



Spirituality

Truth

LUMINOUS WISDOM

333

SOPHIA

ENLIGHTENS, EMPOWERS & ILLUMINATES

AUGUST 2020
Volume 4, Issue 3

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



INSIDE COVER STORY — In Her Own Words

THE ALIGNED MONEY LIFE

Reclaiming Ease with Money

By Melissa Ternes

Where did we lose ease with money? Did we ever even have it? Either way, now is the time to reclaim ease with money! Is this the very thing you needed to pause, reflect, reevaluate and reclaim ease with money? Such a powerful choice! At times, we all get off course or stumble out into the

weeds. Reclaiming ease with money is like taking a deep breath in and exhaling striving, stress and worry. Then inhaling ease, delight, and joy.

Now, I have worked with women that once insisted that money and ease were NOT in the same category, or even on the same planet. I'm here to tell you, just like they found, money and ease can be your best friends!

The journey from trial (money dis-ease) to triumph (money ease) is repetitious. It's not a once and done for this lifetime. With money, the journey starts even before our first job. We have stories built around it, some helpful, others not so much. Money shifts from simply being a tool of exchange into deep beliefs of right and wrong, good and bad, moral and immoral. The money journey is a spiral where we get to see similar patterns and beliefs from different viewpoints. Sometimes we spiral up (triumph) and sometimes down (trial).

In this time of great uncertainty, I have personally seen some of my old patterns surface. Yet now I recognize them much more quickly and I am able to name them. I can say out loud to myself, "Melissa's that's just uncertainty popping up and you know your tendency is to want to buy your way out of uncertainty." I can make new choices from a place of calm rather than letting old patterns take over. A prime example of this was earlier this year when entire shelves at the grocery store were empty. I had to remind myself that buying things I would not eat would not serve me long term. Would it make me feel better in the moment? Yes! And would then be followed by regret. My solution was to acknowledge the feeling of fear and buy a small amount of canned goods that would suffice.

Give yourself the space to pause, reflect and then choose the next best step. Letting the what-if's and worries fall by the wayside. If they are real, they will present themselves when it's time to take action. Until then it's safe to press pause on the what-if's and worry churn. It is in this very moment that we realize that we are infinitely loved and cared for. After all, what benefit have you ever received from losing sleep to the mind churn of worry?

My invitation to you, fellow traveler, is to use both trial and triumph as a point of reflection and choice. In the trial, reflect on what the one, and only one, next best step is that is in alignment with your dream. And in triumph, reflect on what's next ... is this place on your journey a temporary rental or is it home for a while? If it's a rental, know that greater is ahead and if it's home, get comfortable in the space. In the journey, the best choice is to align your money with your dream and create an aligned money life. This life is the one that makes your heart sing, honors your true self and brings ease.

www.MasterYourMoneyNow.com

North Carolina — USA

MASTER YOUR MONEY NOW

Be Savvy. Be Confident. Be Powerful.



MELISSA TERNES

Financial Empowerment Coach

—

Boost your
financial power
and transform your
relationship with
money forever.

MasterYourMoneyNow.com

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

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

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

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

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

Enjoy your reading experience!

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



SIBELLA PUBLICATIONS

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

Sibyl English

**WEB MANAGER
& CONSULTANT**

John Mitchell

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



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

~ A Course in Miracles

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.*



Nancy Jackson



Elizabeth Urabe



Laura Di Franco



Lisa S. McKnight



Carol Campos



Melissa Ternes



Elizabeth Carney



Martha Creek



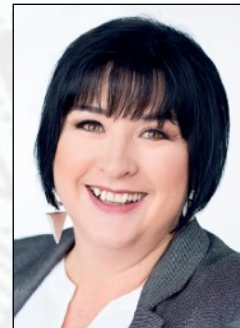
Jane Durston



Linda Kaun



Rose M. Kadende-Kaiser



Maria McGrath



Patricia Faust



Jacqui Ray



Suzanna Hatch



Susan Axelrod



Patricia Morton

*If you feel **YOUR** words of wisdom would be a good fit for this magazine —
We welcome you to view our **submission guidelines** and deadline dates on our website.*

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 find ourselves finding our way
in the times of **COVID-19**. Stay safe.*

© Copyright 2020 by Sibyl English



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*



SIBYL ENGLISH

Founder & CEO of Sibella Circle International
Founder & CEO, Publisher & Editor-in-Chief
of Sibella Publications



LIVING AUTHENTIC AND ALIGNED

A Higher Perspective

By Nancy Jackson

For a long time I considered myself to be on the path of the turtle. While I'd never been a lazy person, nor much of a procrastinator, it seemed that it took me a lot longer to get to where I wanted to go compared to others. Part of me accepted this as how it would always be, and I settled into something of an uncomfortable comfort zone. For every two steps forward I'd have to pause and wait for awhile before taking yet another step. Eventually I learned to find small pleasures in traveling the long road.

Just after I turned forty, I began to have recurring dreams and visions of a beautiful red-tailed hawk. Soon after, it wasn't just about seeing the hawk, but that I, in fact, was the hawk. In my dreams I often flew far above the clouds and enjoyed seeing the world from an alternate viewpoint. Everything seemed bolder, more vibrant, and more alive. Long, steady wings stretched out on both sides afforded me the ability to glide and soar without a care. Time didn't hold any meaning to me. Each time that my journey ended I wrote down everything I'd seen, heard, and felt, not wanting to lose that startling connection.

One night during a dream I flew for hours until I came to a snowy mountain pass. The cool air felt exhilarating as I climbed higher. At some point I swooped down having heard a familiar sound and I saw my human self trudging along a trail. I wore a puffy yellow coat that resembled more of a shell than anything. In my hawk form I settled on a tree branch bare of its leaves, squawked several times, and then spoke very clear words to my human form about it being time I gave myself permission to align with my higher self. At first I didn't think my human self had heard, or even understood, but as I looked up and into my hawk eyes, I was overwhelmed by a strong inner knowing. I watched my human arms reach upwards just as my hawk wings covered me up like a big feathery cloak. I woke with a start and knew something significant had shifted.

Throughout my days I work closely with my spirit hawk. I'm able to process my thoughts in a different way and see from a higher perspective. I'm able to surrender and put full trust into my destined purpose. I live from a place of higher awareness and consciousness with incredible insight and clarity. Perhaps the appearance of the hawk was divine timing or perhaps I was in need of an awakening, but I'm so grateful for the permission that I'd granted myself so I can live from my most authentic self. I no longer need the safety of my turtle shell, if that's indeed what the shell signified. Without it I've felt limitless and free. My path went from one that was long to a path with meaning.

www.authenticandaligned.com

Oregon — USA



Authentic and Aligned

NANCY JACKSON
*Certified Energy Practitioner,
Transformation Coach & Healer*

I specialize in energy alignment, healing,
and spiritual guidance.

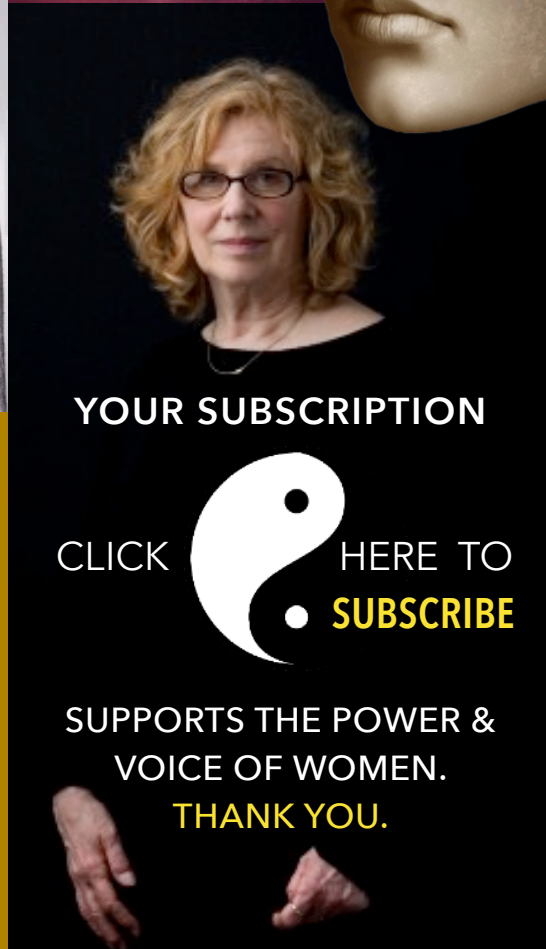
*"I invite you to book a
30 minute Energy
Alignment Guidance call
with me so we can discuss
what you're looking for
and to create a plan that
works for you."*



authenticandaligned.com

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

~ Sibyl English



YOUR SUBSCRIPTION

CLICK  HERE TO
SUBSCRIBE

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

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



A PATH FOR BRAVE HEALING

Speaking Brave Words

By *Laura Di Franco*

It sounded like branches scraping the window. And then tapping. The leftover muscle-relaxing effects of last night's lovemaking made it hard for the curiosity to move my body. Laying there a little longer I heard it again. Scrape, scrape...tap, tap, tap. Scraaaape. *It's some kind of animal*, I thought.

