

OCTOBER 2020

Sibyl

VOLUME 13: ISSUE 10

Mindfulness | Compassion | Authenticity | Insight & Wisdom

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MAGAZINE

FOR THE SPIRIT & SOUL OF WOMAN





INSIDE COVER STORY — In Her Own Words

THE PATH OF INNER ALCHEMY

Transforming Life Experience Into Wisdom

By Daniella Schoch

An unexamined life is a life lived in darkness. Life happens - I think we can all agree on that. And we can just accept that. Or we can use our life experiences as an opportunity to learn. Grow.

When I had my accidents all these years ago a lot of people said: this is just bad luck. You should try to forget and just move. But that's exactly what I couldn't do. First, because I was scared - really really scared that next time I might not be so lucky and unless I changed something about my life and "got the message" my days could be counted. And second, because I was in deep pain. The pain of not understanding and the desire to make what was happening not only a stroke of bad luck but a turning point in my life. A crisis from which I would rise stronger, wiser, more compassionate, and more resilient.

Only years later, did I realize that this was in a sense my true spiritual awakening. When I understood - not only on a theoretical level but also in lived experience - that I am a soul, a being beyond my physical body, I couldn't regard external happenings as coincidences or bad alignment of stars anymore. I knew I had to examine my life and the structures I had built and ask myself: What can I learn from this? Am I really happy? Am I living my best life? Do I feel like I am bringing my best self forward? Am I doing something meaningful with my life? Do I feel fulfilled and satisfied? Am I actualizing all the gifts and the potential that I sense within me in my clearest moments?

Many important and fundamental questions and I would highly recommend not to ask them all at the same time. As it was, life wasn't giving me that choice anymore. The time had passed to ask them "nicely." Instead, I asked them staring at a hospital ceiling being rolled into my fifth surgery. I asked them reading to my mum while her soul was peeling itself out of her body ready to pass over to the other side.

There were moments of despair for sure but this process of inner transformation also opened up a horizon of possibilities and curiosity. I started to wonder how I could make something beautiful come out of this. I've continued to ask these same questions and the answers have shaped me into the person - and professional - that I am today. I've learned that in Her infinite wisdom and love we get more than one opportunity to grow, test our muscles and become better at transforming our life experiences into wisdom using the cooling energy of an enlightened mind to analyze the heated emotions.

Looking at what is happening in the world right now, I can't help but feel that it presents us with a huge opportunity for growth. A moment in time where we are all forced to ask deep questions. Instead of giving into fear, worry, and hatred asking: how can I contribute to a field of compassion, acceptance, and true equality with the energies that I radiate? Knowing that we are all souls carrying an undeniable spark of the divine within us?

The Divine Law of our universe is Love. And if that's true, how can I manifest this Divine Love in my daily life? How can I give more, help more, be kinder, more generous? Examining our experiences brings enlightenment. Divine Grace shining on our life and endowing us with wisdom.

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Mallorca, SPAIN

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

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"Ordinary Women Sharing Extraordinary Insights"

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

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

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

Enjoy your reading experience!

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



**FOUNDER & CEO
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EDITOR-IN-CHIEF**
Sibyl English

**WEB MANAGER
& CONSULTANT**
John Mitchell

**EDITORIAL STAFF
DESIGN & LAYOUT STAFF
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*Nothing real can be threatened.
Nothing unreal exists.
Herein lies the peace of God.*

Sibyl

MAGAZINE

"Ordinary Women Sharing Extraordinary Insights"

FOR THE SPIRIT & SOUL OF WOMAN

INTRODUCING THIS

YEAR'S CONTRIBUTING ARTICLE WRITERS

2020



Brenda Pitout



Carol V. Meyer



Cynthia Harrison



Dani Andersen

DEADLINE
FOR ALL
NEW INCOMING
ARTICLE
SUBMISSIONS
IS NOT UNTIL
OCTOBER 15, 2020



Danielle Schooch



Gail Gibson



Jill Dianne Bittinger



Kara Lambert



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Kimberly Hambrick



Lee Steem



Lynley Evans



Margie Batson



Marie Brunger



Marla Diann



Martine Negro



Michele Sayers



Orraith O'Sullivan



Pennie Quaile-Pearce



Penny Myers



Shannon Chin



Suzanne Duncan

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



SPEAKING TRUTH FROM THE SOUL

UP CLOSE AND PERSONAL



FROM OUR FOUNDER

Sibyl English, Founder & CEO

Sibella Circle International & Sibella Publications

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

*I truly believe each of us are the spark
within the twinkle of every star in the sky. ~ Sibyl English*

Hi, my name is Sibyl English, founder of Sibella Publications and Sibella Circle International. With great joy and a full heart, I welcome each and every newcomer into my world of feminine soul-expression, Sibyl Magazine: For the Spirit and Soul of Woman — an inspiring publication that shines a light on the introspection of self-love, self-care, emotional healing and higher-consciousness of women.

The uniqueness and actual beauty of Sibyl Magazine is how each page is written and submitted by "*Ordinary Women Sharing Extraordinary Insights*" from around the globe.

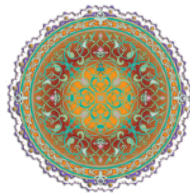
With an open mind, as you reflect on each woman writer's article, feel free to connect with her if you have further questions, or need assistance and or would like to have her thoughts on something pertaining to her article or expertise. As always, when reading through each month's issue, you'll find thought-provoking stories and intellectual resources to glean from. Think of each of our Contributing Article Writers as your personal © Soul-star Connection of love and light!

We encourage you to join our over **75,000+ in readership around the globe** — women who already receive their personal copy of Sibyl Magazine's easy-to-open hyperlink in their email inbox at the top of every month.

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With love, light and joy always,

Sibyl English



Sibyl English, Founder & CEO

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Sibyl English (International Jazz & Soul Vocalist)

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MEDITATION IS ...

By Sibyl English

Meditation is the quiet time
I spend alone with God

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

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

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

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

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

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

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

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



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WEAVING THE WEB OF LIGHT

Navigating the River Of Change

By Jill Dianne Bittinger

Anxious. Intense. Volatile. Vacillating emotionally, noticing my addictions. What is happening?! Did I really say "yes" to this intense level of change? Several articles previous, I made the declarative statement that I was choosing to move forward through the river of change. Joe Dispenza warned about the intensity of the experience in the middle of that river; a time when one might want to go back, grasping at things and people that had formally been comforting and familiar. He called for a conscious decision for THAT to be the time to be clearly visioning into the future. I invite my reader to share in this personal process.

First, we realize "back" does not hold the answers for our future selves. All we ever have is the present moment. Being attuned to the fullness of the Present moment allows the highest future to unfold. Though memories are sweet, I recognize they are not meant to be lived on a daily basis. No matter how sweet the memories of my former family structure, it does not change the fact that after our separation, my partner quickly made a new family life with a new woman. Thus, the doorway to back does not even exist. After the emotional breakdown, the truth finally reveals itself: blame does not serve. I am responsible for my current position. It is I whom is on the operating table, cutting away thinking and feeling that no longer serves.

Where to from here? What vision do I hold?

I call it forth in present time words of power. Be gone gray clouds of depression! Clear away the negative beliefs that root self-doubt. The fires of anger may now dissipate. My ego is fully exposed, tamed in the realization there is nothing left to defend. The fighting spirit within subsides in the awareness that justified anger does not bring peace. The dross is consumed. What's left? Might I find the pure crystalline nature of the spiritual essence within? I breathe deeply and send out the earnest prayer that it may be so.

May I awaken to the deeper truth—the power and possibility of who I am as a whole and complete being. I call for the manifestation in the external to this inner dawning of new consciousness. I allow myself to feel into my dreams of what is yet possible in my life. Possible from the place of self-actualization.

