



*Spirituality*

LUMINOUS WISDOM

*Wisdom*  
**SOPHIA**

Truth

333

ENLIGHTENS, EMPOWERS & ILLUMINATES

OCTOBER 2020  
Volume 4: Issue 5

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



# INSIDE COVER STORY — In Her Own Words

## REVEAL YOUR INNER FLAME

### Connecting With My Spirituality Again

By Carol Campos

**My spiritual journey has not been linear.** I communed with trees and animals at a young age. They were my friends, my confidants and of course, it was completely natural to me. I was shy and found solace in the fact that in nature, I was understood. The trees didn't mind that I was "sensitive." I would look up at the clouds and wonder where I came from and if I really belong *here*. I longed for a place where I could fit in.

I had a hard time taking criticism and was often chastised for my sensitivity. I couldn't understand why people found it so amusing to tease me, or worse, why this innate quality bothered them so much. I felt misunderstood and resentful, but pushed my voice way down deep. I became a grade-A people pleaser as a way to gain positive reinforcement. Every achievement was, to me, a bullseye, a home run—a way to say "Here I am. Look at this good thing I did!" It worked, but the euphoria of getting accolades wore off quickly.

I went through what I refer to as a 7-year awkward stage. I deduced that talking to trees would probably not be in my best interest and I left my nature friends behind. In the early days of high school while my classmates had their first boyfriends, I was imagining what it would be like to have one. At 18 when I met the man who would become my husband, I was finally coming into my own, or so I thought. My self-esteem was still fragile. Naturally, I attracted a man who matched that vibration.

What started as a sweet summer romance later turned into a DECADES-long toxic and abusive, relationship. I lost everything, including what was left of my self-worth. I saw myself as a victim and it took years to shift that way of thinking. But in 2012 when the relationship finally ended, I slowly began to feel like myself, little bits of my Soul flying home. I could feel power and energy coming back into my body.

It was then that I really started to connect with my spirituality again. I had dabbled a bit a few years earlier, but now I was committed to finding out who I was and what I was meant to do. I started reading any New Age book I could get my hands on. I took courses, I learned Reiki. I read oracle cards. A whole new world was opening up for me and this time I felt like I "fit."

I was still attracting some negative situations in my professional life in the form of toxic environments or narcissist managers. Truth be told, I never felt like I belonged in that environment. On weekends I was soaking up the teachings of Wayne Dyer, Louise Hay, Sonia Choquette, Gregg Braden and countless others. But during the week I put on my corporate mask. Each Monday I schlepped into the office, feeling a shock to my system after leaving the warm cocoon of my spiritual teachings. After 20 years in corporate I finally decided that I had enough.

I left my job without a job to go to. My only intention was to work on myself. Within 2 months I received a Divine download which set me on a new path. I fully embraced my sensitivity and began to see it as the super power it is. I had finally uncovered the voice that had been dormant for so long. I was free.

[www.carollcampos.com](http://www.carollcampos.com)  
Massachusetts — USA

CAROL L CAMPOS  
COACHING  
FOUNDER

Reclaim Your Voice, Be Empowered

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

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

LUMINOUS WISDOM

# SOPHIA

CELEBRATING THE WORDS & WISDOM OF WOMAN

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

Sibella Publications, we acknowledge and ...

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

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

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

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

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

**Enjoy your reading experience!**

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



**SIBELLA PUBLICATIONS**

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

*Sibyl English*

**WEB MANAGER  
& CONSULTANT**

*John Mitchell*

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



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

*~ A Course in Miracles*

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

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



Nancy Jackson



Elizabeth Urabe



Laura Di Franco



Lisa S. McKnight



Carol Campos



Melissa Ternes



Elizabeth Carney



Martha Creek



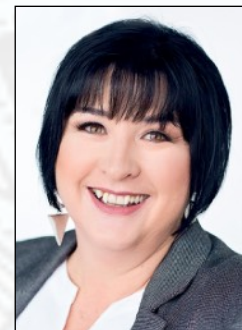
Jane Durston



Linda Kaun



Rose M. Kadende-Kaiser



Maria McGrath



Patricia Faust



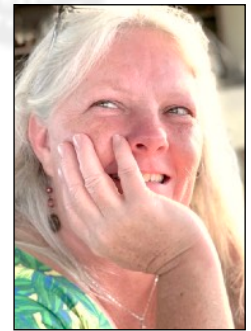
Jacqui Ray



Suzanna Hatch



Susan Axelrod



Patricia Morton

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

A MESSAGE FROM OUR FOUNDER  
SIBYL ENGLISH



*Finding Our Way*

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

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

*Compassion is a must.*

*It's the least we can all do for ourselves, and others.  
A time for deep breathing, and then breathe some more  
A time to do nothing and something at the same time  
Did I say a time to surrender and accept what is for what it is;  
not knowing at all just exactly what it's all about?*

*And so it is, we find ourselves finding our way  
in the times of **COVID-19**. Stay safe.*

© Copyright 2020 by Sibyl English



And with that being said . . .  
Welcome to the insightfully written pages of  
**LUMINOUS WISDOM: SOPHIA**

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



**SIBYL ENGLISH**

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



# OUR SHARED EXPERIENCE

## Our Shared Experience: Ups & Downs Create Richness

By Susan L. Axelrod

**Are we intended to experience only one feeling?** Are we intended to be in a calm and happy place all the time? If you were, how would you know it? Contrast serves the richest life. How can you know joy if you know only joy? But what of the hard times that face us? What of the obstacles, struggles, and personal challenges? What of them? Why do they seem to come at us with frequency and force?

Why is it that just at the time you feel you have things in order, the next step breaks under your weight? Why is it that when you finally feel things are in your control and going the way you've always wanted, that a storm kicks up, tossing things around, drenching and drowning the things that you have grown?

Part of the answer is enlightenment. Enlightenment doesn't come from nothing, it comes from overcoming anything; struggle, dissonance, conflict, darkness. Think of the hardest thing you've ever overcome. Give yourself permission to look full on, into that space you were in. When you were in that hardship, did you ever imagine that there would be a time again that you would see the light, that you would be able to breathe, to release, or just to Be?

I offer a shared human experience. There may be nothing harder than growing up as a child. Every single day, facing an unknown world, everything ahead of you to learn. Everything a question: "How does that work; how do I do that? Am I getting it right?" Yet, here you are today, somehow by a miracle, a functional adult. Think of another time, a hardship you faced. You got through that 'time,' that 'difficulty,' perhaps even that terrible place that you thought you would never live through. Yet, here you are breathing and living well in this time and place. This can be the greatest showing for yourself. You did that. Perhaps you had help, but it was still you who got yourself to here, where you are now.

And this: Enlightenment can be your friend. Seeking the light; even the tiniest point of light illuminates the darkness. You have an opportunity to seek out any point of light. And then another, and another. Light each one of those candles from the one before it and you will see that the flame from the first does not diminish in any way, but the light overall grows brighter.

That is enough. But if you want more in your life, than become a point of light for another. And another. And another. And the tapestry of a rich life will be woven. Your life, richer than you ever imagined. Your currency, good will, calm, love and even joy. Yours, from the experiences you've overcome, the challenges you've conquered and the mountains you climbed. The ups and downs create the richness of life.

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

New York — USA

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




**What Will Your Legacy Be?**

*Susan L. Axelrod, Legacy Coach*

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

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

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



# LIVING AUTHENTIC AND ALIGNED

## Destined for Better

By Nancy Jackson

**One of my favorite quotes is by the amazingly insightful Carl Jung, where he says for better to come, good must stand aside.** I didn't always understand the depth of those words, but since 2020 his message has become a most luminous catalyst for pure spiritual growth. Where I used to be content with the idea of good, I recognize now that good has an entirely different meaning to me, an almost muddled meaning. Good has been stripped of its previous honor and downgraded to a measure of insignificance.

