

JULY 2020

Sibyl

VOLUME 13: ISSUE 7

Mindfulness | Compassion | Authenticity | Insight & Wisdom

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MAGAZINE

FOR THE SPIRIT & SOUL OF WOMAN





INSIDE COVER STORY — In Her Own Words

FROM FEAR TO FREEDOM

My Turning Point

By Suzanne Duncan

Sometimes, we can go through life on autopilot, but what makes us change? In my 20s and early 30s I was happy, met an amazing man, got married, had 3 beautiful children and lived a contented life. That all changed with the death of my husband, James, to cancer in 2011.

This was something we never imagined happening. We had three children and dreamed of a long, fulfilling life together. James was diagnosed with terminal cancer and spent two and a half years undergoing treatment. After he'd been diagnosed with such a catastrophic outlook, I remember sitting on our bed and he just fell to the ground, weighed down by his prognosis. He sobbed and sobbed and was so upset with himself for overlooking his health and the impact that was now going to have on our family and everyone around him. He kept repeating to me that he felt like such an idiot. All I could do was comfort and hold him. It was heartbreaking.

He battled this disease with strength and fortitude. During chemotherapy, he also painstakingly wrote a journal of his life story for our children to read when they were ready. Here is an extract:

"Today I kissed you all goodbye and headed off on a trip to Thailand. I've finally bought this book and began to put down my thoughts for you to read if you are feeling sad or you just miss me. I want to tell you stories about myself and Mum and remind you of the great times we had together. I want to tell you all the things that I wanted to tell you as you get older, but I won't have the chance to say. Most of all I want you to know that you had a Dad who loved you deeply. As I started to write these thoughts Lachie is 8, Bella is 6 and Jess is almost 4. You are Mummy and my little treasures, and we talk every day about how lucky we have been as parents. I will eventually write to you about my illness. For now, I want to start by telling who your Dad is. So, let's start..."

How precious that journal is. Memories and stories of my husband's life in his own words. During his last few days, I remember we sat on our bed together and he held my hand and said, 'just keep on smiling, you'll be ok'.

My journey through grief ended 5 years later with a healing meditation. I was deeply immersed. The deeper I went, the lighter I felt. I was happy, even though the tears were streaming down my face. Images of James floated around in my head. Filled with love and gratitude, I felt as though things were about to change and I would manage.

I was in such a new state of being and wanted to support and champion others experiencing the darkness and the tunnel of, fear, anxiety, stress, overwhelm, uncertainty, emotional and physical upheaval and the multitude of other issues that arise when your life is turned completely upside down.

This was my turning point. This is what changed my life forever. It continues to be life changing. To watch a loved one lose their life, someone who so desperately wanted to live made me reassess my own life. I started to look at people, issues, and problems differently. I started to truly appreciate how precious life is. Scary at times? Yes. Hard at times? Yes. But with awareness, insight and compassion I start each day with love.

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"Ordinary Women Sharing Extraordinary Insights"

FOR THE SPIRIT & SOUL OF WOMAN

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2020

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Marla Diann



Martine Negro



Michele Sayers



Orraith O'Sullivan



Pennie Quaile-Pearce



Penny Myers



Shannon Chin



Suzanne Duncan

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

Sibyl

MAGAZINE

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

CELEBRATING THE WORDS & WISDOM OF WOMAN

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

Sibella Publications, we acknowledge and ...

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

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

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

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

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

Enjoy your reading experience!

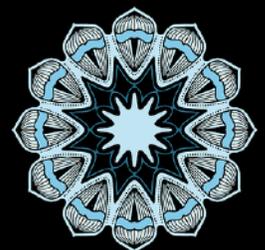
"More than ever before the voice of WOMAN must be heard"



**FOUNDER & CEO
PUBLISHER**
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



SPEAKING TRUTH FROM THE SOUL

UP CLOSE AND PERSONAL



FROM OUR FOUNDER

Sibyl English, Founder & CEO

Sibella Circle International & Sibella Publications

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

Faith is real — And the power of believing activates our faith.

Hi, my name is Sibyl English, founder of Sibella Publications & Sibella Circle International. I welcome you to the awakening world of feminine enlightenment & spirituality. I'm talking to everyone in real-time today. We're going through some turbulent days and nights right now — ones that are far beyond our comprehension. But God is real, AND life is worth the living! I need all 75,000+ in readership of our publications, to believe with me from the bottom of your heart that we're going to make it through this horrendous pandemic crisis for the sake of a better world filled with love, peace and unity for ALL!

Get involved. Be your best self NOW! Connect, Care, Reach out!

Calling all female lightworkers, healers, practitioners, teachers, speakers, writers, caregivers, prayer warriors, and compassionate souls to give, and give hard — anything and everything you've got to make the world a better place during this time of deep sadness and despair. **See the Light. Be the Light!**

Cultivating divine connections and calibrating your inner soul-being to a higher frequency of love, light and healing is KEY as we live out each day helping ourselves and others. As you begin reading through the pages of this issue, you'll find enlivened stories of positivity and resource. Glean from each writer's life experiences. Find peace within the words and phrasing of each article you read. Breathe deeply and feel the compassion between each line. Relax. Find solace in your reading of Sibyl Magazine.

With love, light and joy always,

Sibyl English



Sibyl English, Founder & CEO

Sibella Publications. Since 2007 (Main Website | Publishing House)
Sibella Circle International. Since 2006 (Women Practitioners)

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AUTHENTICITY AT ALL LEVELS OF BEING

Self Knowledge Is Ultimate Knowledge

By Martine Negro

How well do you know yourself? Why is it so important? What are the consequences of not investing in that inner study? Incongruence, disconnection and getting side tracked from the direction you are meant to be moving to.

Life can be overwhelming at times and being hazy within yourself will bring on major complications to your situation. Clarity about your values and core needs will make it much easier to flow through life. You will also come out of it more resilient and more resourceful. Using your innate qualities and gifts in challenging times will help you flow through.

It was clear to me from the beginning that I was going to be self employed to keep maximum freedom and independence in my work life. These values played a key role also in selecting a partner who is comfortable to be committed to the relationship without signing any contract! We made an internal heart pledge implying ongoing awareness, engagement, adjustment and trust without any outer perceived security. So we cannot take each other for granted! That is still working out well after a few decades of journeying together.

What is your core desire that is the under current throughout your life? When I discovered mine consciously during a workshop, it made perfect sense looking back at everything I have done! The word from my essence was "Growth". Studying Oriental medicine helped me grow healthier. Spending 13 years in esoteric spiritual teachings with an exceptional mentor helped me grow wiser consciously. My life partner is helping me grow emotionally and working as a health care professional constantly deepens my understanding of what it takes to be your authentic self to stay well and happy!

Do you know how your intuition (Divine guidance within) talks to you? Do you trust it and act upon it? Many years ago I was invited in Paris to attend a free workshop, then quickly pushed to do the next level, and everything looked fine from the outside. But when I was asked to commit to that organization, something felt wrong. When I tuned in and pondered within, every cell in my body screamed "Get out!" I could not consciously understand why, but the warning was so strong that I could not ignore it. I kindly declined their offer and walked out of the building. I felt so light like I was flying! Three months later, I found out why it was not for me. That organization was too restrictive energetically, even though it worked well for many people, it was in total opposite resonance to me.

We are responsible for every thought, decision, feeling and action we generate. Meaning: you have the power to change them when they do not serve you anymore! What energy are you cultivating right now?

Your duty is to blossom into that unique flower that you are and release your distinct perfume for the world to benefit. Embrace and enjoy who you are -LIGHT- and you will stay in your power.