My life's purpose clarifies daily. I commit to self-care to maintain my wellbeing. I hold the vision of living in a field of financial empowerment and freedom. I prepare to receive support from invisible realms. I am unshakably connected to my Higher Power and my deep knowing, infusing all aspects of my life with the sacred. I have confidence in myself as I move forward into my largest life, sharing gifts that impact others in positive ways, creating loving and thriving relationships in my family and power partnerships for my evolution and growth. And so it is!

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AUTHENTICITY AT ALL LEVELS OF BEING

Are You Smiling To Life?

By Martine Negro

Your smile is an inviting energy that allows the universe to be your supportive friend through your life journey. And that inner smile originates from your choice of perception. No matter what happens, you choose between threat or challenge, between resisting or allowing what is. That will instantly bring up a different emotion, focus and behaviour. It is the difference between "I am going to hit the wall and crash!" versus "There is just enough space for me to turn away".

I live from the perception that everything that happens to me is part of my spiritual training to grow better qualities. That helps me stay with any situation without resistance and stimulates my curiosity to find what is the key lesson in that experience. It can start with a simple question: I wonder what is the hidden blessing in that? What would make this person react in such a way? Remember that nothing is personal when a person is upset. It is part of their own process unfolding right in front of you. I had a great experience with that during an energetic session. The lady I was working with suddenly projected an aggressive angry energy towards me, accusing me of all sorts of things. I stayed in the perception that this unexpected reaction was part of her release and kept her engaged in activating various acupuncture points the whole time she was talking. My whole focus was on how to help her complete that release and return to centre. After ten long minutes, she took a deep breath and switched back to what she came to work through. At the end of the session, her anxiety about being sick on the cruise she had booked to go on with her friends was completely gone and she was so happy she gave me a hug! How do you respond to a roughly packaged criticism? Shift your focus from the "packaging" to "is there any Pearl of Wisdom hidden there?" That experience was a great training for me in staying focused on my therapeutic goal no matter what comes up.

Perception is a function of your Soul. So what if you have a dark thought? A thought is a kind of energetic form. You can adjust its shape to be more useful or beautiful. You can also perceive it as a passing bird flying through your mind. Unless you hold it there it will fly off. Choose carefully what you cultivate in your mind as it commands your energy. So every thought and corresponding emotion has an immediate consequence on your physiology. Over time, that profoundly impacts your health. So take what is there and turn it into a lighter form.

Cleanse the doors of perception. The light of one small match dispels darkness. In a space filled with light, darkness cannot enter. Practice inner smiling which is a way of saying "thank you" to life.

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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.

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



OUR MAGNIFICENT BLUEPRINT: THE 'I AM'

I Know, I Can, I Will

By Brenda Pitout

Learning to know my infinite value, true worth and magnificence enables me to resonate on a higher frequency. It is whilst resonating on this frequency that I connect in to Love, Joy, Peace and Gratitude in spite of what is happening in the world around me. There is so much in our present world that points us to destruction, doom and despair but on the other hand there is so much that directs us to help, hope and happiness. We are the ones with the power of choice as to where our focus is going to be.

I have learnt to revel in the wonder of the moment and often find myself mesmerised by the magical magnificence of nature and all that it displays so diligently for us to enjoy each day. The sounds, smells and sights of Spring here in Perth inspire a song of joy and wonder in my heart. They uplift my spirit encouraging me to daily desire to participate in the symphony of life with abandonment and pleasure knowing that this is all a most precious gift that deserves my gratitude and wholehearted investment.

The delicate perfume from the pink plumb blossom in our back-garden wafts into my nostrils reminding me that although so much has changed in our world, nothing has changed in the meticulous and exquisite accuracy with which nature produces what it was designed to produce. The bees busy at work collecting nectar from these dainty and delightful blooms are a simple manifestation of nature's ability to continue undeterred by the massive events taking place all around them. They know what their mandate is, and they can and always will fulfil the purpose for which they were designed - and so must I.

I consciously choose to consider the opportunity and privilege I have been given to participate in this unprecedented time in the history of our world and know that it is an honour to be witnessing the unfolding of each day with its challenges and chances, mysteries and miracles, perils and perfection. How blessed I am to be seeing what I see, hearing what I hear, knowing what I know. Growing older and maturing with the wisdom that is from above, whilst having the faith that sees the invisible, believes the incredible and achieves the impossible.

This life is guaranteed to pass away for each one who navigates their way through this earthly scene, but it is merely the precursor and backdrop to what is to come which far exceeds our wildest imaginations. Let us grow abundantly as we cross the trackless desert and walk upon the sea rising above the things that want to pull us down. As we forge forward in faith, may there be a dispelling of all doubt and fear knowing that the One who controls the wind, waves and storms of life will prevail and if we keep our eyes focused on where we are going, living for eternity, we too shall overcome and be victorious.

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

SIBELLA PUBLICATIONS

Every woman needs to write in order to truly breathe.

~ Sibyl English

AWAKENING TO HER MOMENT IN TIME

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

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

WALK ON

By Sibyl English

Walk, walk on

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

Walk, walk on

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

Walk, walk on

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

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

Walk, walk on

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

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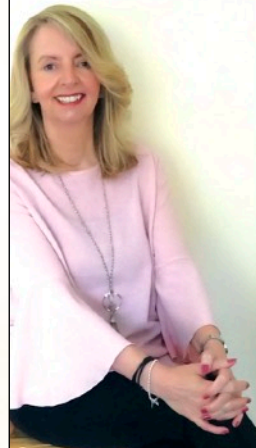
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SIMPLE YET PROFOUND

Prune Your Soul

By Kimberly Hambrick

Weather is getting cooler as Fall starts to arrive. Truly my favorite time of the year. I love the changing leaves, the crisp air, and the smells of the season—apples, cinnamon, and pumpkin. As I was pruning my shrubs, I started to think about how Fall is a great time to prune our souls of things we have allowed to take root and now are damaged or serving no purpose.

For me, I realized I had unresolved anger over a few areas of my life. The year started with excitement with a new collaborative project. However, a few months in I realized that those in charge were not leading with integrity and I walked away. It was the right decision for me but as I was pruning the damaged branches from my shrubs, it hit me that I was still carrying around anger and resentment toward those who invited me into the project and then did not live up to their responsibility. I recall when I pointed out my concerns and why I was exiting the project, one of the leaders said, “treat this as a learning experience...you will not be getting your money back.” As I started to think into this, I became angry all over again. I had allowed that anger to stay and intertwine within my soul and just like that it sprouted back up again demanding attention.

And recently, I have been helping a dear friend through her pending divorce. Her hurt is raw and as I let her share and cry, I found myself having a twinge of anger still over someone who a few years ago said similar hurtful words to me. My focus remained on her but after, I sat with that anger over my past hurt. And just like the dead branches, my anger was crowding out the healthy growth of my soul.

Pruning allows room for new growth on plants. As I gathered up the damaged branches, I started to personalize them with words that represented my unresolved anger. “Deception,” “unethical,” “immature,” and “hurtful” were a few of the words that came to my mind quickly. And as I shoved the named branches into a compost bag, I realized that my anger was slowly leaving my soul. I gathered more branches, gave them names, and dropped them out of sight into the bag. This simple yet profound act truly removed the lingering anger from my soul. My heart was full. My neighbor commented that he has never seen anyone enjoy pruning shrubs as much as I did. I laughed and said thanks.

What are you carrying around in your soul that is damaged and crowding out room for new growth? Are you holding on to unresolved anger like I was? Has it developed deep roots and sprouts out for your attention? If so, Fall is a great time to prune your soul.

