALITY in your PHYSICAL  
MENTAL • NEUROLOGICAL • EMOTIONAL  
CELLULAR & ETHEREAL RECEPTORS

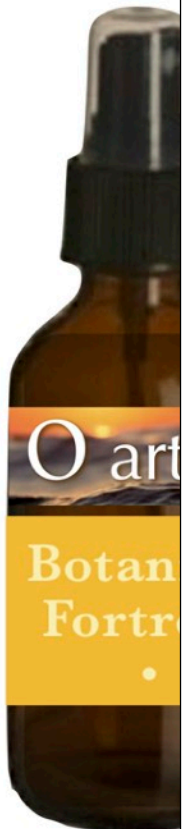
And the fragrance is absolutely amazing!

**Cost: \$63** (Delivery in 7 - 10 days) [PURCHASE](#)

## Botanical Fortress

A potent blend of  
botanicals, yielding  
**450 applications**  
per bottle &  
facilitates the most  
profound presence  
of protection.

Immediate defense  
on contact from  
viral bacterial  
fungal & microbial  
adversities.





## BREATH WORK: THE FOUNDATION FOR LIFE

### *Your Mental Diet - Are You Helping Yourself?*

*By Pennie Quaile-Pearce*

**The subject of diet is popular in today's world.** On-line, off-line Magazines, TV programs, Books are filled with unfolding the mysteries of proteins, starches, vitamins, veggie diets, diets for every condition known to man. Experts on the subject say that physically you become the thing that you eat - that your whole body is really composed of the food that you have eaten in the past.

So, the food which you feed to your mind determines the whole character of your life. It is the thoughts you allow yourself to think, the subjects that you allow your mind to dwell on, which make you and your surroundings what they are.

Your life today, is conditioned by the thoughts and feelings which you have entertained in the past, by the habitual tone of your past thinking. The condition of your life tomorrow, next week, next year will be entirely conditioned by the thoughts and feelings which you choose to entertain from now onwards.

You choose your life, you choose all the conditions of your life, when you choose the thoughts which you allow your mind to dwell on. Thoughts are the real causative force in life. You cannot have one kind of mind and another kind of environment. This means that you cannot change your environment while leaving your mind and thoughts unchanged.

This is the real key. One of the ways to change this and the thoughts that become things is to actively challenge yourself to a 7-day mental diet. You must train yourself to choose the subject of your thinking at any given time, and also to choose the emotional tone or what we call the mood that colours it. It's important to know, Yes, you can choose your moods and thoughts. Moods and thoughts habitually entertained produce the characteristic disposition of the person concerned and it's his/her disposition that finally makes or mars a person's happiness.

You cannot be healthy; you cannot be happy; you cannot be prosperous; if you have a bad/poor disposition. If you are sulky, or surly, cynical, or depressed, or superior or frightened half out of your wits, your life cannot change for the positive. You need to be determined to cultivate a good, happy disposition, or you give up hope of getting anything worthwhile out of life. Believe me I know.

If you are not determined to start in now and carefully select all day the kind of thoughts that you are going to think, you may as well give up hope of shaping your life into the kind of thing that you want it to be, Because this is the only effective way.

The challenge will be exceedingly difficult for the first few days, but as you persevere you will find that it will become rapidly easier. You will be amazed at the interesting things that you will learn about yourself and what I have found is you will get results almost from the beginning. Good Luck in Divine Friendship, Pennie.

[www.acorntoak.org.uk](http://www.acorntoak.org.uk)  
Hampshire, UNITED KINGDOM



## Acorn to Oak

THE INTERNATIONAL SCHOOL OF ENERGY MEDICINE



**Pennie Quaile-Pearce**  
*Founder & CEO*

*Change Your Life,  
Ignite Your Passion!*

A clear and concise pathway  
from Novice to Expert, Fast track  
Foundation to mastery in Emotional  
Intelligence and Excellence

[www.acorntoak.org.uk](http://www.acorntoak.org.uk)



# THE DANCE OF CONSCIOUS PRESENCE

## *Be With 'What Is'*

By Carol V. Meyer

**Do you find it easy to 'be with what is'? I admit many times I have found this practice to be extremely challenging.** Especially those times when it feels like I've landed in the centre of a prickly-cactus bush.

Then, what does it even mean to be with what is? Good question, isn't it? Most people refer to it as acceptance; I prefer the phrase 'be with what is. Why? It's not because I'm quibbling over semantics; it's because I feel that this phrase carries a lot more weight and here's why. In my opinion, to be with something denotes conscious engagement; deeply feeling and truly experiencing. As such, acceptance is not the destination; it's merely the starting point.

It can be tempting to seek to disengage to escape a situation, experience or event that is distressing, uncomfortable or unpleasant. I get that; I've been there, many times. During one horrendous period of loss; I exerted vast amounts of energy trying to avoid the dark, heavy blanket of grief that threatened to suffocate me. I indeed had accepted the reality of the situation, but I found it difficult to truly 'be with it'. My heart yearned to escape the inexplicable piercing sadness and feelings of abandonment that blindsided me when I least expected it. I tried to bypass the valley of the shadow of death but soon discovered that the only way out of it was to go through it.

I found solace in writing and painting. As I consciously engaged in creativity that was solely about the process and not the result; it provided relief from the emotional maelstrom. I vividly recall the day I finally surrendered that wounded part of me. It was the part that had resisted feeling because it was too painful to 'go there'. That was the day that I gifted my body with a voice; that voice was therapeutic movement.

I danced to consciously be with what was and to acknowledge my feelings from a place of non-judgement. As my dance honoured my journey, something beautiful happened; as darkness surrenders to the light of dawn, so denial yielded to a compassionate being with the pain. The music, my movement and breath compassionately held me. They transitioned me to a higher place where I felt heard and seen by myself. Movement, music and breath resourced me to be with my experience fully and then, writing to acknowledge, process and gain insight further organically facilitated integration.

To be with your experience doesn't mean that you have to like what's going on neither does it signify that you endorse it. It certainly isn't a licence or invitation to be sucked into the quagmire of apathetic resignation or the torment of rumination. Being with what is requires you to cease the struggle and to surrender. I find it helpful to access nourishing resources like creativity and faith; these create space and the possibility for my experience to shift.