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EMBRACING BEYOND THE HEALING

Embracing Beyond the Healing

By Penny Myers

I had a flash in quick time, where I saw me as a youth, a young mother and now as a senior. It was a powerful aha moment. Everything about my quick flash in time brought me closure and peace when I needed it. I certainly embraced every moment following the quick flash in time. The feeling of a sense of calmness and the reassurance I will be ok supports my new understanding of spirit providing these moments of quick view in time. I trust spirit knew it was time.

When I was a young woman, I knew I wanted to be a good person, good wife, a successful mother because that's what life was about. A happy family I could be proud of and a sense of belonging in a rural community. What I hadn't realized was the fact my younger years would become a huge part of my identity and the role this all played in who I was. Who I am? Who I now am as a worthy and valued person? When growing up, I had many chores and duties I was made to do. I never got to have friends to play with or have over like my younger brother and sister. They had no responsibilities. This was upsetting mostly by the age of 13 & 14. I was in grade 9 and friends were important in the life of a teenager, now I understand it.

I take pleasure in my household duties and I know its ok to enjoy them. Ironing, floors, dusting and laundry. Today, its a part of my pride and accomplishments. I give myself a PHD in being an accomplished and certified house person and truly I am proud of it. 6:30am this morning, I am out on my deck ironing my partners shirts and jeans, yes, he likes his jeans ironed. I have a quick flash of my rear-view mirror when I did all of this raising my family. It was a given. I did it because it was needed. It had to be done and I never gave it a second thought. I also believe I was an example to my children of what was needed to be done it shall be done and they will know how it shall be done when they are an adult with a family. These skills are vital to raise a family, so I believed. Was it just my belief? I wonder that at times. Laugh out loud!

From time to time I would wonder if I could have done something different to be in a different place, a different situation. I don't need to wonder anymore, I know now, the answer is no! This was meant to be as it is. I am ok. I know what I am here to do. The Universe has been so gentle and kind and patient with me. I had my look into the past at a serene time and it gave me peace. I'm grateful.

EmbraceBeyondtheHealing.com

Ontario, CANADA

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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 tightness in my stomach, 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 and perceptions. We can change how we respond, it's all about using our emotional intelligence and not being dragged into believing we are victims.

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 experts. Think for yourself, do your own research, then make decisions based on what's best for you and your loved ones. Don't 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 path, make their own decisions in their own time, it will be their journey.

I distance myself from 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 of us work at jobs we don't enjoy, now is a time to change direction, learn something new, spend time doing what we love and find joy in each day.

This is an opportunity to realise that everyone is suffering in some way, we can show compassion and understanding, we can connect and be-friend 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 all these simple things for granted be thankful that we have the necessities of life, anything else is a bonus and 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's ahead. Start rebuilding and we'll see our circumstances turn around. Is this a blessing in disguise?

We have the power to change our thoughts and 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.

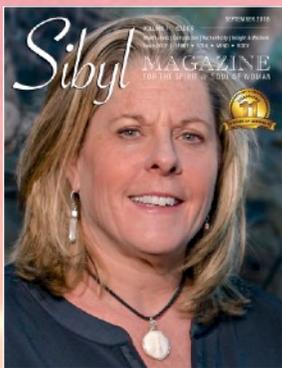
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<h2>Margi Batson</h2>
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EMBRACE EACH STEP OF THE JOURNEY

© 2020 Written by Sibyl English

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

Love yourself enough to walk, and not run.

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

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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EMBRACING AND BECOMING YOUR LIFE CALLING

Side Hustles Are Enablers

By Shannon Chin

It feels like a tug of war when I had to make decision between whether to focus on the business full time or to get part time jobs to make ends meet. When I decided to take the bold step into the entrepreneur world, I knew there was no turning back. Perhaps that was because I wanted to show myself how committed I am. Back in the early days, despite having made the decision that I will not look back, I noticed there was a subconscious part of me still wanting a safety net - the backup plan.

"You have to burn the boats Shannon!" That was what my ex-manager told me when we caught up. I was and still am very grateful to him for giving me that subtle nudge through those words. He said if you're committed to what you said you want to do, then burn those boats, cut the ties, and only give yourself one option, which is to keep going forward. So I did, I stopped renewing my professional memberships and other things associated to my previous life. It felt great!

While I was working on my business, I started hearing mixed advice about part time jobs. I formed my early opinion that I will not take on any side hustle because that means I've failed my mission in the eyes of others. That was the label I gave to side hustles back then. It could also be my ego and pride. I told myself that I'll become my own obstacle if I take on part time jobs.

However, when I face financial challenges, the thought of being pragmatic to make ends meet was the first to surface. I have to take on part time job. At one stage, I even had 2 part time jobs. I was working 3 days with one employer and 2 days with another. Weeknights and weekend were the time I worked on my business. I didn't neglect any of my business commitments at all. I stretched myself very thinly but I was still making things happen for the business. I continued to sign up new clients and I was able to invest in the business and do many other things. That was when I became aware of the labelling I've given to side hustles that paralysed my mindset.

I realised that having side hustles while working on my own business is not something to be embarrassed of. I decided to reframe the meaning and change the label. I have clarity of what side hustles means to me now. It has become an enabler to help me take steps to succeed in the business. It's a ladder that leads me to the next step. I started to feel comfortable because I know that it is an honest effort that show my commitment towards pursuing my life calling, one step at a time.

I know I'm not the only one experiencing such a tug of war, that's why I wanted to share this.

www.fitmindsau.com.au

New South Wales, AUSTRALIA

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Shannon Chin
Cognitive & Mindset Coach, Author, Speaker

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

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THE DANCE OF CONSCIOUS PRESENCE

Resonating With the Collective Heartbeat

By Carol V. Meyer

Recently, I experienced strong emotions of sadness, anger and deep grief. Heart-wrenching sobs shook my frame as I watched the shocking video of George Floyd's inhuman and cruel arrest that caused his death. I was deeply affected and could not understand what kind of person could do that to another human being. My heart bled. I struggled to silence the words 'I can't breathe' that repeatedly played in my mind, especially when I tried to sleep. My experience was not unique; millions of people around the world felt gutted. The collective heartbeat was heavy and, I resonated with it; united in grief that clung to our hearts like a wet blanket.

The rhythm of the collective heartbeat rapidly shifted to an outcry for justice. Once more, mirrored across the globe. It seemed as though the injustice and indescribable cruelty had ripped off the scab of humanity's soul-wound. Cries for justice from the oppressed, persecuted and the multitudes who supported them, echoed in diverse regions of the planet as society's heartbeat synchronised.

As I reflected on George's Floyd's death, I found myself revisiting a prior experience of communities uniting in grief and rallying together, calling for justice. I was born in South Africa in the Apartheid years. Labelled a 'person of colour', I remembered the collective sorrow we experienced in my early teens during 'The Struggle'. 1977 was a particularly bad year. I remembered many who died; they paved the path that led to our freedom. Somehow I comforted myself thinking about this; it made me realise that George Floyd's tragic death had become a building-block for positive change.

Then I wondered; was there some way that I could be a conduit to amplify the frequency that makes a positive difference in the world while holding the intention of hope? Then it struck me. Change. Yes, change. Change that begins with me. As I meditated on the word; suddenly, each letter came alive in response to my inquiry.

C is for Compassion. Radical compassion for my fellow human being. H is for Honour. Each person is unique, valuable and precious and, deserving of respect and dignity for they are created in the Image of God.

