

Spirituality

Truth

333

Wisdom

LUMINOUS WISDOM SOPHIA

ENLIGHTENS, EMPOWERS & ILLUMINATES

JULY 2020

Volume 4: Issue 2

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

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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Laura Di Franco



Lisa S. McKnight



Carol Campos



Melissa Ternes



Elizabeth Carney



Martha Creek



Jane Durston



Linda Kaun



Rose M. Kandende-Kaiser



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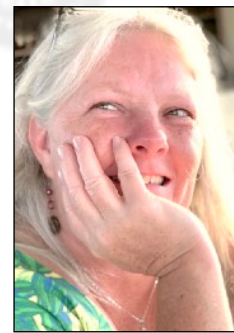
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INSIDE COVER STORY — In Her Own Words

SPIRIT BEINGS HAVING HUMAN EXPERIENCES

The 2020 Experience

By Lisa S. McKnight

In 2020 we have come face to face with the consequences of our decisions. This year has shaken us to our core and is asking us to awaken and make different choices. The awakened ones have answered the call, and they are hard at work, but we need all hands on deck now.

According to Ayurveda, the root cause of dis-ease is forgetting that we are spiritual beings having a human experience. This means that the very first place we become unbalanced is in our mind. Ignoring our true nature causes us to become caught up in the drama of this world and results in unclear thinking, which leads to a lack of discernment and affects our decisions.

When we make decisions based on what is the most fun at the moment, the most cost-effective or efficient, we have already started down the path of disease. It's downhill from there; the more destructive choices we make, the more our minds become acclimated to living in the new environment created by these choices, and this is the just tip of the iceberg. We begin making decisions that destroy our bodies and minds, like choosing to eat foods that we know are not correct or engaging in negativity with people or media. The effect is cumulative, and we begin to care less about destructive decisions that are being made all around us. Decisions that have led us here, to this moment and the 2020 experience, where dis-ease is all around is in its various forms of illness and hate.

How do we transform our thought process? Often this question isn't asked until we are well into a manifested dis-ease, and at that point, drastic changes must be implemented to save our lives. Indeed, this is where we find ourselves right now. The goal of Ayurveda is to keep us healthy spiritually, mentally and physically, so that we never find ourselves manifesting dis-ease! Transformation begins with lifestyle choices, the decisions we make many times a day. Before we allow anything into our mind, body, or in our home and environment we must ask ourselves a question, is this going to harm me or any other living being in any way?

My hopes and prayers for humanity right now are that we remember that we are spiritual beings having a human experience. May we begin to make decisions based on what is helpful for all so that we can become strong again both mentally and physically so that we think clearly and with discernment. May we stand together and let go of all that divides us from our oneness. There is much work to be done, those of us here on this planet, are being called to action. Now is the time to decide if you are part of the problem or part of the solution. Are you ready to take the first step and begin living the purpose of your soul?

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SOPHIA

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Sibella Publications, we acknowledge and ...

- **EMBRACE** every woman's personal journey as sacred
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*Nothing real can be threatened.
Nothing unreal exists.
Herein lies the peace of God.*

~ A Course in Miracles

A MESSAGE FROM OUR FOUNDER
SIBYL ENGLISH



Finding Our Way

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

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

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

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And with that being said ...

Welcome to the insightfully written pages of
LUMINOUS WISDOM: SOPHIA

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



SIBYL ENGLISH

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



SET YOURSELF FREE

Gifts of Practicing Peace

By *Martha Creek*

Peace has been a core value of mine since my earliest memories.

I had a vision as a small child that included two giant images of keys for my life. These images were striking and unforgettable. Imagine keys taller than anything you've ever seen. Taller than the Empire State Building. Taller than the Jack and the Beanstalk-beanstalk. Infinitely tall. The keys were Forgiveness and Gratitude. These were my assignments for life, perhaps the Holy Grail of living a life of peace. During times of challenge, stress, upset, confusion, fear, turmoil and uncertainty, the keys held and continue to hold priority as a "chief aim" for me to practice.

My family didn't attend church. However, I wanted to. I asked my momma about going to church and she responded in her classic pioneer woman tone and way, "If you want to go to church, then find you a way to get there." So, I did. I called the neighbors and asked around to see who goes to church and where. I started to attend a Methodist church and my Sunday school teacher was named Clio. She was an emissary of love, sweetness and calm presence. She was a master teacher, an epitome of peace. I loved her and I loved being with her. She lived to be nearly 100 and still wholehearted lives in my integrated heart. She let me read to the class, gave me assignments to study and to memorize. She saw me and my passionate desire to learn.

I never once experienced her voice raised, or saw her react to the room full of children with big energy, or express even a flinch of disappointment when I couldn't recite the lines perfectly. Perhaps, she also saw me as a gift of peace. I wanted, and still do, want to be more like that.

I read in a book once, "You get to experience one second of peace for every year you practice." WHAT? One second of peace for every year of practice? Talk about humbling! After fifty years of practice -- including a broad spectrum of love and loss; trials and triumphs; messes and messages; and giving and receiving, I'm up to fifty seconds of peace.

