

Spirituality

LUMINOUS WISDOM

Wisdom **SOPHIA** *Truth*

ENLIGHTENS, EMPOWERS & ILLUMINATES

DECEMBER 2020
Volume 4: Issue 7

333



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



INSIDE COVER STORY — In Her Own Words

SET YOURSELF FREE! Trials and Triumphs

By *Martha Creek*

During the biggest blizzard that most of my family and elders ever remembered, I was born in an extremely rural area of Kentucky on the border of Tennessee on February 5th. The snow was so deep that my family couldn't get my mom and me home from the hospital. They contacted our neighbor who had chains for his tires to drive us home. I still refer to him today as the "man who delivered me." I am the oldest child born to both youngest in their sibling order. You will need to think about this dynamic a minute unless you're already familiar with Family Systems Theory and the consequences of this relational struggle.

I was the tallest and biggest kid in my first grade class, including my teacher, Ms. Huffer. I was also the teacher's pet for most all of my school years, driven to achieve and go beyond what was expected or previously achieved. While this pattern is often rewarded, it also comes with a heavy weight of stress and pressure. While we were considered poverty level living, there was never a time that it seemed that way. We had plenty to spare and plenty to share, which I never doubted. It's mysterious and appreciated how our experience does not have to reflect the circumstances.

I loved going to school and wanted to go to college and have a professional career, although no members in my immediate family had ever finished high school. In my larger extended family of 18 cousins, only three of us graduated from college. I worked hard in the home which included intense domestic duties of cooking, laundry, cleaning, babysitting for younger brothers, yard work and tons of gardening. My mom planted enough vegetables for us to can, preserve, and freeze for the winter and we still had bushels to give away. I hated all that hard work during my childhood. I was unaware of just how much it was serving me, equipping me, preparing me to fulfill my extremely high mission and vision for my life.

I completed three college degrees, slowly and surely, while working three jobs and keeping a perfect grade point average. I've since completed two advanced degrees in Religious Studies and Divinity. I've learned for sure that peace and focus have power. More importantly, action laced with faith, belief and miracle making motivations are causative.

I have experienced several challenging health events, including ruptured appendix, peritonitis, gangrene and an extended coma. I later got diagnosed with breast cancer, had a radical mastectomy and believe that it was useful for my emotional and spiritual growth.

I've been self employed by choice and planning for almost twenty years. I travel freely, enjoying over one hundred other countries and cultures. I still work about twelve hours, and often more, daily and seldom experience it as work. Most would call it providence, grace or luck. As my Mary Kay Director told me once, LUCK is spelled WORK and the harder you work, the luckier you get. Perhaps there is something to it.

I enjoy my achievements and more than anything else, I enjoy witnessing others enjoy theirs. I keep high ideals and work to remain aware that life is full of heroism. Whether I can realize it or not, the universe is unfolding as it must. We are on a "s"hero's journey. May your trials become triumphs; your messes become messages; and your losses become learnings. Find something that inspires you and go deliberately in that direction. I see you. I travel with you. I believe in you. I love you.

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Finding Our Way in the Time of COVID

*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 find ourselves finding our way in the time of
COVID-19. Stay safe, and know that you are loved*

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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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Introducing this year's Contributing Article Writers for this 2020 publication season | June 1, 2020 - May 31, 2021

** Thank you in advance for sharing your words of wisdom with our reading audience.*



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Elizabeth Urabe



Laura Di Franco



Lisa S. McKnight



Carol Campos



Melissa Ternes



Elizabeth Carney



Martha Creek



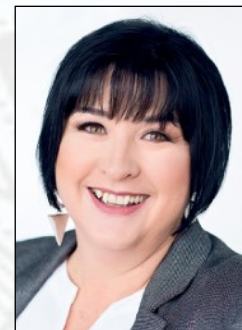
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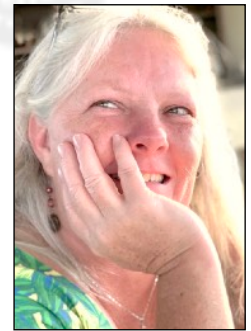
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We welcome you to view our **submission guidelines** and deadline dates on our website.*

LUMINOUS WISDOM

SOPHIA

CELEBRATING THE WORDS & WISDOM OF WOMAN

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

Sibella Publications, we acknowledge and ...

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- **HONOR** each step a woman takes as divine and blessed
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HOW TO READ THIS MAGAZINE —

First scroll all the way to the very last page, then come back and read those pages that jumped out at you. Spirit will lead the way!



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

~ A Course in Miracles



FINDING THE BALANCE OF MIND YOU SEEK

By Sibyl English

What if you would, could deeply self-inquire if you are truly the person you are — who God, the Universe knows you are, designed and created you to be?

OR what if the persona you think you are is one of which you've locked into in order to survive this human experience you think is suffering, but indeed is joy; BUT ONLY if you would choose to see it that way. It's time to become honest with YOURSELF.



FINDING YOUR PEACE, PURPOSE & PASSION

Finding Power Through Pandemic

By Maria McGrath

I'm ready, 2021! For me, my family, and community, we started 2020 struggling! Many years of drought, lead to bushfires raging all around us! We spent weeks cloaked in thick smoke, worrying about the people fighting the fires, and wondering when it would end, when would we breathe clean air, feel safe and secure again. Then came the flooding rain, dousing the flames, but causing major landslides in the burnt and damaged landscape. Then, when there was a glimmer of hope that life was beginning to feel calm and safe, along came a global pandemic!

With the drought dragging on for years, there was already so much stress, so much struggle that depression and mental health issues were a major concern before 2020. And the hits just kept on coming with the fires, floods and the pandemic! Our community also lost 2 men to suicide just 2 months apart, very early on in the lockdown. Adding yet another layer to the emotional pain for so many in the community!

I thought I was handling everything pretty well. Don't get me wrong, I had my moments of worrying and feeling grief and loss. But as many of us do, I was going about my daily business doing whatever needed to be done, and not really 'dealing' with all that was happening. I was pushing it to the side, or behind, or down under a lid of denial.

Until BOOM. I had a total melt down! I was building a new house, and it was more stressful than I thought possible, and the stress lead to anger, frustration, and disappointment until I was totally despondent. I should have been feeling happy and excited to be moving into a brand-new home. I should have been feeling grateful and blessed, when so many were losing their homes and the world was in turmoil! But I was a mess! Breaking down and crying, really deep uncontrollable sobbing, at any moment, for no apparent reason! I got to a point where all I could do was the move. Packing, lifting, moving, cleaning, and getting out of the old house and into the new. I could do the physical work, but I couldn't think clearly about anything else, I couldn't work, I didn't post on FB for a month, (usually a big part of my business) and I couldn't talk to anyone. I just sat on the lounge and got lost in meaningless TV!