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EMBRACING AND BECOMING YOUR LIFE CALLING

Be the Sunshine in Your Daily Calling

By Shannon Chin

Time flies and we're heading into October. Three quarters of the year is gone. I feel I have not accomplished as much as I should have, in business and in my personal life. I realised I have been focusing all my energy on my business and that's not at all healthy because it's not balanced. I want to change my energy around. I started thinking what can and will I do to lift my own spirits which can create the energy flow to help others at the same time.

So I decided and committed to myself that I will capture one little thing in my daily life that makes me smile and my heart sing. By the end of the calendar year, I'll have 122 beautiful things to look at and be grateful for; and by the end of a full year, I will have 365 beautiful things that has fed my heart, mind, body and soul.

I've been doing this since the beginning of September and I'm loving finding and capturing the little things in my daily life. This initiative has become a great source of motivation for me, it's like a daily accomplishment for my heart and my soul that no money can buy.

I wanted to emanate my blissful energy that is filled with so much gratitude with my family and friends. So I started sharing photo images that I have captured. I know I'm creating energy ripples when these are shared.

As I continue to do this, I have a lightbulb moment on the morning of me writing this article. I thought to myself, why don't I share this initiatives with everyone and help them find their own 365 days of little precious joyful thing that is meaningful to them. This also means every day in their lives from now on will be filled with bliss.

I believe that there is always little things that can make us smile, when we give ourselves permission to do so and commit to finding just one little thing each day. It could be something you see, an act of kindness that you witness, kindness given to you or by you, it could be a meaningful conversation you have with someone, it could also be something that you cooked or baked. Take a photo, write a short note or record a short audio message each day. It is about capturing those little things that we often don't take that much notice of.

I love the sun because it makes me happy. I also know that we can become the sunshine in our daily life as well and start radiating that energy to others. The beautiful thing about this is that there is no limit to how big your ripples can be. How marvellous is that?

So, go ahead and be the sunshine in your daily life, be that sunshine that radiates all day and all year round. I know you can and you will!

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PRACTICING THE ART OF HAPPINESS

Say Yes to Harvesting Happiness!

By Orlaith O'Sullivan

There's a teeny house plant I'm tending at the moment. It has only five leaves so far. Each day, I watch it drink in sunshine and water and magically convert them to into stem and leaves. It feels miraculous. Watching this little plant's instinct to thrive has been a genuine source of happiness for me.

Now, if you asked me to compile a list of things that would make me happy, a little house plant would not feature! When we imagine what would bring us happiness, we tend to think big - mapping out stories of career, money, body, love or recognition. But on any given day, when we explore what actually makes us happy - it is amazing how tiny and simple our happinesses are.

A really nice cup of tea. A favourite song surprising me on the radio. Laughing with my mom. A cat purring. The unstoppable joy of a dog barrelling along the seashore. Feeling warm. Feeling included. Snuggling into fresh bed linen. Being able to take a deep breath with ease. Sitting down after a busy day. Helping things (including me) to flourish.

Turns out, there's loads of happiness already here. Is it all-encompassing? Nope. There are other things in me that aren't happiness - I carry hurt or fear; I feel physical pain. Is the happiness lasting? Nope. The song will end. I'll finish this cup of tea and maybe the next one won't be as nice. Sooner or later, I'll get a cold and have that snuffley feeling.

The deeper question I can ask myself is: is it enough? Are these countless, small happinesses enough? (And believe me, they are countless - I've tried to itemize them and end up defeated, laughing at the abundance in my life.) Can I allow myself to accept the happiness that's available right now? Can I savour these simple moments of wholesomeness without comparing them to invented big life stories of what 'real' happiness looks like?

Modern research tells us that our brains are really poor at predicting what will make us happy, so why not direct our attention to what is already making us feel happy?

The easiest way to start is with a day of harvesting happiness. To do this, you can partner up with your five senses. Your senses constantly draw in happiness - big and small - so rest your attention on what you see, smell, touch, taste and hear. When you notice that you approve of or appreciate, take a moment to deepen your connection with it (20 seconds is good). Allow yourself to 'receive' this wholesome bounty. As you go through your day, take regular pauses to harvest a little happiness. At the dimming of the day, you can reflect back on the day's harvest. Notice what was unusual or extraordinary, and what was simply a part of your everyday life. You'd be amazed by how much happiness is already here! Thank you for reading - and take good care of your precious heart.

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THE PATHWAY TO LOVE AND COMPASSION

Shame and Vulnerability

By Lynley Evans

Everyone experiences shame at one time another. It is an emotion with physical symptoms like any other that come and go, but when it is severe, it can be extremely painful. Strong feelings of shame stimulate the sympathetic nervous system, causing a fight/flight/freeze reaction. We feel exposed and want to hide or react with rage, while feeling profoundly alienated from others and good parts of ourselves. We may not be able to think or talk clearly and be consumed with self-

loathing, which is made worse because we are unable to be rid of ourselves. Internalized shame hangs around and alters our self-image. It is toxic.

It can hide in our unconscious, so that we are unaware that we have shame. When we experience shame, it lasts much longer. The feelings and pain associated with shame are of greater intensity. An external event is not required to trigger it. Our own thoughts can bring on feelings of shame. It leads to shame spirals that cause depression and feelings of hopelessness and despair. It causes chronic "shame anxiety" – the fear of experiencing shame. It is accompanied by voices, images, or beliefs originating in childhood and is associated with a negative "shame story" about ourselves. We need not recall the original source of the immediate shame, which usually originated in childhood or a prior trauma. It creates deep feelings of inadequacy. If not healed, toxic shame can lead to aggression, depression, eating disorders, PTSD, and addiction. It generates low self-esteem, anxiety, irrational guilt, perfectionism, and co-dependency, and it limits our ability to enjoy satisfying relationships and professional success. But remember we can heal this and build our self-esteem.

So, what is vulnerability. It is uncertainty, risk, and emotional exposure. So, if we think about loving someone, whether it be your parents, siblings, spouse or close friends, love is filled with uncertainties and risks. Vulnerability is hard. But what can make it even harder are the inaccurate assumptions we hold about it.

We consider it to be a weakness. We love it when others are open and honest with us. But when it comes time for us to share, we freak out. Suddenly, our vulnerability is a sign of weakness.

Being vulnerable connects us with others. It opens us up to love, joy, creativity, and empathy. So, it more like truth and feels like courage.

Life is vulnerable. It is not a choice we have to make, but the choice is how we respond when the elements of vulnerability greet us: uncertainty, risk, and emotional exposure. We tend to avoid being vulnerable and then we have this idea that it means spilling our secrets. Vulnerability embraces boundaries and trust. It is about sharing our feelings and our experiences with people who have earned the right to hear them. Being vulnerable takes courage. But it is worth it. It is worth it to be ourselves, to connect to others.

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GAIA, INDIGO, AND SAGE

The Artistá Emerges

By Keita Annie Whitten Foster

“Good morning God, ancestors, guardian angels - it’s a new day and I am thankful! I am thankful for breath and the ability to arise out of bed each morning and walk on my own two feet! I am thankful for the home I knew in my heart I would one day own, and for the land to cultivate food. I am thankful for joy and the love of my life who shares joy with me. And, I am thankful to reclaim my art, and now have space for a studio!

Every time I get to this part of my morning blessings, tears well up within me, and I am overwhelmed with gratitude. It’s been a long, arduous road, carrying around, salvaging, and preserving all my journals, poetry, short stories, and experimental pieces of multi-medium acyclic decoupage I managed to squeak out over the years since the 80’s- in between the mess I once called my life. Having a studio means these elements now have their very own place to breathe.