Thankfully, the gifts of this journey, including the myriad of experiences, are underpinned by a solid foundation of peace. I follow these 5 "Ps".

Pause - Presence - Plan - Proceed - Peace.

This gift of fifty seconds of peace holds the full power of the universe. Whatever your value, your practice or your desire, you have the power of the universe within you to create a new experience. As you choose peace that passes understanding, accepting the reality of what is, devoted to live by what can be, practiced in what is effective and productive, and ever transforming our consciousness and experience, truly celebrate the now moment, new opportunity and the gifts of the creative process. After all, practice makes ... Progress. Progress makes Peace.

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THE PATH TO DISCOVERY

Love and Light

By Jacqui Ray

When the sun came out from the horizon, I could feel the warmth on my skin. It was a sight to behold for I had forgotten the beauty of the bay. It reminded me of my childhood spent down at the beach with my family. The times that made me smile, the times that were forgotten from all the memories of the last few years. I was caught up in a cycle of destruction trying to relive what had

happened. The maliciousness and lies brought forward with the utmost interest of hurting the ones I love. Why are so many people brought to justice in uncertain terms and others are not?

There happens to be karma in this world and for all the harsh realities that take place, the bolthole will be unleashed. I believe that karma is a fact. Karma can make you a stronger person. It can show the softer side of you when you know what your actions entail. I came from a stable home, a loving home. The words that ricochet off me are pure love. Love is joyous, love is harmony, love can take you to a place that resonates with peace. Many people show compassion, show the world the realities of letting go. Letting peace be cemented into their lives, showing strength in numbers. I love that now. I love how I can let live, let the maliciousness be taken to another level of humanity.

This is what I call forgiveness. Forgiveness is hard, it is a step of holding onto a piece of you that you can't let go. It holds onto you; it wraps its arms around you wanting a reaction. A reaction so fierce it is detrimental to your health. In no uncertain terms does that make it healthy for you. A life of resentment holds no barriers, it unleashes like a warrior possessed. Why do that to yourself? Why harbour resentment when you can live a life of worth, of substance and of benefitting others. Words are cheap, words hold no sentiment unless they are true to you. True to the person standing in front of you, for that is forgiveness. Forgiveness holds a truth for all, it holds a life of joy, of positivity and of being aware of your own mistakes.

Take that from me, I have learnt to live a life of washing the wounds off my chest, picking up the pieces and saying enough is enough. I stand proud, I stand lovingly aware that my words are for all to hear. Sun fills a room when the lights are out. It shows that darkness can be the beholder of the person that makes it that way. Makes it a way that shows their real fury, their destructiveness and their true self. A self of being in the lower sphere, that light will shine brightly one day. Until then, letting them protrude in their own destructiveness is a harsh reality that will unfold in its own time.

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EMBRACE EACH STEP OF THE JOURNEY

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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!

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EVOLVING INTO YOUR AGELESS BRAIN

Our Moment to Transform Our Brains

By Patricia Faust

Just as we were beginning to experience quarantine fatigue (an indifference and lack of fear) over the coronavirus, we in the United States are thrown into racial unrest. I am not going to speak politically about the causes of these protests and riots, but I do want to talk about all of the repercussions these extreme stressors are having on our lives.

There are many of us who are truly enlightened and understand the chaos we are all experiencing. Although we are anxious to learn from them, our brains haven't been capable of attaining any sense of peace. Right now, our brains are like a winning slot machine - constantly ringing, and lights flashing. When our brains sense threat, they go on high alert. The autonomic nervous system is paying attention to everything internally and externally in our lives. It is not under conscious control. Our heart rate and breathing are being operated automatically. And there are three parts of the ANS: the sympathetic nervous system- fight or flight; the parasympathetic nervous system - rest and repair; and, the enteric nervous system. This is such a fine-tuned way of getting what we need for an immediate stress event. But now we are in a chronic, toxic stress zone and our brains and bodies are turning on us.

We have heard a million times how deadly stress can be. But like quarantine fatigue, we are not paying attention and taking the necessary steps needed to take care of ourselves. I don't mean to scare you, but we are traveling in the toxic stress zone. Toxic stress isn't so much about the cause of the stress, but about the chronic and ongoing nature of the stress. Toxic stress can change the structure of the brain. The brain gets accustomed to the danger-survival cycle and often floods the body with stress related chemicals at the first hint of any kind of threat - even if the threat is long gone. Stress-related chemicals can have a lasting impact on the body - leading to a susceptibility to chronic disease and addiction.

We can reclaim our brain. There are many different modalities that we can use, but I wanted to share five Buddhist teachings to help bring peace back into our lives.