A is for Authenticity. The time for lip-service is over. I am called to step up and shine my light brightly so that I can help entrain the collective heartbeat to the rhythm of love. Love is the cure. N is for Neighbour-consciousness. Similar to the concept of 'Neighbourhood Watch'; now more than ever it's time to lookout for and, support each other. G is for Gentle and Gracious. I wonder how different my life would be if I were able to be gentle and gracious in every interaction, even those 'difficult situations'? E is for Encourage and Empower - I have witnessed this powerful duo at work to bring about a state shift swiftly. It's time. Time for change. Let it begin with me.

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*I'm definitely interested in becoming a
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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
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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
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Article Word Count: Minimum 475 - Maximum 500
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PRACTICING THE ART OF HAPPINESS

Deeper Than Desire

By Orlaith O'Sullivan

Much of my energy is spent trying to get exactly what I want. Whether it has to do with my home, body, job, relationships – time and again I desire for things to be different, for something else to appear. And I'm absolutely certain that the something else will make me happy. Finally.

In Buddhism, desire is described as a thirst or fever, and it's one of our greatest sources of suffering. When we crave, we really believe that getting that thing will make us happy. But desire is always something that I am reaching towards. It can't ever be fulfilled. Even as I am receiving the thing I want, my mind looks somewhere else and truly believes: "If I only had that other thing, I'd be happy. I'm just sure of it!"

Understanding that my desire cannot ever be fulfilled helps me to take care of it. I recognise: "That is a feeling of desire. Its job is simply to crave." And that's okay. Recognition and kindness can begin to bring down the feverishness of desire. And when we feel a little less on fire, we can practice more deeply with it:

1) Driving forces -- Desire often comes from attachment or greed – but there is a deeper desire. Desire can mean 'volition' – a motivation that helps to take action. We have a volition to live in a fair society, and that gives us energy to create change in our society. So we can nourish this, and when we notice a craving, we reconnect with our deeper volition, and ask, "Will this craving lead me in that direction?"

2) Impermanence -- Touching the impermanence of this existence can help too. The world is constantly changing, like when a big shop has a sale, they announce 'everything must go!' Everything must go. All that we crave – whether we get it or not – will all go. The people will change, the job that we want won't be the same job, the company won't even exist, the food we want will decompose, the people we desire will decompose – what are we clinging to? Even our feeling of desire is impermanent. So if we can see the impermanence of all of it, this can help us to be less hooked.

3) Gratitude -- Gratitude can be a wonderful antidote to the thirst of desire. We have so many desires and aversions coming and going: what we want, what we don't want. Gratitude shines its beautiful light on what is here. All the things we already have, all the ways we are supported, all the conditions for wellbeing, for peace, for happiness.

Bringing a kind, gentle energy to our craving can transform the roots of suffering – without anything in the outside world needing to change. May our wisdom and our compassion bring us deep understanding and joyful freedom.

Take good care of your precious heart.

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THE PATH TO LOVE AND COMPASSION

Understanding the Concept of Self-Forgiveness

By Lynley Evans

I remember in my difficult times, how I had all this built up anger over many different people, and the way that they had treated me. I thought that it was all about them. Yes, they had hurt me, but I was also hurting myself with my low self-esteem and self-love. Yes, I really hated myself. My hurt was so incredibly deep; and I just brought this forward out into the world. I really needed to forgive myself, but I did not know how, and I really did not think it could be done.

Self-forgiveness is not about letting yourself off the hook nor is it a sign of weakness. The act of forgiveness, whether you are forgiving yourself or someone who has wronged you, does not suggest that you are condoning the behaviour. It means that you accept the behaviour, you accept what has happened, and you are willing to move past it and move on with your life without ruminating over past events that cannot be changed.

We need to accept responsibility which means to accept what happened to you and show compassion for yourself. Facing what you have done or what has happened is the first step toward self-forgiveness. It is also the hardest step. This way you can avoid negative emotions, such as excessive regret and guilt. As a result of taking responsibility, you may experience a range of negative feelings, including guilt and shame. When you have done something wrong, it is completely normal, to feel guilty about it. These feelings of guilt and remorse can serve as a springboard to positive behavioural change.

While guilt implies that you are a good person who did something bad, shame makes you see yourself as a bad person. This can bring up feelings of worthlessness which, left unresolved, can lead to addiction, depression, and aggression. Making amends is an important part of forgiveness, particularly when the person you are forgiving is yourself. So, to move past your guilt is to take action to rectify your mistakes.

Everyone makes mistakes and has things for which they feel sorry or regretful. Falling into the trap of rumination, self-hatred, or even pity can be damaging and make it difficult to maintain your self-esteem and motivation. It is a matter of finding a way to learn from the experience and grow as a person.

People who have suffered abuse, trauma, or loss, may feel shame and guilt even though they had no control. This can be particularly true when people feel they should have been able to predict, and therefore avoid, a negative outcome. Letting go and offering yourself forgiveness can help boost your feelings of wellness and improve your image of yourself. Self-compassion is associated with higher levels of success, productivity, focus, and concentration. The act of forgiveness can also positively impact your physical health. Having a compassionate and forgiving attitude toward yourself is also a critical component of successful relationships.

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THE PATH OF INNER ALCHEMY

The Weeping Wise Woman

By Daniella Schoch

I have a weeping wise woman inside of me. She's weeping because she has been hiding for a very long time. The wise woman inside of me knows about the medicine of the earth, Her essences and how to use them for healing. She knows about the natural seasons of every month, every year and the natural seasons of life. She knows about the mysteries of birth and death and how to live life in rhythm and cycles - her own and the bigger ones of the universe.

She knows that something needs to end before something else can begin and how to honor each transition, the pain of letting go, the grief and the sadness. She knows how to breathe through it. Her life experience - over many lifetimes - has given her wisdom and the knowing that the love and friendship we share with others is more important than any accumulation of material things. She has a deep yearning to not only step into her own gifts and powers but to be of service to others. She's a healer, a teacher, and a mentor. All of this I carry within me.

Recently, I felt an increasing call to let her out (even more), let her shine and let her share her gifts with the world. Not only for her own sake but because the world needs it, now. So why is it that it feels so unsafe to do that?

As women many of us don't feel safe being fully ourselves, be fully seen and visible. We fear rejection, ridicule and worst of all: exclusion from the tribe. We fit in to satisfy our deep yearning to belong not realizing that we need to be fully ourselves to magnetize the support and relations we desire and so deserve.

Traumatic experience of childhood when we are told we are wrong or weird or impossible to handle together with memories of persecution and abuse that is part of our female consciousness have taught us that it's safer to hide and that the world doesn't need what we have to offer. Well, the tides have turned and the world desperately needs what the wise woman inside of us has to offer!

There is no magic pill that will make us feel safe from one day to the other. But we can start with ourselves: I see myself. We can start by deeply presencing our own feelings, our needs and desires.

We came here to be seen. It is our destiny to be visible - no matter how big or small our arena might be: our family, our community, our business or a national stage.

I'm realizing how strong my desire is to be seen in my whole beingness, my "crazyiness" really stepping into my inner knowing that I came here to be seen and to have a profound impact on the world. To accept and claim my powerful visible presence. To step into my authority.

Only then does she stop weeping.