It’s October. The bright summer morning sun has begun to fade (I don’t like arising before the sun.) In a few days, a new moon in Libra will emerge. She will remind me to bed down the garden for its winter slumber. A new moon is a chance to reset and realign intentions. A Libra new moon governs the energetic properties of harmony, balance, beauty, loving relations, clarity, creativity, and intellectual insight. I will harness her gifts to pause, to help me create seasonal balance, and to mark the transitions between being tiller of the soil to tiller of the soul. I am excited to embrace the shorter days as a downshift, and look forward to having space to pay full attention to my art.

Over the years, this small building has provided many opportunities, with each being what one of us needed in their time. When this land was a farm, my studio was a small barn with a stunted hayloft. When my husband took it over decades ago, he transformed it into a work shed. And when he had a horse, he added a tiny makeshift stable and attached it to the rear wall. Today that stable barely stands. Yet, it seems suffice to store simple garden and yard equipment. In the stunted hayloft, I have yet to discover the possibilities. For now, it’s simply an overhead space that mimics the sound of heavy footsteps dragging across the ceiling as the metal roof creaks when the summer sun warms it up. For me, this space represents authentic space to explore being the “Artistá.”

Having a studio to create is providential“. It transformed the whimsical fancies of a small girl into the 56-year-old Amazonian warrior, who now zealously acclaims, “I Am Art!”. Perhaps there is a passion in your life you may have forgotten about. And perhaps, you could harness these fall months to rekindle your own passions and let them simmer in a cauldron of creative possibilities.

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Releasing the POWER WITHIN

By Sibyl English

*Listen to the drumbeat
of your heart*

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

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

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

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

*Spread your wings
and fly!*



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.

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THE DANCE OF CONSCIOUS PRESENCE

Powerfully and Consciously Present

By Carol V. Meyer

What does it mean to be powerfully and consciously present, and, how does this look for you? To me, it means that I feel connected, empowered and intentionally aware of 'right now'. This practice includes owning my body and, owning the space around me.

'Owning my body'; what an interesting phrase! Whatever could I mean by this seemingly absurd statement? I coined this term as a reminder for me to consciously and periodically, connect to my body, to feel the feelings, sensations, emotions and, observe my thoughts. I found that curious enquiry from an 'observer perspective' increases my capacity to 'be with' whatever arises, including difficult emotions. Curiosity helps keep me from being swept into the 'judgement vortex'.

This discipline developed and evolved over several years. I use practices that help me connect to the here and now. My approach is predominantly body-based and, I draw on my experience of martial arts, dance and Dance Movement Therapy.

Some of the micro-practices include noticing my breath, awareness of the edges of my body, grounding, and, tracking and re-directing my energy. The beauty of the micro-practice is that I can use them anywhere, any time. In my more dedicated practice as well as in my private and group sessions, workshops or retreats, dance plays a big part. This is followed by writing or art, to process the connection between the movement and the feelings it evokes; this facilitates a more profound sense of embodiment and integration.

When I refer to owning the space around me; I create and maintain an energetic buffer around me. I choose and control what I will permit to pass through and to what, access will be denied. It can also be used to filter out negativity and to assist you in making sure that you only own what is 'yours' and don't take on other people's 'stuff.' When you own your body, you can effectively own your space.

Being connected and aware of right now is what is often called present moment awareness. The secret, however, lies in observing what is without becoming entangled. I like to think of this state as 'conscious presence'. Yet the real art is the dance of conscious presence; this is the fluid movement between your inner world and your outer world. It is an intricate dance, weaving a sacred union of awareness of yourself and the space around you.

To hone the dance of conscious presence, awareness of your breath is a faithful companion. It becomes the point of contact; the meeting place or the gauge by which you track the interplay between the internal and external. To use it; notice your breath without trying to alter it and then expand your awareness to take in what's happening around you. The dance of conscious presence enables you to live and enjoy life on this earth-plane, in a state of embodiment, powerfully and consciously present.

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EMBRACE EACH STEP OF THE JOURNEY

© 2020 Written by Sibyl English

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

You miss the most important parts of your divine dance with the universe by moving too fast, and demanding too much from yourself and others. Self-manipulation is a 100% stress-filled act

of low self-worth and disbelief in self. Therefore, choose to know in your heart that you are more than enough for all the goodness that's coming your way!

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STAND FOR YOUR WORTH AND DIGNITY

Your Spiritual Leadership Is Calling

By Marla Diann

By Marla Diann

Enough already! Let's breakthrough this serious, heavy energy that's been weighing us down for seven months already. Say this with me out loud! "I am no longer available to be manipulated by the propaganda news, the fears, the worries, the doubts, the negative energies, low vibe discussions and anything that clouds my view of my brilliant vision of freedom, success, and happiness!"

It begins with a swift mindset shift. Then it's time to shake up our life by tuning into our power channels of intuition and gratitude!

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Think of this metaphor of a wild white-water rafting adventure vs. the quiet flow of drifting down the river to help revitalize your mindset and create an energetic shift to no longer tolerate our worn-thin mindset while living in the middle of this global disruption. It's time to shake up our lives and move into higher action.

Here's the reality: All of our certainty in systems and institutions that once defined us and we relied upon are breaking down and being transformed. Whether it's the school systems, shared work spaces, money systems, or environmental systems, they are all changing. Therefore, we must have a solid internal compass to keep us feeling safe, trusting, faithful, creative, innovative, inspired, hopeful and energized during this global transformation.

This is where our Spiritual Leadership comes in. I know you want faster, more fulfilling results in your personal and work life. The secret to ramping it up is taking spiritually aligned actions with the support of partnering with Universal Intelligence (Spirit, Source, Higher Power, etc.) consistently. And, when you fall off the wagon, you just recommit. Our spiritual practice is a series of recommitments over and over year after year.

It's imperative we fine tune our power channels of intuition and gratitude to speed up our manifesting. What I have learned over the years of my own evolution is our intuition can only be heard when we allow it to come through and are conscious of it. Intuition is our superpower. Combine that with a mindset and habit of proper daily gratitude in form of journaling and praying, and you have two of life's most potent collaborators of manifesting.

Intuition is not a feeling because feelings are fleeting; whereas intuition is a divine urge, an inner nudge, a wisdom in the moment usually felt in the body somewhere. As of late, my intuition has been heightened because I am committed to this enlightenment. When I am tuned in, listen, and take action, it's easy. I no longer struggle to find the answers. I ask. I pray for answers. I receive.

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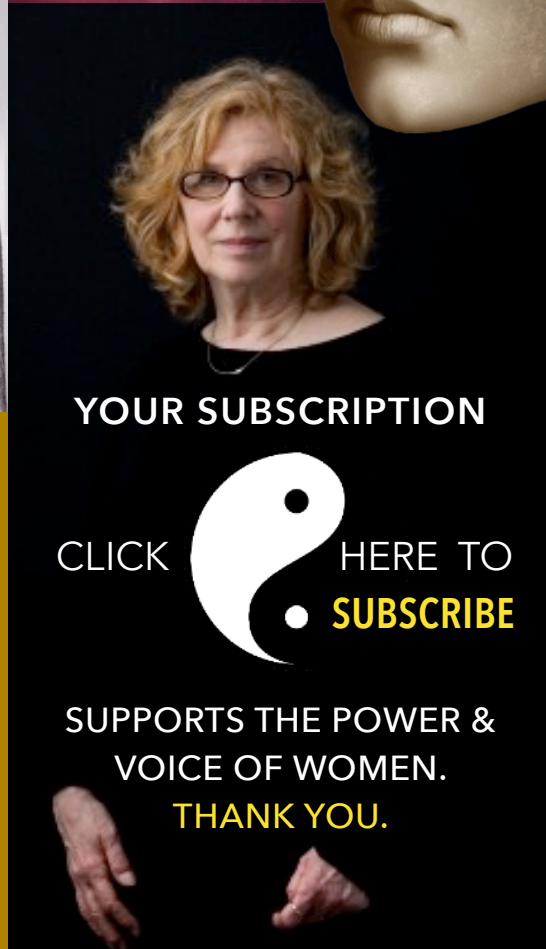
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~ Sibyl English



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of who you really are; then fearlessly move
forward in your life toward your highest
goals and potential. ~ Sibyl English

LIVE FULLY, LOVE FULL

Live Fully, Love Deeply

By Suzanne Duncan

This month we celebrated Gran's eightieth Birthday party. It's special anniversaries like these that make me grateful for the connection with family, even if they are on the other side of the country. Even if we couldn't be there in person, we were there virtually.