[www.inspireandempower.me](http://www.inspireandempower.me)

Auckland, NEW ZEALAND

CLICK TO MEET THIS WRITER -



Inspire  
Empower  
*me*



**Carol V. Meyer**  
*Inspiration Specialist*

*Where Interpersonal  
Neurobiology Meets  
Creativity*

Sharing your  
healing journey.  
I use words, movement,  
art and, music to inspire  
and empower you to  
the greatest heights  
of your potential.



[inspireandempower.me](http://inspireandempower.me)



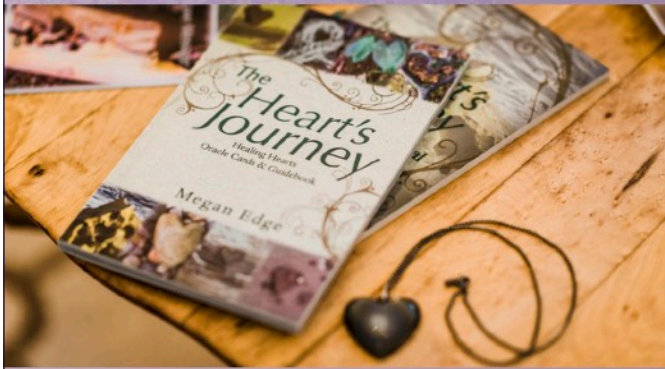


# Megan Edge Healing

Master Healer,  
Master Teacher, Author

## "Radical Transformation with Ease"

Healer Certification Programs, Counselling and  
Coaching, Healing Products, Oracle Cards,  
Workshops, Public Speaking



[www.meganedge.ca](http://www.meganedge.ca)



# Soul Business Academy

Suzanna Hatch  
Author, Mentor, Speaker

Nurture | Grow | Flourish

Suzanna designs roadmaps so women  
can answer their Soul Calling to work  
in wellness and live their destiny.

[soulbusinessacademy.com.au](http://soulbusinessacademy.com.au)

# Wings of Freedom

Maureen Higgins, MA

Transform yourself, your past and  
relationships with healing audios!

Receive intuitive advice for pressing questions!

[Wingsoffreedom1.com](http://Wingsoffreedom1.com)



# Miraculous You!

Dr. Debbie Thompson  
Your Energy Doctor



Go to  
[MiraculousYou.com](http://MiraculousYou.com)  
TODAY for your  
FREE GIFT!

## Igniting the ALL that you are!

Reprogramming your physical,  
mental, emotional and electrical bodies  
for your fondest dreams.

[MiraculousYou.com](http://MiraculousYou.com)

# Donna Richmond

PERSONAL & PROFESSIONAL DEVELOPMENT COACH

"Finding balance between  
doing and being!"

- Mindfulness Classes for All Ages
- Professional Development Workshops
- Private & Group Coaching • Speaker

[www.donnarichmond.ca](http://www.donnarichmond.ca)



# HOLISTIC EXPERT

"Healthy Body, Healthy Mind, Healthy Life"

Larisa Sharipova

Holistic Health Practitioner, Author & Public Speaker

I specialize in natural hormone balancing, stress management,  
detox, anti-aging and women empowerment.

I offer private and group personal or virtual sessions,  
workshops, retreats, and cooking classes.

[www.holisticexpert.org](http://www.holisticexpert.org)







## "Get Under the Umbrella of Sibella"

Want to learn more about our publishing company?

Click above, and take a quick look at this short **2 minute VIDEO** for behind the scenes of Sibella Publications. After watching, you'll better understand why women gravitate toward its feminine synergy.

©"It's a feminine Soul-star Connection."

*A woman can feel when there's an impulse to write what she knows.*

*- Sibyl English, Founder*

Receive the love! | Feel the love! | Share the love!



## MASTER YOUR MIND, FIND YOUR INNER POWER

### *What Is Imposter Syndrome?*

By Margi Batson

**Do you ever question yourself, feel not good enough?** How often do you think that you aren't capable, that you're not worthy? Even to the extent that it's as if other people are aware of it too and are watching and listening to you and rejecting you.

Imposter Syndrome is very common, even those who have achieved find themselves questioning what they're all about and are concerned that they'll be caught out and exposed as fakes.

My beliefs and feelings of inadequacy began in my childhood years. I lived in an era where showing emotions wasn't the done thing, at least not in my family. There were no hugs, no compliments, and no well-meaning conversations. It's only since I reached my adult years and reflected on my upbringing that I realized how this emotional neglect had impacted on me.

I have certificates and credentials to prove my skills and knowledge, but underneath I often felt insecure in my own skin, waiting and expecting to be judged and exposed. Thoughts would arise like; I'm a fake, why should they listen to me; I got lucky, I was in the right place at the right time. I also struggled to accept compliments and praise, brushing the words aside.

I've since learned to overcome these self-defeating thoughts and beliefs. I pay attention to my not good enough triggers and immediately change my thoughts. I focus on feeling calm and confident and what believing in myself means to me. I'm proud of my achievements and when people acknowledge me, I accept compliments graciously. If any doubts arise, I focus on the positive.

Feeling like a fraud is common, but it isn't often discussed. What sets off your inner critic and what do you say to yourself? How can you free yourself from this conditioning?

Firstly, remind yourself of what you have accomplished, do this often. Disclose your feelings to someone close to you, talk about how it affects you. Seek out a mentor for guidance. Teach what you know, or become a mentor. Nurture others; you know a lot more than you think you do. Allow yourself to fail. Stay humble; know that no one is perfect.

Feeling like an imposter can also be connected to worrying about what others think about us. This inner critic can crop up at the worst moment, like when we're in a group situation and someone asks us a question. We worry about being judged, which is self-defeating. I know I've had the thought, "what if people don't understand me or what if they think I'm irrelevant?"

I focus on positive comments people have made. I tell myself I am a confident communicator, that people enjoy listening to me. I choose calmness, it's like putting a smile on my face, which always makes me feel happier.

When we love and respect and believe in ourselves, that's what we project and that's what we'll get back from others. I constantly remind myself that our thoughts become our reality.