Was it the house that triggered me, or was it '2020'? I don't know! I do know that we all have layers and layers of emotional baggage, and anything can trigger us into anxiety, depression, PTSD, a breakdown! I got stuck in my pain and lost my power for a moment, forgetting that I have the best tool in the world to get me back to BEING ME! And I'm feeling better than ever! **It's easy to forget that choosing to get help is a powerful choice, one only you can make!**

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REVEAL YOUR INNER FLAME

Harnessing the Energy of Worry

By Carol Campos

I often joke that I came out of the womb worrying. As a child, I worried about everything under the sun, including my sister who, at the time, didn't even like me. As I became an adult, my worry only intensified. Worry is a tricky thing. From the outside it appears weak and fragile, yet left unchecked, it has the power to cause a myriad of issues, affecting our physical and mental wellbeing. As we all

know, most of what we worry about doesn't even come to pass! But precious energy is wasted on this fruitless pastime. Sayings such as "she worked herself into a frenzy" or "he's spinning out of control" speak to how this energy robs of us of our life force.

But what if we harnessed the energy spent on worrying and used it for something positive? How would it feel to be empowered instead of letting imaginary monsters control us? How different would our lives look? Is it possible to flip this tired, old script? I believe so. Worrying is a habit and habits can be broken. But, if we're going to break this habit, we'll need to replace it with something else. I'm not a doctor and know there are many techniques and therapies that can help with chronic worrying. But I'd like to look at it from an energetic and spiritual perspective.

There are all kinds of things we can do to get into a more relaxed state—massage, Reiki, EFT (tapping), meditation, exercise, being in nature, to name a few. But we can also do something very simple, yet powerful—and we can do it from anywhere: ask for help. Simply by putting the words "please help me with" before whatever you're worrying about, changes the thought from one of desperation to one of hope. In an instant we can transmute a negative experience to a positive one.

I have experimented with this in my own life. Because my habit of worrying was so engrained, it took time and practice to ask for help. But as I practiced, things started to change. I noticed that I was no longer waking up with a pit in my stomach. I had more clarity and felt more energized. But I also developed a stronger relationship with my "Higher Team." I found myself calling on certain Archangels or Mother Mary, or Kwan Yin, depending on the type of worry. It was like having daily conversations with old friends.

Without the constant drain on my energy, I also became aware that my intuition and connection to my heart's wisdom had increased. I was more creative, ideas flowed more easily. I had harnessed the energy I had expended on worrying and rode it into a river of flow and possibilities. I started attracting new and exciting opportunities into my life and saw the law of attraction at work. Sure, worry still rears its ugly head, but it no longer controls me. I slay the monsters, one at a time.

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GROWING ORGANICALLY THROUGH GRACE

Dates with Divine Destiny

By Elizabeth R. Urabe

In the circle of friends who know me best, I am known as BSB. The second "B" stands for Beth. Guess what the BS stand for? No, not bull shit. Lol. Big Sister Beth. Ever since I was little I've played the role of confidante. Complete strangers would pour their hearts out to me, shaking their heads as secrets emerged that they'd been running from for decades. And in each case, through some

mysterious process of surrender that I can now, in hindsight, attribute to the power of Grace flowing through me, I was able to speak the words and hold the space that allowed each individual to heal old wounds.

The most dramatic example of this took place with a man I sat next to on a bus from Long Beach to Stockton CA. It was a long ride. He was Afro-American. A Vietnam veteran. A member of the Cripp gang. With scars all over his body from gunshot wounds and even more painful scars on his heart from the harsh realities of the life he had lived. Almost despite himself he talked. And talked, getting deeper into his pain as we traversed the decades and the miles. I sat quietly, listening. At one point, his torment reached unbearable proportions and he exploded in anger: "Why aren't you saying anything? Say something!" I looked him in the eye. "I'm digesting energy", was all I said. He melted. And I knew that he understood exactly what I meant.

This incident took place 21 years ago but to this day, I can conjure up and relive the tiniest details. The tangible pain in his voice. The facial expressions as he recounted some of the most horrific details of his life. How, when the bus stopped for fuel and the passengers got off to go into the convenience store for a cold drink, a young black man approached us, clearly holding the older man in the highest regard as the recognized leader of the infamous gang. He looked at us, me a white woman in her late 30s, embarking on a journey heralding the first day of the rest of my life; Keith, as I described above, and assumed that we were a couple because our energies were so synchronized. Had I not been on a mission to honor a date with destiny with a different individual, I might actually have stayed by his side, the connection was that powerful. But we went our separate ways, knowing innately that we had changed one another irrevocably.

Dates with destiny can take the form of everything from the people we marry, to seemingly chance meetings in an elevator that last less than a minute. But each is a sacred encounter in which we have a precious opportunity to give and receive something of estimable value. I know who each and every one of you was, and I love, honor and cherish you all. Thank you for being a shining light in my world.

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~ Sibyl English, Founder
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Continue in your search of self-discovery to reveal the uniqueness of who you are.

~ Sibyl English, Founder
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SPIRIT BEINGS HAVING HUMAN EXPERIENCES

Silence is the New Self Care

By Lisa S. McKnight

How do you feel about silence? Are you one of those people who are terrified of it? Do you fidget around uncomfortably and end up turning on something to distract you? Do you like to be alone, or does your own company make you uncomfortable? I have more than a hundred ways to distract you with sensual self-care rituals, but aren't you sick of being lured into buying things that fall short of results? Aren't you tired of needing a distraction all the time? Don't you ever wonder why you cannot sit alone in silence?

The problem is that you have a question, and you think someone else will answer it. You hire coaches who give you a plan and lots of steps to take. If you follow their formula precisely, you will have the desired results they say. You believe them because you believe in yourself. Eventually, you find yourself having had so many coaches for every next level growth spurt, and now there is no coach for this next one... you are all coached out.

You are sick of formulas and plans and rituals because you did them so faithfully, and even though you got some results, you still feel unfulfilled. You are afraid to hire another coach because you know you cannot bring yourself to follow their rules anymore! You feel yourself breaking out of this paradigm. The truth is, nobody will ever be able to solve this for you. The answers are inside you, and only you can access them. The right (for you) coach will only ask you the right questions to draw the answers out of you, and maybe you already know what the questions are. Now all you want to do is stare at a wall in silence and listen. You find you like it, you like silence.

After so much round and round with coaches, investing tons of money in yourself because you are definitely worth it. You realize that all the answers are already inside you. All the programs you have signed up for have done just that... program you. Let that sink in. You sit in silence listening to the awakening of your innate wisdom, which has been patiently waiting for you to stop throwing all sorts of unneeded information on top of it and is now rejoicing that you have decided to come home.

Your innate wisdom is ready to help you clear the clutter out of your mind and your life so that you can hear with crystal clarity all that it has been waiting to tell you. Gradually your body begins to speak to you as if it knows you are now listening. I'm tired, I'm hungry, and you respond in such a nurturing way, saying, alright, my love, let's get a bite to eat and then lie down for a bit. You begin to notice how much better your food has digested and how well-rested you feel.

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TIME TO COUNT OUR BLESSINGS

Instinct Guides to Destiny

By Rose M. Kadende-Kaiser

There was a time when I thought that success was dependent on finding a job and moving up the professional ladder until I retired. In midlife, I started questioning these assumptions and asking what kept me from pursuing my passion. I decided to enroll in new training that would align with my gut instincts. Seven years later, I've never looked back. Those I serve, their feedback, encouragement, and my will to grow, drive me on.

Everyone was created to be in their own space regardless of what others think. For some people, having a full-time job works the best, at least for a season. I too was there. We appreciate the predictability of a paycheck at the end of each month. We know what is expected of us and we do that to the best of our abilities. There is nothing wrong with this approach, if we are happy and satisfied with the job we have. What becomes most unfortunate is when people spend their entire lives feeling out of place and yet, they cannot garner enough courage to step out of their comfort zone and let their instinct lead the way.