"Can you hear that?" I whispered to Mark. He answered but I couldn't understand him and didn't want to wake him all the way up. I couldn't help the urge to peek. Untangling my lower leg from the cool, white sheet I rolled to my side and fell out of bed, noticing I was still naked. I rubbed the thick sleep from my left eye before slowly lifting one wooden blind slat.

At least ten tiny birds flitted about. Some sat on the rough brick ledge of the window, some were clinging to the window screen, pecking, and some were flying from the bush to the sill and back again. *Had someone left seed on my sill?* I wondered. I got to watch them for minutes, the glare on the window blocking them from seeing me, I guess. Tiny little brown birds. Tons of them, at my bedroom window to wake me on this amazing Sunday morning. Day 120 of lockdown. And I was feeling so grateful.

I whispered again. "I love you." I was hoping he was all the way asleep this time. I wasn't ready for purposeful silence this particular morning. It takes courage to say those three words sometimes. It took me at least three years with this particular man.

Speaking brave words means feeling the ache in the middle of your chest and speaking anyway, even though it may feel like something is about to fall apart in there. I've been practicing though, because the gratitude I feel on a daily basis, especially over the last three months of togetherness, has been so overwhelming there are days I feel if I don't at least leak some of it out, I will explode. I can feel his overwhelm. Every time I decide to say it again I have to be willing not to hear it back, and be okay with that.

Speaking brave words without any expectation of reaction, or response, or equal words coming back to me, well, that has been a healing process. One that I plan on continuing to master. And I'm finally in a relationship where I feel free to practice. Free to experiment with what I say, how I say it, and how often. That alone is a gift. The opposite feeling was the one sign I was given in my past relationships that warned me I wouldn't survive; the one that consistently crushed my soul and helped me know I needed to make a change. I will be forever grateful I decided to be brave and make that change.

What words do you need to speak today to help you heal? Are you feeling brave?

www.BraveHealer.com
Maryland — USA

Laura Di Franco, MPT

*Holistic Physical Therapist,
9-Time Published Author,
Blogger & Poet*

*Your words change the world
when you're brave enough to
share them*

Write blogs and books that
heal, build your business,
and change the world.



www.BraveHealer.com



GROWING ORGANICALLY THROUGH GRACE

Career Versus Calling

By Elizabeth Urabe

I wasn't one of those kids who knew what they wanted to do when they grew up. I knew the essence of who I wanted to be, it just didn't have a title. It wasn't a profession with a rung of prestige on the social ladder. There was no salary bracket for people who knew they were here to be free and lead others to that freedom. So I grew up without a role model and was forced to forge my own path from the very beginning.

This need for self reliance was hard on me when I was younger but unquestionably was of immense benefit from the hindsight of adult maturity. Having side stepped the arena of competitive business, it was easier to get a handle on what did and didn't work for me as an individual, simply because I never had the kind of ego involvement so many get trapped in when they invest of themselves too heavily in the materialistic world.

I never had or wanted a career. But I was most definitely born with a calling, one that I instinctively knew had been calling me Home for aeons. A calling to awaken fully, in this very lifetime, to the eternal Truth of my own being and that of all creation. It was a tall order but leaping before I looked was never a challenge for me. Planning simply wasn't part of my make up. I went to a college in MN not because it was a top notch school but because I was still in the grips of the illusion of being in love with a childhood friend whose school was in the same town. I graduated and moved to Japan because it was easy to find work teaching English. I returned from my honeymoon just in time to take a meditation intensive with a spiritual Master. And suddenly everything started to change from the inside out.

Several years later I ran into a statue of Kwan Yin at a museum in Boston. The plaque at her feet told me that she was the Goddess of Compassion. When I read the rest of what it said I quietly dissolved into tears.

"She sacrifices her own enlightenment in order to lead others to it."

Finally I had the words with which to describe not only the root cause of my suffering but also the nature of my divine role in the world. Well intentioned people will tell you that you are all powerful and can create anything you desire. They are not wrong. But if what you think you desire is not 100% in alignment with your higher purpose, even if you attain it, not only will you remain unfulfilled, it will not last long. Now is the time for surrender to divine will, not ego based manifestation. Follow the command of the heart. It is here our seeking ends.

www.erurabe.com

Arizona — USA

Urabe Spirit Art and Batik

ELIZABETH URABE

C.(osmic) E.(nergy) O.(rchestrator)



Spirit Art Medium

Spirit Art Medium

The services I offer are —

Awakening

Healing

Energy Transformation

& Reintegration



www.erurabe.com



EMBRACE EACH STEP OF THE JOURNEY

© 2020 Written by Sibyl English

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

Love yourself enough to walk, and not run.

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

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

Therefore, choose to know in your heart

that you are more than enough

for all the goodness

that's coming your way!

REG. RATE ~~\$155~~
LIMITED TIME OFFER
SPECIAL COVID-19 RATE
NOW **ONLY \$55**
FOR BOTH MAGAZINES

[Subscribe](#)



REVEAL YOUR INNER FLAME

Pitfalls Of A Nice Girl

By Carol Campos

Most women who consider themselves to be sensitive or empathic have one trait in common: they have been labeled as “nice girls.” I was no exception. I wanted to keep everyone happy. I said “yes” to things I didn’t want to do, even though inside my head I was screaming “no!” Would I take on this project? Sure! Will I watch your 3 kids on my first day off in weeks? No problem! I wanted people to like me. I didn’t want to make waves. But inside, I seethed. In essence, I didn’t have boundaries. When there aren’t clear boundaries, people can and will walk all over you. It’s not always malicious either. In essence we have trained them how to treat us. So how do we re-train them? How do we create boundaries that feel aligned with our Higher Selves?

Let’s start with examining the word “nice.” What if we substitute the word “nice” for the word “kind?” There’s a whole different vibration to the word “kind.” Kind always feels good because it comes from a heart-centered place. Nice often feels like we’re selling ourselves out because we’re doing something for others from a place of fear (i.e. “If I say ‘no,’ they’ll be mad at me). I’m not saying we should put a bubble around ourselves, impervious to the wants and needs of others. What I am saying is that when doing for others, it should feel good, inspired, and come from the heart- not from the scared voice inside our head.

The next time someone ask you for something, check in with yourself. Do you feel energized by it? Or do you feel instantly drained at the mere suggestion? Are you coming from a heart-centered place or a place of fear? Make the decision that feels good. This will take practice because, most likely, you’ve been on “nice girl automated pilot” for year or even decades. Each time you honor yourself, it gets easier and you strengthen your boundaries.

Sure, it’s going to be uncomfortable at first. When that first “no” or “sorry, I can’t” tumbles out of your mouth, people won’t expect it. There may be raised eyebrows, incredulous stares. Pay no mind and don’t make apologies or excuses! The more we try to explain our reasons for saying “no” the closer we slip back to saying yes to something we don’t want to do. It’s going to be scary at first. Your inner voice will do its best to get you riled up.