Acknowledge the fear: The nature of reality is that we are subject to aging, sickness and even death. **Practice mindfulness and meditation:** Curb impulsive behaviors with awareness of our bodies. Regular meditation can allow acknowledgement of the fear, anger and uncertainty and make it easier to recognize that these feelings are simply passing reactions. **Cultivate compassion:** When emotions around fear and anxiety become too strong, we should recall examples of compassion, kindness and empathy. **Understanding our interconnections:** With every action one takes for self-care, they are also helping to protect others. **Use this time to reflect:** We can transform disappointment with the current moment into motivation to change one's life and perspective on the world.

This is our moment of opportunity to change.

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REVEAL YOUR INNER FLAME

Stop Panicking Over Your Purpose

By Carol Campos

How many of us have felt panic because we're middle aged (give or take) and don't know what our purpose is? We feel like we're wasting our time or worse, we feel like failures. This was me for decades. I watched enviously as friends talked about their passions. I grew green when someone exclaimed, "I'm so grateful to know what I'm meant to do!" Sure, I was happy for them. But with every

success story I heard, I became more panicked about my own place in the world. Why are we so hung up on this need to know what we're meant to do? To tackle this question, I started to do some research and self-discovery work.

For years I would flit from one interest to another. One month I'd be revved up about getting my Reiki certification and the next, I had put it all on a shelf, like an expensive doll that was only for show. This happened over and over and I started to beat myself up. "Carol, you're spending your time and good money on classes, workshops, books and certification programs that you don't use. What is your problem?" Each time I embarked on a new path, friends and family would exchange glances as if to say "here she goes again, following a pipe dream." I probably imagined that last part, but I felt a sense of embarrassment over the fact that I "couldn't get it together."

It wasn't until years later that it all made sense. All this hopping from one subject to another actually had a Divine purpose. As I looked back at my life, all the dots connected perfectly. I would meet someone who recommended a book, then through the book I became aware of a course, through the course I would meet someone who turned me on to a workshop. On and on it went. Over time I started racking up new skills, knowledge, certifications and more importantly new human connections. Everything I was doing had been for my highest good and was unfolding perfectly and in Divine Timing.

When I left corporate after 22 years, unbeknownst to me, I had a treasure trove of tools. When the inspiration hit to become a coach, I was suddenly struck by all the resources I had at my disposal. Years of studying and educating myself on various topics was now paying off. My Higher Self knew that all of these tools would help me...*when the time was right*. I wasn't ready 10 years ago. I had more to learn, more life experiences to live through.

If you're feeling panicked about your purpose, stop and get curious! Follow the energy, that fire that lights you up. If the fire dims down the road, don't worry about it. Don't analyze it. If the desire to learn something new is coming through you, know there's a reason for it. It might not reveal itself right away, but trust that no time is wasted.

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EASE YOUR MIND

By Sibyl English© 2017

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

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

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

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

~ Sibyl English



A PATH FOR BRAVE HEALING

Positively Purposeful Possibility

By *Laura Di Franco*

The poet in me will never pass up the opportunity for some powerful alliteration. It brings me joy. But I've felt sad and afraid these past few months. And I saw an opportunity in the sadness too. When the heavier emotions come, I ask myself questions like the following often. What else is possible?

Today the possibility is that there's something much bigger and better coming from what looks to be quite the opposite right now. I see the possibility that this is the biggest healing crisis we've ever seen on the planet.

With awareness of body (sensations) and mind (thoughts) we get a choice to turn sadness or fear around. But only if we've given it its due space in our heart, so it doesn't get stuck in some deep crevice. This was my old habit. I spent many years of my life not wanting you to see me cry for fear of what you'd think. And I spent so many years controlling my anger for fear of the consequences of that expression. I did this even though I felt the pain of holding it. Even though I knew containing it would take more energy than feeling it. Pain gives us an opportunity to heal the next, deepest layer. Pain—the same stuff people avoid for a lifetime—gives us the possibility for healing.

Stuck in deep, solidified crevices, emotions began to surface as I changed the way I thought about what I could possibly experience as a result of being that vulnerable. What else is possible for my healing? That question changed everything. It makes me more brave. It helps me discover who I am, what I'm made of, and what I'm willing to do for myself and my life. It helps me write stories about my experiences that heal and ground my purpose even deeper.

I taught myself to feel the pain, make space around it with a breath, clear the attached thoughts, and then give myself permission to feel my way through to the other side of it. Freedom waited on the other side; whatever I chose to feel. Most of the time the choice is gratitude. Sometimes joy. And when I'm really brave I go for a little ecstasy. Whoa now, ever allow yourself to feel that kind of joy?

The questions make room for awareness. More awareness leads to more feeling. Feeling is healing. Feeling provides a deeper connection to intuition. And an unwavering connection to intuition brings clarity and knowing. When you're faced with the deepest pain, remember to start questioning everything. Remember the possibility sitting in the pain. Don't add any extra meaning to the feeling. And then you get the choice to pick something better.

My positively purposeful possibility mindset was challenged in many ways these past few months. The cracking open made room for expansion. I carry my raw, expanded heart forward, more bravely. What have you been taught about healing? What else is possible?

