

Spirituality

Truth

LUMINOUS WISDOM

333

Wisdom

SOPHIA

ENLIGHTENS, EMPOWERS & ILLUMINATES

JUNE 2020

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TODAY'S WOMAN . . . BOLD, BEAUTIFUL, BOUNTIFUL AND BRILLIANT.



INSIDE COVER STORY — In Her Own Words

THE SHARED EXPERIENCE: COVID-19

By Susan L. Axelrod

As chaos reigned throughout the world during the early days of the Pandemic of 2020, there was one thing we could hold onto in nearly physical reality, the shared experience of crushing disappointment. Every soul experienced some sort of crushing disappointment as the pandemic rolled in. Plans for both normal life and special times shut down in a supernatural way, almost as if there was a big switch in the sky being turned off by a source bigger than humanity itself.

No event was too sacred, not weddings, funerals, graduations or major sports/arts/cultural events; not vacations, or professional conferences. And events that were formerly considered mundane, became elevated to a new level of conscious commitment by mortals on earth. Golf and tennis games, walks with friends, book clubs, religious services, regular business, dinner out, grandparent visits, going to the park, getting your nails done, each of these activities previously just the 'stuff' of normal life when we lived in the glossy haze of all that was.

And when we lost it all, there was crushing disappointment. Whose was worse? Was it the bride with her white dress fitted and ready for the altar? Was it the family of the patriarch, who died alone buried in front of a camera lens? Was it the student missing out on the rites of passage of her senior year or the college graduate losing the job that was going to start his 'real life'? Was it the new restaurateur ready to launch with the opening that would never be? Or, was it the PTA dad who had planned the Spring father-daughter dance that never happened? Crushing disappointments all.

Like the shared experience of crushing disappointments, there was the shared experience of fear of the virus of our time, Covid-19. The days of fear, before treatment, before a vaccine, germs spreading unknowingly, deaths mushrooming in terrifying numbers; people sheltering in place, some poor, elderly, or new parents without items necessary to live. For generations, we had been looking for something to bring people together in shared harmony, something that transcended politics, religion, language, culture and borders. As the fog of the Pandemic descended, it turned out to be fear that held us together like glue across the planet.

Then, there was a 'pause.' A world-wide pause. Nearly every industry shuttered or a mere shadow of its former glory. Across the world, people sheltered in place, cars off the road, smokestacks silent, chemicals and pesticides dormant in their drums. And, as if God was parting the seas once again, the sky and the water cleared. Unable to imagine such a parting previously in our time, we experienced it again during the great Pause. Bright blue skies, clear green waters, the sound of birds in the eerie urban quiet.

And then, there was kindness. The shared experience of crushing disappointment became the shared joy of kindness. People, as if seeing others clearly for a first time, reached out. Businesses made free offerings, families connected weekly online, people gave, shared, supported and just loved each other.

And there were the workers. Healthcare workers holding strong on the front line. Truck drivers, grocery packers, delivery people became the unwavering self-led army. In unison, as a world, we experienced human connection and kindness. The 7:00pm cheer became a harbinger of good, a bellwether of the times.

Beyond the disappointments and fear, it was the joy of shared kindness that showed us we would be 'OK'. Humans are resiliently resolute in life. Kindness touches the soul through love. Loving soul-connections once made, are never forgotten.

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LUMINOUS WISDOM

SOPHIA

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
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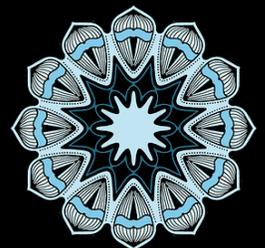
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PUBLISHER | EDITOR-IN-CHIEF**

Sibyl English

**WEB MANAGER
& CONSULTANT**

John Mitchell

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

~ A Course in Miracles

A MESSAGE FROM OUR FOUNDER
SIBYL ENGLISH



Finding Our Way

*Finding our way together, in a time
of protocolled social distancing
It's all a matter of time ...*

*A time of peace and surrender
A time for grace, honor and as much integrity
as we can gather and withstand
A time to let go and let God
A time of true acceptance, and authentic reflection*

*Compassion is a must
It's the least we can all do for ourselves, and others.
A time for deep breathing, and then breathe some more
A time to do nothing and something at the same time
Did I say a time to surrender and accept what is ... for what it is,
not knowing at all just exactly what it's all about
And so it is, we're find ourselves finding our way
in the times of **COVID-19**. Stay safe.*

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And with that being said ...

Welcome to the insightfully written pages of
LUMINOUS WISDOM: SOPHIA

*Keep in mind, our writers are from different countries around the world.
Hence, the spelling of various words inside each article are published 'as is' based
on that particular region. *Example: Honor vs. Honour | Realize vs. Realise*



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Founder & CEO of Sibella Circle International
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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.

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

- Sibyl English, Founder

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DISCOVER YOUR TRUE SELF

Release the Elephant in the Room

By Elizabeth Carney

Sometimes self-harm leaves no physical scars. It provides no pleasure, or pain, nor does it give any relief. Sometimes we become so bored, or worn down, by tedious daily routines, that there's nothing to look forward to. There is something inside that's given up on creating a joyful, successful future. Instead of "seizing the day", we become resigned to a lifetime of the same old

routines that ensures the future looks pretty much the same as the past. Sometimes self-harm is simply too clever for us, creeping up in stealth-mode. It is cunning, secretive - invisible.

My story involves a relatively normal childhood, a good education, marriage, a child, a divorce and a 25-year corporate career. However, one day, as I looked in the mirror, I realised that I could not see ME! The person I thought I was had become invisible. Instead, I saw an old woman, a shadow staring back at me - a lifeless, grey shadow that was no more than a ghostly image of what I once was. Where was the idealistic young woman, who would change lives and change the world? How had she allowed the life to be sucked out of her? When did she lose her voice? When had she hidden her authentic self?

I realised that the slow, creeping suppression of what made me unique was in fact a whole new and unexplored dimension of self-harm. It would be all too easy to apportion blame on the players that appear in my life story, but I recognise now that I always had the power to choose. Only I can take the blame for not following my own intuition and consequently not doing what I was meant to do, so as a result I couldn't see what I had become. The real me was hiding in plain sight.