Shedding your “nice girl” persona won’t be easy, but the pay-off is worth it. You will feel your self-respect soar and you will notice that those around you respect you more as well. Now when saying “yes” to a request or invitation, it will feel great because it’s what you truly want to do, with no reservations or second-guessing. When this happens, you are not only honoring yourself, but giving others the genuine gift of your time and presence.

www.carollcampos.com
Massachusetts — USA

CAROL L CAMPOS
COACHING
FOUNDER

Reclaim Your Voice, Be Empowered

*Learn to connect with your
higher wisdom, value yourself,
and live the life you deserve.*

www.carollcampos.com

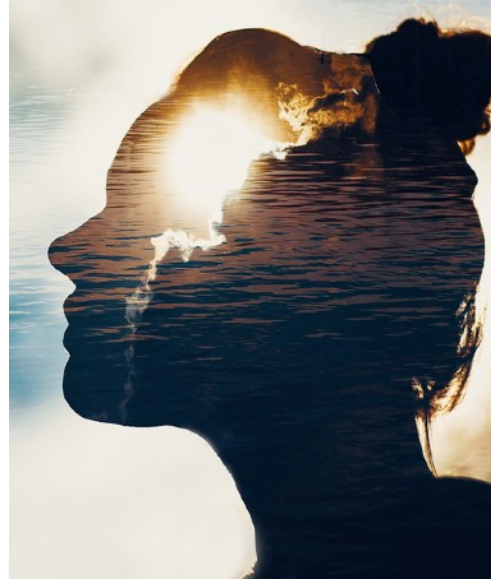


Rose Rowlson

Rose Rowlson Consulting and Coaching
*Counsellor and Women's Mentor,
 Life Coach, Motivational Speaker*

*Change Your Mind, Change Your life Coaching and
 Mentoring programs, Change by Design Mind Shift programs,
 Counselling, NLP, Workshops, Training and Skype sessions*

www.roserowlson.com.au
Skype: rose.rowlson


Rediscover Yourself LLC Energy Sound Healing

Bonnie Vincent
 Founder / Trainer / Energy Sound Healer

Change Your Frequency, Change Your Life

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

rediscoveryyourselfint.com



WellnessonSteroids™
 Where Wellness is a Way of Life

Brenda Pitout
 Emotional Wellness Specialist

*Counselling, Coaching, Course Creator &
 Connection to your "I AM"*

www.wellnessosteroids.com



Angela Blaha

Angela Blaha, Consciousness Mentor

*Offering Spiritual Adventures,
 Quantum Transformation through wisdom
 teachings, healing and channeling*



www.angelablaha.com

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



DISCOVER YOUR TRUE SELF

What Dreams May Come

By Elizabeth Carney

As my sixtieth birthday fast approaches I have embarked on a life-changing adventure. Some of you will have noticed that my location has changed to Abruzzo, Italy. I write this on the day I completed my house purchase - finally in possession of the house that has been my dream for years.

Italy, Naples to be precise, was the destination of my first flight, at aged fourteen, I fell in love with a country that has remained in my heart. In my forties, I was surrounded by Italians - neighbours, friends and colleagues. Later, in my dreams, during meditation and other times, the constant mantra I heard was, "Between the lake and the mountains". For years it popped up everywhere - a psychic art workshop produced a picture of a lake and mountains - it was pretty insistent this message. "Between the lake and the mountains." The only problem - I had no clue what it meant, or where it was, until one day I stumbled across some information about the region of Abruzzo - instantly I knew that this was where my destiny lay.

Today the dream came true. Was it easy? No, not at all. It has taken five years of battling bureaucracy, five years of crushing disappointment as the house I fell in love with was sold - not once but twice. I refused to give in, holding fast to the belief that this house would indeed be mine and that I could create a haven for people to fall in love with life and themselves. Two years ago, I purchased a key ring in Italy, vowing that one day it would hold the key to this house. I trusted the many signs I was given from departed family members. Pictures of the property are on my vision board and phone. Every day I took a tour of the house in my mind, walking every room, seeing them newly decorated, filled with beautiful things and the joyful sounds of visitors, laughing, singing sharing a meal.

The keys are now on that key ring. Every room has been cleared with sage. The house has breathed - relaxed. The energy is high; I am embraced in a warm hug, that says - "Welcome". There is so much to do to restore this place to its former glory but I know everything will fall into place. I am not exactly sure how it will happen, but I trust that it will, so I move forward with calmness, because I am home.

I firmly believe that we create our own destiny, shaped by our thoughts and feelings. Vision boards and affirmations help, but are not enough. To create, we need to believe with every fibre of our being that it is true and understand that our ego will always provide obstacles designed to keep us safe. Action is required - every day, things to move me closer - decluttering, packing - always asking - will I need this in Italy? So, here I am - proof that consistency delivers destiny from dreams.

www.elizabethcarney.co.uk
Hampshire — United Kingdom

Elizabeth Carney
THE SOUL FIXER

TotallyMe

Reboot your life,
Retrieve your SELF.

Coaching and
mentoring to move
you from, in crisis
to in control

elizabethcarney.co.uk



EVOLVING INTO YOUR AGELESS BRAIN

Can the Teacher Practice Her Teachings?

By Patricia Faust

In the chaos of everyday life that we are experiencing today, I have found that all of my knowledge is being tested. It is one thing to write as an academic, but quite another to embrace those teachings in order to survive. Here's my story.

At the beginning of this year, I wrote about stress and resilience in terms of evolving into your ageless brain. The solutions seemed challenging but not outside of the realm of realistically being able to succeed in developing brain strength. Then, everything started to fall apart. At first, I looked at all my challenges as a means to grow. I figured that was why they were being presented to me. But as the stress of circumstances escalated each day I started to "forget" how to handle my worries. It is easy to live a stress-free life when you have a stress-free life! I did maintain my core practices of deep breathing and mindful living, but it was the immediate problems of family that were throwing me off my center.

By March I had a trifecta of extreme worries falling down on me. The coronavirus was proving to be a real threat. I have a 91-year-old mom who lives on her own very successfully. Little did I understand how the isolation of lock down would impact her so completely. I am fortunate to have a sister who was able to go see her every day. But it is apparent that not getting out to the Senior Center had resulted in a state of physical frailness we never anticipated. And, my Mom had been cognitively strong until months of isolation weakened her brain strength. We all learned the value of being with friends, experiencing new things, and feeling like you are part of something is vital to good physical and brain health.

A more immediate problem for me was the relapse my son has endured since his support group disbanded due to the coronavirus. He was in a very fragile state in his recovery but, without group support he couldn't stay sober on his own. This was an especially difficult situation for me to deal with. Alcohol abuse disorder is a brain disease. I knew what is happening to his brain. But it is also an insidious disease. Within a month he was bent on self-destruction. I used every bit of knowledge I had to try to get him to understand what was happening and get the help he needed. I was not going to let him die from this. My stress levels hit previously unknown highs. I felt myself unable to use my skills for me. At the point that I was experiencing physical problems due to stress, my son sought out help. He did hear me!! I am grateful for the knowledge that I had to carry me through this ordeal. We are all still in alert state - but we will recover. I am blessed.

This is our moment of opportunity to change.

www.myboomerbrain.com

Indiana — USA



My Boomer Brain

PCF Consulting

Patricia Faust, MGS, CAT

*Educate through speaking
and coaching how to maintain
a high functioning brain.*

MyBoomerBrain.com

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

Search on Amazon By Author Name
Susan Lowenthal Axelrod



Confident-Life™

Imagine the Possibilities.

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

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

Discovering You Again. Act Now.

WhatWillYourLegacyBe.com



THE PATH TO DISCOVERY

The Road Less Travelled

By Jacqui Ray

The times have changed. They have ripped me apart; they have lunged me back into reality and they have stepped me up in the time of revolution. How can that be when we don't know what we are dealing with? Sometimes we have to trust, trust our instincts. Be a martyr, be a pauper or be a stumbling block for the less fortunate. We all need that realisation that we can succumb to the life that we so desperately need for survival. A stumbling block that can lead the poor to find humanity and when that happens, the doors are less frightening and threatening for the ones walking through them.