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Maryland — USA



Laura Di Franco, MPT

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9-Time Published Author,
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DISCOVER YOUR TRUE SELF

Breathing Into the Silence

By Elizabeth Carney

Recent world events have presented us with a bumpy ride indeed. Some have been more prepared to deal with the situation they find themselves in, but many have struggled with a rollercoaster of emotions as they endure confinement alone or with family members, they normally don't see much of. The challenges have been all too real, and the creativity required in our activities, from

cooking, to work, home schooling to filling leisure time has been the mere tip of the iceberg. Our fundamental human need for connection and secure foundation has been consigned to the murky cold waters swirling underneath, dangerously out of view.

My mission during these difficult times has been to stay connected and facilitate a safe space for those who need support and conversation with others. We have laughed and cried, shared the highs and lows of our baking efforts, swapped gardening tips, inspiring quotes and uplifting music. We've even shared a virtual cocktail - or three! Our goals were to remain positive and keep our energy high. Three months in, and the fundamentals have served us well. However, in order to sustain our wellbeing at every level- physical, emotional and spiritual, attention to certain practices has been key. Always important, the cornerstones of breathing, thought, energy, and intuition have for me become the critical foundation for sustainable existence, in tune, and at peace with the very essence of who we are at our core.

Everybody breathes - we have to in order to survive, but what happens when uncomfortable or negative emotions are rising? The tendency is to become agitated, hold our breath, perhaps hyperventilate. Frustration and stress have been the typical reaction of many. We struggle in so many ways, yet deep controlled breathing can serve so well to centre, ground and calm us. A few rounds of breathing in for three counts, holding for four and breathing out for five soon creates more balance and connects us with our inner resources.

Through focused breathing, we reach our energy core - the centre of all that is infinitely possible for us to be, do, and have. We find peace and stillness, replenishing and creating new pathways. It is here that we can empty out the old, that no longer serves us and re-programme for what we truly desire using our intuitive knowledge and the power of our thoughts. We can do this at any time, not just in times of crisis. In fact, our unconscious is constantly creating whatever we think about. The universe does not understand no and so our thoughts create our reality. Be careful what you wish for is absolutely true in this context.

By consciously breathing, we still our troubled thoughts, slipping gently into a state where we can simply be. Here, our intuition knows what we need if we let it guide us. The only truth is in the results - nothing is true except what you want. Breathing into the silence is the first step in your journey back to you.

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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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GROWING ORGANICALLY THOUGH GRACE

Taking A Stand For Truth

By Elizabeth Urabe

We have reached a point in the evolution of human Consciousness where the concept of time is fast becoming obsolete and Eternity is rushing in to greet us like an unstoppable tidal wave. As the rift between those who are genuinely prepared for the Earth changes just around the corner and those who have merely been skimming the surface reaches unbridgeable proportions, the Souls who have

refused to awaken will be filled with terror. It's not too late. It's never too late. But to make the shift at this late stage of things requires a degree of fearlessness that few will be able to muster last minute.

Have you ever really stopped and asked yourself what your life stands for? Honestly. At the end of the day, what does your life stand for? Does it stand for Absolute Truth, Freedom, Love? Are you so firmly rooted in your experience that nothing can divert your mind or sway your inner focus? Are courage, commitment and contentment a part of every breath you take? Or have you merely been putting a tremendous amount of energy into trying to create a prettier, more spiritually correct version of what your life looked like before you took what felt like a leap of faith and attempted to leave that job, relationship, or addictive pattern behind? Do you even understand what I mean when I say "As you walk the path beware trading iron chains for golden handcuffs"?

If you do, and it hasn't already taken place, there will come a crossroads in your journey where you are asked to surrender so fully by doing something so previously unimaginable to your mind and emotional story that there will be no wiggle room. You will literally and figuratively be on the edge of the proverbial cliff. With no thing and no body cheering you on, except the silent voice of Divine Destiny deep, deep within, reminding you of what you agreed to before you even incarnated this time around. You will be required to jump. Blindfolded. With all of your conviction placed unequivocally in the Formless Supreme Presence you have always known was inside you. IS You. There will be no choice.

21 years ago I reached this crossroads. I had read many times prior that all spiritual practice was merely preparation for one moment in time in which Absolute Surrender would be offered to me; and that if I could consciously say yes, everything about my life and existence on this plane would change. In retrospect I was well prepared both for the moment itself and for everything that was to follow in its wake. I had absolutely no idea what lay ahead. But I somehow innately understood that what I was most afraid of was in Truth what I longed for the most.

And I did it. I said yes.

And nothing has ever been the same.