This shift requires recognizing how we are wired so that we can best invest our time and energy into the things that come to us naturally. We should not be afraid to discover what we were designed to do in this world. For those who choose to follow their instincts, they do not look at the past with regret. They know that we all have the power to reinvent ourselves into the highest versions of who we were created to be. They choose to be authentic and true to who they are and ignore the voices that tell them that past mistakes, failures, fears, insecurities or misfortunes will determine their future, their destiny.

It is never too late to follow your instinct. Your destiny is too important to allow anyone or anything to stop you from pursuing it. Your instinct will show you the seed inside of you that needs to be watered, until it sprouts and develops into the fruit-bearing plant that will feed the world around you. Your instinct is yours to tend to. If you don't, it will die young, unexplored, unexpressed, and ultimately useless, because your instinct is meant to guide you so that you can guide others.

For me, following my instinct is what led me to wellness, and enables me to serve those who need the skills, knowledge, practices that I rely on to make a difference in their lives. Through instinct, I am able to inspire, influence, connect and reclaim my space in the universe. Indeed, instinct is my clue that I am in the right place, at home where I was meant to be. You too can flow with your instinct and step out of a disconnected life and into your own home, your destiny. Let instinct be your guide. Don't walk away from your miracle!

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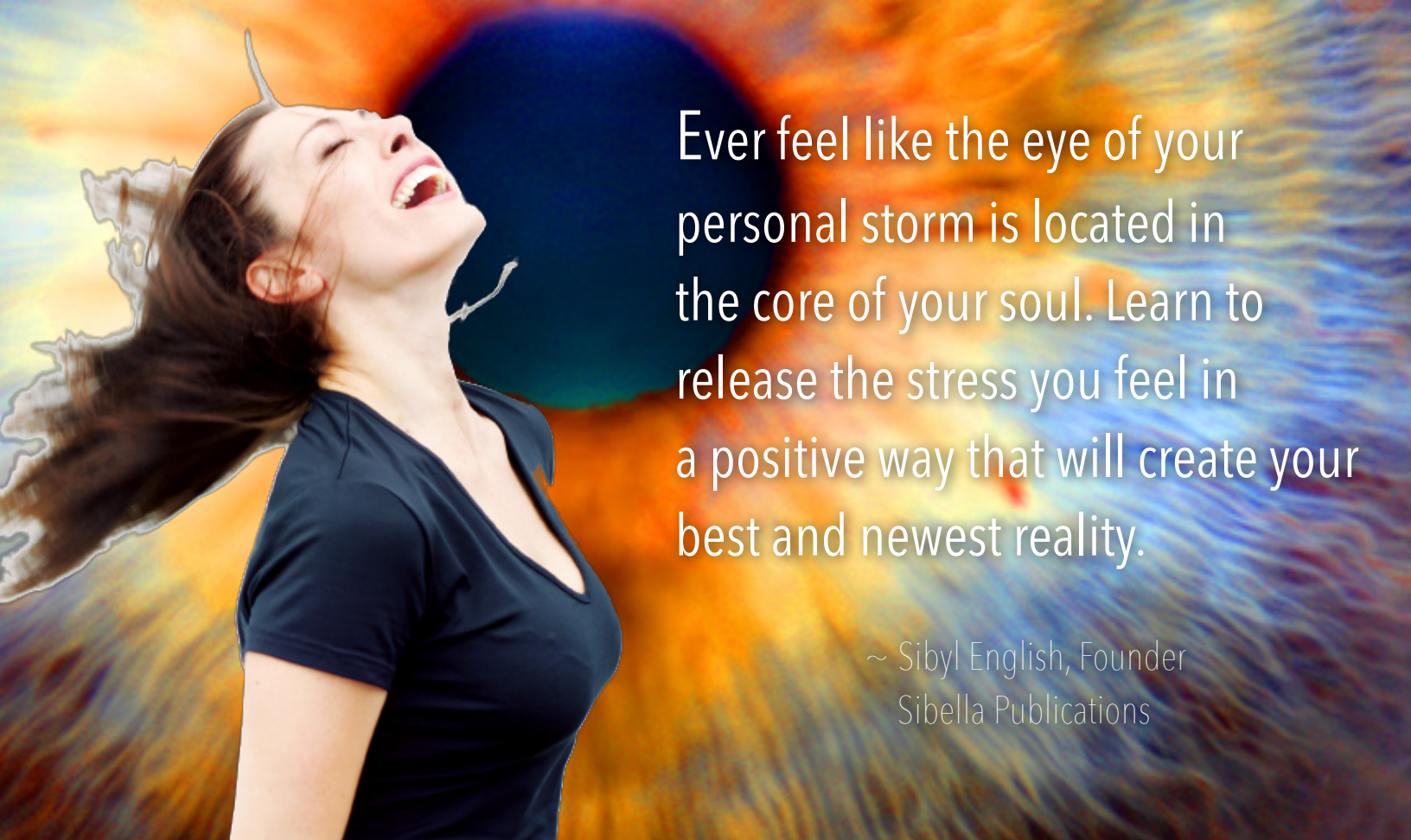
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Choose to discover the road that feels good to the purest soul-being you know yourself to be.

~ Sibyl English, Founder Sibella Publications



BEING CALLED TO HEAL

Do Less, Achieve More

By Suzanna Hatch

As the year comes to a close, our to-do lists grow longer as time seems to shrink. There's a reason it's called the silly season. It's normal to try and be more organised so we can squeeze more into our days and get even more done. Quite often the pressure builds when we think of all that needs to get done and seemingly little to no time to do it. When we feel pressured is the

perfect time to slow down and take some time to reflect. To reflect on what's most important. Your values are your compass of being the human being you want to be. It's one of the best filter's I know to help you sort out what's important on your to-do list. There is always more to do than can ever be done. That's never going to change. What will change is how we view what needs to be done.

When we are under pressure and feeling overwhelmed, we are literally scrambling the signals in our brain and making it difficult for ourselves. We are also less likely to take care of ourselves; we start judging ourselves for not getting things done, and we make poor decisions. Some people say they thrive on pressure, but the science tells us the opposite is true. There is so much available that backs up when we calm down and slow down, we are more easily able to access creativity, come up with solutions and physically feel better and more capable of performing tasks.

Next time you feel that you are drowning in work to do and feeling that you will never get things done then stop. I know it feels counter intuitive. Take time to reflect. Write a list. Then, take time to consider what's most important and prioritise those. Once you've prioritised your list add to the top of the list quiet time for you. Simply taking one minute several times throughout the day is enough to quieten your mind and help you access your mind more completely. In that quiet time close your eyes and breath, that's what I do. Take a moment to look out a window or talk to your pet. This simple act calms the brain waves and gives you more access to your brain power.

That's my simple formula for doing less but achieving more. Achieving more doesn't always mean getting more done but it does mean getting a better result of the things you do get done because these things had your full focus. Taking the time to decide what you do gives you a greater sense of control because you know you are doing what's meaningful to you.

You know you give lots of time to many other causes, people and events. I suggest you don't forget yourself in that process. You both deserve and have earned time for you. The only permission you need is your own to slow things down and enjoy life more. So, sooth the dragon in you pushing you to do more and do less so you can achieve more.