I strive to have every day go well beyond good and into great. Even Mother Earth is no longer okay with good. If we were to open our third eye wide, we'd really see the impact of what's happening, and we would be ashamed. Our Mother is tired and she's in pain. She's struggling, and she has sounded the battle cry. It's time for us to unite and recognize her cry as a call to action in a way we've never experienced before. She's entrusting us, the feminine divine, to take over and carry the torch so she can get some much needed rest, and refuel for the New Earth Rebirth.


Many see Mother Earth's current actions as something ugly and destructive, but what she's doing is creating a pathway for us, a renewed foundation in which we can build and create from. She's purifying the old stagnant ways with her fires. She's cleansing us with her sobs in the form of floods. She's guiding us to wholly release with the winds of change. And she's gifting us the earth to showcase our gifts, talents, and abilities.

Mother Earth, at her deepest core, is a typical mom. She believes that she can manage everything herself. She loves that fierce independence and the power that comes with being able to create and destroy at her whim. She has shown great patience and trust, but now she has grown tired, and finally acknowledges that she needs help. So she's calling on us women to help her guide us into that New Earth mentality. To help her to not just create, but to recreate a worthy world that is built on values, merit, and a unified vision.

The force of her transformation has shown us that we too are just as powerful as she is, but that we can gain results just from the purity of our love and light. Good is what the world once was, but it has fallen short. The foundations became weak, and perhaps they've been weak for ages. It's time for us to stand together, and create better. It's time for us to be part of that change in rising beyond what is standard, average, or just above acceptable. We are being supported by the strongest force there is with Mother Earth. She's finally asking for our help and fear of the unknown can no longer bind us to fear. She has sounded the battle cry and we must answer.

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


Oregon — USA



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

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

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



[authenticandaligned.com](http://authenticandaligned.com)

# Shakti Holistic Healing

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

*"Together, Creating Heaven on Earth"*

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

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



**FIT MINDS**  
Fit Minds Australia

*Delivering Potential, Joy and Purpose in Life*

**Shannon Chin**

*Cognitive & Mindset Coach, Author, Speaker*

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

[www.fitmindsau.com.au](http://www.fitmindsau.com.au)



# "I AM" Hypnotherapy

**Chey Bodhi, Master Guide**

*"Live Your Best Life TODAY"*

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

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



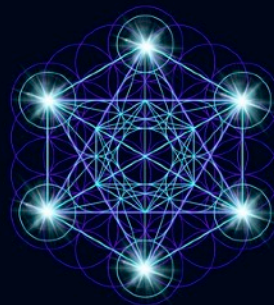
**Theresa Ann Fitzgerald**

LEAD INSPIRE EVOLVE

*Author, Speaker, Intuitive Coach and Modern-day Alchemist*

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

[theresaannfitzgerald.com](http://theresaannfitzgerald.com)



**WEB OF LIGHT**

Weaving the consciousness of collective goodwill

**Jill D. Bittinger, CEO**

*Empowering & Awakening the Collective*



[WebofLight.info](http://WebofLight.info)



**Bernie Giggins**  
Inner Child Harmony Coach

**Inner Child Coaching**

*Your soul truth will always set you free!*

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

[InnerChildCoaching.com.au](http://InnerChildCoaching.com.au)





# SET YOURSELF FREE

## Resetting In All Things

By Martha Creek

**Although most of us claim we "need rest," but in truth, many of us fear rest.** Doctors and nurses often speak of how exhaustion is a central part of their training and how they continue to drive themselves ruthlessly. They fear that if they were to stop racing around the enormous suffering that they have witnessed, it would crash through their defenses. Parents speak about their years of being frazzled while raising children and the intense stresses involved. The majority of them believe they are responsible for their children, even though most of all things are out of their control.

We are afraid that we will be forgotten, that if we stop going all the time, the loneliness and emptiness we fear will surface. The depth of our human fear is the belief we are alone or will be alone. So, we build a false sense of security, warding off uncertainty by making constant activity our habits and addiction. We tell ourselves what we should be experiencing and what we shouldn't. We work hard to define ourselves, hoping that we are doing it in the right way. This constant activity is totally exhausting. Personal development easily becomes endless and effortful. There is a certain aggression in all this so-called self-improvement. It's vital to return to the true intention of sabbath rest, which is to let go of the striving, to embrace things as they are, and with equanimity, to discover freedom.

We tell ourselves what we should be experiencing and what we shouldn't. We work hard to define ourselves, hoping that we are doing it in the right way. This constant activity is totally exhausting. Personal development easily becomes endless and filled with strife. There is a certain aggression in all this so-called self-improvement. Better to return to the true intention of meditation, which is to let go of the striving, to embrace things as they are, and with equanimity, to discover freedom.

Rest is found when we are present instead of letting our minds wander aimlessly through the hallways of fear, worry, and anxiousness. Rest is always accessible for us when we make conscious contact with our Source, Higher Power, breath, or whatever we call Creator. To know rest is not to experience new things, but rather to see things in a new way. Rest is not separate or different from all practical doing things; the potential for rest is hidden in all things. I'm in a month-long boot camp to work at finding rest in the middle of all things. What are some creative ways you can find rest this week, this month and beyond? What potential do you see for you if you restore your energy and vitality? I delight at the potential of rest for you, for me and for the quantum effect on humanity. Resting with you as we Let It Be!

[www.marthacreek.com](http://www.marthacreek.com)  
Kentucky — United States



**martha creek**

FOUNDER

Transforming  
Heart & Mind

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

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

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

[marthacreek.com](http://marthacreek.com)

Get under the **umbrella**

of  
**Sibella**<sup>TM</sup>

**SIBELLA CIRCLE INTERNATIONAL**

*Supporting Women Writers Gain Global Visibility*

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



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



INTERNATIONAL PUBLISHING OPPORTUNITIES FOR ...

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

***NEVER MISS ANOTHER ISSUE AGAIN!***

Sibella Publications and Sibella Circle International

Helping YOU take the next big step toward:

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

**SIBYL MAGAZINE**

For the Spirit & Soul of Woman

**Subscribe**

**LUMINOUS WISDOM: SOPHIA**

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

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



# THE PATH TO DISCOVERY

## The Freedom to Live

By Jacqui Ray

**I took the long way home. It had made sense before as I trudged my bags up the stairs.** In light of what just happened there were reasons I was staying. I moved my clothes in, harnessed a new way forward and released all judgement due to the lack of understanding from my fellow peers. This didn't make sense now but the hurriedness in which I left was by pure choice. In the back of my mind,

I had come to the conclusion that my life was meant to be lived. It had made me realise that now was the time that I could cocoon back home, to the everlasting presence of my parents.

My mum had a dislike for him, a dislike for all the ways in which he was. Maybe he was good for some but a mastermind in his foolishness for others. We were young, immature and we held a fascination for booze. We lived our lives in complete denial and the absurdity of the situation did not fall into place until after I left. I stepped back into their home. I had memories of my childhood baking cookies and sharing treats, they were special times. The pot roast dinners as the home bathed itself in smells, that was what I cherished. They were the times of complete joy. I loved my childhood and they were the times that catapulted me within my life.

I had found freedom; I had found a way forward. I was young in years and now I had a new way forward with marriage, a career, children and a sense of freedom. That would be later in life, but I had to find the road to discovery first. The later years would define who I was, a woman of substance. A woman whom had full control of her life and a sense of worth. I found a way forward moving myself countries, meeting new people, having some self-worth and stepping out of my comfort zone. It took courage to move and to set up home with complete strangers, but a life not lived, was worthless in my own mind.

They were the good years. They were the defining moments that made me whom I became. I had power, I had a voice and I had symphysis to build my life around the one thing I desired. That was love for all things. Finding a rose, finding a home, building the bridge to conception and enjoying the pure pleasures of home; that was the calling of now. Home brought me forward to the life I chose, freedom. Freedom was a blessing as my life was full of wonderment, it made me who I am today. Many a day I would call home, check in and find the same life that I left. Those years kept me safe, they kept me knowing my life was a steppingstone. I thank my lucky stars that the life I founded was my one true desire, my home.