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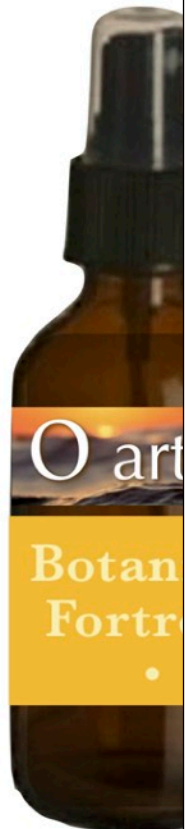
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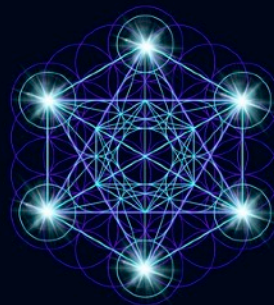
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LIVING AUTHENTIC AND ALIGNED

The Possibility Principle

By Nancy Jackson

I've always been driven by a strong sense of values and principles, many of which were carried over from past lives. Other principles I've come to adopt due to meanings that resonated with my soul or the way they infused my energy. One such principle comes from the Seven Principles of Huna. That there are no limits, everything is possible.

As a child I saw the world as an eternal adventure. I'd stretch each day into as many magical moments as possible. Nothing dampened my enthusiasm, not even rain. There was always a catch to this ongoing joyride of life, and that was bedtime. After as many stories as I could get out of my mom, she'd tuck me in, kiss my forehead, and bid me goodnight. In those dark and silent moments, with nothing more than the glow of my holly hobby nightlight across my pale pink walls, I'd wish to be whisked away somewhere exciting and magical.

Never once did I imagine that there was something I couldn't do or become. I had a closet full of the tools needed to go from veterinarian assistant to librarian to museum curator. Even my mom seemed to support my idea of a youth without limits, or at least that's what I thought at the time. The older I got, the more the limitations grew. One minute we were being encouraged to play and the next minute my inclination to stare out the window earned me a parent-teacher conference. No one understood that I could both listen to the teacher and imagine that I was eating tuna sandwiches with the Crystal Creek Fire Frogs.

Rather than being inspired to dream big, I was often being told to accept that I was limited in what sports I could play, how fast I could run, how I didn't have the legs to be a ballerina or the muscle to climb the gymnasium rope, and that I would fail miserably at math and science. Even my English teacher graded my journal entries harshly when I veered off topic to share with her the exciting adventures of the tiny people who lived beneath the wobbly brick in my yard. I continued into my adulthood finally accepting that limitations were inescapable.

In my late thirties I had a most wondrous awakening that severed my fated tie to limitations. I began to see everything as opportunities and possibilities. I just needed to believe. Where my dreams held a touch of whimsy before, I now saw my dreams as tangible. With renewed purpose and passion I disproved limitations and set my sights on creating the life I desired. The bigger the dreams, the harder I worked. There were the times when I fell back into old patterns around limits but I knew that I had the most important tools to keep going forward: faith, trust, and belief. Those tools have helped to align me with my most authentic path and purpose.

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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 loveable. 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.

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THE ALIGNED MONEY LIFE

What Are You Tolerating

By Melissa Ternes

All too often there are things in our life we are tolerating. Most recently for me it was a wall in my house. I had taken down a TV and what was left was the shelf for the TV equipment and the TV wall mount. It had been this way for over two months. A wall I looked at many times every single day. Was it horrible? Certainly not. Was it wonderful, inspiring and uplifting? Definitely not.

I can hear you now, "but Melissa, what does this have to do with my money?" Everything! Money touches everything in life in one way or another, from the roof over your head, the food on your table, your relationships and activities, causes you support, transportation, everything.

Here's the connection. As you tolerate things, even little things like my wall, your emotional balance tilts slightly negative. The more things you are tolerating the more dings in the emotional wellbeing department. Think about it this way, if your car had just one little dent or ding in the door, it would still look nice. Now think about a car covered in little dents, dings and rust from paint that has chipped off. Not so attractive, huh? And as the rust takes over, it compromises the structure and integrity of the car itself.

Now the connection. When you are tolerating, just one thing, it might be ok. However, most of us are tolerating thousands of things, big and small. What makes you feel better from all those emotional dents and dings? For some it is retail therapy, for others it's a trip to the gym, or a glass of wine, or meditation, the list goes on and on. Retail therapy doesn't just include a trip to the mall for shoes or large extravagant purchases either. It shows up across spending, an extra TV channel, a subscription to an app, an extra glass of wine or dessert at dinner, special treats for someone, you name it - all the little "feel good" things. And there is nothing inherently wrong with any of these! Yet none of these fix the root problem, the tolerated thing is still there and will only get more pronounced needing more "feel good" to continue to tolerate it.

Looking at the toleration ding, the root issue, and addressing it is the basis of emotional balance. It's not that we feel good every moment, it's that we aren't dragging the baggage of 57 million toleration dings around every day. It's the equivalent of death by 1000 cuts. And without the baggage, the goal is no longer to soothe the cuts and baggage, it is to enjoy life.

When you shift to enjoying life instead of tolerating it, your money follows! I bet there are even financial tolerations too! Perhaps unopened bills or nagging debt that you're just not ready to face. Bringing your awareness to these, giving them some attention and then beginning to address them will move you toward an aligned money life!