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

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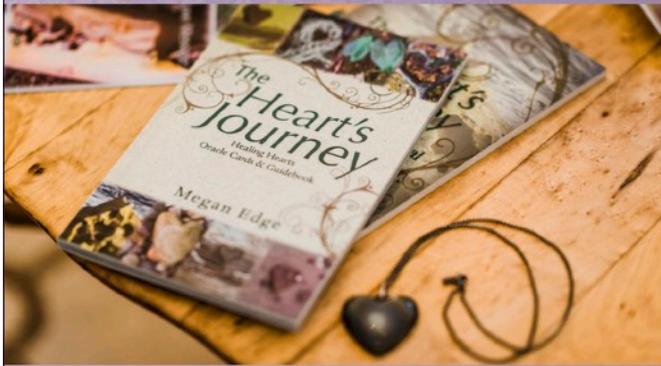


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GAIA, INDIGO, AND SAGE

Juneteenth: An American Holiday

By Keita Annie Whitten Foster

In my Maine garden, the last of the Poppies bloomed, which means summer has finally arrived. And I, like others, found myself swept up in the growing anticipation- the collective yearning for normalcy. I am looking forward to being outside, planting corn, camp, and the ability to embrace all the summer activities, including fourth-of-July fireworks and Juneteenth barbecues. It was beginning to feel like we had turned the corner after long months of global quarantines, then it happened. The day George Floyd's last breath was collectively witnessed around the world as a

result of a White cop kneeling on his throat, was the same day Lady Liberty threw up her arms, blew out her torch, and hung her head low as she turned her back on America. It was the same week I began receiving calls from people looking for support. Many of them were brown bodies who found themselves exploding with emotions ranging from outrage to grief.

Yet, Floyd's death during a COVID-19 pandemic also created an opportunity. Because we weren't so exhausted from the daily grind of providing for our families, as a global society, we were able to refocus on our humanity and collective power to mobilize in solidarity and gather to protest against racism. I like to think when one champions humanity for others, we also champion and reclaim our sense of dignity and worth for ourselves. This is significant when you consider we are coming up on a 155-year-old American celebration call "Freedom Day" or Juneteenth. A holiday many did not know about or understand until the death of George Floyd by police.

What is fundamental about a holiday once only celebrated by Black Americans - is its history. The Emancipation Proclamation put to order on January 1, 1863. However, Southern States- including the remaining Confederate Army- refused this proclamation until an executive order in Galveston Texas, two years later, was issued on June 19, 1865. However, some states still managed to hold on to their slaves illegally until December 6, 1865. This history is significant because it speaks to a deep-rooted belief about Black Americans and their place in dominant White culture, which brings me back to the phone calls.

BIPOC clients (Black, Indigenous People of Color) have begun to reach out because they are tired of holding space alone. Many want to be witnessed without having to educate someone about why they feel the way they do while grieving at the same time. Some clients want a place to rage, to vent without being labeled, judged, or dismissed. Others express a sigh of relief or joy knowing now "White people" and others, are finally able to accept killings like Floyd's have been taking place ever since the eras of Reconstruction and Jim Crow. One woman stated she finds herself crying a lot, not because she is grieving but because she is elated to know she now has white people around her who finally get it. And I realize I too share the same sentiment.

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BREATH WORK: THE FOUNDATION FOR LIFE

Always Follow Your Cherished Dreams

By Pennie Quaile-Pearce

While we'd like to have the support and encouragement of the people in our lives when sharing our visions, we've all had the experience of loved ones telling us to be realistic or completely stepping on our dreams. It hurts to be criticized or even ridiculed. And although I believe that everyone is doing their best, given their own life circumstances, we do need to be careful with whom we share our cherished visions.

When you have an idea and you share it with a member of what I call the discouragement committee and they tell you immediately all the reasons why your idea will never work, it could blow your candle out, never to be lit again.

It's not that these people consciously don't want you to be happy, but they most likely are unconsciously threatened in some way by your vision. Maybe they're afraid that you'll leave them behind as you pursue your dreams, or they wrongly think that your success in some way will take success away from them.

So sometimes it's good to keep our cherished dreams to ourselves. The words sacred and secret come from the same root that what is sacred should be kept secret and your precious dreams certainly fall into that category. In an ideal world, we would always be surrounded by positive, encouraging people but since we can't control others, if you do encounter the discouragement committee, just don't allow yourself to be dissuaded.

When Henry Ford had the idea to build the Model T, he shared his idea with his dad who said to him, "And you gave up a good \$5 a week job to chase a crazy idea like that?" Ford said that was the moment he committed beyond doubt to creating his vision of a horseless carriage.

You wouldn't have had the idea in the first place if you weren't meant to bring it to fruition. So, you can tell the naysayers, "Thank you for sharing," and continue to make your dreams come true.

If I had paid attention to the naysayers, my life would be unrecognisable to what it is now. After realising the only person who knew what was right for me was me. I've lived my life not second guessing the opportunities to love unconditionally and engage in service to others. At the age of 46, I met my twin soul and married him. Luke was 28, people were all too quick to have their say. When I had a Near Death Experience some said that was not possible. When Luke and I decided to have a Family. Boy oh boy that put a cat amongst the pigeons. Hector our son was born 7th April 2017 I was 57. He is the delight of our lives.

It's never too late, it's never impossible and you can create your dreams. As we say in the UK. Been there, done that, got the T shirt! And more importantly if I can, so can you.

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IGNITE YOUR CAN-DO MINDSET

Why Am I Grateful for COVID-19?

By Gail Gibson

Each month I receive an Action for Happiness calendar. This calendar consists of 30 days of wellbeing actions you can do, to look after yourself and others, as we go through the global crisis together. It has become an enjoyable daily habit to check in with the calendar and make time to reflect on each action.

This month I was inspired by an action - to list the things I am grateful for. As part of my regular morning routine, to set myself up for the day, I affirm 3 things I am thankful for in my life. So, I decided to take the calendar action one step further, to consider why I am grateful for Covid 19, and focus on the positives I have achieved during the crisis.

First is Connection. To connect is to combine, to attach, to strengthen. Over the past few months, I have noticed a shift in my connection to self, and the people I am connected or connect to. For self, it has raised my level of self-awareness. I made a commitment to focus inward and introspect to dig deep to enable myself to manage the changing situation. With my husband, we have shared a deeper level of conversation, having been forced into a unique living situation. From the start of the crisis, we began a daily evening walk around our neighbourhood, for fitness and togetherness. Being in the open air, gifted us an opportunity to talk about our day, make plans, and enjoy being in the moment.

On a family and friends' level, this time has delivered an enriched feeling of love and connectedness, as we are spread across the globe. We have made time to share family birthdays and regular catchups on Zoom - to be truly present for each person and have fun times and conversation, together. On a business level, I have noticed the strengthening of connections. Collaboration plays a key role in my business. Prior to the crisis, I embarked on a personally rewarding partnership with a fellow coach. Together we share an uplifting and progressive relationship which brings out the best in us. During this time, we have focused on ways to maximise the strength of our connection. Positive results speak volumes as we have developed a series of leadership programmes, launched an online networking group, and set up numerous work opportunities for the coming months.

Next is Wellbeing. Maintaining an agile mind and body has become even more of a priority at this time. I have increased my fitness and lost weight, made time to read more and check in more often with loved ones, friends and clients. The crisis has enhanced my commitment level, as I have made extra effort to focus my mindset on developing healthy, progressive, and sustainable physical and cognitive habits.

I am truly grateful for the opportunity to connect, reconnect and interconnect with self and others, to focus inward and outward to build, enable and grow.

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SIMPLE YET PROFOUND

Lean Into Uncomfortable Conversations

By Kimberly Hambrick

Our lives are full of uncomfortable conversations. We experience them in our personal and professional lives. With family, friends, colleagues, and even strangers at times that drop a comment or two on our social media posts if they disagree. Many of us do our best to avoid them. But I believe we need to lean in and have them. The current events of our lives—COVID-19, racial tensions, and politics—are causing such divides. Relationships are stretched thin and many, are broken beyond repair.