[www.growthhealing.com.au](http://www.growthhealing.com.au)

Victoria — AUSTRALIA



### *Meaning of Dragonfly*

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

*Happiness, Speed, and Purity.*



growth

Jacqui Ray, Energy Healer

"Grow at Your Own Pace"

GrowthHealing.com.au



## Through the Energies of the 7 Chakras

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

*~ Sibyl English*

# Vital Differences®

Consultants



## Alma C. Lightbody

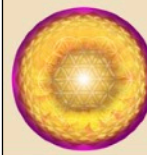
*Author, Consultant  
& Therapist*

## *Enriching the Quality of Life*

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

Website:

[VitalDifferences.ca](http://VitalDifferences.ca)



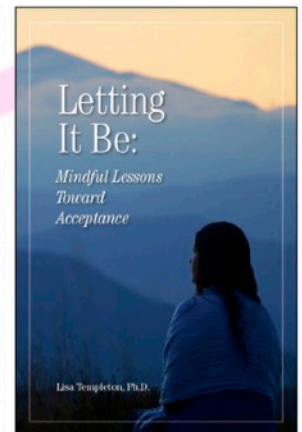
*Judy Browne*



## *Heal Your Heart*

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

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



## **Lisa Templeton, Ph.D.**

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

*Compassionate Care and Mindful Education for All*

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

[drlisatempleton.com](http://drlisatempleton.com)



# BRIDGE TO AN IMPROVED REALITY

## The Power of 'No'

By Patricia Morton

**Learning to know when is enough is enough has been a long and sometimes arduous process for me.** Uttering the word 'no' at a time when it is meant emphatically can be a challenge, while at the same time extremely liberating. It is not always as cut and dried as it would appear because evolution involves change. Without change I remain the same and get what I always got. When I fully associate to my body and interpret its messages, that's when I realise my value and know I'm returning home.

I have always had a thirst for knowledge, being a constant student feeling like there is so much to learn and needing to learn more. My mind has been the driver. Feeling under pressure to know answers to questions because of not feeling good enough or smart enough. Uncertain of my direction and then falling into the next thing expecting or hoping that this would be 'the one thing' that would complete my life. People pleasing to be liked, feeling unworthy of love or dare I say respect. Sometimes I stuffed down my emotions and wouldn't allow myself to feel what was going on inside. Those emotions were experienced in some sort of detached way, without experiencing the feeling, being kind of numb. I would adapt my behaviour to what I saw in others because I wanted to fit in, to be a part of the tribe and not 'rock the boat', despite feeling different. Patterns of my behaviour come around again and again, and are dealt with in the same way. Like someone knocking on a door, getting no answer, leaving, then returning another time to knock more loudly, get no answer, leave and so the pattern continues on. Every time the cycle completed I would realise 'I've done it again'. Nothing changed or was learned, I was just going back to the 'same old life'.

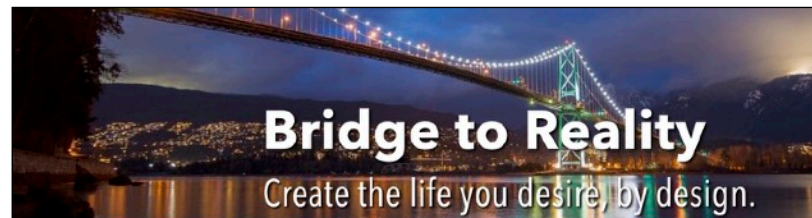
Now I am able to identify these behaviours in myself more easily. Recognising what is happening allows me the choice of whether to stay in those old challenging patterns or move through them into something new and liberating. As I can come home to what is happening in my body, tune in and trust it, I can then learn when my body is telling me 'enough is enough'. That small uncomfortable feeling which had been pushed down and ignored is now given space to develop and grow. Of course it can be uncomfortable to go against what I have believed in the past. Changing beliefs requires action. I am learning to strip away that which is no longer required or serving me, and quiet my mind to love and appreciate myself. The power of 'no' means that I have nothing to prove to myself or anyone else. Ultimately I have responsibility for me first. It is time to evolve and become the alchemist, turning lead into gold. Abundance, Health and Prosperity to You.

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

Somerset -- UNITED KINGDOM

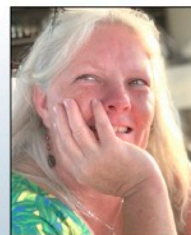


LIFETIME SUBSCRIPTIONS  
CLICK TO SUBSCRIBE!



## Bridge to Reality

Create the life you desire, by design.



**Patricia Morton,**

*Counsellor, Therapist, Catalyst, Writer*

Contact with me, and book your  
**FREE** 30 minute consultation

[bridgetoreality.com](http://bridgetoreality.com)



# TIME TO COUNT OUR BLESSINGS

## The Power of Bouncing Back

By Rose M. Kadende-Kaiser

**Life is not only about blooming roses in your front yard or other highlights in the confines of your imagination.** Life has its down moments also. Some of these moments are so painful and so unfair.

Think about a hurricane that destroys your home of many years, a marriage you spent decades to build that ends in a divorce, a boss who tells you that you are fired from your dream job, or a phone call informing you that a loved one passed away. Any of these and other moments can leave us feeling cheated by life and unable to appreciate the other good things we have. Even when we feel so desperate, there is an opportunity to bounce back and when we do, we rise stronger. Nothing in life is permanent. We must therefore put our difficult moments in proper perspective.

In times of loss, there are always good friends who surround us with love, support, and bring hope and compassion. When we lose a job, we somehow make it with resources coming in from unexpected places and people, allowing us to keep paying rent, or learn a new skill that qualifies us for a better, more rewarding job. With additional resources, we can save up and buy a house we can call our own. We are happier and easier to get along with. And when we meet that special someone, we have a new opportunity to start over again with a spouse who also allows us to have the marriage we always dreamed of.

From here, we can focus on these renewed blessings and appreciate that our time in the valley was not where our story ended. In fact, it is because of the valley that we are able to embrace new opportunities with gratitude. The valley is part of an infinite space of possibilities where we can dream again. We can indeed, live in anticipation of a fulfilled vision, as we choose to bounce back and build a better future out of lessons learned from each setback we encounter.

This is not about negating or suppressing our emotions that are tied to our moments in the valley. It is about refusing to allow such emotions to hold us hostage, keeping us away from our destiny. It is about developing the right attitude and learning from the aches and the pains of the past which serve as the seeds of the change that we want to see in us and around us. It's about embracing change, as we allow ourselves to reclaim our own strength, power and capacity to use what we learn as a source of encouragement for others who are struggling in their own valleys. This is where bouncing back has increased value, allowing us and those we reach, to rise stronger as well. There is indeed power in bouncing back. It is a stepping stone to living a life of purpose.

[www.seasonofhealth.net](http://www.seasonofhealth.net)

North Carolina — USA



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

Achieve Nutrition  
Balance and Wellness

Rose M. Kadende-Kaiser  
*Health & Wellness Coach*

[www.seasonofhealth.net](http://www.seasonofhealth.net)

**DEADLINE IS OCTOBER 15, 2020**

*“Ordinary Women Sharing Extraordinary Insights™”*

**EDITORS  
ARE NOW  
ACCEPTING  
ARTICLES  
HURRY!**

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

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



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

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

**Topics to write about include:**

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

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

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

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

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

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

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

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



# EMBRACE EACH STEP OF THE JOURNEY

© 2020 Written by Sibyl English



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

*Love yourself enough to walk, and not run.*



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

*Self-manipulation is a 100% stress-filled act*

*of low self-worth and disbelief in self.*

*Therefore, choose to know in your heart*

*that you are more than enough*

*for all the goodness*

*that's coming your way!*



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

**Subscribe**





# BEING CALLED TO HEAL

## There's Power In Writing It Down

By Suzanna Hatch

**Stand, don't fight - annoys me when campaigns use marketing slogans by saying they want to fight.** Fight against waste, against cancer or any other cause. What we focus on is what we get. So, if we are focused on the fight, we will find all the evidence to prove we must fight. There is an alternative. I prefer to stand for what I believe. Shift the focus from pushing against something and

instead decide what it is you want instead. Like a clean world, healthy cells or any other worthy cause. It seems so easy to create a rallying cry against something. But, what is it you stand for?