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MAKE FRIENDS WITH POWER

On Growing Grief

By Linda Kaun

It hit me the other day that you can actually grow grief. I've never thought of it that way before. In my work with both myself and clients I use seemingly simple writing, story and art prompts to slide under the radar of the thinking mind and allow the underneath "stuff" to bubble up to the surface. Surprising insights show up all the time. Metaphors and a playful spirit also help defuse some of our defences. I was exploring the Manipulator Shadow Archetype through this Mad Scientist at work in his lab. Shame was bubbling away in these beakers on the table. Guilt was under the microscope. Regret was hidden away in an old chest in the corner. And Grief was inside these petri dishes on the shelf.

Wondering what grief could reveal to me, I wrote answers to some story prompts. First, I looked more carefully at these small petri dishes. It stunned me to see grief growing inside each one. It had never occurred to me that you could grow grief. It seemed like something that just happened to us and was out of our control. But, there on the shelf was a tall flask with a special ingredient in it, some chemical perhaps, I wasn't sure. What I did realize is the grief had to be nourished with the liquid in the flask to keep it alive. It didn't grow all by itself.

I then got brave and poured the growth liquid down the sink. I understood that grief is here to teach me to cry when it's time and that grieving is important and necessary. I saw how I can get lost sometimes in grief by feeding it more things to feel bad about. Better to feel the grief, let the tears come and allow it to run its course. I don't have to keep it alive indefinitely. And it's there then when I need it the next time. I get to choose to feed it or not.

And of course this is true for any of our feelings. Instead of feeling them fully so they move through and out our body, we ignore and deny them, pretending they don't matter. So they stay buried and fester under the surface. One little thing someone says can trigger us into an old reaction pattern because we haven't really felt and released the feelings yet. In working with shadow energies—those parts of us we deny, ignore, don't like, and want to get rid of—the key is the opposite of those things. When we embrace our shadow parts and develop a relationship with them we see they were only trying to protect us in the way they thought best. **What does need to be released are the buried feelings that are stuck in our body.** As we imagine placing our shame, guilt, regret, grief, or anger outside of our body in a special container, we can observe it without judgment and let it go.

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BRIDGE TO AN IMPROVED REALITY

Trust Your Compass

By Patricia Morton

I once believed that all I had to do was to clear out my irrational thoughts and beliefs to bring me to a life of eternal sunshine. Now I understand that I am not broken; therefore, there is nothing to mend or heal. I am conscious awareness, having an experience in this vehicle (body), during this allotted time (life). My golden compass is taking me from birth to death and I am simply here to enjoy the ride!

Oh My Goodness. There is a huge joyous feeling happening right now as I re-read what I have written and really let it sink in! For many, many years I have studied, read and searched for answers. On some level I always knew that I wasn't broken, but I didn't understand what it meant when people (myself included) would say 'you have all the answers inside!' Over time I learned to 'trust the process' with the help of so many wonderful teachers who share their own special brand or mix of lessons. Now, when I trust the process I trust myself. Call it intuition, a feeling or for me it is a 'knowing' deep inside.

Back in the very middle of the confusion in my mind, when it was at its worst I was training to become a counsellor (in other countries you may call it a 'therapist') because I am a natural listener, and to 'fix' myself and others. At the time it felt like I was taking myself to hell and back again. On a weekend residential stay in a Manor House we were to learn experientially about trust. We paired up with someone from the group we didn't often work with for whatever reason. One of the exercises was for one to fall backwards and the other to catch them. The other exercise was to walk around the enormous and beautiful garden blindfolded, being guided by the other. This sounds easy, although honestly it was the most frightening experience because all I could see was the potential problems. The gardens had many pathways and sections. Lots of trees, fountains, ponds, fallen leaves, steps, uneven ground. If we didn't 'trust' we couldn't do these exercises, it's as simple as that. I learned from these exercises that I can trust, and as I age I learn to tune into myself, my body and trust more.

I am here having my experience and I choose to help others find their golden compass so that they too can enjoy their ride. I am whole and complete, I am enough and I have nothing to prove. One of the best parts of my job is when a client becomes aware that they have the power to choose the direction of their life. We are not our past and our future has not happened yet - it is still to be experienced. Now is all we have and when we learn to live here nothing else matters! Abundance, Health and Prosperity to You.

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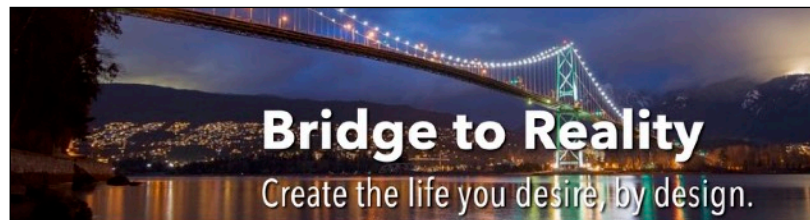
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DISCOVER YOUR TRUE SELF

Catch a Falling Star

By Elizabeth Carney

Christmas is coming and we are all getting fat. Apparently because we can't go out, we can't go to work or much else, our lives are on hold, with no fun and nothing to be done about it because everything is out of our control. Right? No - wrong, totally wrong. There is always something you can do, especially if you look for where the light is.

It seems appropriate to be talking about stars in December and for some reason the smooth notes of Perry Como singing 'Catch a Falling Star,' are on repeat in my head. So, falling stars or shooting stars as they are more commonly known. Why are they important and what do they have to do with us? Personally, I am always in awe of the magical spectacle of a star whizzing across the night sky. Until recently, I had never had any concept of what they are exactly, until I discovered that they are created when dust or particles from comets or asteroids hit the Earth's atmosphere, at high speed. Friction is caused as the dust comes in contact with air particles and heats them up. The heat then vaporises the meteors and creates the shooting stars that speed across our sky.

When things we don't want in our life happen to us, when we are in crisis, this can be the equivalent of the dust hitting our atmosphere. Something unexpected comes in contact our life, our aura, creating friction, playing havoc with our emotions. We get angry and heat up, there may be a flashpoint and at this moment we truly breakthrough in a blaze of light. We are changed and as we shine bright, we are in our own awesome naked, uniqueness with all of our glorious potential on show. That positive energy flow could be just the jolt we need to start our personal transformation journey. It's the moment we start to reboot!

When we venture down a path of change, emerging from our comfort zone, we take steps into the unknown and we encounter our own version of fresh air. Suddenly we can breathe differently, see things differently. As the reboot, process gets underway, all the junk that has been cluttering us up, fogging our brains and dimming our lights is removed and we have the space to start again. The battle between the unknown and the known can go either way, but when we persist, it's possible to create our own magic, be our own shooting star. Each step forward into the discovery of what's true, is like unleashing a new bright star, until finally we light up so much, we have created our own constellation that beams out our reality.

It's your choice, let the stars fizzle and die or catch them, boost your energy and light up your world. Your life is only on hold if you allow it to be. How can you use this unusual time, to relaunch, create a new you and shine bright?