[www.margibatson.com](http://www.margibatson.com)

Darwin, Northern Territory, AUSTRALIA

CLICK TO MEET THIS WRITER -




<h2>Margi Batson</h2>
<b>Stress Relief Practitioner</b>
<i>Change your thoughts, change your world.</i>
<i>Using a combination of Acupressure Tapping, NLP and Hypnotherapy I help people release emotional baggage and find their inner power.</i>
<b><a href="http://www.margibatson.com">www.margibatson.com</a></b>





# Sibella<sup>SM</sup> Circle INTERNATIONAL

HOLISTIC & ALTERNATIVE HEALING —  
ONLINE GUIDANCE & WELLNESS FOR WOMEN

Get the Support & Assistance You Seek From These Women Practitioners

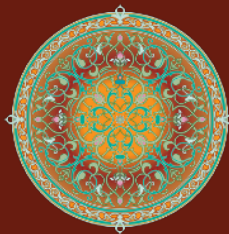
## VISIT OUR PORTFOLIO GALLERY

SPIRIT. SOUL. MIND & BODY — Promoting Women Practitioners

If **YOU** or a friend of yours can help women to self-heal and better themselves.

We want you to take a look at our beautiful portfolio gallery designed  
to promote women practitioners with online wellness services.

Allow us to connect **YOU** to over **75,000+** women (soul-to-soul connections).



CLICK HERE TO VISIT OUR AMAZING PORTFOLIO GALLERY

Learn how **YOU** too can have your website and services  
posted and promoted in our 2020 GOING VIRTUAL CAMPAIGN

SibellaCircle.com



## EMBRACING AND BECOMING YOUR LIFE CALLING

### *Embracing Our Imperfections*

*By Shannon Chin*

I become displeased when things are not perfect. I become annoyed when things don't turn out the way I have picture-perfected it to be. I set high expectations for myself. I was a perfectionist.

As women, we tend to score higher on the perfectionist scale. We want to impress others, we want to impress ourselves and we want to feel good. Perhaps that was how I meet my need for significance in the past.

In my corporate life, I spent more effort than others in preparing presentation packs, reports, and proposals, double and triple check them. I was always the last few people to leave the office because I wanted to finish one more task and there was always another email to go through. I initially thought that I was a slow worker, but I later learned that it was because I was always wanting and pushing to be perfect and so I suffocated myself.

Reflecting back, when I started my first business, I spent considerable effort in perfecting every piece of information, perfecting the business card design and etc. I was focusing on creating a perfect image instead of projecting the true value. The perfectionist in me wasn't serving me at all. Why did I even allow it to hang around for so long?

I searched deep within me to find the meaning of perfection and I realised that I always expect myself to deliver my work without any flaw. This thought or expectation in itself is imperfect. I'm a human being and being able to embrace imperfection is giving myself opportunity to learn and grow, and that it is okay to make genuine mistakes, and appreciate the value that imperfection brings. I don't have to focus on me all the time. It is not about me. It is about growing as a person. I finally found clarity.

Few years ago, I had someone who was finding fault on a proposal that I have submitted. Instead of providing feedback on the contents, she was picking out some very minor errors. I took it quite hard back then because my proposal was not perfect, and her harsh words were sharp as a knife, and I was wounded. As I was doing self-healing, I reflected upon that and decided that I'll take it as a test from the universe on how I have been embracing imperfection. I also know that it wasn't about me, it was just the situation that the person was going through that made her a harsh person. I have grown as a person to be able to see beyond the flaws of mine and others. It was a beautiful learning.

Imperfections make us real. Imperfections make us unique. Imperfections allow us to connect with people around us on the next level. Human beings appreciate authenticity. When we are imperfect, we open up more doors to experience the real meaning of life.

A woman is most perfect and beautiful when she is totally comfortable in her own imperfection.

[www.fitmindsau.com.au](http://www.fitmindsau.com.au)  
New South Wales, AUSTRALIA

CLICK TO MEET THIS WRITER -





**FIT MINDS**  
**Fit Minds Australia**

*Delivering Potential, Joy and Purpose in Life*

**Shannon Chin**  
*Cognitive & Mindset Coach, Author, Speaker*

*Shannon specialises in training the brain, building cognitive resilience to reduce dementia risk*

[www.fitmindsau.com.au](http://www.fitmindsau.com.au)





# Get under the **umbrella** of **Sibella**<sup>TM</sup>

## SIBELLA CIRCLE INTERNATIONAL

*Supporting Women Writers Gain Global Visibility*

*Publishing the original written works of  
"Ordinary Women Sharing Extraordinary Insights"*

*"Allowing today's WOMAN to step more fully into her Divine Soul Purpose ... NOW!"*



### INTERNATIONAL PUBLISHING OPPORTUNITIES FOR ...

- Insightful, wise and intuitive women writers
- Visionary and spirituality leaders
- Motivational and inspirational speakers
- Alternative health and therapy practitioners
- Spiritual consultants and life coaches
- Holistic and integrative wellness professionals

***NEVER MISS ANOTHER ISSUE AGAIN!***

Sibella Publications and Sibella Circle International

Helping YOU take the next big step toward:

1) Identifying 2) Actualizing, and 3) Fully Manifesting Your Vision

### SIBYL MAGAZINE

For the Spirit & Soul of Woman

***Subscribe***

### LUMINOUS WISDOM: SOPHIA

REG. RATE ~~\$155~~ for 2 **LIFETIME** Magazine Subscriptions  
SPECIAL & LIMITED TIME OFFER

COVID-19 RATE — **ONLY \$55 FOR BOTH MAGAZINES**

## BREAKING OPEN

By Sibyl English

Once again I feel myself  
breaking open

There is a Light so strong  
within me, bursting forth.  
I can feel the essence of its heat.

Refusing to be contained,  
my soul rumbles with  
a talking fire.  
It is a cleansing, a purging.

And so I whisper a prayer  
of sweet release and say yes.

Yes, to everything Spirit is  
manifesting on the inside of me.

Yes, to love. Yes, to Light.

Once again I feel myself  
breaking open & breaking free.  
And so it is ...



## SIBELLA CIRCLE INTERNATIONAL



*An invisible  
red thread  
connects  
those who  
are destined  
to meet;  
regardless of  
time, place or  
circumstance.  
The thread  
may stretch  
or tangle,  
but will  
never  
break.*

CHINESE PROVERB



## PEACE SPEAKS

By Sibyl English

Seeing with closed eyes,  
and an open heart into  
the third realm —  
indigo rainbows and  
iridescent dreams.

Remembering  
Sophia as she swims  
amongst the waves,  
whispering to the darkness,  
bursting through the ocean  
deep, making her way  
back to the light.