We have an inkling that the roads less travelled are the ones that make us right again. The ones that can flourish when we find that road, find that way of life and hold steady the realisation that unbeknown to us we have another way of moving forward. This is called freedom. This is called living the life that can flourish and accept us warts and all. It is a hard road to follow. I have learnt many mistakes on the way but showing true colours can bring compassion, hospitality and mesmerising ways that catapult you to stardom. You see no matter what the outcome, we all live to tell another tale. Another sentence that we did not know before. Another fraction that can hold us steady in time.

The heartache I feel for the less fortunate as I walk down the street is no comparison compared to the heartache of losing my own ways. Losing my own trace, finding my feet and walking steady. I want that to shine brightly knowing that the world can be a better place when spacing yourself out for all mankind to see. The world can hold us accountable for our own actions. It can tip us over the edge but bring us back when we have had that cleansing. That is a fine word for recovery. Recovery can take many fractions. It is a steppingstone for each individual when finding their feet. We all hold onto the life we once had, does that serve us anymore?

Recovery can hold on to you, grip you with force and then throw you out the window again. That is when you winch yourself back into safety and climb through that window, time and time again. Don't give up on the one true desire that catapults you to reach the mountain top of safety. That safety nest might be one door away, it might be a kilometre away. No matter where it is, stay safe. Have that shoulder to cry on, have the whimsical belief that no matter what day it is, you can hold your head high. Shout to the roof tops that belief and manifestation are a one stop shop away. The one true desire may take some time to comprehend but when the door opens you will know that you have made it home.

www.growthhealing.com.au

Victoria — AUSTRALIA



Meaning of Dragonfly

What does it mean if a dragonfly spirit shows up in your life?

Happiness, Speed, and Purity.



growth

Jacqui Ray, Energy Healer

"Grow at Your Own Pace"

GrowthHealing.com.au

"Ordinary Women Sharing Extraordinary Insights™"

EDITORS
BEGIN
ACCEPTING
ARTICLES
JULY 1, 2020

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

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



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

*Early article submissions are greatly appreciated (allowing you to miss the last minute writer's rush - smile). If your initial article is selected for publishing, the editors will want to continue to publish your words of wisdom for one full year — *You should receive a response from the editors within 5 - 7 days after sending in your submission.*

Topics to write about include:

All things Spirituality -- Healing. Awakening. Enlightenment. Mindfulness, Insightfulness, etc. Share the steps of your journey to aid other women as they move forward on their own feminine life-path.

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

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

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

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

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

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

Article Word Count: Minimum 475 - Maximum 500
Send your article to: Submission@SibellaPublications.com



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.



IMAGINE CREATIONS

Deirdre Catlin

Founder

Imagine a new you!

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

Memory Energy
Therapy

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

Reveal your light.
Offering workshops,
Online sessions.

eye-seellc.com

EMPOWER
Your Potential



Samantha Ember

Human Behaviour Specialist

Life Coach, Speaker, Thinker, Author

*Facilitating Personal Success through
Transformational Coaching*

"Reclaiming Your True Self"

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

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

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

Click Below

EmpowerYourPotential.com.au



SET YOURSELF FREE

The Truth About Hope

By Martha Creek

Hope is a subtle, sometimes unconscious attitude of heart and mind that is an essential resource in human life. The vital nature of mature hope helps us to remain open to the possibility that while life may not turn out the way we first thought, opportunities we never imagined may also arise. When I was diagnosed with breast cancer in 2012, hope was very strong medicine for me. It was intense waiting to see what stage the cancer was in, as well as the recommended treatment plan. I was intent on allowing all the emotions I had regarding the diagnosis to have their place and I was equally intentional to keep my practices of gratitude, hope, faith and possibility alive and well. I wore a button sign on my hospital gown the day of the mastectomy that said, "stop staring at my breasts." This brought a great deal of levity and lightheartedness to the surgical teams and nursing staff. I recovered in record time and had no complications from the extensive surgery. The doctors were shocked and summed up my case as "she has a lot of spirit." Hope was great medicine for me and many who have had similar experiences.

Most of us choose comfort over truth. But when you think about it, we don't grow and transform in our comfort zones. You may have heard "life begins at the end of our comfort zones." We grow when we realize we are no longer able to control all of the conditions and circumstances of life and are therefore challenged to change the way we relate to life.

When we release our demands and desires for what used to be and our stressful longing for what we think should be, we are free to embrace the truth of what is. Even when we can't embrace what is, we can allow for what is. Everything is included in the spectrum of life.

No sane person wants to suffer. No sane parent wants children to suffer, however, suffering is part of life's journey. Suffering will only be reduced or eliminated through wisdom, not by drenching it in sunshine or attempting to suppress and depress it.

When we get caught in anxiety and worry about what might happen in the future, it can quickly proliferate into a web of fear that is not easily corralled. Turning toward our suffering may plunge us into the very sadness, fear, and pain that we usually try so hard to avoid. If we are willing to brave the darkness by welcoming everything and pushing away nothing, the energy that had been consumed by our resistance to life's unwelcome events will now be available to contribute to healing, building resilience, and acting with love.

I invite you to take any issue in your life and to realize that hope is medicine. Nothing has power over you because love's power and grounded hope will transform your experience.

www.marthacreek.com
Kentucky — United States



martha creek

FOUNDER

Transforming
Heart & Mind

I teach practical,
effective approaches
to live with greater
focus, clarity, ease
and grace.

- Leader
- Minister
- Facilitator
- Life Coach
- Public Speaker

Connect with Martha
from her website below
to schedule a **FREE**
30-minute call to
Free YourSELF!

marthacreek.com



MAKE FRIENDS WITH POWER

I'm Sorry. Please Forgive Me

By Linda Kaun

The more I really grasp that the world I see outside myself is a Reflection of the world I have operating inside me, the more I'm drawn to cleaning up my own act. It all comes back to loving myself—the all of me—not just the parts I like. It starts with self-forgiveness.

The ancient Hawaiian process of Ho' oponopono helps me stay in the present moment and yet clear away the past. The vast majority of what regulates my life, from my body's functioning to the laws governing the universe, takes place in the unconscious realm. I have no conscious awareness or control over them. And neither does anyone else.

At the same time, whatever appears in my life is up to me to take responsibility for. I don't need to know how it got into my body/mind system. If it shows up, it means there is something inside me calling this to my attention. If I can feel it, I can heal it. If I'm irritated at what someone else is doing, I can heal that part of me that is stuck in that irritation. I do that by saying, "I'm sorry. Please forgive me."

Forgiving myself is me saying, "I'm sorry. I forgot. I got lost in my own pain. I was triggered by old stories, old ideas I took on as a child that said I'm not good enough. I'm unworthy. I'm not lovable. I keep trying to prove these ideas are true. I'm sorry for all the times throughout the ages that I just did not see, I did not understand. Sometimes I thought I had to hurt you in order to keep me safe. In fact, that's what I was taught and I just accepted it as a truth. I was asleep and now I'm waking up.

"I acknowledge my own actions, my fears and places inside me where I forgot I am divine energy made manifest. I see now that I was the one blocking the flow. And I'm the only one who can clean the past programming to be aware of the divine energy that is always flowing, always supporting me. I'm here now."

After self-forgiveness I say, "Thank you," which expresses my deep gratitude to the divine that all is being resolved for the highest good of all concerned. And "I Love You" is me loving me. It's me reconnecting myself with the divine. No need for blame. No need for shame. Releasing guilt. Open to Love now.

Until I really paused and said 'I am sorry' for the past actions of my ancestors, for myself in past lives, for the old hurts I'm hanging onto in this life, I was ready to cast blame on others rather than look myself in the eye and heart and just own my own stuff. Now the doorway of compassion has cracked open. Feelings of tenderness and ok-ness flow out towards everyone.

www.lindakaun.com

Java — INDONESIA

Eagle Mentality —

It takes willingness to dream a better dream; foresight to embrace a higher vision. ~SE

SibellaPublications.com



Linda Kaun

Inner-Leadership Coaching for Women on a Mission

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



www.lindakaun.com



SIBELLA PUBLICATIONS

Every woman needs to write in order to truly breathe.