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On the Brink

By Susan Lowenthal Axelrod

Can you feel it? Can you feel being at the edge, on the brink of something? Perhaps, a cliff? Does it feel as if your toes are hanging just over the edge? When you look out in front of you, do you see a colossal canyon that feels like a chasm opening up or waiting to swallow you in its vastness? Not in death, no, not in death. But in overwhelm, in consternation, agitation, or confusion? Or, perhaps you feel like you are at the Ocean's Edge. Are your toes half on the sand with the water lapping over them teasingly threatening to pull you in; your heels digging in the sand to try to grab hold? For you, it may be a deep forest at dusk. Everywhere you turn there are shadows of trees that appear like the devil waiting to grab you and pull you over to the dark side. Every step you take, your foot lands on something that rustles or crackles making you cringe in worry or fear. On the brink, do you feel it?

What of it? Have you never been here before? Has there never been a time in your life that you awoke in sadness, overwhelm or fear and went to sleep experiencing the same? There has. It may be before the time of your conscious memory, but surely you were in that space, the greatest void of all in front of you while in your mother's womb. Or, maybe more recently, during your life as a child, a young adult, in your adult years or even recently in your mature years. And yet, here you are now; right now. Sitting, breathing, Being the perfect and unique creature, you are. Perhaps, a bit worse for wear, but the coat of patinated feminine armor-shining, clean, unmarred in your innocence-is an honored testament to your battles hard fought and hard won.

And, now, once again, you are on the brink; the vast valley in your line of sight. Another battle-line drawn in front of you, a battle for our world? Nay, the battle for your soul. How will you gear up and rally, where will you go from the brink? Not pulling back-you've pulled back so many times before. This time, it will take a leap! How often have you heard the phrase, 'Leap and the net will appear!' Will it, though? Yes, it will! You see, you've been presetting the net since the day you were born, since the moment you chose to bravely come forth into the greatest chasm of all-time, life. Each and every single step you've taken has landed you here, right here, right now. Come to conscious awareness of this, get clear on who you want to be and how you want to be! What is the purposeful impact you want to make in this world, at this time; on the brink? Leap, and know the net that catches you is the one you wove! This is your time.

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A PATH FOR BRAVE HEALING

The Master of Discomfort

By *Laura Di Franco*

2020; A year for transformation, healing, and happiness. Because discomfort is the ultimate practice for mastering awareness, and with awareness we get a choice. This year we had a chance to master this. I chose to sit still with the discomfort, notice the possibilities, and go after my inspired ideas with a fierce passion. I'm taking the magic of that practice and bringing it into 2021 with a big vision. It's paying off and I see more of the big picture than ever before.

I'd like to help you with the practice of magic sitting just on the other side of that huge wall of fire guarding your discomfort zone. I know you feel the burn. I know you'd rather turn and run. Thing is, just about everything you've ever dreamed of sits on the other side. You've heard this story before, haven't you? It's just that you've been taught to go for "happy" from someone else's to-do list. You were never taught to feel the discomfort as the surest path to that happiness.

You may have been taught not to feel. You may have been taught that the feeling of fear in your gut is something to avoid, shove down, ignore, or run from. And because you've made the discomfort mean something bad, you're not seeing the huge potential or possibilities that exist there, right in the middle of that bad thing that's happening to you. I offer you another way to feel this today; with a deep breath, and a clear, open, receptive mind and body. That's how you jump through the wall of fire, by noticing the feeling, making room for it, and not adding any meaning to it.

This could be the best thing that ever happened, I thought. You don't know what the big picture is here. Relax. Practice what you preach. I've learned to have a conversation with myself when I feel the fire. Truth is, I don't know what I don't know. Some of the worst moments in my life have led to the best moments. Some of the most challenging events have made me who I am today; a warrior. My weapon? The awareness in the response I get to choose when faced with the horrors, tragedies, uncertainties, sadness, disgust, or "bad luck" that comes my way in life.

Detachment has been part of my weapon of awareness. I detach from the outcome of the current reality by not ruminating on the worry or fear of what it might mean. I catch myself making stuff up about the moment and practice shutting that noise down. I choose something better: The clear, wide-open, relaxed space of my inhale, and the gratitude of the moment I'm breathing in, awake, alive, and able to smile. What if there's something I haven't learned yet that could change everything? I wonder. I love dwelling in that magical question. How did I get there? By sitting still in the middle of my discomfort.

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THE ALIGNED MONEY LIFE

Money Love — Giving to Yourself

By Melissa Ternes

It's that time of year again...the holidays, where gift giving abounds. This year has been so different in so many ways. Why not do something different with gift giving too? I invite you to start with giving yourself the gift of money love. Now before you say it, money love represents so many good and positive things. Money love is an honoring of you, your future self, the work you do in the world, your talents, your impact. What does it look like to gift yourself money love?

Valuing yourself as money love. When we value ourselves, we are content and spend money in a way that honors both our current self and our future self. In the season of gift giving it is especially important to remember your future self, the one that will receive all the bills 30 days from now. As you are shopping, pause and consider how this gift will make you feel at three distinct points: when you give it, when you pay for it (now or later) and next year. Does the feeling at all three of these points feel good or bad? Use this to rate the money love of each purchase. The best gifts allow us to feel good at all three points, the worst gifts are the cause of guilt and regret later on.

Spending money with companies and for causes you believe in as money love. When we give money to things we believe in and make our heart sing we further spread our support. Being intentional in where we spend is a way to expand our impact in the world by aligning our dollars and beliefs.

Money love is doing the best with what you have, regardless of circumstances. This year it may be giving the gift of your time or talents rather than a material gift. An old-fashioned letter in the mail to a friend or family member. Dinner together. A walk in the park. Accepting where you are allows you the freedom to spend on what makes you happy instead of spending out of a feeling of obligation.

Not going into debt to give to others or make others happy is money love. Intentionally spending money looks like checking in with yourself and asking questions. Will buying this item add debt to my life? Does buying this item make someone else happy now and me sad when the bill comes? Can I easily afford this purchase? Am I buying this to feel better in the moment? Can I give this gift with no strings attached? Am I giving this gift out of a feeling of obligation?

When you gift yourself money love you are giving yourself love, peace, freedom, ease, impact and dignity. What a great gift for closing our this very different year! How will you gift yourself money love this year?

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LIVING AUTHENTIC AND ALIGNED

Proof of Authenticity

By Nancy Jackson

When I visualize energy, I see it as a very yin and yang polarity - an empowering yet graceful dance.

It can begin subtle such as a mere ripple in the water from a small stone, and yet it also has the potential to erupt into bold bursts of color and lights like that of fireworks. Everything is energy, and the more I understand how to align to all the energies around me, within me, below me, and above

me, the more empowered I am to make good decisions, plan my week, and communicate with others from my highest self.

Throughout my life, I've been compelled to find a healthy and practical sense of alignment. Just when I think I've figured it out, I recognize that there is still a lot of wisdom I've yet to acquire before I have, what I call, the ultimate wisdom recipe. We're all gifted with a beautiful wisdom bowl in our early years, and we're meant to add the continual wisdom that we inherit, learn, and discover with each passing year, the same way one would add spices, herbs, and knowledge of how things best pair together in a divine life recipe.


I'd spent most of my life with the pre-conditioned notion that somehow my personal value depended on what I produced. That I must somehow prove my self-worth and value to the world before I would be considered as good enough. As a woman I was led to believe that I must produce a well-balanced child, raise a very happy family, excel in a less-than job without wage complaints, and spend every waking moment ready for that picture perfect moment when someone deems me as a world class mom, wife, and citizen of the world.