Sometimes what is required is to take a long hard look at ourselves from the inside out and ask some difficult questions; the kind of questions we usually avoid, putting on a mask so people do not see who we really are, only what we choose to let them. That's our coping mechanism and we are very good at hiding. Everything gets internalised often causing us to become ill, fatigued, or more stressed. Many have at some time asked themselves - "Is this all there is?" feeling their life is standing still, or they are treading water.

After leaving the corporate world and literally being knocked on my backside by an accident that left me on crutches, housebound - unable to drive and contemplating "Why Me"? I suddenly understood that the most important relationship we have is with ourselves. It is the only one where we are present our entire life, from the moment of birth to the moment of death. Why do we not give ourselves the attention we deserve? Acknowledging the elephant in the room is the first step in creating a new future, one that is different, from the future we see today.

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A PATH FOR BRAVE HEALING

Purpose Has A Face

By *Laura Di Franco*

When I signed up for a career to help people heal I felt purpose coursing through my veins, but it wasn't until thirty years later on the journey that I realized what true purpose looks and feels like. Purpose has a face. And unless we connect what we do with another human being, purpose will never feel complete or sustain you on the bad days.

I met Shirley online. A mother of five reached out to me and said, "Thanks so much for writing that blog, I was wondering, do you have anything else I can read? I've been struggling lately." I quickly complied by finding a few more links to share, but while we chatted I learned she'd been severely depressed. So I took things a step further and dedicated a new blog to her anonymously. I asked my audience to step up with love, support and advice; an audience full of other mothers, women who'd suffered from depression and healers.

Shirley began to feel the hope and connection she'd been craving. After several more chats and the beginning of a new online friendship she started writing and sharing her own story with others; her two first blogs for the world to read about her own depression and then a call-out to other mothers. "If I can do this, so can you."

What I didn't know until much later is that she'd been planning the suicide note she would write to her husband and five children that month. If this is the only thing I ever do in my entire life it will have been enough. Purpose has a face. Shirley's face and name would go on to inspire me past the thoughts of not-good-enough and past the worries and doubts about what people would think. Those thoughts became so boring. Because what if that thing I was a little afraid to share was exactly what someone needed to hear to either change, or even save their life?

When purpose had a face and a name I started to feel courage I never felt before. I started writing and sharing my authentic stories, poems, and thoughts in a bigger way. I started to help people heal in ways I never even thought I could at the start of my career. When my purpose became less about what I did, or a cause or topic of importance, and more about the person I was helping to live fiercely alive, that purpose took on a life of its own inside my soul. I've lived with it burning bright there at the center of my core ever since.

I ask you now, what's your story? Have you shared it? Your fear of not-good-enough is boring. Someone out there is waiting to hear it. And you will change their life. It's time to be brave.

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Maryland — USA



Laura Di Franco, MPT

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REVEAL YOUR INNER FLAME

Visualizations Come to Life

By Carol Campos

I was reading my journal entries from two years ago. I was doing two types of journaling at the time—one where I wrote about my life as I was experiencing it and the other a written visualization of what I wanted my life to be. The former is filled with trepidation and fear. I felt lost and had zero direction. The visualization journal entries are completely different, acting “as if” I have all the things

I want. It’s all fabulous and these entries makes me feel energized. Reading both types of entries, one might think I had a split personality. One personality grateful, abundant and joyous and the other scared, small and contracted. Yet both are undeniably me.

I have also written letters from my future self. This future self is so wise, so put together. She wears flowy clothing and exudes grace and confidence. She tells me not to worry and that it will all be ok. She has a twinkle in her eye as she assures me that everything will work out. She tells me she’s proud of the woman I’ve become. She thanks me for taking risks and learning hard-earned lessons so that she can enjoy the life she has now. In my mind’s eye she is as real as anyone in my life today and I trust her words in the same way I would an old friend.

Taking a look at my current reality I have to say that in the past two years my life has changed dramatically. I have done things I never thought I would do. Co-host a podcast? What? Talk with people all over the world and actually have genuine friendships with people from different countries? Impossible! Have the opportunity to study with coaches I admire and respect and become a coach myself. Crazy! And yet, it’s all happened. It all started with seeds extracted from my imagination and planted on paper.

Little by little I stopped journaling about my daily feelings and started focusing on my written visualizations. Some of my intentions have come to fruition, some feel like they’re right around the corner, while others still feel far away. But the thing about using your imagination to create the life you want is that you don’t feel scared if you’re not seeing signs of it happening. It’s just not happening yet. This got me thinking of the power of this one little word. There’s so much hope in these three letters, so much possibility. Each day I am able to write and re-write (both literally and figuratively) my story knowing that it can happen. It will all unfold they way it’s supposed to. As much as I want to see all the steps of my path illuminated, I know that’s not how it works. Some things will fly swiftly into my life while others will challenge my patience. For as much as I want to rush them into creation, they’re not quite ready...yet.

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GROWING ORGANICALLY THROUGH GRACE

Saved By the Mango

By Elizabeth Urabe

More than three decades ago I made my first pilgrimage to the mother ashram of my yogic lineage, located in the countryside of Maharashtra, India. Having only been consciously on the path for a little over a year, I honestly didn't really know why I was going, just that I had to go and stay for 90 days. The one teaching I remembered from what I had heard and read up to that point spoke to the purity in the heart of the disciple when visiting this ashram, where the Masters had performed their sadhana, or spiritual practices, for thousands of years. It said that every plant or flower, tree or bug, was alive with the Shakti of divine Consciousness and that time spent in this sacred place with an open mind and receptive heart would lead a seeker to the direct Knowledge of Absolute Truth.

I was not aware of the expectations that had accompanied me on this journey but at about the ten week mark, I began to feel extremely agitated. I had been doing everything asked of me, going overboard to attend every chant, program and meditation session, but I awoke one morning to a mind racing with upsetting thoughts.

"I've been here for nearly three months and nothing has happened. I'm doing everything right but I don't feel any different. What's the point of all this effort if I'm not enlightened yet?"

I was out on an early morning walk as all of this was taking place and just as my inner turmoil was reaching the boiling point, I arrived at a statue of Lord Ganesh. Behind the Great Remover of Obstacles stood a majestic mango tree and as I was angrily striding past it, I heard the thump of something hitting the ground. It stopped me in my tracks. I looked down and saw it was a huge mango. And it spoke to me, saying:
"When fruit is ripe, it falls naturally from the tree."