Gran organised a local catering business to deliver a feast of finger food to the four of us. A beautiful gesture of thought and kindness. We had a party here and celebrated over a video call with them, listening to the speeches by her husband and two sons. I thought of my late husband and what he would have said about his mother. How he would have celebrated her. He was alive for her seventieth and flew to be there then. How life changes.

Moments like this are precious. Seeing my children wave and laugh with their cousins, aunts, and uncles. It was a moment to treasure. A time to enjoy. A time where we connected, waving at family and friends.

How we've adapted during lockdown and made these moments count. Moments in time that shine on. And thinking of the all the moments still to come and how I will plan for them. How will I attract abundance and joy?

I begin by asking myself why am I doing this? For what purpose do I want this? To be the best possible version of myself, not only for myself for my teens who stand beside me. To not settle, to explore further and find out just how far I can learn, grow, and evolve and inspire others to do the same.

What do I need to continual change and grow? What resources do I have? What values do I continue to uphold and live by? What do I need to prioritise? I look at my life today. What is serving me in a functional way, what is dysfunctional and needs to be released?

How am I going to move forward? What rituals do I adopt to get me from where I am today to where I want to be tomorrow? Consistency is key and I honour my mind, body and soul with nourishing habits that gave me energy and calm and enable me to thrive.

Who am I surrounding myself with? Are they encouraging and supportive? Are we lifting each other higher? Part of this is always asking who can I support today? And who are my role models? The more inspiring and further along in their personal development journey the more positive a role model they are.

Those four questions. Why? What? How? Who? When I truly grasp this intention for each day, each moment, my attention focuses on moving forward. Living in the moment, creating this moment to attract other moments like it.

Moments are precious. I'm intent on making them count. What moments are you celebrating? What moments are you treasuring?

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IGNITE YOUR CAN-DO MINDSET

Let's Get Curious

By Gail Gibson

Reading is my favourite pastime, both on a personal and professional level. Books feed my voracious appetite for the written word and spark my curious nature. At present, I am embracing curiosity, as I read "The Future Leader", by Jacob Morgan. I was intrigued by a job title Jacob described: The Chief Curiosity Officer. Imagine how exciting the role can be, as you get paid to get curious. Imagine how you can lead yourself and a team of people to create change that makes a real difference. I am interested to discover more. Are you?

Since my early twenties, I have been travelling across the globe. One thing I have learned about myself, from travel, is that curiosity has driven my desire to want to explore the world. From my adventures, I have enabled this positive habit to be fed constantly, to be ever curious, to learn more, to see more, and to be more. Travel and curiosity have shaped who I have become.

As I have grown and emerged as a successful leader in my own company, the act of being curious has helped to open my thinking, to explore opportunities and new ways of doing things. Curiosity has opened conversations, lifted my thinking to a new level, and won business. Being creative and asking questions has turned countless ideas into reality, resulting in the coaching programmes and presentations I deliver.

When did we stop being curious? As children we were filled with creativity, and imagination. We explored the world around us; we learned to climb trees, ride a bicycle, dig in the soil, and discover things. Children are actively curious little people. As we grow, we move into a system of education, followed by, for many people, a working environment. Is this the point where we are stripped of being curious? Have we allowed our thinking to become lost in the process of work, in a neatly packaged system from which we generate results?

What if we gave ourselves permission to step away from this restrictive behaviour and adopted a more curious approach? Within this creative space, we can explore so much more about ourselves, the people around us, and we can become more open to opportunities. Curiosity can help us realise and actualise that which may not yet be discovered, and can activate a shift in mindset, to be open to all that is possible.

Curiosity: A word I love. A way of life I will continue to live and be inspired by. A chance to activate next level creativity in those whose lives I touch. Personally, getting curious is about seeking and gaining knowledge, inspiring fresh perspectives, and generating ideas. I am encouraged to put on my walking boots, grab my passport and backpack of life, and to be an adventurous explorer in this incredible world. How ready and willing are you to step into wonder?

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Johor Bahru, MALAYSIA

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BREAKING OPEN

By Sibyl English

Once again I feel myself
breaking open

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

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

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

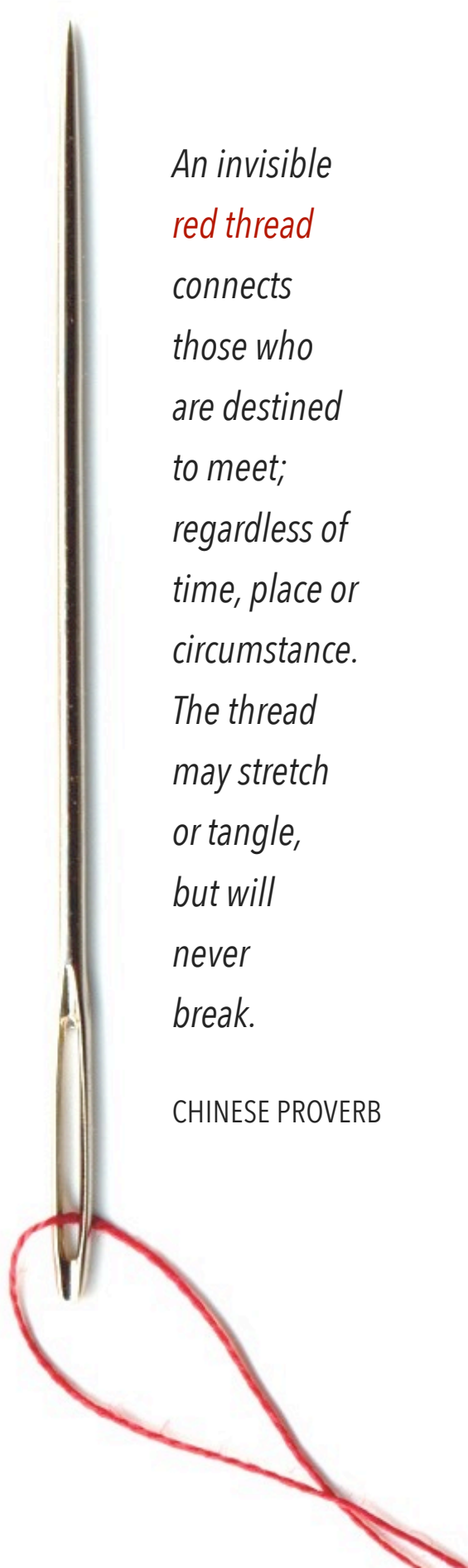
Yes, to everything Spirit is
manifesting on the inside of me.

Yes, to love. Yes, to Light.

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



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*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.



BREATH WORK: THE FOUNDATION FOR LIFE

Fight, Flight or Freeze

By Pennie Quaile-Pearce

When people discuss Fight or Flight and they are discussing the survival mechanism which is hard wired into the reptilian brain or hind brain, they rarely acknowledge there are three options that are triggered here.

Fight. Flight. Freeze.

When faced with that sabre toothed tigers of thousands of years ago, we either chose to fight (good luck with that) Run away (need to be quick on the feet for that) or freeze, making oneself really small and still, so we do not to draw attention to ourselves, if seen we could be killed or eaten.