It was this belief system that threw me into a horrible cycle during my early adult years. I learned to navigate life without a shut off switch. I bought into the myth that I must show up as something greater than myself, no matter the cost to my health or mental wellness. My every thought, breath, and belief was tied into what I produced. At any time I might be judged on how I looked, the cleanliness of my home, the progress of my child, how much I supported and applauded my husband's success, and that I was the epitome of radiance and beauty. Anything less than perfect would tarnish my reputation as a woman and put into question whether or not I deserved to take up space.

After putting myself through this very harsh illusionary reality, I stopped and re-evaluated what I wanted. I learned to love myself, flaws and all. I learned to trust what I put into my wisdom bowl. I learned that I'm more than enough and that I don't need to prove my right to exist to anyone. The only one who needs to believe in that worth is me. I learned that most importantly, I'm most productive when I love and value myself.


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THE PATH TO DISCOVERY

Time is an Important Factor

By Jacqui Ray

The coming of the new year is upon us. Not long now until the celebrations are had with the ones we cherish. The times spent around the dinner table longing for respite from the ones we love, are now in the past. We hope, we dream; the magnitude of life has taken us in one fell sweep. We long for the times that made no sense then, the challenges combined from the monumental aspects of change. Change comes when the pretence is waiting to be released. I hope that dreams are fulfilled by all, reaching a pinnacle of success we are all dreaming of.

That has been lost lately for the time of desperation had reached many people's lives. I was one of them contemplating my next move. I was a believer that all my insecurities were to be placed out on the surface, to showcase how you can get past the dramas of life. Sensing a need to release all the drama brought on by fear was a catapult for my recovery. To curtail the dreams that manifest in your sleep, for I am a believer in dreams. I see them as a pinnacle to my own success, dreams come and draw on strength. They are part of your subconscious mind that takes on another meaning when showcasing how you want to live. They show you the hard times, bringing an understanding of how it can affect your life.

I am not one to dwell on the insecurities of how life has made me feel, we all need that stimulation to participate in a new deed. It shows power dictated by you. I am sick of sitting here waiting for the juggernaut of disaster to continue on this path of discovery. You know what I mean as we wait and wonder when the uncertainty will be over. People do not want to hear all the sad and derelict stories coming from my mouth, they have their own worries that consume them on a daily grind. Looking out the window, I see my reflection. It is a stark contrast to the times that made me who I was. Be gone with the old, stop complaining and lift my head up with enthusiasm and splendour.

I may not feel like it every day but knowing what is around the corner when the mindset has changed, brings forth a desire to catapult my life to unknown territory. It can be like this or it can be a downward spiral, I know what I want! It was just over a year ago when I made the decision to quit my job. A job in school hours and a handy tool to grasp the concept of new skills. I wanted more and it is now that I sit here wondering when life will open its doors. With the pandemic and the rest of the world seeking the same resolution, I only hope that time will play an important factor when making us whole again.

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Through the Energies of the 7 Chakras

From the root resting deep within the soil, to the seat of the sacral soul, the river of Wisdom flows onward when the beat of the heart opens the voice of throat and tongue; and the breath of OM yields an aroma of fresh lavender to the third eye – thereby, breaking through the mental gates that lead to inner realms of higher consciousness. Wearing a crown of Wisdom, the colors of the rainbow are likened unto the energies of the 7 Chakras. And so, we continue to breathe in Oneness and Love until it is so for all.

~ Sibyl English, Founder
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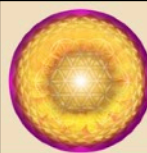
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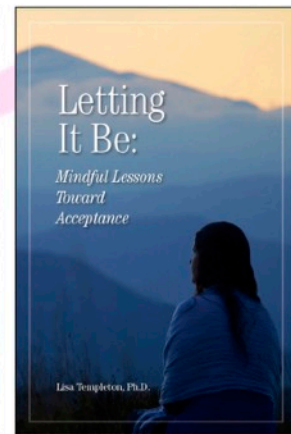
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EVOLVING INTO YOUR AGELESS BRAIN

Living in the Light

By Patricia Faust

Over the course of this pandemic, I have been writing a lot about the dangers of chronic stress, resilience, and grieving in the time of COVID. I did all my research and explained how the brain works in this very difficult time. I gave lots of tips on how to think differently and change your brain to be your best defense against the virus.

However, two weeks ago, my mother died. She was 91 years old, but she lived life to the fullest. The day she died she had lunch and played cards with her friends, then stopped at the grocery store on her way home. My mom was no stranger to adversity. She was widowed with six kids at the age of 40. She showed us how to carry on in our lives. Her ability to cope to life's adversities provided life lessons that I don't even think she knew she was imparting.

A few years ago, I spoke to a group about coping with the losses of late life. We are challenged throughout our life with different adversities that we need to bounce back from. This life school provides new tools and strategies that we can take with us as we move through life. Adversity throughout our life is a given. How we respond and move forward depends on the life lessons we learn along the way. As painful as they are, times of adversity offer an open window into human character, faith, and coping with the final transitions of life.

My mom didn't really understand what I was talking about when I spoke about energy. She had a deep faith in God and was a very devout Catholic. She had asked me once about meditation and I told her that she was practicing a form of meditation when she said her daily prayers. This she understood. At her advanced age, she had outlived all of her family and most of her friends. As she experienced each one of these huge losses, she felt more at peace with her faith supporting her.

I grew up in the Catholic faith. The beliefs and rituals gave me a solid base to grow from. Throughout the years I found more to being spiritual than just following a religion. As it turns out, many people develop their spiritual selves through the framework of religion. Religion is a group experience with members that all subscribe to the same basic beliefs and rituals. Spirituality is an individual experience where a person has developed their own set of beliefs and practices with connection to the Divine. For those like my mom, spirituality and religion become so intertwined it is difficult to separate the two. Many of us will live to extended lifespans. The harsh reality is that life presents its greatest challenges and adversities as we age. Religious coping is the top coping mechanism elders use for dealing with life's stressful events. Spirituality and religion, peace in tough times.

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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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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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that you are more than enough

for all the goodness

that's coming your way!

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CHANGE YOUR THOUGHTS, CHANGE YOUR WORLD

Jump Off That Fence!

By Margi Batson

As a student of life, at the beginning of each day I always wonder what it is I'll learn today that I didn't know yesterday. I'm willing to listen and to learn, willing to admit I've been wrong, willing to change direction and to start again. Whatever comes my way, whatever presents itself, I'm open to it.

I've chosen many paths that others would dare to tread, I've committed myself to actions that others would never consider. Have I made mistakes? Of course, but I've learnt how not to do things. Have I taken the wrong path? Yes I have, but I've learnt that I can adjust my compass and move on.

When our daughters were young we instilled in them a sense of adventure. They were brought up with the belief that anything is possible, that if something seemed too difficult, it was up to them to give it a go, to have confidence enough to push themselves out of their comfort zone.

I'd never travelled overseas, my overseas travelling began when I was in my fifties and I made up for lost time visiting many European countries, America, Central America, Indonesia, Asian countries, and the UK over a period of about 15 years. When restrictions are lifted, I'll be off again.