Reflecting over time  
of things I've learned,  
and people I've met  
along the way.

The milk thistle heals me,  
and the camomile eases my  
mind to a gentle rest;  
where peace speaks to me;  
reminding me of the  
abundant fields of corn,  
and the dandelions wild.

The fragrance in the  
air is that of the  
honeysuckle.



# MUSING OF A MYSTIC MEDICINE WOMAN

## *No Pain No Gain?*

By Cynthia J. Harrison

**Strength, have you ever considered what your strength really is?** Is it a physical muscular process, a subtle energy flow, a heart or mind set? I have been reflecting on my own strength lately, not only maturing in wellness, but as an asset of spiritual development, my Creative Evolution.

What assists our strengths? What I've found is I have a different way of feeling fatigue. The muscle fatigue observed seemed different to others I trained with. In general working with subtle energy strengthens not only your immune system, lymphatics, and meridians, etc, it also provides a physical strength and endurance.

1st example: Working with a personal trainer over the years I understood what it takes to build physical strength and muscle. On return to a gym program after being away for months I was aware that I had to build muscle and the pain is generally intense due to lactic acid build up and micro tears of muscle fibres. I found that as I evolved my energy systems and awareness, that I had much more strength. I was able to work out with load, and repetition and be ok. I would fatigue but it was a complete stop, not a pain or burn as such.

The trainer wanted to test me, giving me loaded workouts, thinking I would not be able to move the next day. However I was fine, the second day is usually worse, but nope I was fine. 3rd day I returned and she loaded me up again. My system was able to flow the energy through the muscle effectively. I simply put it down to my being an energy practitioner with evolved systems, and continued on.

2nd example: As I trained for a half marathon (my first) I found my body would adjust with different sensations. As I ran I would move the energy with my intention, creating space for the subtle energy to continue to flow. Pain is generally an excess of energy in a particular system. When we know this we can assist the movement and create the flow and release of pain or discomfort.

Last example: The past 8 weeks I challenged self using bodyweight and resistance bands, building muscle on a plant based diet and yet again no pain or muscle soreness. Hence, I'm sharing these observations on the benefits of a strong subtle energy system.

I put this to the mastery of subtle energy systems which impact how we see and experience the world. We can work more efficiently and are able to use the lactic acid as fuel rather than it just build up and burn creating pain, and this is used effectively throughout the body for greater efficiency and endurance.

If energy flows well through the muscle and tissue it provides a natural strength and resilience, not only physically but mentally, our thoughts and emotions. Overall a multi system understanding brings us strength, resilience and vitality. My direct personal experience and observation shows our subtle energy systems are imperative to overall strength and vitality at any stage of life.

[www.rhombushealingarts.com](http://www.rhombushealingarts.com)

Perth, WESTERN AUSTRALIA

CLICK TO MEET THIS WRITER -



## Rhombus Healing Arts



**Cynthia J Harrison**

*Mystic Medicine Woman,  
Conscious Evolution  
& Trauma Specialist.*

*Evolutionary Wellness  
For Mind-Body-Spirit.*

**Energy Medicine & The Healing  
Arts For Empowered  
Transformation.**

**Via Online & In Person Sessions,  
Programs & Premium  
Mentoring.**

[rhombushealingarts.com](http://rhombushealingarts.com)





# Releasing the POWER WITHIN

By Sibyl English

Listen to the drumbeat  
of your heart

Sway to the rhythm  
and motion of your  
feminine curves

Allow your breath to  
deepen, giving rise  
to the wisdom of  
your soul.

Feel the magic  
inside the moment.  
Understand the divine  
connection of spirit with  
that part of you who  
still dares to speak  
joy into the air.

Don't be timid;  
instead, stand with  
authority, knowing the  
Goddess that you are.

Spread your wings  
and fly!



A woman with long blonde hair, seen from behind, sits on a patterned rug floating in a vast, dreamlike sky. She is wearing a dark, patterned shawl. The sky is filled with numerous colorful hot air balloons of various patterns and colors, including yellow and red, and a large, detailed image of the Earth. A bright, glowing light source, possibly the sun or moon, is visible on the right side of the frame, casting a warm, golden glow over the scene. The overall atmosphere is ethereal and inspirational.

# SIBELLA PUBLICATIONS

*Every woman needs to write in order to truly breathe.*

*~ Sibyl English*

## AWAKENING TO HER MOMENT IN TIME

And so we choose to see with the gentle eyes of enlightenment instead of anger, and hear with ears laced with fierceness instead of fear. Every single day as women, more and more, we embrace how important it is that we awaken and remember the power and voice of our heart. Moving forward, we must speak from the clarity of our soul, and walk in step with those who choose peace, love, goodness and light.

Darkness is no longer a thread inside the memory of our collective point of view. And so it is. *~ Sibyl English*

# LIVE FULLY, LOVE FULL

## Being Good Enough

By Suzanne Duncan

**Have you ever thought I'm not good enough?** It's something I used to feel about myself when I started my own business. It kept me stuck and frustrated. It was so easy to spend time and energy beating myself up.

I would find myself thinking if I only I had more confidence then I could build my business and I'd finally feel successful. To be honest it was something I didn't do consciously, it was a pattern from my past that kept me playing a small game.

I was focusing on the having. Waiting for it. Not realising that it was the wrong approach. It's why my dreams almost fell by the wayside and I began to feel disillusioned.

Why didn't focusing on the having work? It was like planting a seed in poor soil. The fundamental essence of who I needed to be was missing. I was running on empty.

When I began my own journey into personal development, I realised how important understanding who I was at my core determined my result. The conditions of being successful were wrapped up in who I was being. I had to start with asking who do I need to be? Especially going forward. This was the key.

I explored my values and beliefs to lay the foundation to succeed. What an adventure. To discover and explore what was meaningful to me because my passion and purpose were reignited and what I focused on changed. No matter where I'd been prior to this, where I wanted to go and what I wanted to achieve started with sorting out my inner world. And I was finally closing the gap between where I was and where I wanted to be.

Once I'd sorted out who I needed to be, I turned my attention to the doing. What was the consistent daily action that I needed to do to achieve my goals and what did I need to prioritise? It was also about letting go of unresourceful habits and adopting new, more empowering ones that aligned with my values. After all what I was doing each day reflected who I was being, and I wanted them to support each other.