But I believe that if we all come from the same core values—honoring and respecting ALL of humanity—we can have these uncomfortable conversations. We don't always need to agree on everything, but if we come from our joint core values, it is so easy to see why this important and why we all need to do better at this.

Focus on what we all share—a deep love and respect for all—and start having these conversations. When the circumstances became known about the recent murders of the African American men, my heart was broken. I had no words, but I knew that I needed to reach out and ask how several of my colleagues were. I worried that my colleagues, who were African American, might wonder why I was reaching out. Would they doubt my sincerity? But my strong desire to reach out and let them know I am here for them far outweighed my concerns.

I started with my heart. I let them know that the events have impacted me, but I know that they have impacted them much worse. I asked them how they are doing. I sat and listened, in silence. I allowed them the space to share what they were feeling. We talked via email and then we had a team meeting to discuss as well. We cried tears. We listened with our hearts.

A mentor shared that many are saying the system is broken. “We are the system and we need to start with us.” This really spoke to me and I knew that I had to make a change within me. That change is leaning into these uncomfortable conversations. Show up with empathy and truly listen and allow all to be heard. People are not looking for answers, they are looking to be heard.

Another mentor also shared that “People feel heard when they share how you made them feel by talking with them.” My colleagues each let me know how touched they were by my actions. That I took time to check on them. One colleague thanked me, wholeheartedly, and said she was exhausted. But she appreciated the outreach and for my “caring for the whole individual.” Another thanked me for allowing a space for open, candid conversations.

We all need to have these uncomfortable conversations. Not sure where to start? Simple. Ask them and listen. Don't over complicate this. Life is complicated enough.

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REAL LIFE EXISTS BEYOND OUR BELIEFS

What's the Meaning of Life?

By Marie Brunger

Have you ever thrown your hands in the air and declared 'What's the point, or What's the meaning of life?' Even though these topics have been at the heart of some great discussions, has anyone come up with any logical answers, to what seems like simple logical questions.?

When I was a teenager and still at school, the only career that made sense to me was to become a PE (Physical Education) teacher. I loved, and excelled at sport and was already assisting in coaching younger students. However, my limiting beliefs about my academic ability left me falling short of the required grades. I reluctantly joined the workforce and became a clerk/typist, as did many other young women in that era. I knew this wasn't the answer to what I now understand as my Soul's call, and I left one job after another asking, "If not this, then what?" Life just didn't make sense.

One morning as I sat quietly pondering my life, the noise quietened and these possible answers crept into my awareness. What if, life is not supposed to make sense? Perhaps our disease, discomfort and disturbances come from trying to make logical sense of something which can't be defined by logic.

So I asked, what if we can leave logic out of the equation and let our common sense take the reins. What if common sense has nothing to do with education, logic or our beliefs, but is the one common thread of spirituality that connects us all? Could this common thread be Life its Self? Our body then becomes the vessel which allows this Universal Life force to continue to flow through, being expressed as our unique Soul-Self?

The alternative is to continue to allow our beliefs and conditioning to have control, keeping us blinded to the possibilities real life has to offer. When my blindfold came off, I could see that I did become a PE Teacher, a teacher of Personal Empowerment.

We can call this Universal Life our 6th Sense, the Impersonal Self, Presence, Oneness, or anything else we choose, for the name is of no matter. The only thing that really matters is the experience, which can't always be put into words. This shared consciousness represents one's higher intelligence, which evolves here, there and everywhere, and in every body, making us all a part of the whole. Even though our body and circumstances constantly change, who we are at soul level won't deviate. This means that no matter what happens, you and I remain steadfast as One's true sense of Self, fully immersed in the flow AS Life.

I could see us all, individually as a precious piece of the Universal and worldly jigsaw puzzle. As we warriors join forces we collectively develop the bigger picture depicting peace and love, thus transforming our world from fear to freedom, from the inside out.

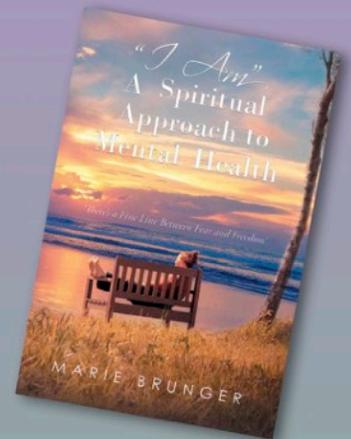
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BREAKING OPEN

By Sibyl English

Once again I feel myself
breaking open

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

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

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

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

Yes, to love. Yes, to Light.

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



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PEACE SPEAKS

By Sibyl English

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

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

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

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

The fragrance in the
air is that of the
honeysuckle.

STAND FOR YOUR WORTH AND DIGNITY

Your Work Environment Is A Sacred Space

By Marla Diann

Our work environment is a sacred space of creativity, performance, productivity and high vibration. I learned early on in my coaching business when my coach made it abundantly clear that our work space needed to feel high vibration and look pleasing to the eye. She explained how that played into our happiness, dignity and self-care.

When we feel good in our space where we earn a living, we prosper more consistently. We must have a respectful environment that inspires us. One of my three mindsets to prosper is make everything beautiful in your environment. Clear any low vibration.

Recently, I had an intuitive message to call a client who was having a challenge bringing in new business as an emerging entrepreneur only six months out of her corporate life into her dream business. A natural high achiever, she never had an issue achieving results. But for some reason, something was blocking her. It was clear I needed to bring her on the phone to ask her intuition what was blocking her motivation and confidence.

During an intuitive discussion, I sensed her new home office was not a fit for her anymore. She is a mother of a three-year-old. She and her husband had spent three long months during COVID sharing the responsibility of childcare. During our conversation, I heard her daughter in the background vying for her attention. That's when it became clear what her issue was.

I asked her, "How much longer will you tolerate not having your office to yourself?" She responded with, "I can't do it anymore!" She was trying to be a good mother and reluctantly balancing it all; when in fact she was not at all and ready for a breakdown.

I gave her permission to say "no more" and gift herself with a private, cozy office outside the home to reactivate her natural leadership and creative flow. She admitted she was miserable and needed space. She committed to having it in two weeks.

From my own life, in 2018 I promised myself I would find a more dignified place to live since I, too, worked from home. My previous space was ok, but certainly was not the environment I envisioned at that point in my life. I lived there for six years. It represented the old me. The unevolved me. It was time to up-level and work out of a beautiful sacred space.

Within a few weeks, I found a lush, peaceful village by the sea only ten minutes from my former place. Seeing the condo the first time, I had that "Oh this is it!" response. Now two years later, I am thankful daily for my beautiful high-vibe home with bright, expansive windows that inspire me to do my best work while earning a grateful living.

When is the last time you looked around your space to "feel" if it truly fits who you are? I aspire happiness and prosperity for you while operating out of a sacred space you call your own.

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WHAT DRIVES YOU AND DESTINY?

Flipping Out Over Perspectives

By Kara Lambert

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

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

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

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

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

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

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Releasing the POWER WITHIN

By Sibyl English

*Listen to the drumbeat
of your heart*

*Sway to the rhythm
and motion of your
feminine curves*

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

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

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

*Spread your wings
and fly!*



ACHIEVE, LIVE AND BE YOUR GREATNESS

Be Brave, Express Your Truth

By Dani Andersen

How often do you find yourself biting your tongue, shying away from what you really want to say, for fear of rejection, ridicule or resistance? Not speaking your truth when the truth requires you to express it, is like withholding a crucial piece of the puzzle not only from yourself but also from those around you. Which means nobody gains and everyone loses something. Especially when it is important and means a lot because I can guarantee that had you contributed, you could have created a valuable shift within another person, a brilliant AHA! Or even a moment of impact to soften the tension in a room.