~ Sibyl English

AWAKENING TO HER MOMENT IN TIME

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

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



TIME TO COUNT OUR BLESSINGS

Happiness Is Personal

By Rose M. Kadende-Kaiser

We all experience the ups and downs of life. We all experience a season when it feels like the whole world is tumbling down on us. Our health seems to be going downhill. Work feels unfairly stressful. Social responsibilities seem unrelenting. Our marriage feels like it may break. When we are in the valley, it's easy to get discouraged. We fail to see a way out. And we look at our situation as if it was unique. We want everyone to empathize, to lend a hand, to offer support. We can even place our desire to be happy again in the hands of others, particularly those who are closest to us. They know us and our situation. They should understand us. They should feel our pain. And if we have helped them in the past, the pressure on them to help us is even higher.

What we tend to forget is that we all have our own life challenges. We all carry our own burdens, our own cross, whether heavy or light. We tend to also overlook that happiness is a gift available to each of us who chooses to embrace it and own it. No one has full control over our attitude in the face of difficulties. We alone hold the key to our own happiness. And it is accessible if we keep an open mind and seek to retrieve it. So where do I go to find my happiness?

I find it by engaging in activities that boost my sense of inner peace, joy and happiness. Getting my hands dirty in my garden brings me happiness. Cooking a flavorful and healthy meal that my family enjoys boosts my sense of satisfaction and happiness. Dancing to the music I enjoy makes me happy. Socializing with friends and neighbors make my weekends much more enjoyable as I look forward to sharing meals and conversations together, leaving me happy. Listening to inspirational speakers first thing in the morning and letting them give me a word to meditate on and live by throughout the day starts me out by counting my blessings. This too makes me happy. Admiring the beauty of nature on my daily walks brings me back home happy. Doing yoga, which allows me to see that even my midlife body can still stretch itself without breaking boosts my happiness as well.

None of these activities are dependent on others giving me permission to enjoy them. Yet, they are some of the outlets that enable me to experience happiness. These "small things" focus me on living my life to the fullest, allowing happiness to remain close to my heart even when I feel stranded in a valley. Happiness is indeed personal. It always is. It is up to us to find it, and keep it. And when we do, it rubs off of others who may need a dose of what we feel. Indeed, happiness is contagious. When we embrace it, we naturally pass it on!

www.seasonofhealth.net

California — USA



For women in their midlife
(40's and 50's)

Achieve Nutrition
Balance and Wellness

Rose M. Kadende-Kaiser

Health & Wellness Coach

www.seasonofhealth.net



FINDING YOUR PEACE, PURPOSE & PASSION

Healing Our Ancestral Trauma

By Maria McGrath

Did you know that we were all born with fears and emotions already stored in our DNA, fears, emotions and beliefs that do not belong to us! These fears, emotions and beliefs have been experienced by our ancestors, going back at least 14 generations, and probably longer, according to the science of Epigenetics! All that they felt, experienced, struggled with, and believed, has been passed down through the genes to YOU!

Then you have a life, full of events, traumas, hurts, and worries to add on top of everything already stored in your DNA. (I am not just Maria, I am the culmination of all the generations that came before me!) And we carry the weight, the pain and struggle of all our ancestors throughout our life, if we don't heal the past! Is it any wonder that there is so much depression, anxiety, PTSD, and emotional struggle in the world right now? All that old, inherited emotion and trauma can be triggered by any sort of life events at any time, but a global pandemic has the potential for huge triggers of scarcity, fear, panic, worry and uncertainty, to name just a few!

Older generations generally don't talk about their issues or feelings. They pushed them down, suppressing them, not knowing any better. The depth of pain, grief, shame, rejection, hate, sadness, guilt, hurt, depression, anxiety, PDS that we struggle with is due to these layers and layers of past emotions HURTS! Have you ever had a moment where something happened, and you reacted way over the top and had no idea why? Do you ever feel a ton of emotion and wonder WHY it's so bad, as the event really wasn't? Do you wonder where it all came from, and how do you get past it???

After decades of struggling with depression that I didn't understand, as I had a really good life, surrounded with people who loved me, I finally learned that it wasn't my pain and sadness that I was feeling! I have spent the past 8 years living my life with joy in my heart, peace in my mind and contentment in my soul after healing my stored and lived emotional baggage!!! I was able to tap into my own deep soul wisdom to gain learnings to strengthen and increase my emotional intelligence, letting the past go completely. I continue to work through any new 'stuff' that comes up, layer by layer, each time gaining new wisdom & higher emotional intelligence to deal with the next new emotion, being triggered by new glass ceiling or new events in my life. I cannot describe to you how good it feels to no longer carry the weight of generations of emotional baggage. And I have made it my mission to work with women to find peace, joy and contentment in their lives. The world needs healing, and each time a woman heals her past, she also heals the future generations.

www.restorebalanceandharmony.com

New South Wales — AUSTRALIA



Maria McGrath

**Restore Balance and Harmony
Creatrix® Transformologist®**

Helping YOU tap into your deepest
soul wisdom, to heal your heart and mind
for true EMOTIONAL FREEDOM!

#1 SUCCESS SOLUTION for WOMEN!!

RestoreBalanceandHarmony.com

Shakti Holistic Healing

Julie K. Halevan, Holistic Health Practitioner
CYT, RCR, Reiki Master

"Together, Creating Heaven on Earth"

As a Certified Yoga Teacher, Julie teaches a wide range of yoga classes and offers individual, customized yoga sessions. She is also a Registered Certified Reflexologist and Reiki Master. Sessions with clients increase vitality and frequency within their bodies and meridian systems, stimulating self-healing of physical and emotional pain and dissipation of energetic blocks.

juliekyoga@yahoo.com
shakti-holistic-healing.com



FIT MINDS
Fit Minds Australia

Delivering Potential, Joy and Purpose in Life

Shannon Chin

Cognitive & Mindset Coach, Author, Speaker

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

www.fitmindsau.com.au



"I AM" Hypnotherapy

Chey Bodhi, Master Guide

"Live Your Best Life TODAY"

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

www.iamhypnotherapy.com



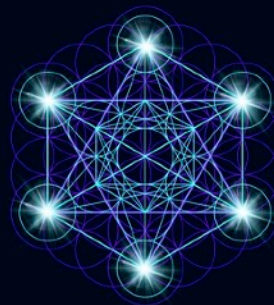
Theresa Ann Fitzgerald

LEAD INSPIRE EVOLVE

Author, Speaker, Intuitive Coach and Modern-day Alchemist

Theresa supports you to lead confidently as a conscious creator and activate more ease and flow in life and business.

theresaannfitzgerald.com



WEB OF LIGHT

Weaving the consciousness of collective goodwill

Jill D. Bittinger, CEO

Empowering & Awakening the Collective



WebofLight.info



Bernie Giggins
Inner Child Harmony Coach

Inner Child Coaching

Your soul truth will always set you free!

- Inner Child Reconnection & Reconciliation
- Spiritual Justice & Soul Truth Coach
- Clearing Negative Core Memory Beliefs
- Dissolving Emotional Affects of Past Trauma, Abuse and Bullying
- Opening For You To Receive Inner Peace, Freedom & Love

InnerChildCoaching.com.au



MASTER YOUR MIND, FIND YOUR INNER POWER

Find the Silver Lining

By Margi Batson

Like many others I've recently experienced uncertainty, insecurity and anxiety. I've woken up with a knot in my stomach and a feeling of dread, wondering what's gone on in the world while I've been asleep. So how can we bring positivity to what's going on? How can we change our perspective and move through this with grace and confidence?

We can't change a lot of what is happening, but we can change our beliefs, our perceptions and our attitude. We can change how we respond, it's all about using our emotional intelligence and not being dragged into believing we are victims, that we have no control. We absolutely have.