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BRIDGE TO AN IMPROVED REALITY

No Problems; Only Solutions

By Patricia Morton

I have always known that I am one of life's 'observers'. Just like the cycle that nature goes through every year, spring, summer, autumn (fall) and winter; we come back to where we started but with changes. Life is lived moment by moment. My life is the same, I was born and am here to experience this life and then my body will expire, however, I believe that my essence/energy - 'soul' cannot be destroyed. Seeking and learning new information, going in circles, though always ending in a different place and time. Although my life appears to speed up as I get older,

there is another part of me which has learned to slow down and 'smell the roses', such a contradiction isn't it?

My sense of knowing and the skills of observation which I have carried and increased through my life become stronger and more defined. It is not unusual for us all to become stuck or blocked at times. I have just experienced such a time. There is a time scale for writing and submitting articles and today is the day! Up until this morning I had ideas, they just didn't come together to complete an article. Looking at them now I realise they are the puzzle pieces ready for today. This morning there were messages exchanged with a good friend. The context was questioning and something was triggered in me that caused a 'shift'. Like the moment I understand the connections in a client session, or maybe 'see' that piece in the jigsaw which is pivotal to being able to carry on and complete the current task. I have been observing impatience, shame, anger, sadness, disappointment and frustration in the process of friends, family and clients. Today I am observing what would have been myself in the past living a different life now.

Instead of thinking I am procrastinating by not finishing this article on time I realise I was waiting with a sense of knowing that there is a solution, and here is the text after being submitted. I am no longer getting buttons pushed by myself or others, being trapped in a self-imposed prison for my own destruction. With patience life is like the jigsaw falling into place. There are always gifts attached to these processes, it's up to us and the choices we make whether we take the gift or go back to the old process in a slightly different way, getting similar results.

This year in particular has allowed us all to slow down and go inwards. I invite you to honour yourself for the truly amazing person you are, to shift your perspectives and view your life in the knowledge that there is a part of you that knows you are enough. Find the gifts that life is bringing you. Learn to know when enough is enough and forgive yourself and others for the past. It is over, put that story, that movie to bed. Abundance, Health and Prosperity to you.

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A woman with long blonde hair, seen from behind, sits on a patterned rug in a vast, dreamlike sky. She is surrounded by numerous colorful hot air balloons of various patterns and colors. In the center-right, a large, glowing Earth is visible, with a bright sun or light source behind it, creating a lens flare effect. The sky is filled with soft, ethereal clouds and a warm, golden light. The overall atmosphere is one of hope, freedom, and enlightenment.

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

Trade In Fear For Faith

By Rose M. Kadende-Kaiser

These are particularly trying times. COVID-19 has already taken hundreds of thousands of lives. Race relations are as challenged as ever in the United States. The murder of George Floyd has fueled global protests demanding justice for him and much-needed change to institutionalized racism. These events make it hard to overcome the fear of the unknown, which pervades other aspects of our lives as well. The fear of losing a loved one whom we depend on for social, emotional, or financial well-being. The fear of moving that can leave us doubting our ability to start over again. The fear that a child may make the wrong turn or a costly mistake.

Yet, time and time again, fear does not bring us anywhere worth going. In fact, it can keep us from being kind to ourselves, let alone others. At a basic level, fear of losing control of our financial security can stop us from investing in ourselves. This is where we fail to see value in taking a class and building needed skills to help advance our career. This is where we cannot justify time spent exercising to improve our health. At a different level, fear can keep us from opening our wallet and sharing with those who are less fortunate. We lose our sense of empathy. The fear of failure can also keep us from learning from our mistakes. It stops us from rising, standing up, and trying again.

Yet, it is often by exposing our vulnerabilities, inadequacies or incompetence that we allow those who care to step in, hold our hands, and help us jump back into the bandwagon of life, to dream again. There is always space for new beginnings. Even the tragic murder of George Floyd did not stop bonds from being formed or reinforced across racial barriers among many who still believe in justice for all. Such bonds have inspired millions around the world who are watching and want to trust in the goodness of God and human nature. Indeed, even with human loss, not all is lost. Faith allows us to appreciate that.

Faith and perseverance attract hope, divine favors, and abundance. That is the law of nature. Faith allows us to wake up each day anticipating better things ahead, but abundance does not chase after the one who is looking to settle for less. It does not pursue the one who cannot imagine holding a cup in overflow. Faith keeps us focused on hard work, endurance, and perseverance, sometimes in spite of fear. And we do so until our time for abundance shows up, not by accident. It shows up in financial or other material increases. It shows up in a bounty of cheer and encouragement received after a loss, a setback. With faith, even setbacks become stepping stones for much-needed change, a better direction, new growth, new births, and a better world, ours together.

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MEDITATION IS ...

By Sibyl English

Meditation is the quiet time
I spend alone with God

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

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

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

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

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

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

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

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



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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!