My journey started when I realised I liked crunchy toast. My kids ate pale toast, so I went along because it was easier to just fit in. Then I discovered I could have toast just the way I like it. That transformed my life. I started applying that to all areas of my life. I started to ask myself questions about what I actually wanted and what was important to me. It was a journey that would last years. I did a lot of discovery and experimentation to find what I actually liked.

My example of toast was simple. Simple can create profound change. Take some time to think of important areas of your life where we go along for the journey because you don't want to cause anyone trouble. Think about beliefs you may have inherited that shape what you think you want. Think about what beliefs you may have inherited from your childhood. As we experience life, we form our own beliefs and gradually make decisions as we progress through life.

What I'm suggesting is that you take some time to actually right down what you believe in and what you stand for. I call this your own personal philosophy. Imagine that you were about to share with some other young women your lessons in life. What you found to work and what you discovered was worth avoiding. Write your own story and articulate, if only for you, how you believe things should work in the world. You may be surprised at what you find.

There is a lot of power in writing things down. Grab a new journal or notebook and start a daily exercise of asking a few questions such as, what's most important in friendship, how kind is the world and what do I want to be known for. Explore and write down the first thoughts that come to mind. After a number of days you will get a picture of what's important to you. Then, make choices about what you stand for. When you stand for something you have conviction. A test I use is by asking is this good for me, good for you, good for the greater good? If yes to all then you've got yourself some awesome beliefs and views to stand for.

[www.soulbusinessacademy.com.au](http://www.soulbusinessacademy.com.au)

Canberra — AUSTRALIA



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



# EVOLVING INTO YOUR AGELESS BRAIN

## The Value of Finding Your Life Purpose

By Patricia Faust

*"The two most important days in your life are the day you are born and the day you find out why." ~ Mark Twain*

Our paradigm that we operate under has dramatically shifted this year. It may be presumptuous of me to talk about finding life purpose when you may actually be in survival mode. Let me take this a little further and suggest that if you begin to focus on your life purpose you may not be in survival mode anymore. How long has it been since you were excited to get out of bed in the morning and joyfully start your day? Is there something that you might be passionate about but have stuffed it deep inside because you couldn't afford to move in that direction? Would it surprise you to know that life purpose is a key component of psychological wellbeing, and finding meaning in what you do and who you are?

Recognizing your passion and purpose is life changing. For over half of my life I had a career that I was interested in but never gave me fulfillment. I never understood why I couldn't be content working in that position. Two automobile accidents pushed me into searching what it was that I really wanted to do; what would fill me with joy. It was a concern that I was a little older when I finally found my passion. But I discovered that staying productive and having purpose promoted a longer life. My age became irrelevant in pursuing my purpose. The health benefits of feeling energized and purposeful paled in comparison to the benefits my brain was experiencing. I was creating a level of cognitive reserve - to prevent cognitive decline. In brain speak - having a goal in life affects the cellular activity in the brain (neurogenesis, neuroplasticity). Plaques and tangles still form but having a goal continues to build cognitive reserve. And, the stronger the purpose, the more resilient the brain is.

Where are you on the life purpose ladder? Has your work always been your passion? Did COVID put an abrupt end to that? Or, are you getting ready to retire with no other plans in place? Has COVID left you numb as to what to do all day? COVID might have given you a gift. The gift to really find your purpose and passion. Now you can reflect on the direction your life has taken. This may require some thought and it is not something that can be rushed. Your brain is ready for a change. Your brain loves the challenge of change. It is always ready to grow new cells and new neural pathways to become more resilient as you start embracing your new life. The real purpose in life is to fully engage in your life. You will find your passion as you direct your attention to living.

"It is not enough to have lived. We should be determined to live for something." Winston Churchill

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

Indiana — USA



LIFETIME SUBSCRIPTIONS  
CLICK TO SUBSCRIBE!



**My Boomer Brain**

PCF Consulting

*Patricia Faust, MGS, CAT*

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

**MyBoomerBrain.com**

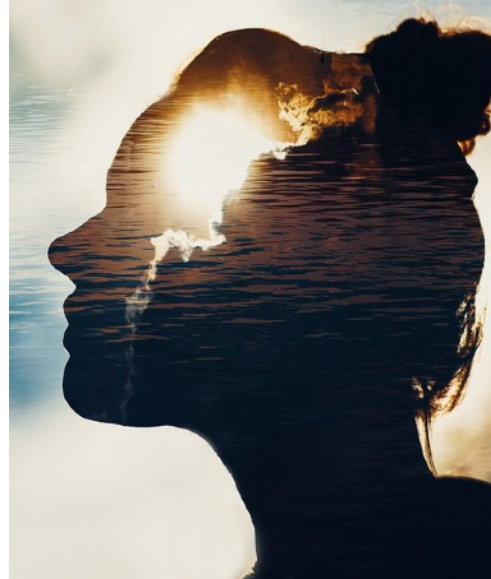


**Rose Rowlson**

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

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

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


**Rediscover Yourself LLC** Energy Sound Healing

**Bonnie Vincent**  
 Founder / Trainer / Energy Sound Healer

*Change Your Frequency, Change Your Life*

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

**rediscoveryyourselfint.com**



**WellnessonSteroids™**  
 Where Wellness is a Way of Life

**Brenda Pitout**  
 Emotional Wellness Specialist

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

**www.wellnessosteroids.com**



**Angela Blaha**

**Angela Blaha, Consciousness Mentor**

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



**www.angelablaha.com**

## EASE YOUR MIND

*By Sibyl English© 2017*

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

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

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

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

~ Sibyl English



# DISCOVER YOUR TRUE SELF

## Prickly Pears, A Life Lesson

By Elizabeth Carney

**There's a lot to be said about discovering prickly pears on your land especially when that land is in Italy but resembles the desert in somewhere akin to New Mexico or a south American jungle.**

Following a morning of garden clearing I had pondered aloud if the fruit on the giant cacti all over the land at the back of my house were in fact prickly pears. My friend who had been hard at work with the strimmer used an app to identify the plant from a photo he took. The result was affirmative. The rest of the conversation revolved around whether they are poisonous and what they taste like. On learning that the flavour is like strawberries and raspberries combined it was inevitable that we opted to try some.

As the first fruit was picked and handed to me, my friend announced that there were no prickles on them, Too late, I was already leaping about spluttering expletives as hundreds of tiny invisible prickles embedded themselves in my fingers and having picked the second pear he soon joined me as his hands suffered the same fate. The thing with the prickly pear, is the prickles that give the fruit its name are invisible to the naked eye and once they are stuck into you it proves extremely difficult to shift them. The more you try, the more they hurt. Soap and water doesn't work, and they won't brush off. Later we learned, after days of discomfort that glue is quite effective and sticky tape too.

So, what's the point of sharing this tale of misadventure? I pondered the significance of what had happened and as I did, it struck me that there was a parable here. As we go through life and encounter people, some inevitably get under our skin - not always in a good way. In particular, those who cause us pain or harm leave us with the lasting impressions of the damage they cause. Often there are no visible signs on a physical level, yet we carry around the emotional scars they have inflicted. Sometimes the scars are so deep it may even be impossible to identify where they came from or who caused them. All the same we know they are there and they prove almost impossible to remove.

The answer is to identify the source of our wounds in order to help us heal. Having a strategy to protect ourselves from those who make us angry, sad or worse is key. If you know how people trigger you it's much easier to prevent it, to develop the thick skin that stops them in their tracks because you no longer let them access your vulnerability that they have previously exploited.

This is another step in knowing who you truly are. Once you do, it is much easier to maintain and keep yourself from harm. Like the prickly pear whose tasty inner core is protected, life and relationships become much sweeter. How can you protect yourself?

[www.elizabethcarney.co.uk](http://www.elizabethcarney.co.uk)

Abruzzo — Italy

Elizabeth Carney  
THE SOUL FIXER

TotallyMe

Reboot your life,  
Retrieve your SELF.