My daughters on the other hand started their travelling when they were very young. They ventured far and wide, well before we had mobile phones, so our contact was often delayed and intermittent. Although I wasn't aware at the time, I've since found out that throughout their adventures they both experienced happenings and incidents that tested their reserve, that pushed them to the limit. They were never reckless, but sometimes the unexpected happened and they were forced to be resourceful. They survived and learnt many life lessons and today I'm proud to say they're both successful in their business and working lives, they're resilient, adaptable and have great attitudes.

When I reflect on my working life, on my married years, on all the courses I have attended and gained qualifications for, my greatest achievement is the success of my daughters. Being a parent is the most difficult and challenging thing anyone can do, but it's also the most rewarding.

Aged 73 I've launched myself into another course, training to become a practitioner in the Trust-Technique. It's an efficient way to help animals overcome behavioural problems and to help heal physical and emotional pain. Problems are often brought about by trauma and neglect, and I'm aware there's a lot of work needed to support them. It's challenging, but I'm up for it and excited to see where it takes me.

If you're sitting on the fence, wondering whether to do something, wondering whether you have what it takes, from my experience you'll never know until you jump in. Whatever happens, at the very least you'll learn more about yourself.

Remember - If you always do what you've always done, you'll always get what you've always got.

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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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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.



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. Its 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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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
cohabit 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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AUTHENTICITY AT ALL LEVELS OF BEING

Do You Walk Your Destiny?

By Martine Negro

My experience of Destiny is both playing with the given cards from the universe and with the ones I have asked. "Walking " your destiny is how you handle what has been given to you whether unexpectedly or by your invitation. Your free will, your decisions in both cases will make the journey enjoyable or painful depending whether you operate from your authentic self or not and whether you resist or allow what is. As I look back, destiny has been unfolding as a direct consequence of my responses to what happens. Every thought and action in the present moment impacts and designs destiny.

Walking your destiny is driving your authentic energy into your future in faith and with a smile on your face. Staying in the driver's seat of your life and allowing your Soul to guide your destiny will unfold your spiritual journey. You are in flow even though you encounter challenges along the way which in fact strengthen you.

Allow the universe to guide you, ask the universe to show you, accept its surprising ways of bringing the experience to you. As long as you embrace every situation you will develop qualities you need to fulfil your destiny. Every experience is a blessing in disguise, a tailor made lesson. Resistance and lack of awareness to what is keeps you locked into what is called "Fate". Aligning with your destiny is a decision from your authentic energy and inviting your Soul to co-create with Source.

The way you are walking your path has a lot to do with the quality of your spiritual shoes: wearing patience, tolerance, curiosity and trust will make it more comfortable and give you the ability to adjust and find the blessing in the event. I look at life as my spiritual training to grow consciously and lovingly and at my body as a sacred temple to process my life experiences. One of my teacher told me to look after my body as if I will live a hundred years and be ready in my mind to leave it at any time! My challenge is to stay present to life and connected with Source on a daily basis, to feel the life force flooding my body and enjoy the great mystery of life. Every soul has its own song and you cannot tell a free soul what to sing or how to sing. That is the soul's decision to keep its constant drive to expand and grow.

Destiny has been a mixture of awareness and authenticity in following my heart-mind, that innate knowing we all have. That combination has been priceless in guiding me to my life companion, my professional unique approach to help people reconnect with their own inner truth and keeping me aligned during the amazing journey of life. What "vibrates" your Soul? When you find it, your true nature comes to life and can serve others in joy. My deepest desire is that you walk your destiny joyfully.

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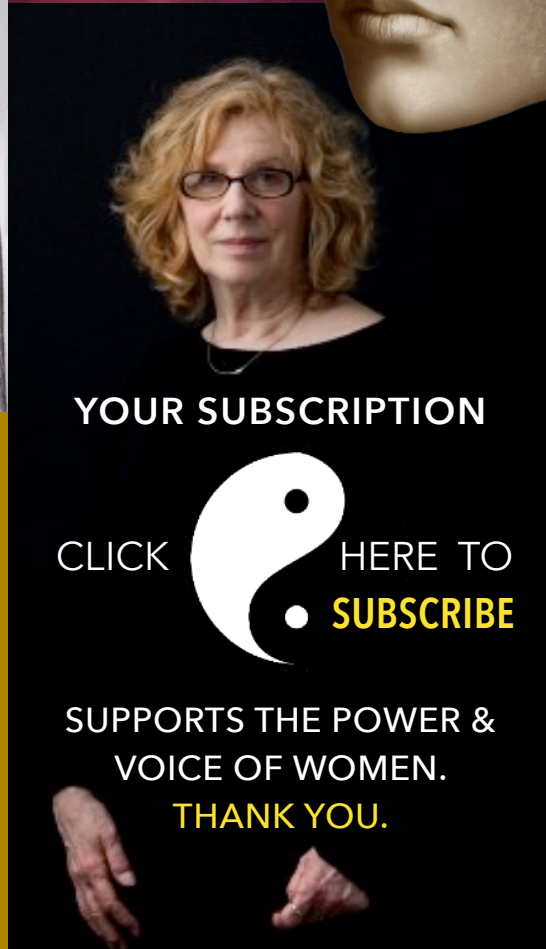
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Dare to live a life filled with
grace and solitude, then watch
all the world come with peace
in their arms and love
in their heart toward you.

~ Sibyl English



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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

A woman with long blonde hair, seen from behind, sits on a patterned rug 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, blue and yellow, and red and white. In the center-right, a large, glowing Earth is visible, with a bright sun or starburst effect behind it. The overall atmosphere is warm and ethereal, with soft, golden light. The background is a mix of soft clouds and a dark, starry sky.

SIBELLA PUBLICATIONS

I believe 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*



SET YOURSELF FREE

ThanksLiving as Spiritual Practice

By Martha Creek

It is interesting that the whole idea of thanksgiving and gratitude has been based upon our exterior orientation toward life – we are happy and fulfilled and grateful when certain things in our lives are in order and when we have happy things for which it is easy to give thanks for. For example, we think and believe, we can certainly be grateful if we have something to be grateful for.” So the idea usually goes, “I’ll be happy when....when.....when.....this happens or that happens.”

We have always assumed that happiness depends on things outside of us to be happy about—that happiness depends upon happy events, happy circumstances, people doing nice things for us, getting a surprise out of the blue so to speak, a raise in salary, just being surrounded by peaceful, blissful experiences so that we have something to be happy for.

If you look at the word gratitude, it refers to an attitude of greatness. Grateful means full of greatness. Thankful means full of thankfulness. It deals, in other words, with something within you, rather than something without. The act of gratitude and thanksgiving is not reactive, nor is it a response to things—rather, it is creative, causative and filled with potential. Gratitude is not at all tied to the changing circumstances of life, to what happens out there. Gratitude is your consciousness as a spiritual being equipped to navigate all the changes of life. Gratitude holds the power to shift us from believing to knowing, from craving to realizing what we have.

My insight is that thankfulness and gratitude deal purely with an inner state of mind. We realize gratitude creates from things, experiences and circumstances from an entirely different level, from the highest point of view. You can be grateful from the consciousness of what you have in the same way you are grateful for people, for the weather, for your job, etc. Beginning now, you can practice really feeling grateful for all these things because you are grateful from the transcendent awareness that your good comes not from these things but through you; that it is something you give rather than something you receive. You are grateful for your job because it provides you with an opportunity to give more of yourself. You are grateful for your loved ones because they provide you with an opportunity to give love and to be loved.