I know, it's daunting at times to speak up and share your thoughts and truth. There is a lot going on in the world. There are so many opinions. At times it feels like there is a giant sea of white noise. So it would be oh so easy to misread the situation as not requiring your tiny little, insignificant contribution, right? Actually, it couldn't be farther from the truth.

Consider this, if you were to go see a symphony orchestra play, there would be around twenty odd violins, amongst the other instruments such as ten violas, eight cellos and six double basses. Clearly there are a lot more violins. The violin's job is to carry the melody. Many violins create a lush sound, which makes it more pleasing to the ear.

Now, imagine if one of the violinists decided that there were already more than enough violins, that their presence didn't really contribute greatly to the overall sound of the orchestra and decided to stop playing. It would have an impact on the whole energy and sound of the orchestra. To the highly trained ear, there would be a noticeable missing piece of melody.

Taking this one step further, imagine if each violinist made the incorrect assumption that their individual offering was of no distinct value and decided to withhold from playing their instrument, all at the same time. You are no different from a violinist. Every time you decide your opinion is not valid, your voice is not important enough to be heard, that what you have to express is not valuable, and so you shut yourself down for fear of what others might think and say about you, you are restricting your potential, your unique and important melody from being fully expressed.

There's another thread to this that you may not have even thought of. What if what you have to share is not even really about you? Yes I know it feels like it is, but upon closer inspection sometimes it is actually the group dynamics that has created the perfect environment for your words to be received. Someone in that group is waiting for you and your voice and it must be delivered by you as the sacred messenger. Makes it a whole lot easier to get out of your own way and deliver the message, doesn't it?

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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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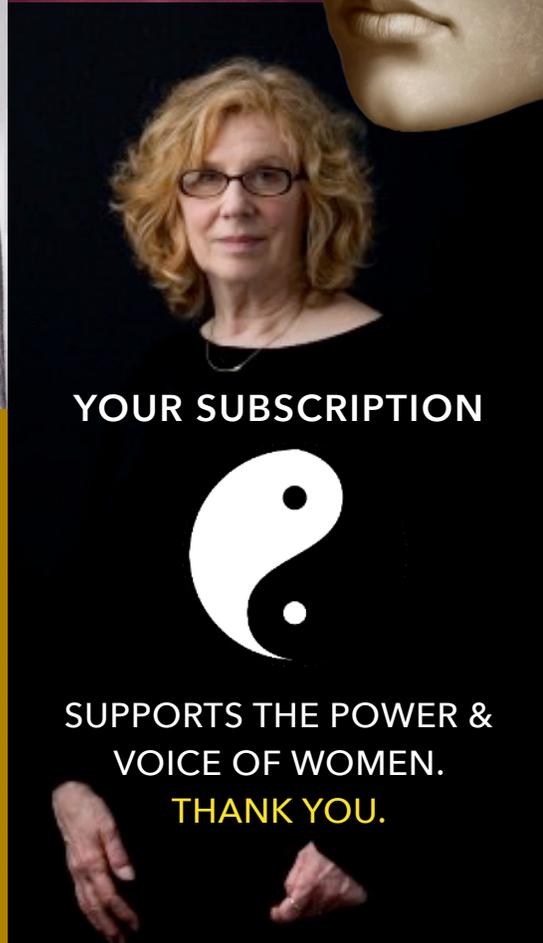
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in their arms and love
in their heart toward you.

~ Sibyl English



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



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

- Sibyl English, Founder

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WEAVING THE WEB OF LIGHT

Sifting the Wheat From the Chaff

By Jill Dianne Bittinger

Though my title is a reference to a biblical quote, it refers to a farmer's sorting process, sifting through what is valuable from what is not. I do not consider myself a religious person. Yet, I take sustenance from the teachings of this spiritual brother and loving prophet in Jesus. This includes the sacred balance played in the role of Mary Magdalene, whom I believe was both partner and wife to Jesus. A "Rabbi" was, in fact, required to be married. This perspective allows mental and emotional access to both Divine Masculine and Divine Feminine and moves us beyond the orientation of the virgin mother and celibate son.

The importance of Balance is prominent in other cultures as well. Chinese spirituality visualizes the yin/yang, each with a piece of the other in itself, creating the perfect balanced circle in its wholeness. Tibetan spirituality holds Shiva and Shakti in Divine Embrace as one of the icons of enlightenment. Seeking to bridge unified concepts to a multiplicity of symbols can be likened to the human condition these days. The multiplicity of races—seeking to find their common bonds. Hopefully, we are able to do so in order to move into the ways of understanding. In this process, we humans are separating the wheat from the chaff. What is truly valuable in each of our lives? What are we consciously choosing to release? Prejudice? Anger? Violence? Could we find within ourselves the capacity to release these, calling it the chaff of life? Instead, treasuring mutual respect, the cornels that truly nourish?

I have been bringing my readers along a journey. It is the journey of my own awakening and self discovery. Last we left off, I was in the river of change. Let us continue the story now to include the image of sifting. What stays? What is released? In my awakening to the conscious intention to recreate my self and my Life, themes emerge. An important one is being willing to step through times of challenge. Rather than run away, I instead choose to deeply commit to the process. In the river of change, there is fear watching the old get swept away. Parts of my identity come into question. "Who am I?"

Conscious choice steps in. I release the attachment, and focus on the other side, visioning into the change I desire. I explore my Web of Light offerings and find inspiration there. I acknowledge the truth of my self pity and feelings of victimization. The sorrow and anger in losing both my job and my relationship at the same time. "Security" fades. "Injustice" is washed aside. What remains? Breath. TRUST that I am working with the Universal Wisdom guiding my Life. I ask the Higher Power to be in relationship with me. I hear the still, small voice within that says, "I Am Here." In this revelation, I find validation that I am on my Soul's Journey. I release the clutter and keep what matters.

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WALK ON

By Sibyl English

Walk, walk on

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

Walk, walk on

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

Walk, walk on

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

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

Walk, walk on

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

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OUR MAGNIFICENT BLUEPRINT: THE 'I AM'

When I Know, I Grow!

By Brenda Pitout

Our world is so fragile as it's inhabitants suffer whilst the collective consciousness goes through paradigm shifts. I have found myself observing my fellow human beings suffering in so many unimaginable ways as the Corona Virus wields it's way through nations, wreaking havoc as it plunges relentlessly forward moving from the past, into the present and threatening the future of our existence.

I can only witness in awe the power of something so seemingly invisible and yet so demonically destructive. Realising that whilst we like to believe we have a certain amount of control over our destiny and indeed we do, for the most part, we are simply living what is written in our "I Am". That which was imprinted in our DNA by the unseen, almighty master planner of all things.

During the cocoon phase of metamorphosis, when the real transformation takes place, the power of the change is dictated to by the DNA data found within the worm. This transformation is not something that the worm has any control over or has any input into. It merely needs to learn submission to the inevitability of the dictates of the miraculous DNA, knowing that this process has been written by the architect of all things and therefore it is perfect.

Whilst reflecting on the transformation taking place in my own being through the pandemic, I know that I can just be still and trust the process of personal growth that has been written into my DNA, knowing that the One who has written this miracle life story knows exactly what He is doing and I can simply allow the process believing that I can and will emerge different, as each beautiful butterfly does - with new found freedom, clarity of perception and purpose, renewed momentum and refined personal feelings.