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

[elizabethcarney.co.uk](http://elizabethcarney.co.uk)



# GROWING ORGANICALLY THROUGH GRACE

## Healing From the Inside Out

By Elizabeth Urabe

**I had a very unhealthy relationship to food in my early years.** I knew that I was using and abusing food to punish myself, acting out some deep-seated level of unacknowledged self hatred, but it wasn't until I received divine initiation from my spiritual Master that I was finally able to unravel the threads and clarify the core issue. I was at the Ashram on a 90 day pilgrimage, having recently adopted a macrobiotic diet, eliminated sugar completely, lost 25 lbs, and convinced myself that the war against food had been won. But when my seva, or selfless service, placed me in the bakery and I was instructed by my supervisor that every baked good needed to be test tasted before it went into the oven, all of my hard earned discipline went out the window. Pride certainly did cometh before a much needed fall.

I started eating sugar non-stop, in secret, ashamed beyond belief that I was behaving this way in such a sacred setting. Often I overate to the point of feeling physically sick and would make myself throw up. But I somehow instinctively knew that a very old wound was being brought to the surface of consciousness so that it could be pulled out by the roots and healed once and for all and thus, I offered no resistance.

As time went by and the cycle of overeating, purging and directly meeting the emotions that surfaced continued, I began to notice something interesting. My body was acting out its karma and expressing the pain that I had been unable to process when I was younger but my new sense of Self was no longer inextricably attached to what the physical form was or wasn't doing. It was like watching a movie, in which the main character was battling an eating disorder, and I was simply a witness, cheering her on.

Several years passed and the day came when I heard an inner voice command "eat the butter cookies". I didn't even want the cookies but I had learned the art of surrender and consumed the entire tin. "Throw them up", said the voice. I went to the bathroom and threw up the cookies. "Now forget the whole thing", was the final command. I did. And that was it. From that day forward I ate whatever I wanted, whenever I wanted, stopped when I was full, and never again struggled with my weight. The desire to love myself had finally overcome the ego based tendencies toward perpetuating suffering.

A Course In Miracles says: "Grace is given not to a body but to a mind". Armed with this profound truth and supported by the attainment of countless masters before me, a split in my mind that had been wreaking havoc on my body was permanently healed. And this one experience became the foundation upon which I would approach healing every wound on any level, always from the inside out.

[www.erurabe.com](http://www.erurabe.com)  
Arizona — USA

## Urabe Spirit Art and Batik

ELIZABETH URABE

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



Spirit Art Medium

Spirit Art Medium

The services I offer are —

- Awakening
- Healing
- Energy Transformation & Reintegration



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

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

Search on Amazon By Author Name  
Susan Lowenthal Axelrod



Confident-Life™

Imagine the Possibilities.

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

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

*Discovering You Again. Act Now.*

*WhatWillYourLegacyBe.com*



# SPIRIT BEINGS HAVING HUMAN EXPERIENCES

## The Three Bodies

By Lisa S. McKnight

**The physical body is literally the 3D version of us, in the flesh.** This is the body that we can see, feel, and touch. It is made up of the five elements and gives us a human experience through our five senses. We must use our sense organs to sustain life. This is why Ayurveda exists; it shows us how to maintain the connection of our three bodies. Ayurveda removes the illusion that only our physical body exists by acknowledging that we are spiritual beings having a human experience, and teaching us how to care for our entire being. By combining Ayurveda and Vedic Astrology, we learn that the Physical body is associated with the Rising sign, aka Ascendant and its ruler.

The Astral body is a subtle form of the physical body, representing the 4D, and is closely related to the nervous system. We usually experience it indirectly through thoughts and emotions. We can have a more direct experience through dreams. The astral body vibrates at a higher frequency and is connected to intuition, Chakras, and Nadis, the energy channels through which our life force flows. Ayurveda, Vedic Astrology, and Yoga provide the tools needed to bring balance to the astral body. The Astral body is the bridge between the Physical and Causal bodies. Connecting the 3D, 4D, and 5D is crucial for our journey. The birth chart represents the astral body and acts as a mediator for all three bodies, bringing the design of our existence to light. The planet associated with the Astral body is the Moon; working with the Astral body can improve our physical life with methods that also fulfill our Soul Purpose.

The Causal body is our soul and what we carry from lifetime to lifetime. It stores our karmic records and all the wisdom we have learned over lifetimes. The causal body represents the 5D. Often the pursuit of success in this 3D reality takes over, and we forget to pay attention to the deeper meaning of why we are here, or it feels disconnected from the rest of our life. Working with the 4D bridge between bodies is how we get connected. It is said by many yogis that the pursuit of soul liberation is the only worthy pursuit. It is comforting to know that the doorway to soul liberation is through dharma and that a byproduct of dharma is success and happiness. In this way, we get to have it all. The planet we look to for the soul is the Sun. We also look to the AK (Atma Karaka) Planet, which is unique to each individual.

Working with the Physical, Astral, and Causal bodies can reveal the secret answer to our biggest question; why am I here? Which is not really a secret at all; we were just never taught where to look. Evaluating these factors in the Vedic Astrology birth chart can reveal our own unique formula to custom create our prosperous life.

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

Wisconsin — USA



LIFETIME SUBSCRIPTIONS  
CLICK TO SUBSCRIBE!



**STARDUST**  
**AYURVEDIC ASTROLOGY**

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

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

[lisasmcknight.com](http://lisasmcknight.com)



# MAKE FRIENDS WITH POWER

## Homage to Ms. Bodie Bodacious

By Linda Kaun

### How can one tiny little creature open your heart so completely and disappear in the blink of an eye?

It's been a month now. Yes, the memory is starting to fade. But the feeling is still palpable. This funny little odd-ball kitten, barely six weeks old, was howling in the rice field in front of our house one rainy night the end of April. We brought her in and she made herself right at home. She had splotchy grey, orange and brown brindle-colored fur with faint orange stripes on her long cheetah-like legs. A stubby tail, dark orange eyes and a big mouth. No one would say, "Ohhhh, isn't she cute." It was more of a "Huh???" expression on people's face when they saw her. Including ours.

She was utterly fearless, bold and up for any adventure. We named her Ms. Bodie Bodacious or Bodie for short. Bodie won over our hearts in some way that we still find hard to believe.

I've lived with cats my whole life. As an adult I've had several I've loved deeply. The last one died a couple years ago. My partner rarely had pets in his life. So I know how special it is when a cat chooses you. And Bodie definitely chose us.

From that first night on, her indomitable spirit permeated the whole house. She lived her life full-out, batting around a dry leaf one minute, racing from one end of the room to the other, playing tag with the neighbor cat, and then collapsing on the floor in a ball falling asleep the next. That might sound like ordinary kitten behavior. But she did it all with such flair. We laughed a lot.

One morning I heard her crying in distress. She was up on the water tower that sits next to the wall in the corner of the back yard. The tower is set on steel legs 3-stories in the air with diagonal braces along the sides. She was crying and shaking on the 2<sup>nd</sup> story platform which she'd gotten to from the neighbor's wall. I watched in awe as she tried several different ways to get down, scared and meowing the whole time. In the end she pressed her back up to the wall and, using her feet to control herself, managed to slide her body down the leg of the tower to the next level where she jumped to safety.

One Saturday night in early August she went out the front door and never came back. We live on a small street that has cars and motorbikes zipping along. Bodie, in her fashion, was not afraid to be out there. Yes, I did worry about the traffic but there was just no holding her back.

Thank you Bodie for touching our lives. She showed me how much more I would touch other's lives if I live mine full-out. No apologies for loving and embracing All of Me. Go ahead. Be Bodacious!

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

Java — INDONESIA

### Eagle Mentality —

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

[SibellaPublications.com](http://SibellaPublications.com)



*Linda Kaun*

Inner-Leadership Coaching for Women on a Mission

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



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





## MEDITATION IS ...

*By Sibyl English*

Meditation is the quiet time  
I spend alone with God

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

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

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

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

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

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

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

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



## IMAGINE CREATIONS

**Deirdre Catlin**

Founder

Imagine a new you!