In this season of Thanksgiving, giving gratitude in this new sense, calls us to give some thought, meditation and perhaps prayer to this practice. I know you will find that gratitude and thanksgiving will take on an entirely different meaning when practiced as “ThanksLiving”. You will have a much broader perception of the inherent good that is within all things. It is time to find out just how much easier and far more fulfilling it is to give thanks for the many blessings in your life.

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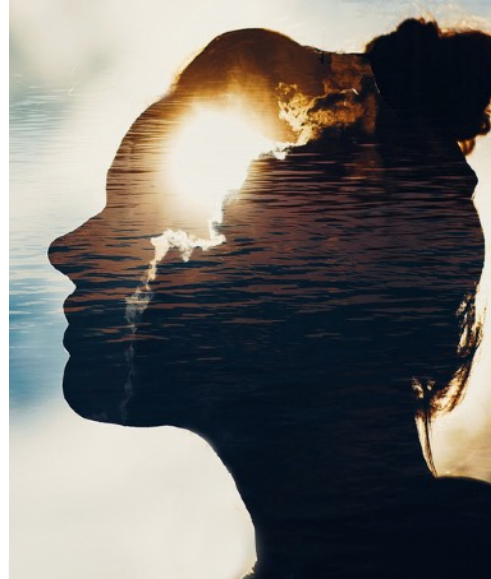
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EASE YOUR MIND

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!**

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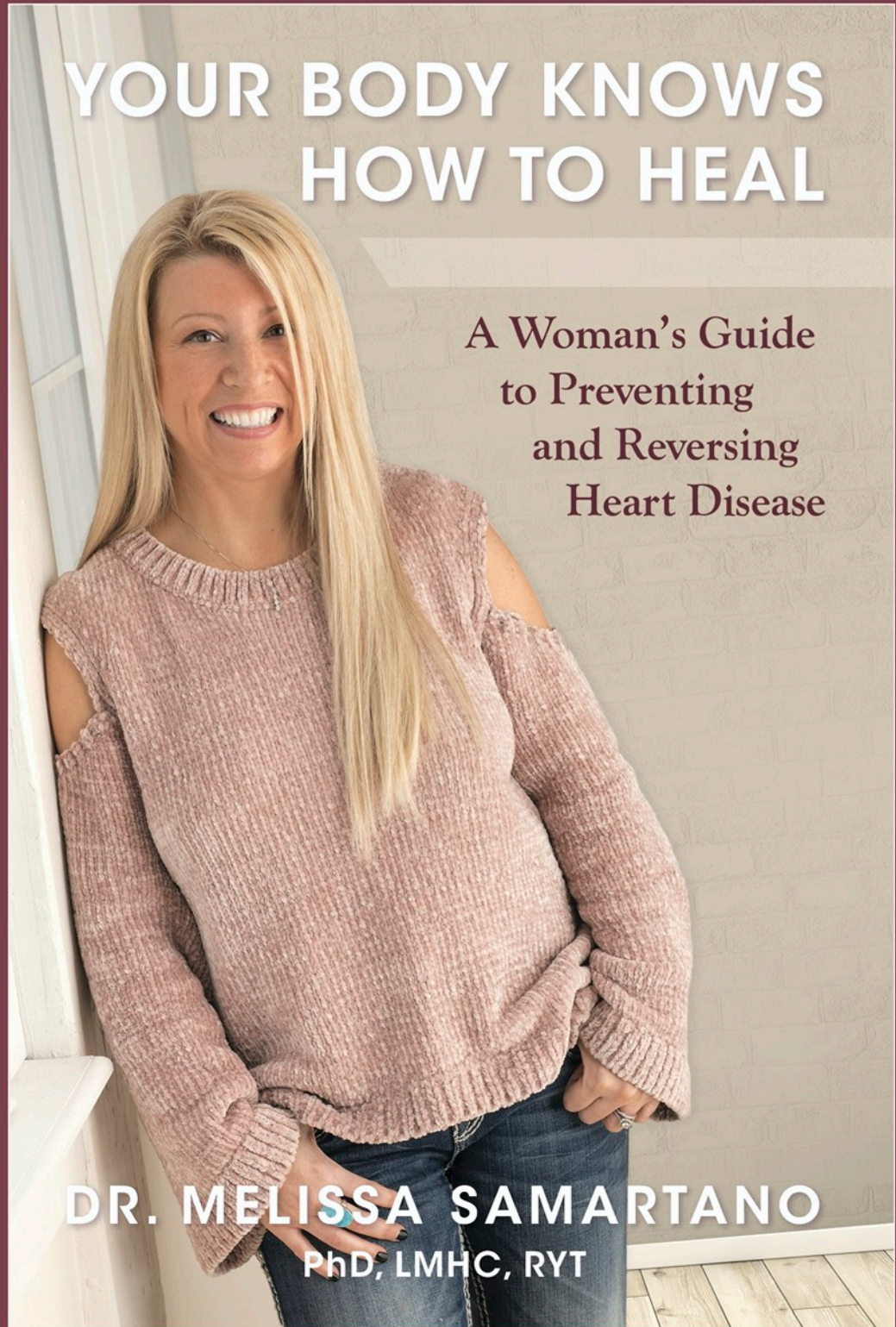
~ Sibyl English

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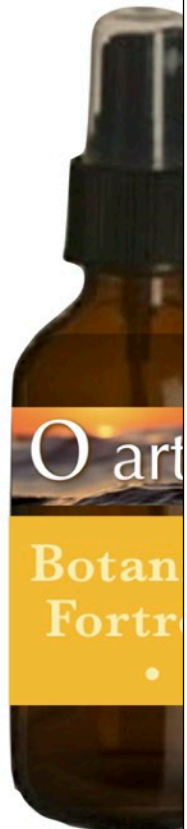
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about where she's at,
what she wants and
where she's going ...
things begin to
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THE BETTER!

~ *Sibyl English*



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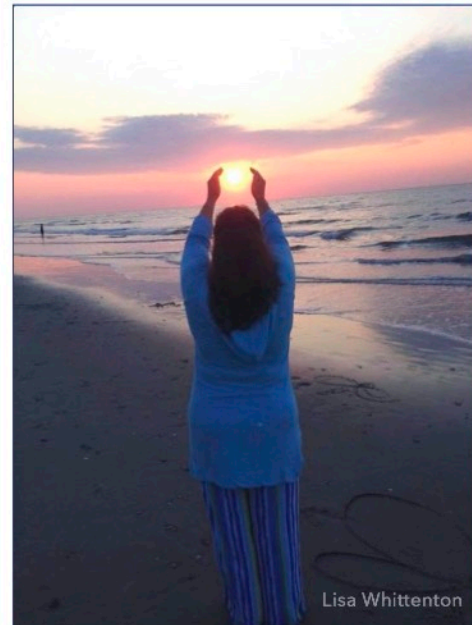


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reach into the sky
and hold the sun
inside your hands.

It can be done ...

If only you would
choose to see it
that way.

— *Sibyl English*

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[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.*

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Herein lies the
peace of God.*

~ A Course in Miracles

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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.

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