In that instant, I got it. I stopped beating myself up for being an acorn but not yet an oak. And this one experience became the foundation upon which an entire life of conviction, commitment, and absolute faith in my own process would unfold and rest. I understood that it was my job to walk the path with as much integrity as possible but that when I would reach the destination was not only something I could not control or manipulate, it wasn't even my concern. I was the passenger, not the driver, of the train of Life. And to this day, whenever I am tempted to be frustrated that God's Time does not seem to be aligned with the hopes or expectations of ego, I still hear that quiet, wise voice of the mango, gently reminding me:

"When fruit is ripe, it falls naturally from the tree."

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THE ALIGNED MONEY LIFE

Money Issues or Money Opportunities

By Melissa Ternes

For the last several months I've heard "money issues" over and over. Sometimes in the context of a woman attending one of my workshops trying to convince me that she doesn't have money issues, that everything is fine. Other times in the stress and worry of a woman who hasn't really looked at her finances in months or years, or in a job layoff scenario. In these, "money issues" is a place of fear, stress, hiding behind a mask, holding tightly to denial or simply ignoring it all together.

I get it. For years, I pretended and played the part unwilling to just be me. It cost me more than money, it cost me honoring my true self, living the real life I desired, real relationships and spiritual connection. What made me realize I was fearful, hiding, denying and ignoring? Money issues. Money was the doorway to change in my life. And it can be for you too!

I had accumulated a massive amount of random things debt, you know, the nothing respectable kind and nothing to show for it. The debt amounted to physical clutter in my environment, superficial relationships, emotional turmoil and being in a spiritual coma. I was overwhelmed in so many areas of my life and I couldn't even see it. It wasn't until I started my journey out of debt that I realized money is a mirror for how things are going in my life.

Attention brings opportunity. As soon as I began paying attention to my money, things began to change. Not overnight, but slowly and often imperceptibly. In the beginning, I was just on a money diet to pay off debt. As I continued my journey and began working with clients, I realized there's so much more to money than dollars in the bank. This was a shocker for me because of my background in accounting. The more focus that is put on the problem of being in debt and getting out of debt, the harder it is to see possibilities and opportunities. Just like with a food diet, the more we deprive and restrict ourselves the more we want it. Focusing only on money issues blocks our ability to see money opportunities and the good right in front of us. The ability to have it all your way.

The road to money wellness was paved with paying attention to what caused me to spend. Evaluating the environments, people, situations and emotions that triggered me. As I cleaned up areas of my life, my money cleaned up too. The place of freedom is found in honoring yourself, standing up for yourself and loving yourself. In a sense, honor your money and you will honor yourself.

I realized that it was necessary to align my dreams, values, priorities and money. All four going in the same direction that's what it takes. I call this living your Aligned Money Life. Take some time today, look at your money and ask what's possible. You're worth it!

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LIVING AUTHENTIC AND ALIGNED

Personal Growth for All Seasons

By Nancy Jackson

Though hard to imagine now, at one time I was the last person that I gave consideration to in my day.

From the moment the alarm chimed in the early morning hours, until I dragged myself into bed, my precious time and energy were dedicated to everyone else's needs and wants. While I often set the intention to attend to those personal needs and wants, it seemed that I required a more impactful

reason to make myself a priority. I needed an official green light that signaled that yes, it was okay to start addressing my needs and create change. Many years passed while I waited for that significant right time, as if such a thing even exists.

Truth be told, it's easy to wait for motivation to come in the form of an event such as a season, a wedding, post holidays, the New Year, or concerning news about an unexpected diagnosis. It's no wonder we live under the illusion that it takes a special occasion to prompt us into action. Venture into most department stores any time of the year and everything is geared to the next big event, even ones that are months away. Life plunges headlong into a continual fast forward blur and we lose sight. Our attention veers away from the most important time we'll ever be gifted with, the time to connect with ourselves in the present moment. Without that sacred time, we slow and even stall our natural progression of evolution.

We are meant to learn, grow, thrive, and impart our wisdom in whatever way stems from our path and soul purpose. Personal growth holds even more value when it comes from the knowledge within. There will always be times when support from others is helpful or required, but our greatest teacher resides within each one of us.

The more time we spend listening to the external ramblings of the world, the more it drowns out our ability to think for ourselves, or cause us to question our capability of making any right decisions. This is where we become even more disconnected. Once we relearn to trust our internal guidance we are rewarded with valuable foresight into our authentic truth and the areas that need attention and healing. Our inner wisdom is the one voice that we can unequivocally trust. It will never steer us wrong. In fact, it's our compass designed to keep us moving on our purpose-filled path.

We must cherish this incredible wealth of knowledge stored deep in our soul, this marvelous library of learning compiled from our ancestors, spirit, our past, present, and our future. The more we delve inside and absorb our sacred inner wisdom, the better understanding we'll gain of just how remarkable each of us are and were destined to be. There isn't ever going to be that one right time to tune in. Personal growth is always in season.

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SPIRIT BEINGS HAVING HUMAN EXPERIENCES

The Science of Happiness

By Lisa S. McKnight

The goal of the Vedic sciences is to lead us to our intuition where we begin to trust our inner knowing. This gives us a platform to start from. When I began to study the Vedic sciences, I started with Ayurveda which means “**science of life**” One of my first lessons was that there are 4 goals all humans share. One of the four is happiness. Yes, there is a scientific formula for happiness! Once I connected to this there was no going back!

Dharma means soul purpose. This is a big one, we hear so much about finding our soul purpose, it has become a trend, but what I don't hear too many people saying is that dharma also means duty. It's true, soul purpose and dharma and duty all mean the same thing. And I know, it doesn't sound so beautiful when it's put like that, but I feel the need to shed light on all this talk of soul purpose, because it's not a fluffy thing, it's a commitment. And this was, for me, the missing piece of why I couldn't connect with my dharma. I thought it was this magic button and when you find it and push it your life becomes easier, makes sense and everything just falls into place. Well, there is no magic button in that sense.

When you are to the point of seeking out your dharma, you will find that there is a gap between finding it and embracing it. In this gap, you have to decide to accept the duty you signed up for, or not. This is an agreement you made with your higher self, or God, or whatever name you choose to call your divine, about what you are going to do in this life. In this sense, dharma is a soul contract.

Once you become aware of your dharma, the magic begins to appear, you will experience synchronicities and new opportunities. While it does start to feel magical at this point, it can also feel confusing and disorganized. It can feel like it's taking you off your current path, and it is. That can be scary, however, it is also a sign you're on the right track and you may find yourself going in a very different direction.