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

Memory Energy  
Therapy

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

Reveal your light.  
Offering workshops,  
Online sessions.

[eye-seellc.com](http://eye-seellc.com)

EMPOWER  
Your Potential



**Samantha Ember**

Human Behaviour Specialist

**Life Coach, Speaker, Thinker, Author**

*Facilitating Personal Success through  
Transformational Coaching*

**"Reclaiming Your True Self"**

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

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

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

Click Below

[EmpowerYourPotential.com.au](http://EmpowerYourPotential.com.au)

## BREAKING OPEN

By Sibyl English

Once again I feel myself  
breaking open

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

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

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


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

Yes, to love. Yes, to Light.

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



## SIBELLA CIRCLE INTERNATIONAL



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

CHINESE PROVERB



## PEACE SPEAKS

By Sibyl English

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

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

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

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

The fragrance in the  
air is that of the  
honeysuckle.



# A PATH FOR BRAVE HEALING

## Good-Enough to Speak

By *Laura Di Franco*

**“Next we’ll do a diaphragm release at the throat. This is called the avenue of expression.”** I listened to the instructor and placed my hands gently around my partner’s throat while my own began to knot up. What happens when you spend a lifetime keeping your avenue of expression shut down, I wondered. I grounded myself sitting to the side of the purple massage table in the dimly-lit room. My partner was silent; body quiet and resting without any signs of distress. It looks like I’m about to choke her, I thought. My mind slid into a couple scenes from movies I’d seen.

Relax, I told myself. This is about her. Get yourself together and breathe. I consciously took a deep pelvic bowl breath and released the tension building in my shoulders, jaw, and low back, bringing my awareness down into my belly button. In the last five myofascial release classes I’d been to, a choking primal scream had made itself known to me. Every time this happened, my three-year-old little girl showed up, throat closed, unworthy of speaking out loud. My little girl would never be good enough to speak. And if she did, the scream that would take place of what was supposed to happen in words scared her right back into silence again.

“Let’s do a little bit of brave healing right now,” the voice boomed in every corner of the room from four speakers, “I’ll show you how! Rest your mind, take a breath. Feel the words that are said.” Several faces looked up from their phones and then tucked them away. Who is that? I thought this and at the very same moment recognized myself; no knotted throat, no shaking hands, no terrified little girl, and definitely good enough. “Recognize, hiding isn’t the answer. Take a moment to feel everything! Maybe you’ll see, we all feel everything...”

I’ve been doing spoken-word poetry at the open mic for two years now. I am 52 years old. It took a while, but I’ve arrived to stand tall up inside my worthiness and speak words out loud, sometimes into a microphone. For the very first time last year, I memorized four poems, which I then spoke out loud to a packed room at Busboys and Poets in Washington D.C. as their featured poet for the evening. When my name was called to come to the stage and my heart started to beat out of my chest, and I could feel my hands start to shake, I whispered to her, “It’s okay, we got this. We’ll do this together.”

Your words will change the world when you’re brave enough to share them. The fear of not-good-enough is boring. What if the the thing you’re still afraid to share is exactly what someone needs to hear to change, or even save, their life? Be brave.

[www.BraveHealer.com](http://www.BraveHealer.com)  
Maryland — USA




**Laura Di Franco, MPT**  
*Holistic Physical Therapist,  
9-Time Published Author,  
Blogger & Poet*

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

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

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





# THE ALIGNED MONEY LIFE

## Creating A New Story

By Melissa Ternes

**I've come to realize I am always creating a story with my thoughts.** The story I create forms what I see in my life. It seems so simple, yet deeply profound, if I'm not enjoying what I'm seeing perhaps it's time to change my thoughts. What I think about money today is what I'll see in my money tomorrow. No matter how talented I am, how many letters I have after my name, it all boils

down to what I think. I've chased so many letters to attach to my name thinking it would give me the life I desired. Yet they never did. It's always been the story I tell myself that creates my life. It's no different with money.

We all have a long money history that creates our money story. All the memories, feelings and thoughts create our money beliefs. Most of which we've never taken time to examine, they're just there. This is where we have the potential to make incredible leaps with money.

Begin thinking about what you are thinking about, especially with money. If you're busy when the thought comes, use your phone app to jot it down. As you begin examining your thoughts and beliefs you may find that there are ones you don't actually believe - it's just been in the story so long that you never questioned it. Others you'll find are no longer true for you. They were true at one time and now they're not, yet they may still be showing up as true. As you go through this process you will be amazed and sometimes frightened by what you find you've been believing "just because" you always have or because it once was. What's possible with a new thought?

Some infamous money stories are, "it's not spiritual to make lots of money", or "I only need just enough", or "I'll become a bad/evil/greedy person if I have lots of money". All of these and so many more are the story that's been told or sold to great women. Women have the potential to impact the world with their gifts, yet when they believe the story and stay small, they leave so much unchanged for the better because of limiting beliefs about money.

Remember, it's just a story. A story that has shaped me up until now. In this moment I get to choose whether I allow the story to continue or if I start a new chapter with a fun, swift turn of events leading where I want to go. It's all too easy to get stuck thinking it's a one-chapter book. You and I, my friend, are volumes of chapters waiting to be written, one thought at a time. You are not the story. You are the writer of the story. You can shift and twist the plot of the old stories to be the foundation of a beautiful new story. Isn't it time for a new money story?

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

North Carolina — USA



LIFETIME SUBSCRIPTIONS  
CLICK TO SUBSCRIBE!



# MASTER YOUR MONEY NOW

Be Savvy. Be Confident. Be Powerful.

---



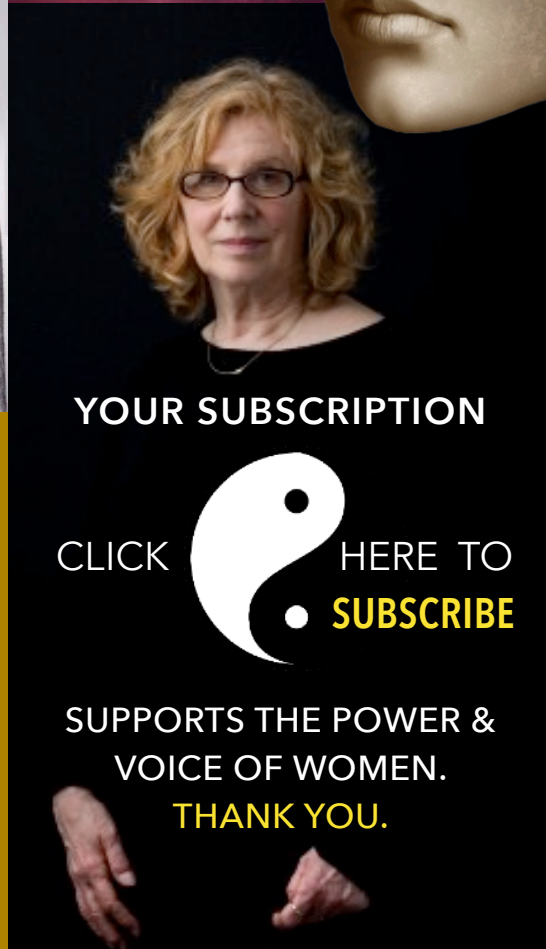
**MELISSA TERNES**  
Financial Empowerment Coach

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

**MasterYourMoneyNow.com**

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

~ Sibyl English



**YOUR SUBSCRIPTION**

CLICK  HERE TO  
**SUBSCRIBE**

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

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



# SIBELLA PUBLICATIONS

## "Get Under the Umbrella of Sibella"

Want to learn more about our publishing company?

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

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

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

*- Sibyl English, Founder*

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



# CHANGE YOUR THOUGHTS, CHANGE YOUR WORLD

## I Learnt A Valuable Lesson

By Margi Batson

**About 30 years ago, accompanied by my two teenage daughters and my husband, I attended an Alpha Dynamics workshop.** It was a huge awakening to how amazing our minds are. We were taught how our brain and mind functions, and the infinite potential of our subconscious. We experienced meditations, one of which was an astral travel, it was amazing. Both my daughters and I came away from that weekend with the understanding that when we tap into our powerful and magnificent minds, we can be our own guide and healer. Since that workshop the three of us have continued to learn more and to meditate regularly.