Then I work with clients whether in private practice, during workshops or retreats It amazes me how many people in today's world are living in freeze. It's the most crippling thing. When people habitually opt for this option, they genuinely feel they have no other option. It takes over and rears its head as low self-esteem, shyness, procrastination, not being able to speak up or out, a stuckness not wanting to move, or be seen, in fact wanting to be invisible. Apathy, boredom not engaging with life. Physically tired, chronic fatigue, poor respiratory function chronic breath holding, palpitations. On a mental level lack of clarity, confusion, anxiety, a feeling of impending doom. Dammed if they do and dammed if they don't. No passion, or drive. A feeling of helplessness. Not knowing what they want. When supported they finally admit that "They don't want to/ or can't live like this anymore"

This eureka moment brings them to a place where they can start to de-frost. Gain confidence and re-engage with help and support. This pivotal point needs to be dealt with unconditional love and non-judgement or there is a danger that they will go back into the freeze mode of "it's not safe yet". Each person will only take the next step when they feel safe and secure and that depends on the situation which caused them to freeze in the first place. Many people right now are uncovering painful episode of child abuse, trauma, sexual abuse in marriages, codependent relationship to name but a few which have made them freeze, because they had not felt safe enough doing anything else. Whether they felt panicked and got stuck in FEAR (False Evidence Appearing Real) or it was actual clear and present danger doesn't matter. It all needs to be transmuted, healed and cleared in the process of de-freezing and re-engaging in health and happiness. If you feel frozen there are things you can do to help yourself. Firstly, and most importantly acknowledging that you don't want to live like this anymore, commit to yourself and take action.

I do understand that even that is very scary and may bring on palpitations, however if you can be insanely courageous for one minute and reach out you have everything to gain. For those who know this is them, have a certain clarity of mind, but numbness of heart and body, then this work is definitely for you.

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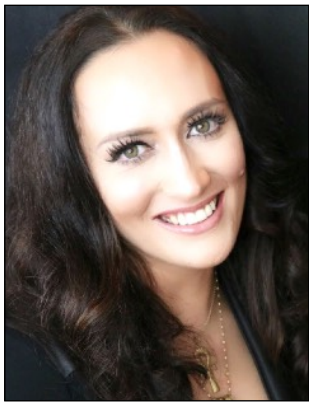


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ACHIEVE, LIVE AND BE YOUR GREATNESS

Your Breakthrough Is Here

By Dani Andersen

Ever feel like giving up on your big dream? Those times when you feel as if everything you touch is turning to custard, instead of gold, like you planned. When you have your back up against a wall, everything you need is closed off to you and you are only left with limited options to work with. Or that heavy feeling of dread, as you rack your brain trying to find a solution only to come up with dead ends. It feels a little defeating in the heat of the moment so this is when you will question yourself the most, wondering if what you want is really worth pursuing anymore.

Perhaps the most frustrating thing is you know exactly what you want. In fact what you desire is so clear and so real in your mind, you could almost reach out and touch it. You have been working on this dream of yours for a long time now. Maybe years, possibly even a decade or longer. Your journey has not been easy. For the most part you have walked this path alone because it is your personal path to tread.

You may have been constantly questioned, or worse, ridiculed, by friends and family members who do not understand the fire that burns relentlessly within your heart to make this dream a reality. There have been trials and tribulations, victories and setbacks galore. At times it feels like for every one step forward is two steps back. This whole experience has tested your resiliency like nothing before.

While you have been battling the dragons of your mind and feeling like the lone warrior who has nothing more to give, when you have been squeezed to the point of quitting and you want to take a different path that feels a lot easier, this is the time when the bravest of warriors allow themselves to stop, breath and take stock of the situation. They know it is easy to think and talk of quitting, yet much harder to actually do.

They recognise that all that is really needed is a good reset in the form of more downtime so that by changing the scenery and catching one's breath, inspired action begins to reemerge to drive them instead of obligation or duty. They know too that it is time to celebrate all they have achieved and the vast distance they have travelled, even when it feels as though they should be much farther along. They surround themselves with those who wholeheartedly believe in them and make them feel re-energized and supported.

With this renewed sense of purpose, they are able to see things differently so they think of creative solutions to their challenges, the limiting options become opportunities to think outside of the square and little by little with perseverance, determination and faith, things they touch start turning to gold. With a smile on their face, they realise that all these challenges brought them closer to who they are destined to be.

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EMBRACING BEYOND THE HEALING

Physical Workouts Easing My Mind

By Penny Myers

When my mind is busy, going in many directions, I find physical workouts to help me think through things. I put my thoughts into action mode. I can break down the thoughts into stages, then into point form and sub-point form.

One day as I was walking/running on my morning workout, a message - its time now. My thoughts showing me - my past. All the titles of my life's journey. My joyous times and my sadness, anxiety and trauma, pain, and grief times. I could see it across the inside of my forehead. The words were there as a banner. I was somewhat inquisitive about what was this? Then I questioned, is this my book? I knew it. I have wanted to write a book since I was sixteen years old. Then, I was sure my life was worth writing about. Sharing my journey then and surviving to be a happy married woman with my 1st child on the way. I was almost home when I knew what I had to do. I gave it some thought. After my shower, I sat down and sent a couple of emails to people I thought may know something or maybe even give me some direction where I go to begin my dream of writing my first book. Well, I am happy to say, thank u all for your emails. It has paid off and I am so pleased to report I have a Coach to assist me in getting my knowledge of survival skills on paper.

The beginning of the process has begun. Suddenly, everything else was put on hold. I was marinating in the thought that I need to ask myself some serious questions before I sign up for a commitment, I had to stay focussed to complete a successful product. After-all, my life has been filled with challenges, struggles, and identity theft. I had been lost in childhood and through my life's journey, I found me. Imagine how I felt to have finally found me. I wasn't lost just temporarily misplaced. Never, had I felt this sense of overwhelming feeling of self-love and hugs. I never want to be lost again, but if I did find myself lost, I know how to find me. Find me and know I am a survivor. A survivor of many women. I'm proud to write that its possible to survive this challenge as well.

I am so excited to begin a new chapter in my life journey over-reporting of another struggle.

I am not naive. I know I will have some struggles going-forward, but this time I bring with me my skills like resilience, strength, hope, and gratitude. I know I will finally release all the penned-up survival experiences that will help many others to believe they can do it. They can survive their life challenges and struggles too. They are not alone. Now that I have been on cloud nine for some time, I can say I feel most grounded now.

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Ontario, CANADA

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

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REAL LIFE EXISTS BEYOND OUR BELIEFS

'I AM' — The Power of Prayer

By Marie Brunger

Having pursued the truth through prayer and constant surrender, I am convinced that there is **nothing about God to be scared of**. However, I am equally convinced that without an awakened God consciousness, man will continue to perceive fear and scarcity as a normal way of life.

When I lifted the veil of fear, I saw beyond all the teachings, religions, man-made beliefs, and my personal scary stories, and I could see for my self that God is not a man. Nor does God belong to religion. God made man, but it was man that made religion and a version of God. God is neither above or below men or women, but is within every body as an invisible, inspirational, and unconditional creator of Life. God, being impersonal and without favourites, calls upon everyone to reconnect. However, only those who answer affirmatively will ever get to know God in a personal, energetic way.

It has taken me a long time to rediscover and develop this intimate and sacred, self-sustaining relationship with God. I have come to love and trust this holy encounter, like no other. Through prayer, I came to see that my purpose is to recall this impersonal Life force, and to engage with those God given talents to co-create a Life of service, through one Good will and for the 'Good of the Whole'.