Without accepting our dharma we cannot fully move into the next goal which is 'artha' meaning prosperity and the one after that which is 'kama' meaning, you guessed it, HAPPINESS! This is where true happiness lives and if you have gotten here through following these goals you will experience the magic of it! Happiness will permeate all aspects of your life and you will gain access to your innate power to design your best life. This all leads us to the final and ultimate goal Moksha meaning liberation of the soul which is attained by fully living into each of the 4 goals.

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SET YOURSELF FREE

The Gift of Being Alone

By Martha Creek

I treasure time to be alone. It has proven to be one of the most life-giving practices in a large repertoire of spiritual, emotional, physical, and financial practices. Some relate this desire and enjoyment to being introverted. Others believe it to be sticking my head in the sand. What labels have you put on people who value, seek, or prefer alone times? Recluse? Independent? Isolated? Aloof? Depressed? Passive? Perhaps you value being alone too and then would naturally view and label it differently? Wise? Spiritual? Self-care? Discerning? Visionary?

I'm also aware that being alone, or perhaps worse--feeling alone when you are actually surrounded by people--often appears to be the most taunting of torture for the human race. So much fear around being alone, worried about being alone, and believing that you can be alone, permeates our mental and emotional space. It seems to be the core of the litany of other common, normal human fears --- the underpinning of the suffering.

I've questioned this stressful thought and belief hundreds of times for several decades now. I've facilitated thousands of people in questioning their fear arising from this deeply held belief. I am alone. I will be alone. They will leave me alone. I notice that I deeply, and yes, sometimes desperately, want me and clients to awaken to the realization that we cannot and will not actually ever be alone, no matter the circumstances. My wanting is entirely hopeless of course! The belief system has been handed down since the beginning of creation. Therefore, we must use spiritual practices, inquiry, reflection and applied cognition to such irrational thinking.

I have experienced and witnessed with countless others, the freedom and space that is created when we get in touch with the truth of reality. I am not and cannot be alone. Yes, I feel alone and worry about being alone and it is faulty thinking. As I embody this reality, I can experience even for a moment--one full or deep breath--one long exhale --- shoulders dropping down relaxed somewhat --- one renewed spark in the beautiful eyes of the resilient human spirit, or one little upturn of the smile that was headed toward dormant.

I'm in no way recommending that being alone is good/great or anything similar. I too realize that depression and isolation are symptoms that are sometimes exacerbated by "too much" aloneness. I am encouraging women to reflect on the anxiety, tension, fear and consequences of believing they will be alone and to awakening to a renewed sense of themselves as infinite, eternal beings - living empowered, equipped and connected to themselves.

I accept that I will sense and feel alone at times, with and without people near me. I accept that I am never alone, aligned with the truth that something is breathing me. I must lean toward accepting the challenges and the normalcy of human suffering and the fear of being alone, as part of our human learning processes.

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martha creek

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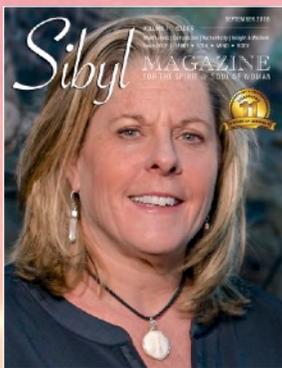
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EMBRACE EACH STEP OF THE JOURNEY

© 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.

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Therefore, choose to know in your heart that you are more than enough

for all the goodness

that's coming your way!

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TIME TO COUNT OUR BLESSINGS

Adding Pages to the Scrapbook

By Rose M. Kadende-Kaiser

I did not grow up around people who recognized that stress was a problem. Talking about being stressed would have been a sign of weakness of mind and spirit. When I moved to the United States, it did not take long for me to embrace what a friend called "the American way", stressing over what I now consider the small stuff, as well as more serious issues. Had I lived a sheltered life before? Not exactly. I had experienced stress for a long time, even before I understood what it was. And I ignored how harmful stress can be. Therefore, I continued to go along with it, not looking for alternative approaches that would have helped me deal with it more productively.

Eventually, I took the time to identify its causes and there were many. Some were preventable, others were manageable. There were many I could not control or avoid, however. Among them were some that were blessings, in fact. Things like work, marriage, child-rearing, and even taking care of aging parents are blessings that often come with a dose of stress. Sometimes, stress from one area of my life was compounded and magnified to proportions beyond what it really was. This attitude kept me from being more patient, showing more care, enjoying the moment better, appreciating what I had more, or spending more time with those I cared to be with. My priorities were in a different space and stress was too much in the way.

When I decided to do a bit of soul-searching to understand better my real life-stressors so I could separate them from my blessings, I wanted to stop handling those blessings like a stressed freak. I had to recognize that, while stress is part of life, how we handle it is our choice. I wanted to reclaim this power within me to make this choice. It's a matter of perspective, the lens through which we approach or perceive events in our lives. We must own the responsibility for self-care. We owe it to ourselves, but we owe it to loved ones who want us showing up in their lives as a blessing in our roles as mothers, wives, sisters, friends, mentors. We owe it to those who count on us as their role model.

The time has come when we must start adding new pages to the scrapbooks of our lives, and choose to experience the fullness of life with more helpful thoughts and emotions. The time has come when we must recognize our value, while also striving to bring value to others. When we take good care of ourselves, we will offer the best of ourselves to the rest of the world. That is what the world needs. Not a lesser us. Not stressed-out versions of ourselves. This is how we will live a life of purpose. This is how we will fulfill our destiny!

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THE PATH TO DISCOVERY

The New Way Forward

By Jacqui Ray

Sometimes in life you just have to bite the bullet. It can be an accomplishment even thinking about it, but sometimes with a little nudge you are on your way forward. With guidance there comes respect, a respect to keep you on your toes. With that little bit of jurisdiction and deliberation, we all know that one person who shines on the outside. But in reality, they are shaking to the core

believing their failures are out there for all to see. I learnt a long time ago that having that belief system can be a trapping for success, it can shine in diversity and make you a stronger person. I believe the universe has your back.

I froth at the mouth and divulge in all the pleasures that surround me when I can. That doesn't mean all the time, there has to be realism to set the fire burning. That burning desire that can lead you on the road to redemption. Desire can take you to the higher mountains of success, it can reach that elopement of realisation that the world is one giant place where the learning and values are not set in stone. Direction in life can lead you to many pleasures and I want that, I want to live. I want to shelter in the belief that we all deserve love, manifestation, truth and an ability to set the record straight. One small step for man is a common denominator for all.