I attended a second workshop the following weekend along with a very dear friend and my mother-in-law. I had encouraged them to go and I even paid for their attendance, it was rather expensive but I was keen for them to participate and to have this wonderful experience.

After the event I asked them what their thoughts were and what they had gained from the workshop. They gave me minimal feedback and didn't seem at all interested in sharing. This was the same result with my husband's attendance.

The valuable lesson I learned was that people find their own way in life and can't be forced or coerced to do something they are not ready for, or that they are not wanting to know. The same applies to what is happening with current world events surrounding the Coronavirus. My beliefs and my perceptions are all related to my own life experiences, what I've heard, witnessed and endured in the past.

No matter what I say or relate to others, if they are not ready to receive that information, then it falls on deaf ears. Their willingness or not to listen and to accept my beliefs is really none of my business. We choose our own paths in life, we learn at our own pace and what each of us chooses to believe or think is our God given right.

No doubt many of you have been watching and reading FB posts and witnessing the often savage and cruel comments between people. I've been guilty of posting and hoping to reach out and change other people's perceptions and beliefs. I soon realized those who agreed with me had already decided for themselves, it wasn't what I was saying at all. On the other hand, those who disagreed with me were often rude and unpleasant in their communication.

I have enough emotional intelligence to understand that when people are angry and attack others, it's often because they are fearful and that is the only way they know how to respond.

Rather than continue any disputes or disagreements I have chosen to delete many people from FB, including close family members. I continue to hold them dear to my heart, but I fully understand and accept it is their journey and it is their pathway and they will choose to believe what they are ready to believe.

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

Darwin, Northern Territory, AUSTRALIA

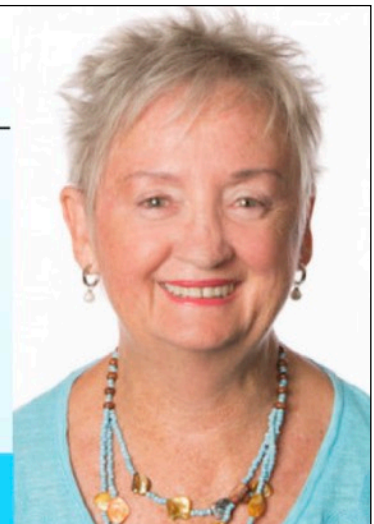
*Margi Batson*

**Stress Relief Practitioner**

*Change your thoughts,  
change your world.*

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

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





# FINDING YOUR PEACE, PURPOSE & PASSION

## Stop Struggling In Silence

By Maria McGrath

**Even before COVID-19, so many women were struggling with 'STRESS'!** And as we continue to stay 'stuck' in uncertainty, I know there are many more fighting and struggling in silence! I have been talking to a lot of women about what's really going on in their lives, and so many of them are putting too much pressure and expectation on themselves, feeling like they have to be strong, or put on a brave face, and make sure everybody else is doing okay. Ultimately putting themselves and their emotional needs last!

For some their struggle may be lots of little things like - "being judged, I'm not happy, It's all too hard, work sucks, not enough money, bills to pay, fighting with partner, feeling guilty, I'm not good enough, I am exhausted, I feel broken and lost, why can't I cope like other people can, I don't know why I can't snap myself out of this, etc!" All of these little bits, if not dealt with, can build up and lead to anxiety and, or depression! And many women are already there! Our biggest downfall as women, is that we put ourselves last, we do not stop and think about how our emotions will impact our lives at a spiritual and physical level. We often forget that we are important too! What we are thinking, feeling, and believing will affect every area of our lives, and these issues will layer on top of each other, eventually weighing us down.

I wanted to share a couple of really simple exercises that can be done anywhere, at any time to work on stopping and, or releasing your stress or worry in the moment you are feeling it. My favourite thing to clear the noise and create calm, is to imagine myself enjoying my absolute perfect day. Maybe it could be relaxing on your private island, swimming with dolphins, skydiving or reading your favourite book with a bottle of wine! Create your own perfect day and spend five to ten minutes, fully experiencing it using all your senses, thinking about what you SEE, HEAR, SMELL, FEEL, TASTE!

Journaling is also a great way to get all the noise out of your head! Your sub-conscious mind processes things differently when it sees your thoughts in black & white on paper! You can now see more clearly what is and is NOT important right now! Or take time out in nature! Get outside, breathe in some fresh air, walk barefoot in the grass, feel the sun on your face, the fresh breeze on your skin, listen to the birds chirp, look at the beauty that surrounds you, take your time and enjoy the moment.

When you can create some peace in your mind, you become more connected with your heart and spirit, allowing life to flow more easily. You will then feel more in control, and better able to deal with what life may throw your way!

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

New South Wales — AUSTRALIA



*Maria McGrath*

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

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

**#1 SUCCESS SOLUTION for WOMEN!!**

**RestoreBalanceandHarmony.com**





# 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.

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

Alderney — UNITED KINGDOM

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

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

*And so it is ...*


***SibellaPublications.com***

**Your Life Balance Doctor**  
*Dr Jane, Your Life Balance Doctor*

*"Smile more, eat well, lose weight"*

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

**YourLifeBalanceDoctor.com**



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.

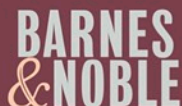
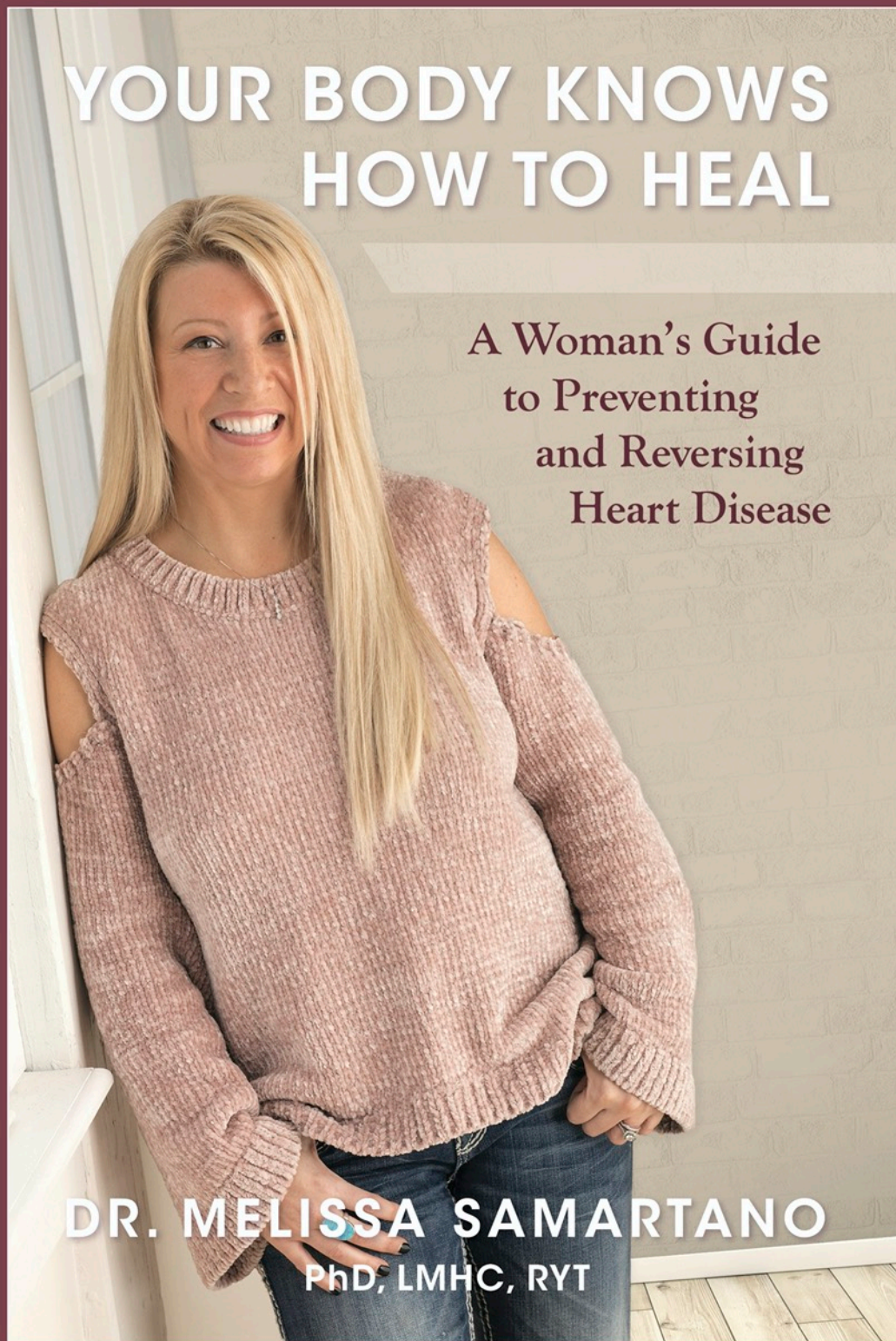
Darkness is no longer a thread inside the memory of our collective point of view. And so it is. *~ Sibyl English*