My being had to be strong enough to support my doing and the ability to achieve my vision instead of staying stuck. How fulfilling it was to realise that the having, that is the confidence I sought, flowed from this. It was the result of who I was being, and what I was doing consistently that enabled me to have what I wanted.

And this could have been anything. For me, it was success on my terms and the fulfilment of doing what I love every day. The learning on this journey was powerful and the fruits of my labour became the gift to give to others.

By being, doing and having, I am able to share my knowledge creating ripple effects to positively impact others because I, like you, am good enough.

[www.discoverywithin.com.au](http://www.discoverywithin.com.au)

Victoria, AUSTRALIA

CLICK TO MEET THIS WRITER -



DISCOVERY  
WITHIN



**SUZANNE DUNCAN**

***Mindset & Behavioural  
Coach, Author***

***Live the life you want!***

***Individual coaching,  
team coaching,  
behavioral profiling,  
thinking style profiling,  
mini-workshops.  
Managing change.  
Enhancing relationships.  
Identifying and filling gaps  
in thinking to move from  
where you are to where  
you want to be.***

**discoverywithin.com.au**



# STAND FOR YOUR WORTH AND DIGNITY

## *Does Your Creative Spirit Need A Tune-up? Reboot?*

By Marla Diann

**In the midst of this constant turmoil with COVID, we can lose connection with our own creative spirit.** It can be a challenge when we are constantly required to pivot, change, and then change again day after day, week after week. It can wear us down. I understand.

My creative renewal method was born of my own disconnect from my creative spirit a few years ago. I was impatient, quick to react, unsettled, living in my head and just plain disconnected from my heart until I woke up to the truth that I needed a healing.

I became proactive and reached out to my coach. I made a one- year life plan with her, which to this day, my life looks and feels completely different. I feel peaceful, loving, creative and happy more often. Out of the challenge came a beautiful lesson and gift. That gift is how I coach my creative renewal method to my clients. I watch their stress, anxiety and discontent give way to relief and joy.

You can, too. Here are a few tips to get started.

- 1) I am encouraging you to rethink your relationship with your creativity.  
How can you preserve it and love on it more?
- 2) When have you thought about how you are "in relationship" with your creativity?  
How do treat it? How do you think, act and feel about your creativity?
- 3) What are you doing to keep your creativity fed and nurtured? Or what can you do to create a new relationship with your creativity to uplift you?

If we are to operate at the levels required in our businesses while also feeling fulfilled and maintain our passion, we must take time to nourish our creative spirit.

For example, have you considered going on a retreat alone for a day locally or a weekend in the mountains? Attend a resort that's open? Or find a new passion in cooking, gardening, writing, donating time to an organization, or some activity related to animals?

Add play back into your life. I challenge you to feel the feelings of delight! Creative renewal is a wake-up call to pay more attention to our spirit – that which lights us up. As creatives, if we don't up our game in how we nurture our creativity, we can feel dull, numbed out, and sometimes just plain bored.

We can be stuck in doing mode, not expansive creating mode. By allowing yourself to dance, play, take on a new creative activity, connect with nature more, write, or paint, we renew our relationship with our creativity and new ideas come forth.

Did you know whenever Einstein got stuck on one of his many projects needing a solution, he would stop and go play his violin to break his pattern and reconnect with his creativity? What's your violin? Time to reboot and renew!

[www.marladiann.com](http://www.marladiann.com)

California, USA

**DENYING**  
your  
*Desires*  
**will**  
**cost you.**

By integrating personal development, spiritual mentorship, financial and business coaching, you have a path to a thriving, profitable creative business.

Discover "The Creative's Achievement Formula" in my free digital guide.

[WWW.MARLADIANN.COM/START](http://WWW.MARLADIANN.COM/START)



*Marla Diann*

International Success Coach  
& Business Strategist for  
High Achieving Creatives



Dare to live a life filled with  
grace and solitude, then watch  
all the world come with peace  
in their arms and love  
in their heart toward you.

~ Sibyl English



**YOUR SUBSCRIPTION**

CLICK  HERE TO  
**SUBSCRIBE**

**SUPPORTS THE POWER &  
VOICE OF WOMEN.  
THANK YOU.**

Perfection can be so exhausting — moreover,  
so surreal. Dare to breathe in the goodness  
of who you really are; then fearlessly move  
forward in your life toward your highest  
goals and potential. ~ Sibyl English





## WEAVING THE WEB OF LIGHT

### *Honoring the Journey, Welcoming the Feminine*

*By Jill Dianne Bittinger*

Welcome Dear Readers! Onward continues the Journey! Thus far we've acknowledged that the decision to cross into the River of Change is the decision to allow the old to fall away and to be willing to vision into something new. We recognize that new options in life require new thoughts and new behavior. To this, I've answered, "Yes!" Thus far, we've seen that it may be scary to feel the death of the old, the falling away of the familiar. We recognize that making the choice towards the new puts one in the river of change. When we honor this change, even when we are not yet sure of what the new territory means, we invite a deeper relationship with our own Soul. We invite the vision of what we seek, AND, we trust that we are working with spiritual forces in collusion for our Highest Good. These forces may bring surprises to us along the way. Trusting in the Force of Evolution, we continue to step up in each situation and find the possibility for the path of the Christ, the consciousness of Love, the expansion of our Souls, through the experience.

I've shared about my own journey thus far. This has delved into deeply personal aspects of confronting the moments of rejection, feeling "not good enough," the necessity to redefine my love relationships and my career. Where it always arrives is a deeper relationship with my own Soulful Self. In these moments of truth, I remember that my Soul chose to take this journey through the 3D Life experience as a personality and deal with the suffering this journey entails. At the same time, I've honored and claimed the deeper sense of peace growing within. I've named the sifting process that I am presently within, seeking to define and refine each element that serves the soulful journey, and to release the distraction and drama keeping me locked into triviality. My fundamental commitment is to my own Higher Self and the profound relationship with the Divine Creator of it. In that process, it has been inevitable to come into relationship with the Divine Feminine as a conceptual and emotional building block to relate to the Prime Creator of us all.