I had the absolute pleasure in meeting many role models in life. Those role models are from all walks of life, they transitioned me into the person I am today. A person that has marvelled at the challenges that have come full throttle and have helped me walk with a swagger. A swagger in time that has been my own. I represent someone that has faced diversity when going my own way. My own belief system has chosen me, it has made me a stronger person. A person that finds their own way, their own stature and belief system. This life gets me out of my little bubble and catapults me to finding the next wonderment and surprise in store for myself.

The flower represents the true calling to me. A flower blooms when life is a calling card for beauty, strength and determination. We all just have to look at that flower to know that it will get better in time. It will hold me steady until the next season calls for us. Calls for the transition of life to come at me again, the transition will always happen. It will be a flowering bloom of different colours of transparency in numbers just like a flower bed that protrudes from the ground. You never know what seed will bloom first; what variety will come from the ground but the realisation that all flowers have their own unique fraction when evolving. I look forward to the day when the flowers are at full bloom.

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EASE YOUR MIND

By Sibyl English© 2017

One of the greatest gifts you can give yourself — is to take full responsibility for the choices you've made in your life.

Sit for a while with those choices — allowing your mind to make peace with each and every one of those choices;

**Then forgive yourself and ...
 MOVE ON!**

The Universe is waiting for you to surrender yourself to Life — thereby allowing Life to give to you abundantly!

~ Sibyl English



EVOLVING INTO YOUR AGELESS BRAIN

The Paradox of Coronavirus and Spring

By Patricia Faust

We are living in a paradox right now. I look up at the night sky and I see all of the stars I have seen all my life. They are in the same location, twinkling like they always have. It is a given that I will always see them that way. I walk outside to see all of the white blooms on our pear trees as Spring explodes with color. No matter how exhausted I am with winter, the coming of Spring rejuvenates me and I feel hopeful.

This year however, everything is different. The Covid-19 pandemic has changed everything. I walk outside and I see the beauty of resilience. Then I see the latest news on TV and I am consumed with anxiety. How can Nature be so resilient and predictable when every other aspect of my life has changed? The virus seemed so distant just a few weeks ago. Now it is in my own backyard and everyone seems so fearful. We have to stay six feet from each other - so there are no hugs or handshakes. We have to learn new ways to connect with others. Our brain has a need to connect with others. Isolation in and of itself is conducive to depression. And then there is the fear that we might become a victim of Coronavirus. For most of us, we have never had to seriously think about death. Two of my friends had their mothers pass away this week. Not only was this such a devastating loss but they were not even allowed to sit by them, hold their hands or give that last hug before they died. This made the pain even deeper.

I personally do not like the term 'new normal'. There is no way that I want these conditions to ever be a normal way of living. I do believe we are a part of a mass course correction. The lives all of us were living are not going to be the same. We have to think about everything differently. In isolation, we need to think about the power of connecting. It will be through all our efforts that we get through this.

We have brains that are always on alert. It is understandable that we become anxious and fearful over such an overarching threat. Our brains were wired by our prehistoric ancestors to survive. In this environment we need to work with the power of neuroplasticity to find the best outcome. Neuroplasticity is our brain's ability to adapt to the environment - good or bad. Right now we are in a 'fight or flight' mode of action. Because of the scope of this pandemic, there is a need for all of us to determine how we react. We need to change our thoughts, look out for others, believe that we will get through this and our brain will respond. It is critical for us to take a positive perspective about our lives. Remember, change your thoughts, change your life.

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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*



MAKE FRIENDS WITH POWER

Allowing Ourselves to Grieve & Forgive

By Linda Kaun

Some weeks after the coronavirus had the world on shut-down, reports came in of a wondrous renewal of the earth. Digital global maps showing red-orange concentrations of high pollution began to slowly turn blue again. We can see fish swimming in the clear waters of the Venice canals –unheard of a few short weeks before. The frantic non-stop energy of cities all over the world

stopped while wild peacocks and coyotes wandered down their streets. The earth seemed to give a huge sigh of relief. And we sighed with her.

Then a friend said to me, "Humans are a blight on the planet. We shouldn't even be here." My whole body shouted "NO!" which completely surprised me. No, we are a part of this planet and are integral to its waking up too. Yes, we might see ourselves as separate from it and yes, we've collectively done horrible things to it, but we ARE IT. We're in partnership with it. We absorb minerals from the earth every time we eat, we exchange carbon-dioxide and oxygen with the plants every time we breathe. We are made out of the earth and are being called now to truly welcome this in to ourselves.

After my friend said that, the word self-loathing floated into my awareness. The notion that we are a blight feels like the ultimate self-loathing to me. And maybe that word feels way too strong. I don't think so. Many, if not most of us, walk around with a deep unconscious feeling of shame in being alive, in taking up space on the planet. Now this is an extremely uncomfortable feeling so we also do a lot to cover it up, deny it, ignore it, numb out to it, point the finger at someone else. Everything but own it. For me, this corona virus is a massive wake-up call to own our grief, to release the energy we hold in our body around thinking we are an unwelcome pest on mother earth.

It's a wake-up call to allow forgiveness of ourselves and everyone else. To say, "I'm sorry. I simply did not see before. I was caught in old stories, old patterns of reaction to triggers that are buried deep in my unconscious. Triggers not only from this lifetime, but down through the ages of time in my past lives and through my ancestors. I was the witch burned at the stake. And I was a man holding the torch to light the fire. I was the nosy neighbor turning others in to the authorities. And I was the one who gave comfort to the run-aways on the road to freedom." We Love ourselves awake by letting ourselves grieve and forgive our own actions we took out of fear. For me, there is a need, a longing on the part of humanity to feel these feelings and allow their release. As that happens, a massive up-welling of compassion softens all.

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FINDING YOUR PEACE, PURPOSE & PASSION

Building Emotional Strength and Resilience

By Maria McGrath

Taking time to look at the last couple of months in isolation, I am grateful for the slow down and opportunity to reconnect with my source, to know peace and acceptance for where I am right now, and have the deep ancestral wisdom that will move me forward with clarity and confidence.

There is a new and wider awareness in our society of what is important, what really matters at the heart of our existence. We have all had to stop and realise that the needless stress, the hustle, and hurry doesn't have to rule our lives. We do have choices on how we live, and what is important to us! For many people, a new path forward has been created, like working at home, so they no longer have to believe there is only one way to live, one way to work, one way to be! There can be more balance and harmony between work & family, making life easier, especially for women.