Prayer doesn't belong to religion any more than God does. All those beliefs I had about how to pray is of no matter. What does matter is that we believe that we will get an answer. And if we don't believe, then our first prayer is to 'ask' to have that belief reinstalled.

Instead of asking God to change things 'out there', we can ask: 'How can I make the changes within me that will empower me to take charge of my Life, with you at the wheel'. One of the simplest prayers I use is: 'Show me the truth in this'. This raises the veil and brings me to a place of reflective truth which allows me to see, and to release the lies or beliefs which before were tucked away shadow side of my mind. The ripples of this 'transformation' flow through me, reaching out to those dealing with the same stress. In that moment, as the Truth is restored in me, so it is in others.

The responses to my prayers, often come through in phrases or words I would not normally use. This is the holy language of my soul, awakening me to more of the 'I AM' within me. The sharing of these prayers or messages then become my soul's contribution to a global awakening.

Over what seems like a life time, I have come to know personally, this powerful, impersonal 'I AM' is not only present during my 'asking', but is also the blessed energy that empowers me to faithfully and confidently respond and provide the service which is being 'asked' of me.

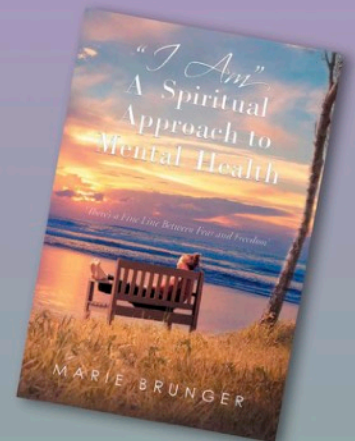
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MENTOR | SPEAKER | AUTHOR



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Marie's book, **I AM, A Spiritual Approach to Mental Health** is available from her website.

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MUSING OF A MYSTIC MEDICINE WOMAN

Small to Medium

By Cynthia J. Harrison

Moving from small, to medium, to soul prosperity. I have learnt to be comfortable with discomfort, as I feel the shifts and compressions I know this is a growth moment, where the light is unfolding to expansive illumination. I've been a seer for many years, not advertising the how's and why's of the medicine woman ways, simply serving from my medicine basket many ways of knowing. When one comes for a session It is always tailored to their individual needs and what their system may require for vitality and health. Over the years my private students have asked more regularly how I do what I do, and if I'd apprentice them to teach the Mystic ways.

After contemplation I took a small groups of students, I see them individually and in group to share specific intuitive ways of seeing, sensing and knowing. The more I stepped into looking at how I do what I do, more asked, and so I developed the Spirit Whispering group. This gets you out of your own way, your smallness of feeling you can't access your own information, into your empowered mediumship, furthering the soul prosperity.

Many in the group have never done this work before, and in one session were beginning to read for another! The energy is exponentially strong when people come together with intention. I found the more totally open and vulnerable about the sacred work, the more people were called to me and the more information came in. This side of the work was always a part I took for granted, never gave much space or openings for it. As how could it possibly, Really assist others to heal? Right?!

Over the years Divine spirit has been proving me wrong, by showing me when I bring the information in from the other side, my clients would have great breakthroughs. I would make the placement of intention and ask that this only come in if in the highest good for the client, and the spirit of a loved one would come. If I resisted to share that they were there, the information got stronger. When I acknowledge them there would be a gentleness of love fill us.

I am a sceptic and if I wasn't getting my own information and experiences directly I would not believe it. I have a background in research, so I would test many ways of connecting, until it could not be disregarded.

As I stepped out of the Mystic Medium closet, more opened up, people came to want to learn and the Spirit Whisperer circle was birthed. The healing is on multiple levels, we witness each other, we get out of our own ways or connection is impacted, we connect and receive information for the other via a passed loved one, and to date all are leaving in awe of the healing and connections. It is sacred work.

Stepping out fully into myself, the vulnerable, feeling naked has aligned me with all my medicine in my medicine basket, and into Soul prosperity.

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Perth, WESTERN AUSTRALIA

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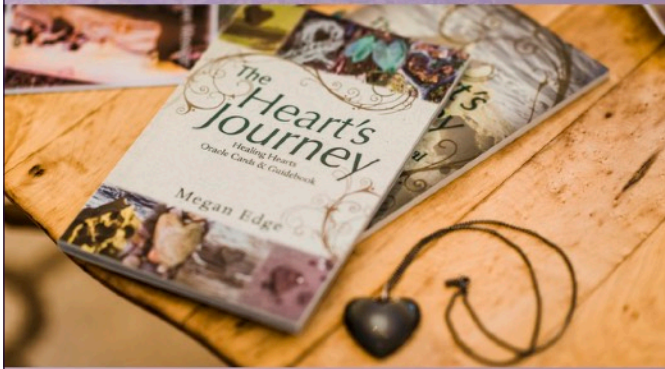


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WHAT DRIVES YOU AND DESTINY?

What We Need, Fear and Others

By Kara Lambert

Fear is what holds us back, feeds doubt, fuels insecurity, stifles creativity, and chokes success. We know this for ourselves but how often do we consider that fear holds others back when it comes to them doing what we want or need them to do?

We're told to extend kindness to people, even to ourselves. To be considerate. But when it comes to what we need others to do for us we seem to focus on ourselves and forget that we are relying on another person to get what we want. This happens in all situations; family members at home, friends when we are out, classmates at school and especially staff or colleagues in the workplace.

How often have you stopped and consider how not considering other peoples' fear is failing you, your family, your class or your workplace? Sometimes? Often? How do you consider it? What thoughts go through your mind?

Do you think that they need to get on with it? They need to toughen up? Should they just suck it up and get on with it?

Have you ever stopped to consider is people are afraid of speaking their mind? How would you feel if you knew that they were afraid for their safety or some sort of basic security? What if they didn't know or were afraid of how you were going to react? I know these are all things that have kept me quiet.

How would you feel if someone told you to suck it up, just get on with it, or toughen up? How often do you say that to yourself? I know I have. It's not compassionate and it's certainly not kind. Here's the clincher, it's also not how you get people to do what you want or need them to do when they are struck with fear.

Fear is the first driver of behaviour I speak about, and the one I speak on the most, because it's the one that stops us from being all we can be. As a Manager I had quite frank discussions with my staff around fear, including any fear from home that impacted their working day (generally their or family health). Sometimes, just knowing that they were heard and that I knew why they might be having an off day was enough. When I became a Mom, I applied the same to my kids. I do the same with my partner. And I'm getting better with extending the same kindness to myself.

I admit it's not always easy. It takes objectivity to park one's own needs. It takes courage to see if someone else's fear is holding them back. It takes vulnerability to be able to accept that we can have a role to play.

So I have a challenge for you. The next time someone isn't doing what you expect, consider if their fears are stopping them and then you just have to ask.

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THE PATH OF INNER ALCHEMY

When It's Compassion Burnout

By Daniella Schoch

How Loud Do You Need To Be? Does it feel daunting to market yourself? Because you're an introvert and highly sensitive? Or when you hear marketing you think of sleazy pushy salesmen? But really, how loud do you need to be to be heard? What if being able to offer your services in an authentic way has more to do with your visibility and your confidence than with the loudness of your offer?

I was waiting - for a very long time - for people to find their way into my world. I knew I had something that would help them in their darkest days to grow and change their lives for the better. And surely someone somewhere would notice that. But no one did and no one came and I was so close to giving up many times.

It was after a big disappointment when no one showed for my workshop that I made the decision to take responsibility and change that pattern.

I remember many years before when a tarot card reader asked me: if someone steps on your toes, do they know? The answer was no. They probably didn't because I didn't express in my words or my reactions that I was upset, or felt hurt. This is the first sphere of visibility: presencing your own feelings, your needs and desires towards yourself. Only from this place of connectedness comes self-compassion and self-care. How often do you ask yourself: what do I need?