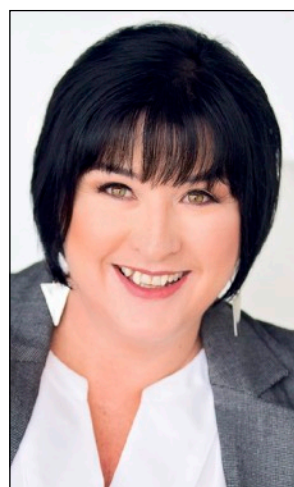
Then you have a life, full of events, traumas, hurts, and worries to add on top of everything already stored in your DNA. (I am not just Maria, I am the culmination of all the generations that came before me!) And we carry the weight, the pain and struggle of all our ancestors throughout our life, if 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.

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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.

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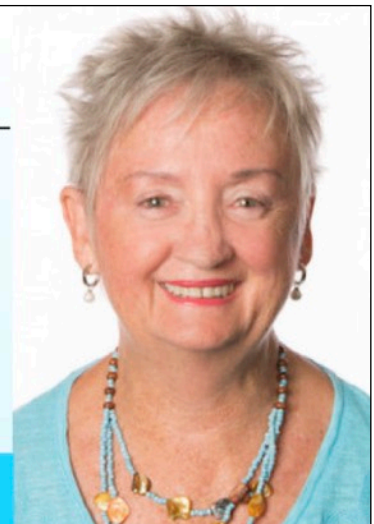
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BEING CALLED TO HEAL

Strength In Our Separateness

By Suzanna Hatch

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

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

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

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

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

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BREAKING OPEN

By Sibyl English

Once again I feel myself
breaking open

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

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

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

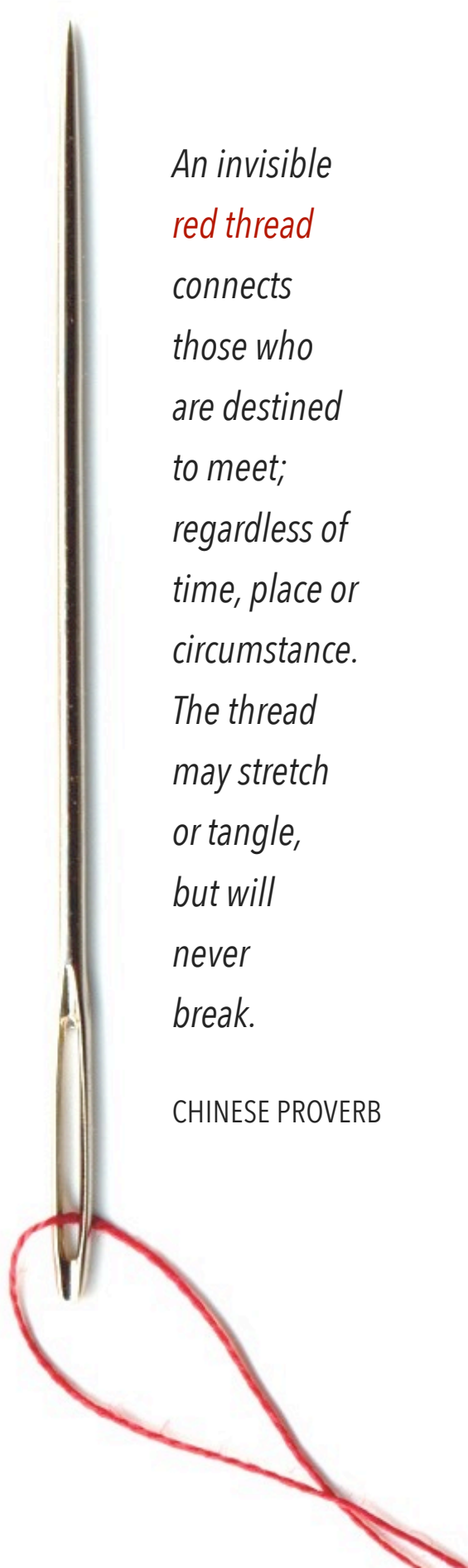
Yes, to everything Spirit is
manifesting on the inside of me.

Yes, to love. Yes, to Light.

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



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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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~ Sibyl English

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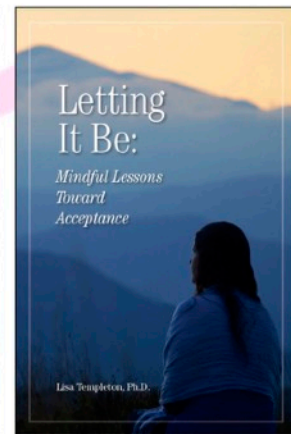
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IT'S MY TURN NOW

Get Control of Your Mind

By Susan L. Axelrod

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

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

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

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

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

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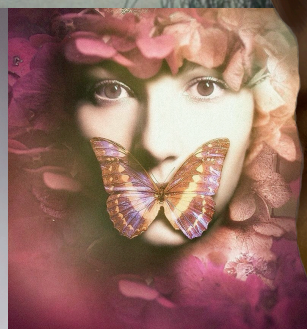
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grace and solitude, then watch
all the world come with peace
in their arms and love
in their heart toward you.