The world is awakening and we are being called to do more, give more, to KNOW more and to become more! Now is the time to build resilience, strength, and wisdom. Now is the time for taking our power back, by letting go of our past that does not serve us and tapping into OUR ancestral wisdom to gain a higher emotional intelligence, propelling us forward to grow and evolve and be the best we can be.

We were born with fears and emotions stored in our DNA, that do not even belong to us! These fears, emotions and beliefs have been experienced by our ancestors, going back 14 generations, if not longer! All that they felt, struggled with and believed, has been passed down through the genes to US! Then we have a life, full of events, traumas, hurts and worries, added on top of everything already stored in our DNA.

Is it any wonder that there is so much depression, anxiety, PTSD and emotional struggle in our life right now? We have inherited a bucket load of 'stuff' & now we are living in what was, and could be again, a fast-paced world where everyone has to compete in everything with everyone else. We need to have the best of everything, we have to look our best all the time, we have to be everywhere and do everything offered, or we FEAR MISSING OUT ON SOMETHING! That adds up to a lot of emotional baggage, and it all needs to be healed!

I have spent 8 years healing my stored and lived emotional baggage, layer by layer, each time gaining new wisdom and higher emotional intelligence to deal with the next new emotion, being triggered by NEW events in my life. I was not triggered by fear, scarcity or uncertainty during COVID-19. I cannot tell you how good it feels to no longer carry the weight of generations of emotional baggage. And I would love for you to experience it too!

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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.



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BRIDGE TO AN IMPROVED REALITY

Perfect In Our Imperfections

By Patricia Morton

These are interesting times we are living through aren't they?! An interesting observation is that I used the words 'living through' rather than 'living in', a part of me knows that I will come out the other side. I can choose to make it a time of fear or excitement, it all depends on me. Of course it helps me to understand that whatever has happened in my life, I am not broken. My past would have dictated how I would have reacted to current events, whereas now I can

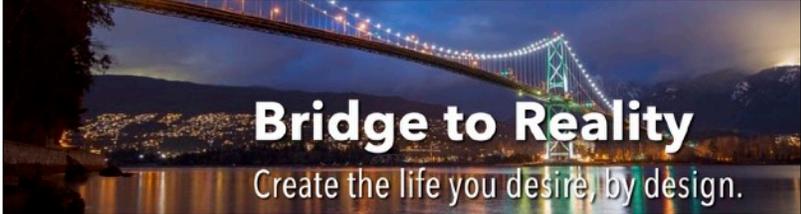
choose to respond or not. Through recent years I have not gotten hooked into media stories, choosing a more balanced form of lifestyle. Any news I get now is mainly from other people keeping me informed of the things I need to know. It hasn't always been like that! I used to buy newspapers, watch mainstream TV and listen to the radio, even seeking out what is perceived to be behind those stories. Life now is much more easy going. Like driving, it takes practice, but over time becomes something I do unconsciously. The occasional slip up happens, though it happens less and less.

A huge change has been that I am less concerned with the dramas of life, if I cannot change something then why worry about it? What others may say or think about me or my life has little or no impact on me. My value and worth come from inside of myself, which in turn is reflected outside. I remember those times when I first started learning to just 'be'. It was a very scary part of my life. My mind was telling me that if I made the changes I wanted to make in my life I was going to become homeless, have no money, I would struggle, have no friends and so on. Somehow staying in the drama of life was safer than the unknown. All the time this was happening I was also losing the connection to my source self. The self that I was born to be. I was comparing myself to others and wondering what I could or should do. Society tells us to get out there and just do it. I remember thinking, what if I'm not made that way? Being able to live the organic experience of life and knowing myself means that I recognise I am not someone who is going to 'just do it' unless I get a clear signal from deep within myself, and that's okay. The more I trust myself, the easier this becomes and all my fears just drop away.

I am looking at the potential gifts from this time. Like a phoenix rising from the ashes something even better is ahead. I don't know what, but I trust. After all, whatever I have experienced in my life has brought me to this time and I have knowledge and wisdom to grow from it. Abundance, Health and Prosperity to you.

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BEING CALLED TO HEAL

Strength In Our Separateness

By Suzanna Hatch

A time when closeness is the silent enemy. The Coronavirus has rocked our world. It started as a news story and I don't pay too much attention to news stories, but eventually this one caught my attention. As it started to spread it became one of those stories I couldn't help but be glued to. It all seemed so academic until it started to hit home. It's not that long ago that we had cases and

deaths in my local area. We are a relatively small town, we always laugh that in Canberra there is only 2 degrees of separation between people. Everyone seems to know someone who knows someone. We are connected even though we are not neighbours.

I started to pay attention when I heard it was the elderly that are most at risk. I live with my 86 year old dad and he's doing well for his age but he's not immune. All of a sudden, I started paying closer attention and this protective streak was showing up in me that I haven't had to tap into that often. All of a sudden, I felt super vigilant on what was happening around me and what presented as a risk to my dad. It was an internal conflict of not being a panic merchant and having high values on general wellbeing and universal forces. Times like these test your values base.

I spoke to those that mix with my dad and I was pleasantly surprised at their caring and willingness to take measures to keep my dad safe. The advice is that the worst is yet to hit so we are in preparation mode. We are advised to stay apart, keep our distance and up our level of personal care. It is sort of this knowing that has come over the people that are together but separate that we are being responsible and taking care of each other by staying apart and staying vigilant of our daily habits. I take comfort in this calm and knowing that pervades. I have and will not succumb to the panic buying that has been going on. Instead going about our daily lives with a bit more space created.

So many people have already passed and for now I'm blessed that no one in my close circle has become ill. I bring my awareness to the broader picture and what is going on at a Universal level. For the new to arise there must be a bringing down of the old. Our global systems are breaking down. Things that used to work in a predictable way are no longer predictable. My healing modalities have taught me to never shoot the messenger and instead to look for an answer. From that I take strength in feeling that no matter what happens all is just the way it is supposed to be. Day to day life happens, we take care, we stay separate and take strength from knowing, all is well.

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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 ...



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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 sweet
honeysuckle.