Through accessing the portal of the Divine Feminine, I access a deeper level of spiritual understanding. Woman or Man, all of us are provided a pathway of expansion when we move beyond the confines of a Father God floating in the sky, outside of us. Through honoring the masculine/feminine balance of the Spiritual Force for Good in my life, I am given a doorway to honor ALL of me. To this, I say "Yes!" Expand and Infill me to know my true essence! Powerful Teachers like Sharron Rose, author of Path of the Priestess, and others have inspired me, have helped guide me on this journey.

[www.WebofLight.info](http://www.WebofLight.info)

Arizona, USA



**WEB OF  
LIGHT**  
Weaving the consciousness  
of collective goodwill

**Jill D. Bittinger, CEO**  
*Empowering & Awakening  
the Collective*



**WebofLight.info**



# WALK ON

By Sibyl English

Walk, walk on

Walk until you feel deep in your heart  
that the steps of your present journey have  
out run the pain of your distant past.

Walk, walk on

Walk while the sun is shining on your face,  
and the shadows of yesterday make reverent  
peace with what lies ahead inside  
the days of your tomorrows.

Walk, walk on

Walk when everyone else is standing still,  
too afraid of creating their own success.

Walk, walk on up the hill,  
to the very tip top of the hill,  
where the view commands a homage  
of hallelujah, and a praise filled  
with humility and gratitude  
that only comes from a life fully lived;  
and a journey so ardently run.

Walk, walk on

until the road is no more, and  
your soul has risen beyond the clouds.

[www.SibellaPublications.com](http://www.SibellaPublications.com)

## Maria Lacey

the intuitive path



*Speaker – Author – Hypnotherapist  
Counsellor Reiki Master Spiritual Teacher  
Meditation & Sound Facilitator*

*Awaken your consciousness, open your heart,  
expand your mind, heal your body,  
and strengthen your spirit.*

**[www.marialacey.com.au](http://www.marialacey.com.au)**

## AWAKEN TO YOUR TRUER NATURE

*Marcia Wolff, M.A. in Counseling Psychology*

*Online Counseling and Coaching  
For Couples and Individuals*

*Understand your conditioning, the forming of Ego  
on the way to uncovering your Truer Soul Self*

**[www.AwakeningandDeepening.com](http://www.AwakeningandDeepening.com)**



## Hazel King

*International Author & Inspirational Speaker*

*Resuscitate Your Soul  
How to Feel Alive Again*

*Buy it now on Amazon*

*'Powerless to Powerful'  
Inspirational Books, Talks & Workshops*

**[www.hazel-king.com](http://www.hazel-king.com)**



## Divine Energy Healing

### Stormy Lake

*International Proficient Energy Medicine  
Practitioner & Prophetic Spiritual Teacher*

*"Where Science & Energy, Meet Spirituality"*

*Prophetic Energy Healing & Authentic CP  
Programs. Spiritual Advocate, Crystal Therapy,  
Sound Therapy, Akashic Records.*

**[DivineEnergyHealingInc.com](http://DivineEnergyHealingInc.com)**





# "I AM" Hypnotherapy

**Chey Bodhi, Master Guide**

"Live Your Best Life TODAY"

*I specialise in helping people to break the hold of childhood trauma and feel, nurtured, valued and worthy.*

[www.iamhypnotherapy.com](http://www.iamhypnotherapy.com)



**Linda Kaun**

Inner-Leadership Coaching for Women on a Mission

Discover a totally counter-intuitive way to **MAKE FRIENDS WITH POWER** so you can *Be the Leader* you came here to be.



[www.lindakaun.com](http://www.lindakaun.com)



**Susan Burrell**

An Intuitive Healer & Spiritual Guide



*"Find Your Freedom, Own Your Brilliance, Claim Your Opulence"*



I work with strong, capable women to remove pockets of self doubt, identify blocks, heal energetically and create inner confidence.

[www.susanburrell.com](http://www.susanburrell.com)

**Divine Healing Energy**  
*Loving Yourself from the Inside Out*

**Beverly A. Stickley**

Women's Empowerment Coach, Theta Healer & Best Selling Author, "Love Me, Love Me Not"

Certified Life Coach, Theta Healer & Energy Scan Practitioner; Soul Retrieval, Chakra Attunement & Healthy Belief Integration

[www.divinehealingenergy.ca](http://www.divinehealingenergy.ca)



**Tawa Ranes, Energy Healer**



**Healing Sun Energetics**

Transformative Release Therapy and Wellness Coaching

Find Your Light • Heal Your Life

Clear psychic, emotional, and cellular debris and re-pattern beliefs and behaviors

[Healingsunenergetics.com](http://Healingsunenergetics.com)

**Rediscover Yourself LLC** Energy Sound Healing

**Bonnie Vincent**

Founder / Trainer / Energy Sound Healer

*Change Your Frequency, Change Your Life*

Energy Sound Healing is a safe, effective way to release negative emotions using specific sound frequencies

[rediscoveryyourselfint.com](http://rediscoveryyourselfint.com)



# ONLINE ENTREPRENEURS HAVING REAL CONVERSATIONS

## *Character is Built During Diversity*

By Lee Stemm

**Many experiences that we have in life builds our character.** Character is a set of moral traits; character is who we are. Each of us have our own imprint that has been put on us from the environment that we were born in –and it is our life's work to keep building it.

What we keep calling "character traits" are the disciplines we find useful in building our character—and we can all make a pretty good list. They are learned in the process of making decisions and noticing the results.

Watching the actions that some people are taking in Australia around the Coronavirus is quite disturbing. As I walk through the supermarkets and see the empty shelves where the toilet rolls were once stacked, and no trace of a single hand sanitizer in sight. People are fighting over toilet rolls in the supermarket aisles, and the police are called in.

Then I see the complete opposite. Children are taking single toilet rolls, knocking on doors and giving them to the elderly. Are we in a world that most of our population has forgotten about others? Showing kindness and supporting each other. From my perspective, what we focus on will determine our actions and mindset. Do we focus on the children, doing their good deeds, or do we focus on the drama that media thrives on? Sure, it is important to know what is happening, but are we prepared to be ruled by fear. Allowing fear to dictate our daily actions.

I remember reading about Victor Frankl. He was an Austrian neurologist and psychiatrist as well as a Holocaust survivor. He never allowed anything inside the camp to control his mind. He would look for beauty in everything around him. He survived the worse possible situation that a human being could be put into.

Imagine being in Victor Frankl's position were everyday we would witness other prisoners, being executed, and wondering when his turn would come.