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

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

*I am living proof  
this system works!*

**ORDER NOW !!**



[drsamartano.com](http://drsamartano.com)



# REVEAL YOUR INNER FLAME

## Marrying Woo and Work

By Carol Campos

**After spending over 20 years in corporate, managing teams, building client relationships, mentoring, coaching, and juggling multiple deliverables, I** thought that becoming an entrepreneur would be a breeze. "How hard can it be?" I thought. "I've got the Universe on my side and over two decades of experience. I just need to get my website up and the clients will start lining up." Oh, how naïve I

was! I mistakenly thought that because "the Universe has my back" (which I fully believe), that somehow everything would fall into place.

In my first few months after leaving corporate, I felt spun. Although I had excellent time-management skills in my job, this didn't translate to entrepreneurship. I felt lost. I found myself "busy" taking mini-courses, watching webinars and reading "one more" book to help me in my business. In truth, I was delaying the actual work. I was scared and I didn't feel ready. I also felt like the Universe was letting me down. I no longer felt supported. It was a lonely time. Of course, I was the one who had cut myself off from Divine Connection.

I started to feel desperate. I had a professional photo shoot done. Surely that will help! I took a class for coaches "guaranteeing" \$8K months if you followed the "formula." It all felt gross and wrong, yet, because I was coming from a place of fear, I was grasping onto any possible solution. The energy of desperation is a chasing energy and NOBODY likes to be chased. Intellectually I knew that, but I continued making choices that didn't feel soul-aligned. I had to go back to my North Star—that Divine Charter that guided me to leave corporate in the first place.

Finally, after getting knocked down a few times, I learned some important lessons, the most important one being that you need a combination of woo AND work to have a successful business. What do I mean by this? Spiritual practices are the magical part of the equation—visualization, mantras, meditation, using crystals and oracle cards—these make up the fuel that get our energy flowing. We feel buzzy and excited which is EXACTLY the feeling you want in order to have a successful business.

But that's only one part of the equation. You also need to do the work. Action steps must be taken every day. True, the "chop wood, carry water" tasks are not always as fun, but they're necessary. An important thing to remember: your dreams can be huge, outrageous and wildly unrealistic. But the action steps you take are best taken in small bites. Why? This way you don't get overwhelmed and you can celebrate the small wins as they happen.

The marriage of woo and work is a powerful. Gradually I noticed my energy shift, and in turn, the energy of my business shifted as well. The Universe had my back all along. I simply had to get out of my own way and let the magic flow.

[www.carollcampos.com](http://www.carollcampos.com)  
Massachusetts — USA

CAROL L CAMPOS  
COACHING  
FOUNDER

Reclaim Your Voice, Be Empowered

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

www.carollcampos.com



# Sibella<sup>SM</sup> Circle INTERNATIONAL

HOLISTIC & ALTERNATIVE HEALING —  
ONLINE GUIDANCE & WELLNESS FOR WOMEN

Get the Support & Assistance You Seek From These Women Practitioners

## VISIT OUR PORTFOLIO GALLERY

SPIRIT. SOUL. MIND & BODY — Promoting Women Practitioners

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

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

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



CLICK HERE TO VISIT OUR AMAZING PORTFOLIO GALLERY

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

SibellaCircle.com

Handcrafted • Powerful Botanical Essences Made Fresh Daily

# O ARTISAN<sup>SM</sup>

Artisan Blends for Wellness

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

## **Introducing our newest blend "BOTANICAL FORTRESS"**

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

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

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

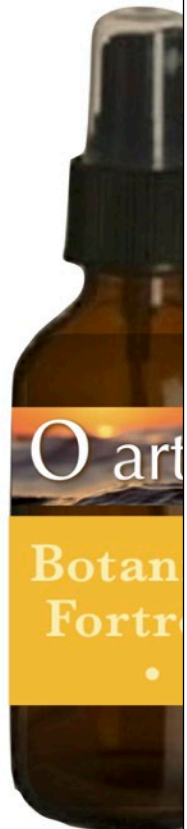
And the fragrance is absolutely amazing!

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

## **Botanical Fortress**

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

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



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

~ *Sibyl English*



**YOUR  
FEEDBACK  
IS VERY  
IMPORTANT  
TO US**

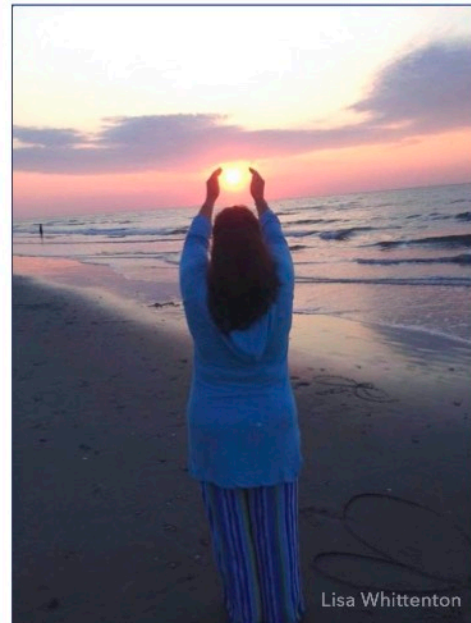


**TAKE A MOMENT  
AND SEND A QUICK  
EMAIL TO THE  
SIBELLA  
PUBLICATIONS  
STAFF**

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

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

**[CLICK HERE](#)**



**MANIFESTATION**  
A Choice & Practice

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

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

*It can be done ...*

If only you would  
*choose* to see it  
that way.

— *Sibyl English*

 LIKE ON FACEBOOK

 CONNECT ON LINKEDIN

*Both fate & faith brought you here!*

DISCLAIMER \_\_\_\_\_

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

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

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

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

**GIVING INTUITIVE WOMEN WRITERS THE PLATFORM THEY DESERVE**



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

AN INTERNATIONAL ANTHOLOGY-PUBLICATION



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

*Sibyl English*

**WEB MANAGER & CONSULTANT**

*John Mitchell*

**EDITORIAL STAFF**

**DESIGN & LAYOUT STAFF**

**ADMINISTRATIVE STAFF**

**ANNUAL RETREAT STAFF**

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

*~ A Course in Miracles*

**CLICK HERE  
TO VISIT OUR  
WEBSITE TODAY**





# SIBELLA CIRCLE INTERNATIONAL

*Established 2007.*



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

## THE WOMAN SHE WAS CALLED TO BECOME

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

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

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

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

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

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

*[www.SibellaPublications.com](http://www.SibellaPublications.com)*

**DEADLINE IS OCTOBER 15, 2020**

*“Ordinary Women Sharing Extraordinary Insights™”*

EDITORS  
ARE NOW  
ACCEPTING  
ARTICLES  
**HURRY!**

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

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

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

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

**Topics to write about include:**

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

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

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

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

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

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

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

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