BALANCE IN TIMES OF CHANGE

One Size Doesn't Fit All

By Jane Durston

Is it time for a change? I often have clients come to me knowing that a food is upsetting them. It can make them uncomfortable, bloated, bring them out in a rash or more severe consequences. They are often surprised when we undertake an exclusion diet, find out the culprit, they recover, and the symptoms disappear when they don't eat a certain food (or group of foods). Some people

may go back to eating the food knowing that it will upset them because they "can't go without bread" or that "chocolate was just too good". It takes careful work with them to uncover what is really going on, their relationship and beliefs around food and how they think about themselves to uncover the reason these thought patterns stop them achieving better health. We often find it difficult to comprehend that a food we have eaten for many years no longer agrees with us. I often find it useful to explain that our bodies are constantly changing as we age and our needs for certain types of nutrition change. We are complex biochemical machines where an imbalance in one particular area may have a knock on effect somewhere else. Our digestion becomes less efficient as we age so some foods may well become more difficult to digest and so cause problems.

One of the upsides of the recent lockdown for me has been the time to review my own self-care and, my diet. It's great to do this every so often, to look at what is serving you, what needs tweaking and what needs to go because we change. So, I often start by sitting and noting any symptoms I have, how is my energy level, how does my skin look, how am I sleeping, do I go to the toilet regularly and with ease. I then keep a diet diary and make sure I have balance with the major nutrient groups.

This type of review can be so important because there is no one size fits all as far as healthy eating is concerned. There are certain basic principles like eating a diet that is high in fresh, unprocessed foods, but within that we all require something slightly different. I eat a diet high in fruit and vegetables and some days eat no animal protein, but I know that I do better if I have fish and meat a couple of days a week. When I do, I get the best quality I can, free range, grass fed, or line caught wild fish. Some thrive as vegans or pescatarians. We are not all built the same and we change. It's recognising that change and making alterations to maintain our health that is so important.

The simple form of personalised nutrition as I've outlined above can be valuable. Linked with testing for nutrient levels in the body and genetic testing it can have huge benefits. Whatever you do spend some time listening to your body because it will tell you what it wants and what it doesn't.

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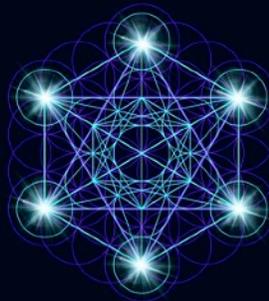
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MASTER YOUR MIND, FIND YOUR INNER POWER

Change Can Be Fearful

By Margi Batson

Fear can be real or imagined. It's often a creation of our own thoughts, an illusion. We're being asked to make enormous changes, and change itself can be fearful. The internet is changing how we work, how businesses operate. This is an opportunity to wipe the slate clean, begin again and make a fresh start.

My daughter's Pilates studio, has taken a direct hit. Her 14 staff members no longer have jobs, the studio is closed. She was forced to re-evaluate and innovate, she's now offering online Pilates classes, with a monthly membership. She's a glass half full person and chooses to recognise the benefits; flexible working hours, less commuting time to and from work, more time to spend with family and friends.

Our children are always watching and listening. They will remember how we responded during this Coronavirus pandemic, that will be their biggest take-away. They learn from our actions, so rather than show stress and uncertainty, let's show resilience, strength and confidence. Rather than show disregard for others, we must find ways to co-operate and help each other. We can be our children's greatest teacher.

Recently I was driving with my 10 year old grandson in the car and he made a joke about the Coronavirus. It was something he had heard from his schoolmates and he was repeating it. This was a great opportunity for me to share some wisdom.

I reminded him that he had been elected as the SRC (Student Representative Council) by his classmates. I suggested he use his leadership skills by not following everyone else. I said if he hears his friends making fun of the present events, that he reminds them to be more considerate, that there are people who are getting sick. He's an intelligent young man and he understood.

He's now home from school until life gets back to 'normal'. He's a social person and his friends are an important part of his life. Isolation and disconnection for children long term, could be detrimental to their emotional well-being. Fortunately he lives on a property in a remote location, surrounded by nature and access to a beautiful beach, unlike many of his friends who live in suburbia.

We've witnessed panic and it's been every man and woman for themselves. Fear can send a message that we must fight for our own lives at any cost. We are part of a bigger collective. Let's not react, but respond with kindness, compassion and understanding. This is a moment in time to show what we as human beings are truly capable of. We can lead by example, shining a light where there is darkness.

Maybe these current events can lead us away from the competitive society we've been living in and create a more sharing, considerate, compassionate and society, one with a more collective consciousness again. This is an opportunity for us all to reconnect and support one another, to exist in a harmonious state, it's entirely up to us.

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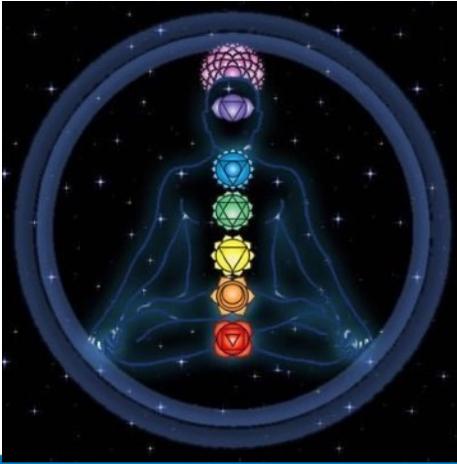
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~ Sibyl English

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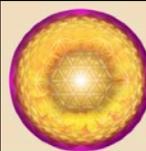
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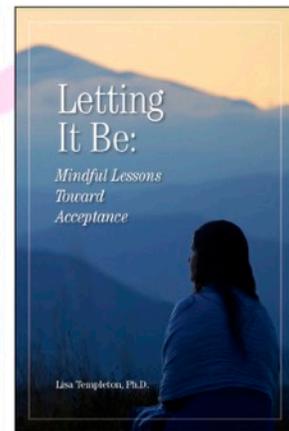
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IT'S MY TURN NOW

Get Control of Your Mind

By Susan L. Axelrod

How are you at getting control of your mind? If you wonder, with curiosity not judgment, if you take a few breaths and quiet your inner self, what are the thoughts that you hear? When you come to conscious awareness, what are the thoughts that swirl around your mind? Are they thoughts of worry, anxiousness, concerns, challenges, fears? If you are honest with yourself, it is easy to realize that these are the types of thoughts that shower over us most of the time.