My new world will be different as will I. The process of transformation during this transitional phase has been masterfully designed to enable my own paradigm shift so that I can adapt and adjust to the new world that will emerge when the pandemic is past and the threat to mankind neutralized. A new enlightened world of transformed human beings embodying the changes that have occurred during this incredibly volatile, sometimes violent and ultimately victorious phase in the history of our magnificent world.

My world is currently rocking and reeling beneath the onslaught of vicious attack during this tenuous time of severe testing. Its inhabitants are groaning and grappling with uncertainty, disaster and danger whilst trying to make sense of the enormity of the changing landscape and I choose to be still and know that I will grow and that my tomorrow will bring the promise of exciting and limitless possibilities in a world filled with miracles, magic and a magnitude of incredible prospects.

Navigating through each day, I keep looking forward for a future filled with hope and wonder, love and peace, joy and fulfilment. One where my connections are stronger, my expectations simpler and my intentions absolutely pure.

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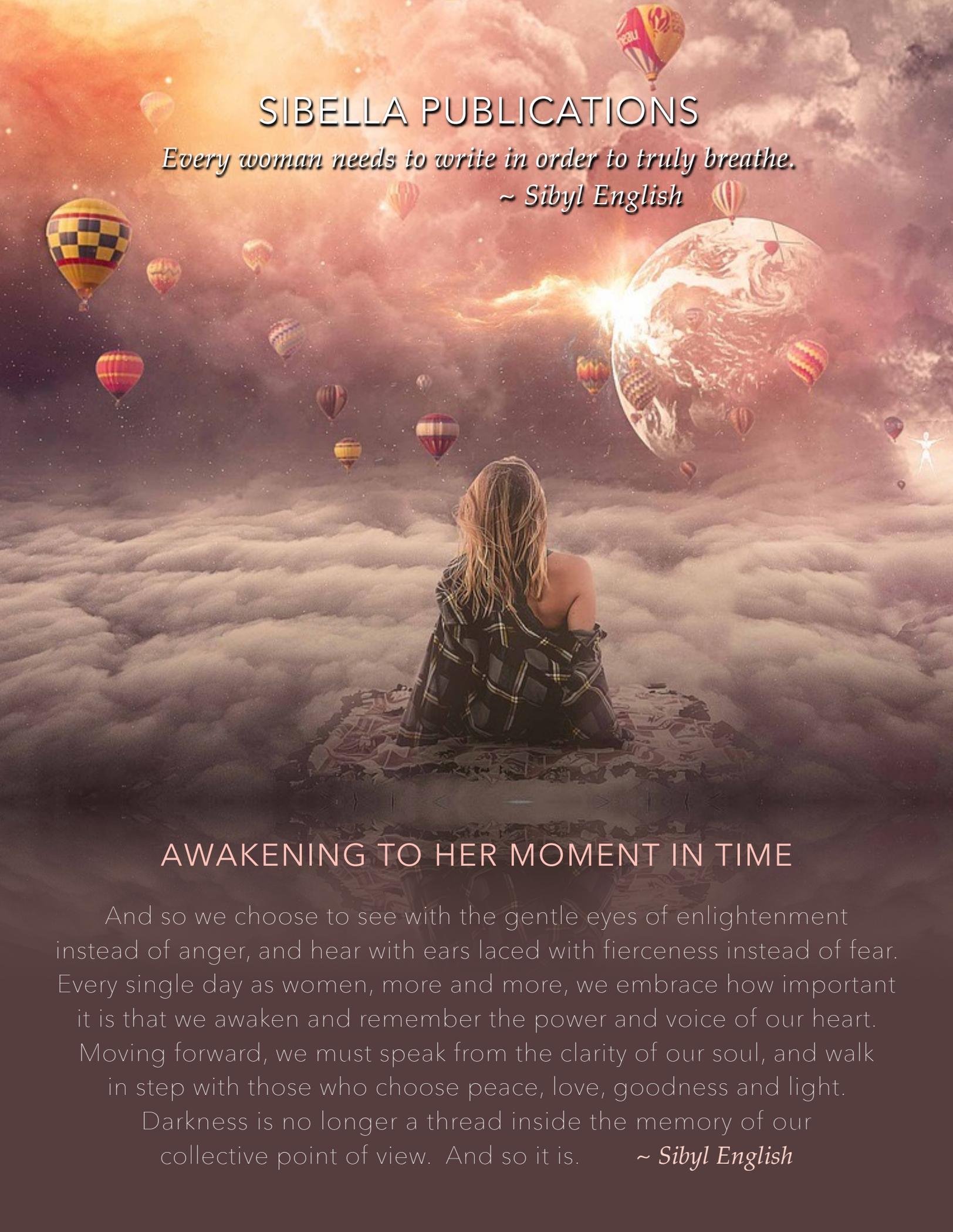
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A woman with long blonde hair, seen from behind, sits on a patterned rug in a vast, dreamlike sky. She is surrounded by numerous colorful hot air balloons of various patterns and colors. In the background, a large, glowing Earth is visible, with a bright sun or starburst effect behind it. The sky is filled with soft, ethereal light and a few small, glowing figures. The overall atmosphere is one of wonder and inspiration.

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*

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MUSING OF A MYSTIC MEDICINE WOMAN

Your Mystic Blueprint

By Cynthia J. Harrison

The past months I've received channelled information in relation to our soul frequency blueprint. Over 15 years the fragmented pieces of information unfolded, with each revealed morsel leading me to a path of knowledge that I absorbed, embodied and now carry. These pieces connected to show how they fit perfectly together to create the patterns for what I'm bringing into the world, to guide in the alignment of soul purpose. This insight into the overlay of specific soul frequency codes is with the system which has its roots in mysticism, the sacred Hebrew language, Gematria Numerology and Ancient Egypt (Blue Lotus Mystery School).

Your name is no coincidence, in fact it contains the fundamental programming for your entire blueprint of existence. The sound frequency of your name literally creates your relative reality. The plan for your soul in this lifetime is also a roadmap of how to maximise your chances of achieving your highest possible potential. Literally everything in the universe has these codes present within them. It is also true that your soul has chosen these frequencies for you to focus on specific lessons, gifts and themes within this lifetime and that's why they appear in your name and in your codes.

The math by way of geometry has come to me most my life as a mind's eye visioning, knowings and as my intuitive abilities strengthened, the shapes showed within the field. I drew these sacred geometries, painted, and sculpted them for many years. Open to all information to calibrate the mystical truths, truths shown in every culture as a seed, yet when planted the sprout was often grafted with untruths that moved through our world tainting that original truth.

The flame letters are the purity of your frequency, seen within the sun of the heart and with these frequencies of heart we can read the clarity of that code which fractals within us. Showing our worldly physical frequencies and the spiritual codes as numerology. The numbers reveal ones test, challenges, goals and gifts. What is and isn't activated, and when activated this awareness helps move through to become a key to fully reveal your soulfire frequency, aligning to ones soul purpose.

Bridging heaven and earth for many decades now is in line with my purpose and will continue as I am shown information at higher and higher levels. As an initiate I access and receive the golden thread of information linked to Moses, the Hebrew flame letters, and the purity of the number itself.

The tree of life and how the tree/geometries are within us, the main power spots of our human systems cross fertilise to show even deeper wisdom and truths, and are just a speck of the correlations of this information. My personal soul fire codes illuminate the direct channel for divine energy, information I bring into the world as a teacher of high wisdom. Just one aspect of my blueprint, activating to carry these codes, this mystic knowledge I've embodied and share with those called to align with their soul purpose.