Australia has survived the bushfires; drought and we will survive the Coronavirus. For me, I will adapt and focus on what I have control over. I will continue to run my business, enjoy a nice cup of coffee under those huge trees. Sure, I will take all the right precautions, however my life continues to focus on solutions. Remember we can not control the outcome, just the actions and processes along the way.

Take courage and know that you will be okay. Courage is about doing what is necessary, when you are in a frightening situation. Courage is that little voice in your head, that knows tomorrow will be a different day. Put things into perspective, keep safe and focus on what you have control over. You do have control over your values, how you communicate, your choices and most importantly your mind.

Make your own decisions on what is best for you and your family. However, remember not to let fear rule your life.. Treat others with kindness and respect even in difficult times. Give others hope.

[www.hpct.com.au](http://www.hpct.com.au)

Queensland, AUSTRALIA

CLICK TO MEET THIS WRITER -



COURSEDIGITAL  
BUILD LAUNCH AUTOMATE

**Lee Stemm**

*Engaged Business  
Alignment Drives  
Success*

*How to Build and  
Launch Your Online  
Courses with Proven  
Blueprints Driven  
By Automation.*



[hpct.com.au](http://hpct.com.au)



# PURCHASE A COPY OF MY NEW BOOK & START YOUR HEALING PROCESS TODAY

As the founder of —  
the Holistic Counseling Center in Raynham and Plymouth Massachusetts, I talk with people every day who are struggling. A full ninety percent of the patients who seek out my services are so stressed that it's taking a major toll on their health—they're experiencing lack of sleep, irritability, anxiety, and even actual medical conditions such as cardiovascular illness, autoimmune diseases, infertility, digestive issues, diabetes, and migraines, I was inspired to pursue a career in holistic counseling after spending 10 days in the ICU with a perilously high heart rate of over 300 beats per minute while working in a stressful corporate job. When surgery and medication failed to stabilize my condition, I began to study and to treat myself with acupuncture, yoga, meditation, prayer, nutrition, and metaphysics. "Your Body Knows How to Heal" will take you step by step through the exact system that I use to help the patients I see in my clinic.

***I am living proof  
this system works!***

**ORDER NOW !!**

## YOUR BODY KNOWS HOW TO HEAL

**A Woman's Guide  
to Preventing  
and Reversing  
Heart Disease**

**DR. MELISSA SAMARTANO**

PhD, LMHC, RYT



**BARNES  
& NOBLE**

**BAM!**  
BOOKS-A-MILLION

[drsamartano.com](http://drsamartano.com)





# DANIELLA S

*Unlock the power...*

*... to become who you are meant to be.*

*Step into your Greatness, and the larger life that's calling you.*

***Change Facilitator, Spiritual Mentor and Writer***

***Does this sound familiar :***

*"I feel stuck, tired, lost and like I don't belong."*

*"I keep procrastinating and have no motivation and drive."*

*"I have no real purpose or direction in life and don't know who to talk to."*

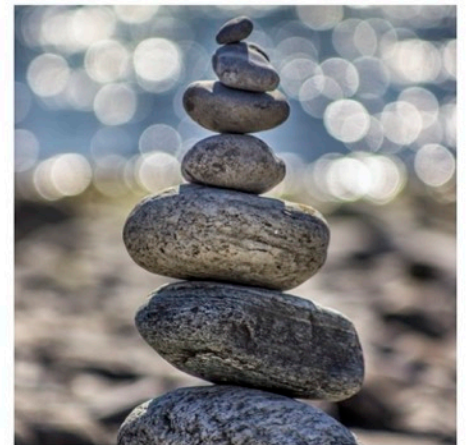
***Now imagine:***

- ~ You are buzzing with excitement and joy.
- ~ You are truly aligned with your strengths, gifts, values, needs and highest desires.
- ~ You are waking up to new insights and appreciation of who you really are.
- ~ You are empowered with a new sense of direction and purpose
- ~ You are and energized to pursue your goals.

I am here to guide you toward creating a more conscious, healthy, and awakened lifestyle. A life that is aligned with who you truly are.

I see you. All of you.

"My goal is to guide you as you transform your life - whether you join me in one of my life altering retreats on the beautiful island of Mallorca, or decide to work with me as a Coach and Mentor."



More information on [www.daniella-s.com](http://www.daniella-s.com)



When a woman  
takes time out to think  
about where she's at,  
what she wants and  
where she's going ...  
things begin to  
CHANGE FOR  
THE BETTER!

~ Sibyl English



**YOUR  
FEEDBACK  
IS VERY  
IMPORTANT  
TO US**

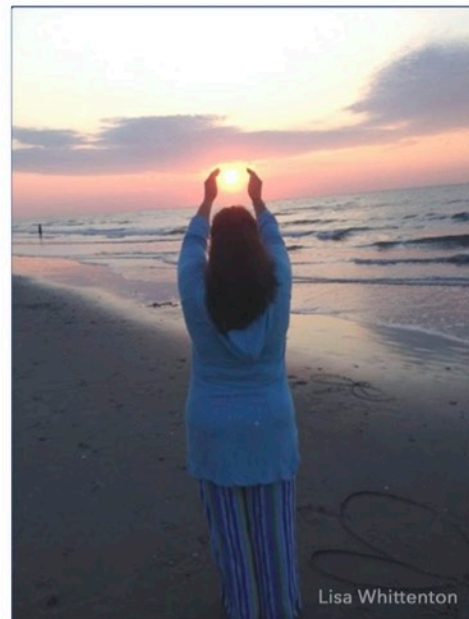


**TAKE A MOMENT  
AND SEND A QUICK  
EMAIL TO THE  
SIBELLA  
PUBLICATIONS  
STAFF**

**TELL US ABOUT  
YOUR READING  
EXPERIENCE WITH  
SIBYL MAGAZINE**

**DO YOU HAVE  
ANY SUGGESTIONS  
QUESTIONS OR  
COMMENTS  
TO SHARE WITH US**

**[CLICK HERE](#)**



Lisa Whittenton

**MANIFESTATION**  
A Choice & Practice

Life expands with  
each new perspective  
you choose to *realize*.

Today ...  
reach into the sky  
and hold the sun  
inside your hands.

*It can be done ...*

If only you would  
choose to see it  
that way.