In this day and age, there is so much going on around us externally, dive-bombing us nearly every moment, that it is hard to not react. It is hard to stay contained and not respond. But it is in your best interest to figure out how to get control of your mind. When you wake up in the morning and pick up your phone before your eyes are even fully open, before you even take that conscious awake breath, you are being bombarded with everything that's happening around the globe, most of which is so far out of your control. When you subject yourself to that onslaught it is impossible for your mind and even your physical body to not react or respond in a negative way.

Perhaps it is true that the ills of the world have always been there, since the beginning of humankind. But the exposure to every single thing, in every single moment has not always been there. It is vitally important to consider how you choose to be confronted when affronted with that bombardment; to consider how you choose to respond or react and to figure out what is in versus not in your control.

In this time, on this day, at this moment it is more important than ever to get control of your mind. It is more important than ever to use all of your senses and your sensibility to find your calm when all around you rage rages. Any one of us who takes the personal responsibility to get conscious, get clear, and get calm will be a balm to the world. It is true that each of us is an entire universe. Each of us is a world that intersects with the next human universe, the world of any person clashing up against another.

If you take personal responsibility to find your calm place, your physical appearance, persona and energy will positively impact that of the next person and so on and so on. Just as the rage inside one affects and leads to the rage inside another. It is a choice to get control of your mind, to quiet your own thoughts, to be in awareness of who you want to be and how you want to be. Women are emerging as the leaders in the new world order. It is your choice to lead positively. You choose.

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in their arms and love
in their heart toward you.

~ Sibyl English



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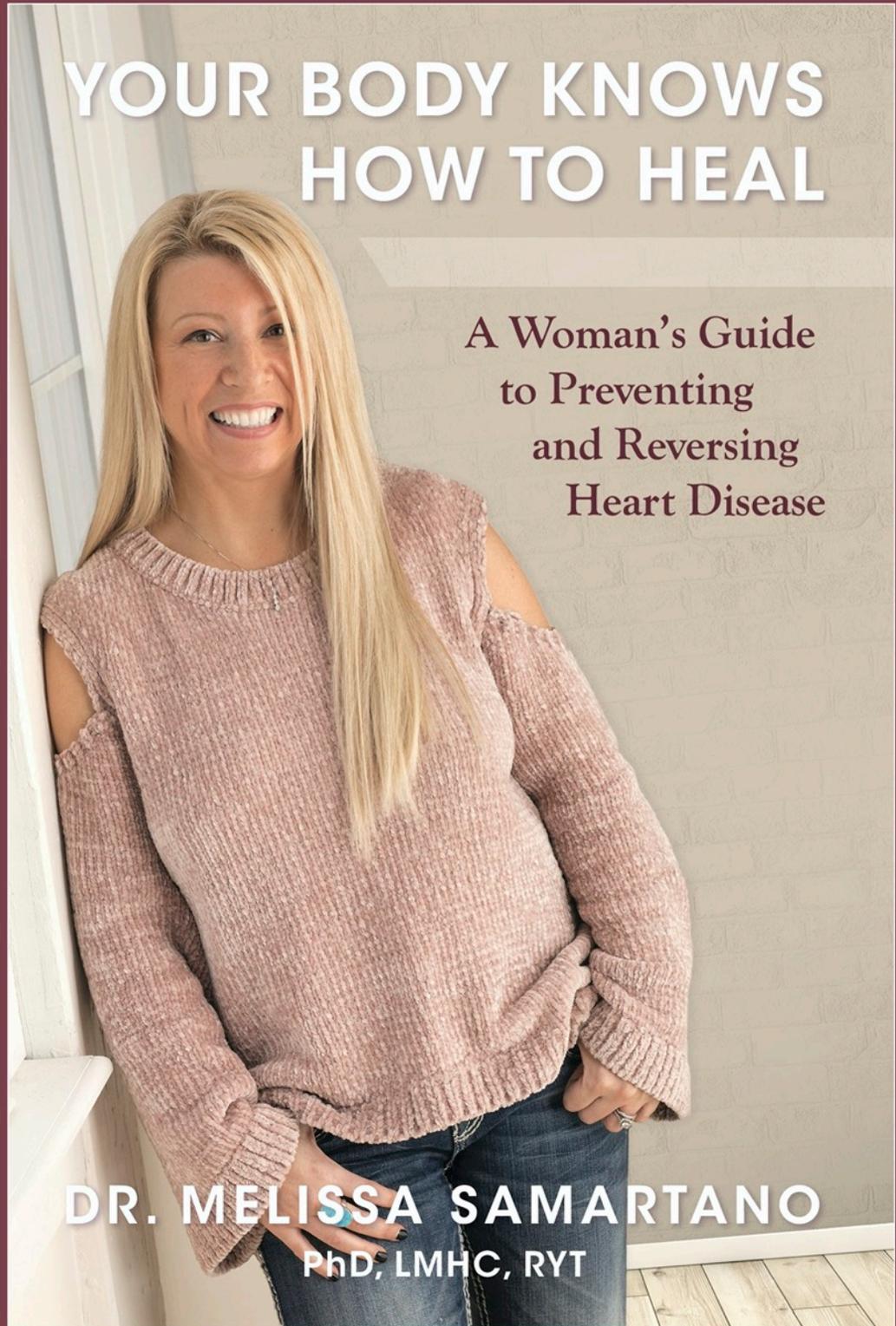
Perfection can be so exhausting — moreover,
so surreal. Dare to breathe in the goodness
of who you really are; then fearlessly move
forward in your life toward your highest
goals and potential. ~ Sibyl English

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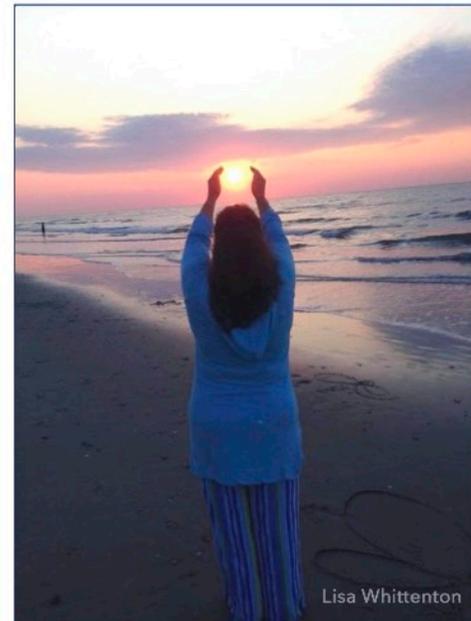


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