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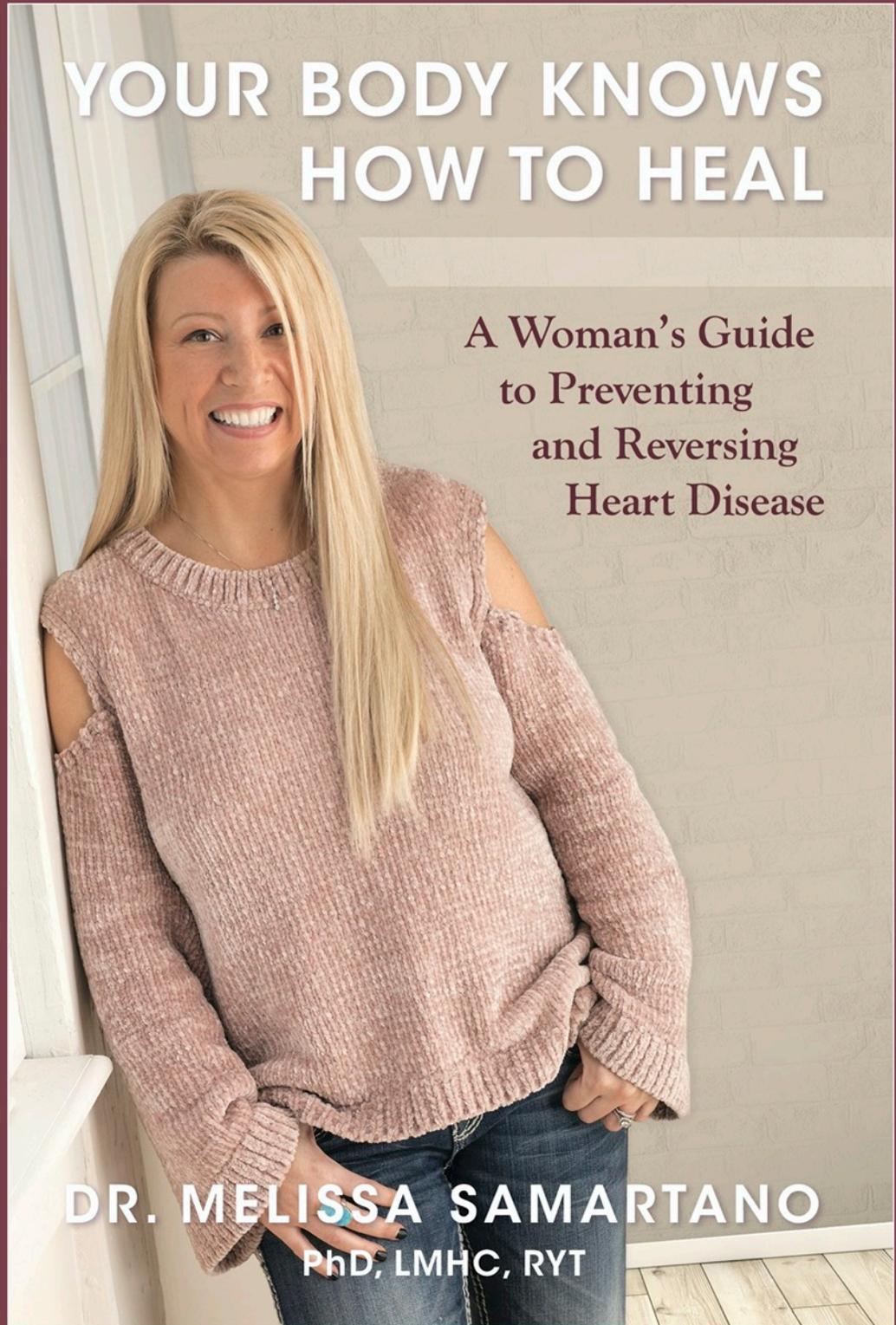
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Character is Built During Diversity

By Lee Stemm

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

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

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

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

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

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

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

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

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

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

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

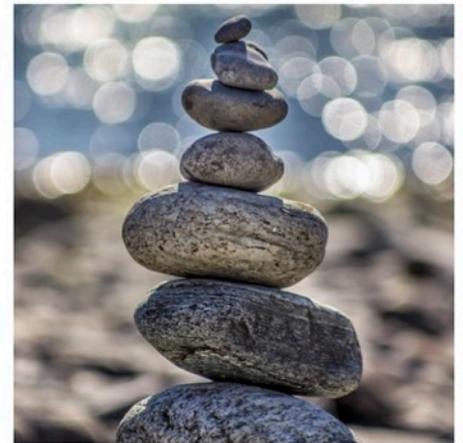
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LIVE FULLY, LOVE FULL

Hope and Other Positive Emotions

By Suzanne Duncan

One of the benefits of training in coaching is the impact it has had on my personal journey and the insight and compassion it gives me for all of life's ups and downs. I'm only human after all, and sometimes I have days that are full of purpose and passion and others that are filled with uncertainty and sadness.

One such day recently was the anniversary of my husband's passing. I have come to terms with losing him and have grieved yet seeing videos of him interacting with our young children and hugging them, brought back an overwhelming sadness of a life lost and thoughts of what might have been.

Perhaps it's the isolation and angst in the world right now, that amplified that lost and this anniversary was harder than previous more recent ones but I gave myself the gift of time out to feel my emotions and then release them several days later. I went with it. Crying and sharing and trusting that I would get through, no matter how uncertain or lost I felt. There was hope at the end of my emotional healing.

Hope is a powerful emotion. One of the positive emotions and when life is going well, hope rarely comes into play. Hope arises in times of helplessness and despair, where fearing the worst while expecting the best is the spark of light in the darkness. For me, hope meant that I was going to be ok. That we would get through this together and that I was strong. That I could do this on my own.

Deep within the core of hope is the belief that things can change. Hope brings optimism, possibility, and inspiration. Hope enables you to keep on, keeping on and make your future better than your past. Hope is the fuel to kick start change, starting at an individual level where you tap into your own capabilities and resourcefulness and that's what I did.

Together with compassion for where I was at, I took time to think about hope and the following positive emotions: joy, gratitude, serenity, interest, pride, amusement, inspiration, awe, and love. I checked in with myself and reflected on those emotions. I asked myself when do I feel them, what do they feel like in my body and how do I visualise them?

In this way, I was learning more about myself and was able to recentre and refocus once I'd let go of sadness and loss. Sadness and loss will always be a part of my history, however going forward I choose those other emotions to pave the way. To nourish and nurture my well-being. To blanket me in positivity.

It's a balance between the ups and the downs. It's an interplay of all emotions and being resourceful with them to learn, grow and evolve. When times are tough, I allow myself to feel and heal and know that hope is in there, that flicker telling me that things will get better.

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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*



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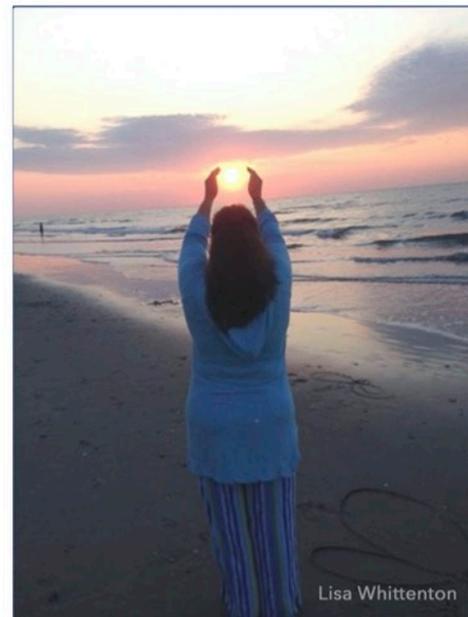


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A Choice & Practice

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*

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

~ A Course in Miracles

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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.

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