~ 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



SPIRIT BEINGS HAVING HUMAN EXPERIENCES

The Science of Happiness

By Lisa S. McKnight

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

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

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

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

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

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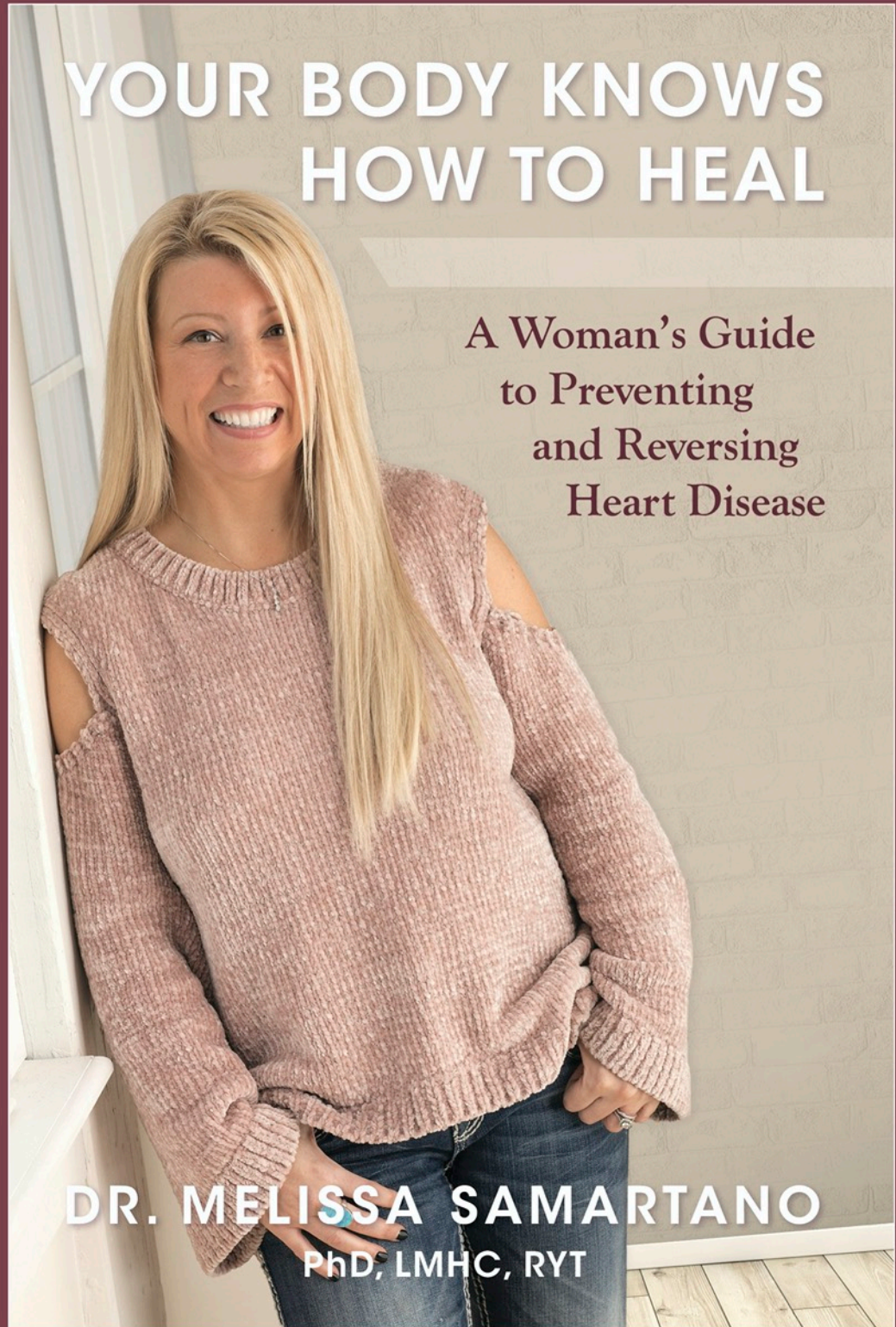
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THE BETTER!

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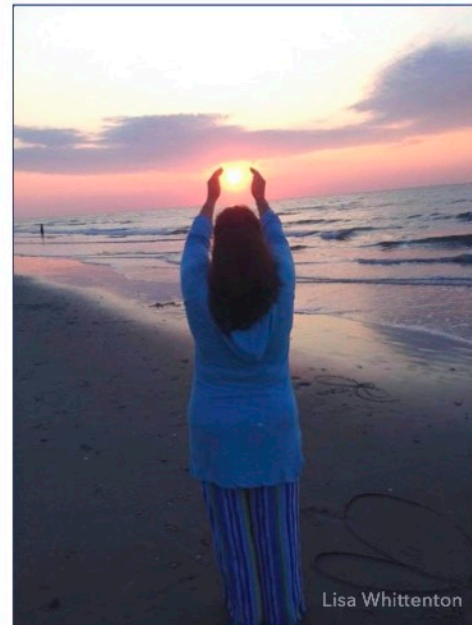


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