— Sibyl English



LIKE ON **FACEBOOK**



CONNECT ON **LINKEDIN**

*Both fate & faith brought you here!*

#### DISCLAIMER

[ 1 ] We are well aware of the plethora and diversity of insights found inside both of our magazine publications. This being the goal in fact. By providing our readers with a multiplicity of notes and melodies from which to choose, we are enabling and empowering them with the inspiration to thereby create, design, establish and cultivate their own spiritual rhythm in which to dance!

[ 2 ] We value and respect the talent of artists and writers around the globe. The earnest goal and positive intention, at all times, is to uplift, exalt and showcase the beauty and wisdom of any item or entity found within the pages of either of our magazines. If ever in oversight, there is a written or graphic item anonymously displayed or shared and you happen to know the original artist, please contact us right away and share that important information with us. Doing this will allow us to immediately accredit their very important work.

[ 3 ] There's a wide range of advertisement displayed within Sibyl Magazine, Luminous Wisdom: Sophia and on the Sibella Publications website that link to several of the writer's private websites, blogs and/or social media sites. Any website, advertisement or other entity extended to our reading audience is simply information adding to each subscriber's food for thought. We are not responsible for any information shared or displayed on any 3<sup>rd</sup> party website or social media outlet.

[ 4 ] A Note to Incoming Writers — We reserve the right not to publish or display any ad, article, website or written material we feel is not in alignment with the positive love and light energy the readers of Sibella Publications have grown accustomed to receiving. Submission guidelines are strictly adhered to, and the Editors and Designers always have final say on all items published. Thank you in advance for understanding.

**GIVING INTUITIVE WOMEN WRITERS THE PLATFORM THEY DESERVE**



CLICK ON ANY MAGAZINE ABOVE TO GO TO OUR WEBSITE AND OPEN A FREE COPY

AN INTERNATIONAL ANTHOLOGY-PUBLICATION



**FOUNDER & CEO**  
**PUBLISHER | EDITOR-IN-CHIEF**  
*Sibyl English*

**WEB MANAGER & CONSULTANT**  
*John Mitchell*

**EDITORIAL STAFF**  
**DESIGN & LAYOUT STAFF**  
**ADMINISTRATIVE STAFF**  
**ANNUAL RETREAT STAFF**

*Nothing real  
can be threatened.  
Nothing unreal exists.  
Herein lies the  
peace of God.*

*~ A Course in Miracles*

**CLICK HERE  
TO VISIT OUR  
WEBSITE TODAY**





# SIBELLA CIRCLE INTERNATIONAL

*Established 2007.*



*Our greatest hope and highest intention is for  
every woman in the universe to awaken and remember*

## THE WOMAN SHE WAS CALLED TO BECOME

As you are now reading this message of Love and Light, we welcome you to take pause, and feel the cosmically-divine and feminine soul nature of Sibella Circle International.

Intentionally woven and spiritually birthed, Sibella Publications was manifested and designed as an evolutionary offshoot of the original Sibella Circle. The main purpose of our publication is to showcase, and thereby magnify the voice of WOMAN.

By publishing the original written works of those who feel alignment with our purpose, we joyfully send her message of hope, healing and restoration into the universe. Time and time again, we've witnessed the expansion and growth of each woman writer as she becomes more recognized and felt in the earth. A woman's life-path genuinely begins to take shape as her authentic voice and message (her soul-vibration) starts to touch the lives of others on a global level.

The creation and ongoing maintenance of this woman-centric publishing house stands firmly in place as each WOMAN writer continues to walk out her divinely charted course (the healing process) made known to each of us for the purpose of self-healing and the healing of others.

**\* If your submission is selected by the editors, you too can become a published article writer with Sibella Publications. The real question ... ARE YOU READY TO DO SOME SOUL-WRITING?**

*See our easy-to-follow submission guidelines & article acceptance dates from our website.*

***www.SibellaPublications.com***



## *"Ordinary Women Sharing Extraordinary Insights"<sup>TM</sup>*

EDITORS  
BEGIN  
ACCEPTING  
ARTICLES  
JULY 1, 2020

*I'm definitely interested in becoming a  
Contributing Article Writer  
for  
Sibella Publications*

Sibella Publications — Celebrating 13 years of successful publishing for women by women. Since 2007



Be sure to take notice as to when (exact dates) the Editors are accepting new incoming articles for the next publication. Then follow these easy-to-follow **SUBMISSION GUIDELINES**, edit your work and **SUBMIT! EASY as 1, 2, 3.**

***Early article submissions are greatly appreciated** (allowing you to miss the last minute writer's rush - smile).*

*If your initial article is selected for publishing, the editors will want to continue to publish your words of wisdom for one full year — \*You should receive a response from the editors within 5 - 7 days after sending in your submission.*

### **Topics to write about include:**

All things Spirituality -- Healing. Awakening. Enlightenment. Mindfulness, Insightfulness, etc.

Share the steps of your journey to aid other women as they move forward on their own feminine life-path.

### **The following information is needed at the TOP of your article.**

- Be sure to **TITLE** your article (word count of your title needs to be between 3 - 5 words)
- Written by \_\_\_\_\_

### **Use the following guidelines to create the body of your article.**

1. USE SINGLE SPACE FOR YOUR ENTIRE ARTICLE  
ONLY DOUBLE SPACE TO SHOW SEPARATION BETWEEN PARAGRAPHS
2. NO INDENTIONS or TABS SHOULD EVER BE USED
3. DO NOT USE BULLET POINTS ANYWHERE IN YOUR ARTICLE OR BOLD OR ITALICS
4. WRITE ARTICLE IN FULL PARAGRAPH FORMAT: 5, 6, 7 or 8 **COMPLETE** PARAGRAPHS  
STEER AWAY FROM ONE LINERS. Send as a word doc. (.docx).
5. TEXT COLOR: **BLACK**
6. FONT TYPE: **TIMES NEW ROMAN**
7. POINT SIZE : **10 POINTS**

### **The following information is needed at the end of your article. \*This is Mandatory.**

- Your one (1) website address (not facebook, linkedin or blog connected site)
- The state and country you reside (Ex: Indiana, USA)
- Your **word count** **BOLD** (do not include your title in your word count)
- Your phone number and email address for editors to contact you if they have a question.  
(This is only for publishers, editors or designers use)

**Article Word Count:**

Minimum 475 - Maximum 500

**Send your article to:**

Submission@SibellaPublications.com