The second sphere of visibility is around your relationships: being able to express your feelings, needs and desires to others. This is hard because you may believe that your safety and emotional wellbeing depends on them. And if you say what you really feel, you show who you truly are and express your truth you might get rejected. You'll lose the love or respect from others. A shift happened for me when I realized that I could never control how others react to me and that I am in the position today to create safety for myself by accepting and appreciating who I am. Even if no one else does.

The third sphere of visibility is how we show up professionally. I used to use my reluctance for marketing as an excuse to only show myself occasionally and spend most time hiding. My growth edge was around realize that I offer real value. The coaching process I take my clients through really works and I've seen incredible transformations manifesting in front of my eyes. It's a positive upwards spiral: the more work I do the more confident I get and the more confident I get the easier I find it to talk about my work with enthusiasm and real belief in how I serve others.

Yes, you need to be heard but you don't have to scream, be sleazy or pushy. You just need step out into the world, speak in your own authentic voice, having the courage to be visible. And the right people will invite you into their world.

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Mallorca, SPAIN

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



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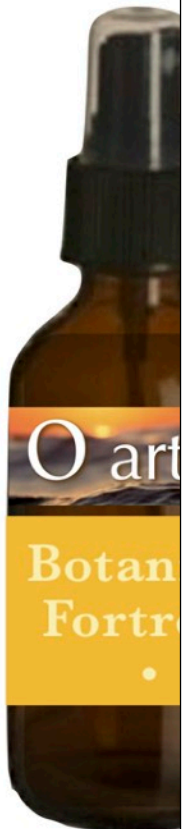
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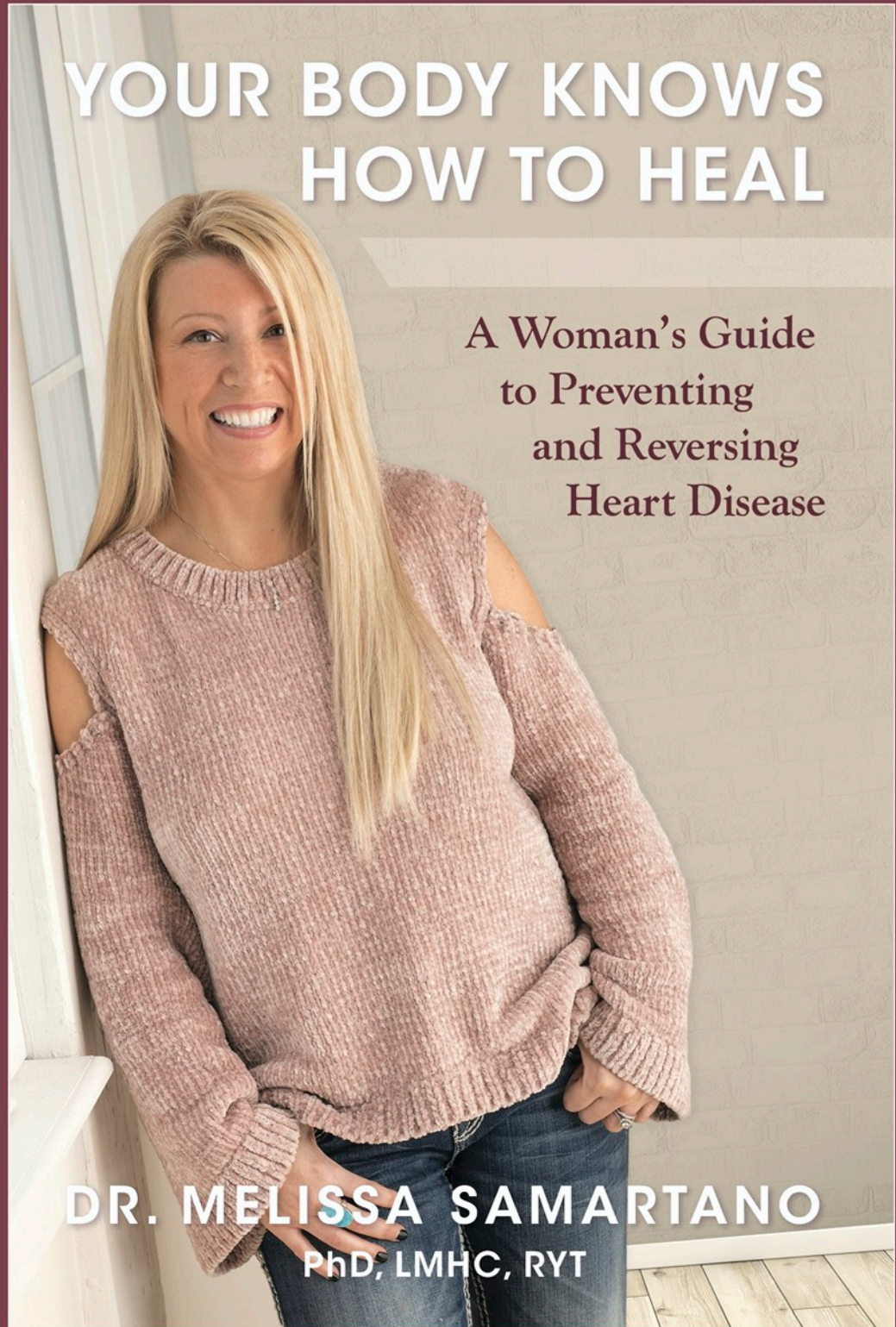


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"I have no real purpose or direction in life and don't know who to talk to."

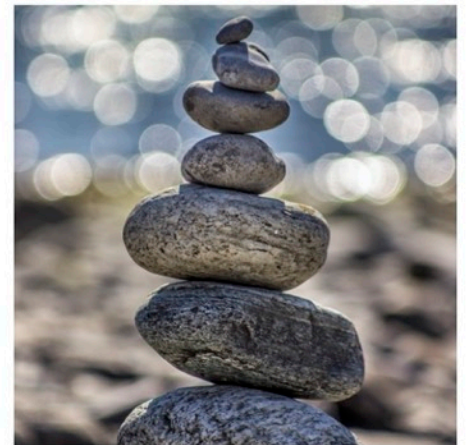
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ONLINE ENTREPRENEURS HAVING REAL CONVERSATIONS

Character is Built During Diversity

By Lee Stemm

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

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

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

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

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

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

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

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

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

www.hpct.com.au

Queensland, AUSTRALIA

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

~ *Sibyl English*



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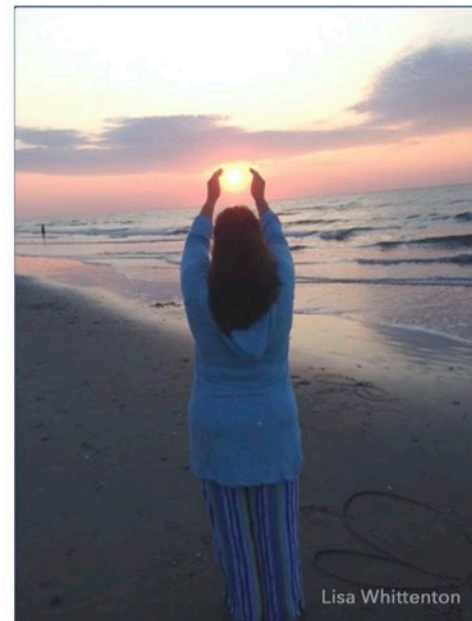


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choose to see it
that way.

— *Sibyl English*



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

~ A Course in Miracles

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Established 2007.



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

THE WOMAN SHE WAS CALLED TO BECOME

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

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

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

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

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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.*

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

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