How many times have you heard, "the experts say, the scientists say, the doctors say"? My mantra has always been - question everything - everyone makes mistakes even the so-called experts. Think for yourself, do your own research, then make decisions based on what's best for you and your loved ones. Don't just follow the crowd, be an individual, stand up for what's right for you.

I've let go of my concerns for others. My daughters and grandson will deal with this in their own way. They'll walk their own paths, make their own decisions in their own time, it will be their journey. I distance myself from television news, anything that mentions current events, what happens is beyond my immediate control. But I do have control of my emotional wellbeing and I am making better choices all round.

So how to find positivity when we're surrounded by confusion and uncertainty? Look beyond the situation, find rewards and opportunities in the midst of the upheavals. This is a chance to re-evaluate. Many work at jobs they don't enjoy, now is the time to change direction, learn something new, spend time doing what we love and find joy in each day, in each moment. This is also an opportunity to recognise that everyone is suffering in some way, we can show compassion and understanding, and we can connect and befriend those who are hurting.

Let's be grateful for all that we have, a bed to sleep in, a roof over our head, food, fresh water. Rather than take these simple things for granted, be thankful for the necessities of life, anything else is a bonus and is not essential. We can create a plan for the future. Things will change, they will never be the same, but life goes on and with time on our hands we can plan for what is ahead. Start rebuilding and we'll see our circumstances turn around. Are these events a blessing in disguise? We have the power to change our thoughts and our perceptions. It may seem difficult, it might be uncomfortable and we may have to do some soul searching.

We always have a choice to make changes, if need be. We have the power to find the silver lining in every situation - and a go-getter attitude will help us rise above all our challenges.

www.margibatson.com

Darwin, Northern Territory, AUSTRALIA

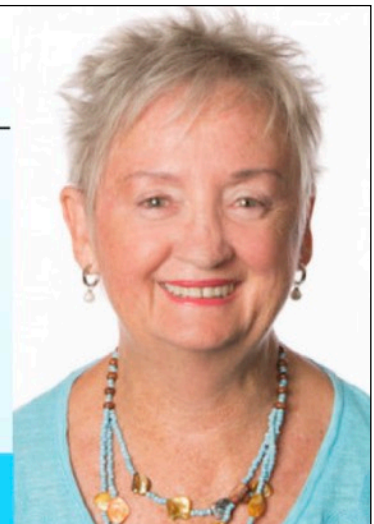
Margi Batson

Stress Relief Practitioner

*Change your thoughts,
change your world.*

*Using a combination of Acupressure
Tapping, NLP and Hypnotherapy I help
people release emotional baggage
and find their inner power.*

www.margibatson.com





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

Vital Differences®

Consultants



Alma C. Lightbody

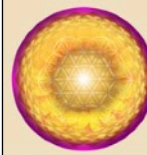
*Author, Consultant
& Therapist*

Enriching the Quality of Life

- Hands on Energy Medicine
- Shamanic Practices
- PEMF: Pulsated Electromagnetic Field Therapy
- Private Sessions
- Workshops
- Remote Consultation

Website:

VitalDifferences.ca



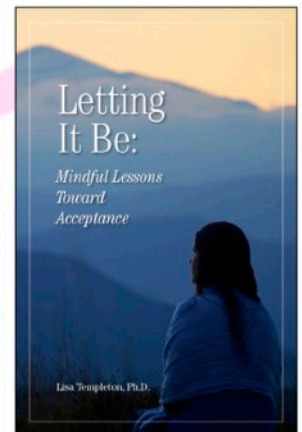
Judy Browne



Heal Your Heart

- Stop Reliving your Pain
- Channel your Power
- Unlock your Potential

www.judyannebrowne.com



Lisa Templeton, Ph.D.

*Psychologist, Author, Musician, Speaker,
Founder of The Interpersonal Healing Center*

Compassionate Care and Mindful Education for All

Mindful cognitive-behavioral therapy and classes from my published book, *Letting It Be*, to aid with self-knowledge and acceptance.

drlisatempleton.com



BEING CALLED TO HEAL

Open Mind Limitless Thinking

By Suzanna Hatch

I want that pill! If you've ever seen that movie with Bradley Cooper where his life is spiralling down and he takes a pill that opens up his whole mind. His mind become limitless, He become limitless. Who wouldn't want to tap into the limitless nature of our superconscious? I was reminded about the day to day limitations we place on our thinking. My grandson was coming over, so I went

through some old toy boxes and found a bunch of foam letters and numbers. I was pretty pleased with myself when I managed to spell my grandson's name out of the limited letters I had available. Who said an upside-down W can't be an M. I sent the image of the randomly constructed mat to my daughter and simply said 'Wordfinder'. To my surprise she came back with a list of about eight words I didn't even know I had accidentally spelled.

The next time I thought I'd be clever and now deliberately created some extra words. But, yep, you guessed it! She found even more words I didn't intend. That simple act of playing with toys reminded me about the limitations that we place on ourselves. It was Einstein that said something like the same thinking that created a problem can't be the same thinking that solves the problem. That is so true. Sometimes the best way to get out of your head is to get out of your head, figuratively speaking. We can't see what we can't see, even when we are looking for more. So, what does this mean?

It means that if we have a problem, we can solve it better with a friend or confidant. It doesn't pay to keep your problems to yourself. If you are working all on your own your thinking is going to be limited, you see only one perspective. This doesn't mean you all of a sudden need to go tell everyone your problems, it gives you permission to not be perfect. You don't have to get it all right. That simple act of being given permission can sometimes be profound.

We don't always realise the pressure we put ourselves under, pressure to be perfect. I get that it might be scary to share issues with others. We don't want to look stupid; we don't want to feel weak. But where do these fears come from? In my book they come from the ego. Life has taught me that indeed a problem shared is a problem halved. Actively seek to engage people that can help with exactly what you want. Sometimes it calls for a close friend and other times a professional. I wonder if you were to read all the profiles of all the writers in this magazine and saw what they do you'd find the perfect person to help you to achieve your dreams and break through your limitations. With blessings to you, may your mind be open to the wonders of unlimited possibilities.

www.soulbusinessacademy.com.au

Canberra — AUSTRALIA



Soul Business Academy
Suzanna Hatch
Author, Mentor, Speaker
Nurture | Grow | Flourish
*Suzanna designs roadmaps so women
can answer their Soul Calling to work
in wellness and live their destiny.*
soulbusinessacademy.com.au



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.

www.whatwillyourlegacybe.com

New York — USA

**CLICK HERE to join Susan Axelrod
weekdays on FaceBook - "ALIVE AT FIVE" !!!**




What Will Your Legacy Be?

Susan L. Axelrod, Legacy Coach

I help people:
Become Confident • Find Calm
Allow Success • Create Legacy

"Intuitive!" "Dead on every time!"
"How can I ever thank you?"

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

Get under the **umbrella**

of
SibellaTM

SIBELLA CIRCLE INTERNATIONAL

Supporting Women Writers Gain Global Visibility

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



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



INTERNATIONAL PUBLISHING OPPORTUNITIES FOR ...

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

NEVER MISS ANOTHER ISSUE AGAIN!

Sibella Publications and Sibella Circle International

Helping YOU take the next big step toward:

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

SIBYL MAGAZINE

For the Spirit & Soul of Woman

Subscribe

LUMINOUS WISDOM: SOPHIA

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

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



SPIRIT BEINGS HAVING HUMAN EXPERIENCES

The Three Pillars of Health

By Lisa S. McKnight

In the ancient Ayurvedic text Caraka Samhita it is stated that living a long and healthy life depends on how we manage the three pillars of health; food, sleep, and sex. Ayurveda is a creative system designed to support the three pillars so that everyone would have access to information that keeps them healthy and happy. The three pillars are food sleep and sex.

Management of food is essential because we are not what we eat; we are what our body can digest. Let that sink in. You can have a healthy meal, but if your body cannot digest it properly, it will create toxins. Nutrients will not be absorbed due to improper digestion. This realization was a game-changer for me. The key to food management is learning which foods go well with your constitution because your body will be able to digest them properly. There is an entire protocol for this, which I cannot get into in this article, but trust me! One of the best gifts you could ever give yourself is to learn how to assess your digestive system from an Ayurvedic perspective.

Sleep, You know how you feel when you are well-rested and when you are not. Sleep deprivation causes a myriad of problems such as brain fog, rapid aging, anxiety, to name a few. When we don't sleep, we don't do anything well. Our quality of sleep is directly affected by what we eat and what we are doing in the hours before bed. Many people have sleep issues, especially right now with all that's going on in the world. If you are among them, develop a soothing evening routine that begins several hours before bedtime.

Management of sexual energy is known as brahmacharya in Sanskrit; this means using sexual energy wisely. Sex uses more of our life force energy than anything else we do. The immune system relies on this energy to keep us healthy, so when we misuse it, we become depleted, which can lead to illness because we are using up reserves of life force that the body needs to keep us healthy and help us recover from illness. Some people who practice sexual abstinence or restraint are doing it for this reason alone. They are preserving their life force to use in other ways. For the rest of us, applying wisdom to the use of our life force is vital to our longevity. When we feel run down or depleted in any way, it would be good to wait until we can afford to spend some of our precious life force energy.

Ayurveda is a beautifully complete system explicitly designed to give us a plan for our three bodies; physical, astral, and soul. We cannot separate our three bodies but must work with them simultaneously. Learning to manage the three pillars of health is an act of radical self-love, self-trust, and the ultimate self-care. It is a crucial step to take on the journey to fulfilling your soul purpose.

www.lisasmcknight.com

Wisconsin — USA

STARDUST
AYURVEDIC ASTROLOGY

*For Spiritual Beings having
a Human experience . . .*

*Ayurvedic Astrology helps
you discover your Soul Purpose,
awaken the life force within you
and experience true Happiness*

lisasmcknight.com



SIBELLA PUBLICATIONS

"Get Under the Umbrella of Sibella"

Want to learn more about our publishing company?

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

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

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

- Sibyl English, Founder

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



BRIDGE TO AN IMPROVED REALITY

Fighting or Inviting Change

By Patricia Morton

In the past I asked myself 'what is the purpose of my life'? At other times I was too busy 'living' life. I built structure and routine and over time I realised that somewhere in all of this 'I' was lost. I was wrapped up organising and doing things for others - on autopilot, not really giving myself any time. With current events and everything that's been happening, for some there is a fight against change, while for others there is a 'golden nugget' in inviting change.

Change can be the cause of so much grief, sadness, anxiety, overwhelm and so on. Our comfort zone dictates that everything stays the same. When I was a child we used the phone box down the road to make telephone calls. Now I have a mobile telephone which is also a mini computer, and I hold it in my hand. Back then this would have seemed impossible! Life is constantly changing, but fear keeps us stuck. For many right now the virus and possibility of death and the unknown is a strong factor. There has been no cure for the common cold; we've had to learn to live with it. Nature gives us these moments in time and it's up to us to choose whether we react or respond. The golden nugget comes for those who take the gifts which this time brings. Instead of living or investing in fear, we can move into looking for solutions for our situation. Right now has been a great time for personal healing, growth and reflection. Many have realised that the life they have been living up to this point have not really benefited them and have made decisions for change; much like what happened to me some years ago. Some have lost their jobs, bringing an enforced change. All during a time of uncertainty. Life is like a river which twists and turns, and it is so much easier to go with the flow. It is when we go against the tide that life becomes more difficult. When we surrender to the unknown and release what we think we control life is so much easier.

Today what comes to mind is a child who is living and experiencing an amazing life. There is an innocence about them. There is no right or wrong, everything just 'is'. If tired they sleep. If hungry they eat. Life's just a game, lived in the moment. No thoughts of the everyday worries of adult life. The love and hugs are plentiful and life is magic. I like the idea of being a passenger in my body which is experiencing 'life'. Now I realise that I really have no control and I'm just here for the ride - I'm like the child having the experience; Inviting change, having surrendered the fight. Abundance, Health and Prosperity to You.

www.BridgetoReality.com

Somerset, UNITED KINGDOM



Bridge to Reality
Create the life you desire, by design.



Patricia Morton,
Counsellor, Therapist, Catalyst, Writer

Contact with me, and book your
FREE 30 minute consultation

bridgetoreality.com

BREAKING OPEN

By Sibyl English

Once again I feel myself
breaking open

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

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

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

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

Yes, to love. Yes, to Light.

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



SIBELLA CIRCLE INTERNATIONAL



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

CHINESE PROVERB



PEACE SPEAKS

By Sibyl English

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

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

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

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

The fragrance in the
air is that of the
honeysuckle.



THE ALIGNED MONEY LIFE

Time to Talk Money

By Melissa Ternes

How often do you talk about money with anyone? The most common answer I hear is only when I absolutely have to! I want to share with you a shocking statistic. In the US, on average people are 85% more willing to talk about age, weight, sex life, politics, religion and even death before they will talk about credit card debt. Such a taboo topic it seems, yet so many people have it!

We spend years of our life in school to learn and grow into responsible adults. Yet in all those years, we receive little to no financial education and are expected to “just know” how to manage money. So where does that leave us? Stuck, scrambling and at times in financial messes.

In my experience whatever I can't or won't talk about is a place I am struggling or have some feeling of shame, guilt, or regret. The other thing I know is when I keep things bottled up inside they usually come out sideways. Have you ever had sideways happen? You know, you're just having a friendly conversation and then, wham, you're snarky and mean and the other person just has this wide-eyed, confused look. That's sideways and it's not pretty. Sideways is common when money is the undercurrent that's not being talked about openly.

What I have found to be true is once the money talk door is opened and the proverbial ice is broken, relationships can be strengthened through talking about feelings around money. At first it can feel foreign and be difficult. It might even prompt a heated discussion. And yet, it is so worth it!

Here are some great ways to dip your toe in the waters of talking money. Start out small and work up to bigger conversations. Anything that feels both safe and a tiny bit scary at the same time will be beneficial. One small start could be asking a friend if she has a favorite thing she spends money on. Or asking kids what they think an item cost. Practicing with friends first can give you the courage to have conversations with more at stake, like personal debt or savings. Another step can be to ask your partner about how their family handled money growing up or if they received \$100,000 what would they do with it.

If all of that seems like too much, start with talking with yourself! You can do this by journaling or by recording yourself on your phone free-flow talking about how money felt today and then listening to it later. It could start with a simple question like, of the money I spent today how did each purchase make me feel? Do I still love my purchases from yesterday (or last month)? As you begin to find ease in knowing how you feel about money, then consider a safe friend you can chat with about a light money topic. The most important thing is to start talking about money.

www.MasterYourMoneyNow.com

North Carolina — USA

MASTER YOUR MONEY NOW

Be Savvy. Be Confident. Be Powerful.



MELISSA TERNES

Financial Empowerment Coach

**Boost your
financial power
and transform your
relationship with
money forever.**

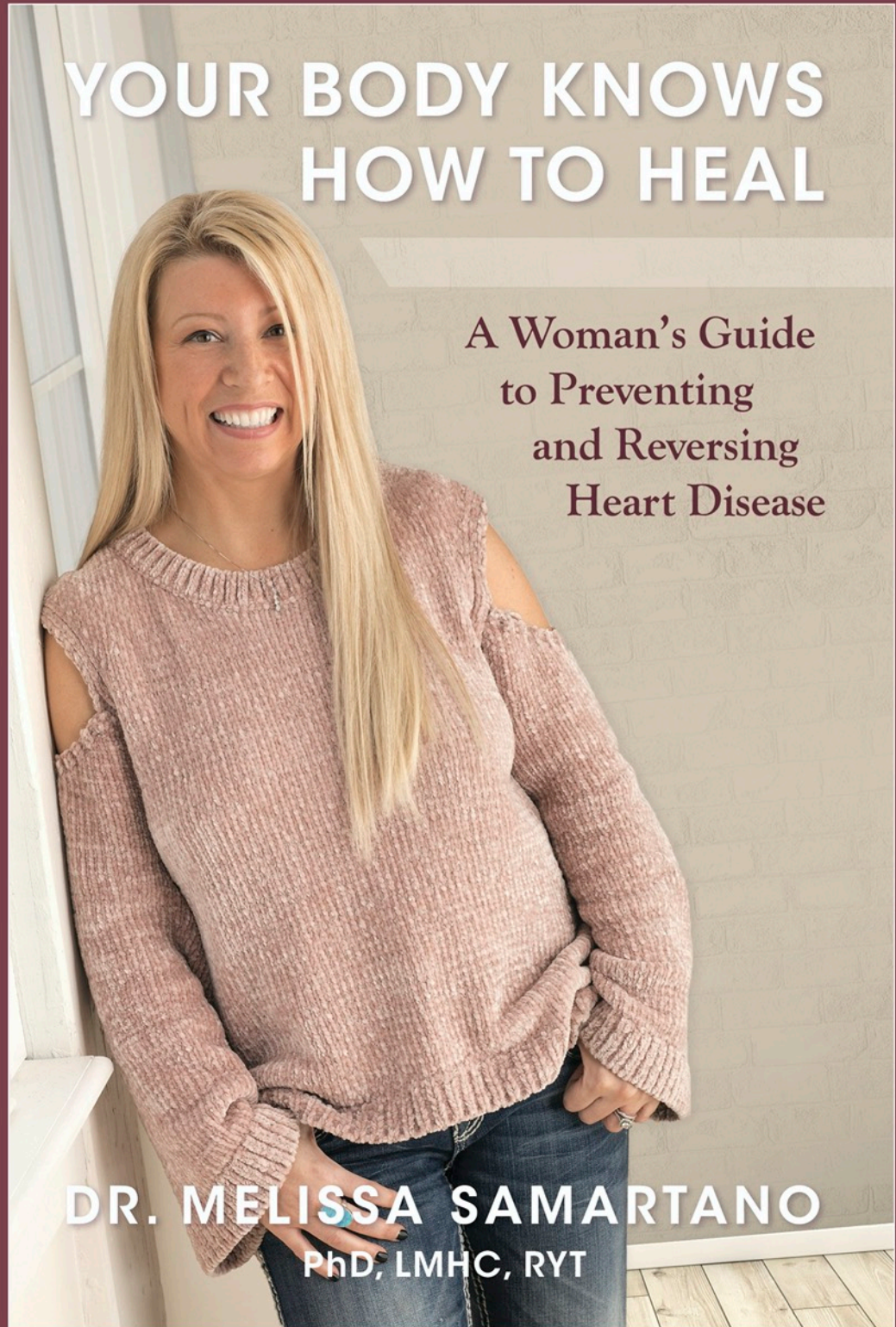
MasterYourMoneyNow.com

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

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

*I am living proof
this system works!*

ORDER NOW !!



**BARNES
& NOBLE**

BAM!
BOOKS-A-MILLION

drsamartano.com



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.

www.yourlifebalancedoctor.com

Alderney — UNITED KINGDOM

**HAVE YOU EVERY THOUGHT ABOUT
BECOMING A PUBLISHED
INTERNATIONAL ARTICLE WRITER?**

*The attraction of our Light connected
with the essence of your Light!*

And so it is ...

SibellaPublications.com

Your Life Balance Doctor

Dr Jane, Your Life Balance Doctor

"Smile more, eat well, lose weight"

*Personalised coaching reconnecting you with
what is important, unlock your happiness,
release you from the tyranny of food*

YourLifeBalanceDoctor.com





SibellaSM Circle INTERNATIONAL

HOLISTIC & ALTERNATIVE HEALING —
ONLINE GUIDANCE & WELLNESS FOR WOMEN

Get the Support & Assistance You Seek From These Women Practitioners

VISIT OUR PORTFOLIO GALLERY

SPIRIT. SOUL. MIND & BODY — Promoting Women Practitioners

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

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

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



CLICK HERE TO VISIT OUR AMAZING PORTFOLIO GALLERY

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

SibellaCircle.com

Handcrafted • Powerful Botanical Essences Made Fresh Daily

O ARTISANSM

Artisan Blends for Wellness

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

Introducing our newest blend "BOTANICAL FORTRESS"

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

Saturating & activating your entire being
with advanced protection **IN SECONDS**

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

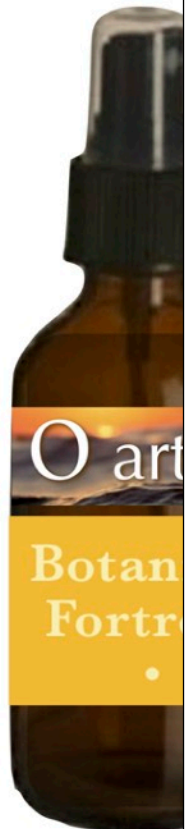
And the fragrance is absolutely amazing!

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

Botanical Fortress

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

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



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

~ *Sibyl English*



**YOUR
FEEDBACK
IS VERY
IMPORTANT
TO US**

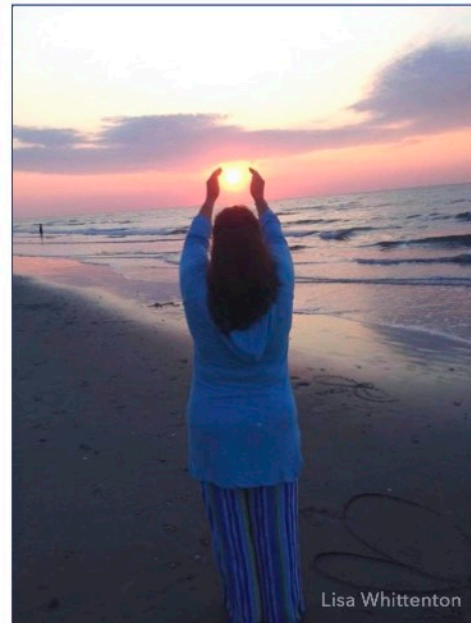


**TAKE A MOMENT
AND SEND A QUICK
EMAIL TO THE
SIBELLA
PUBLICATIONS
STAFF**

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

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

[CLICK HERE](#)



MANIFESTATION
A Choice & Practice

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

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

It can be done ...

If only you would
choose to see it
that way.

— *Sibyl English*

 LIKE ON **FACEBOOK**

 CONNECT ON **LINKEDIN**

Both fate & faith brought you here!

DISCLAIMER _____

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

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

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

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

GIVING INTUITIVE WOMEN WRITERS THE PLATFORM THEY DESERVE



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

AN INTERNATIONAL ANTHOLOGY-PUBLICATION



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

Sibyl English

WEB MANAGER & CONSULTANT

John Mitchell

EDITORIAL STAFF

DESIGN & LAYOUT STAFF

ADMINISTRATIVE STAFF

ANNUAL RETREAT STAFF

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

~ A Course in Miracles

**CLICK HERE
TO VISIT OUR
WEBSITE TODAY**



SIBELLA CIRCLE INTERNATIONAL

Established 2007.



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

THE WOMAN SHE WAS CALLED TO BECOME

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

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

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

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

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

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

www.SibellaPublications.com

"Ordinary Women Sharing Extraordinary Insights™"

EDITORS
BEGIN
ACCEPTING
ARTICLES
JULY 1, 2020

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

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



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

*Early article submissions are greatly appreciated (allowing you to miss the last minute writer's rush - smile). If your initial article is selected for publishing, the editors will want to continue to publish your words of wisdom for one full year — *You should receive a response from the editors within 5 - 7 days after sending in your submission.*

Topics to write about include:

All things Spirituality -- Healing. Awakening. Enlightenment. Mindfulness, Insightfulness, etc.
Share the steps of your journey to aid other women as they move forward on their own feminine life-path.

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

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

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

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

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

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

Article Word Count: Minimum 475 - Maximum 500
Send your article to: Submission@SibellaPublications.com