

Connection – Creativity – Community

FALL 2022

# MIND|BODY|SOUL

ASPEN

## Sanctuary Issue

*"Create the life  
that you don't need  
a vacation from!"*

— Tiffanie Albertson  
President & CEO  
Solutions for Living

DATING  
**MANTRAS**

**BRAIN**  
FITNESS

ARIELLE FORD ON  
**LOVING IMPERFECTION**

**FINANCIAL**  
WELLNESS



# Letting Sanctuary Consume You

**S**anctuary is a place of refuge or safety, the place that you find peace in, not only in your physicality but in the protected space of your heart.

For me this place is my home with views of the mountains to the south, sunrise in the east and sunset in the west. In the fresh mountain air, the strength of love and loyalty augments feeling surrounded by all this beauty. And when the seasons change, showing the miracle of new life in the spring, the beauty of color change in the fall, the peaceful snowfall in the winter and the beautiful flowers and green grass in the summer, the beauty shifts powerfully.

So often we search for escape to find our peace and our sanctuary by looking off into the distance, both in vision and thought, while failing to acknowledge that you can fall in love with your life and in what every new day brings right now in the present. Being truly happy right where you are, no matter where your feet hit the floor, is a sanctuary and practice in and of itself. When you find your place of refuge, your place of emotional safety and your place of peace, you are—in fact—happy. Find sanctuary in your surroundings. Nurture it. Fiercely love it. Breathe it in deep. Let it consume you.



*Wendy Campbell*

SPEAKER, AUTHOR,  
WOMENS WELLNESS COACH

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CRC 4883856 08/22

*Congratulations to Our Top Advisors*

Morgan Stanley

# Expansion



MIND BODY SOUL was created as a resource for re-entry into a new world. From 3 metro areas, the power of our mission led to a new vision. Grow into 100 cities. Our first affiliate publishers, the first of our new partners, are Jill Rubenacker and Andrea Arena (pictured above with me). These two powerful entrepreneurs, embodying the mind, body, soul lifestyle, joined us by taking ownership of our St. Louis territory, and have grown us into our Chicago and Detroit territories with the Fall issue. We plan to expand into at least 4 more Midwest cities. We are also growing in Aspen, San Diego and now Phoenix, and so is my nascent support to any oncoming affiliate publishers from coast to coast. We carry a message of connection, creativity and community – 3 essential keys, we believe, to manifesting joy and abundance in life.

We would love for you to join us, finding hope and support, and to experience inspiration for your MIND BODY & SOUL during radically transformational times.

Namaste,

*Stacy Oliver*



We are excited to welcome Elizabeth Berry to our team as Director of Operations. Elizabeth marries publishing expertise, as former Editor in Chief of *Yoga & Spa Magazine*, with over 10 years in the holistic wellness industry. This is the perfect combination to lead the MIND BODY SOUL team to success.

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*“Drink your tea slowly and  
reverently, as if it is the axis  
on which the world earth  
revolves – slowly, evenly,  
without rushing toward the  
future; live the actual moment.  
Only this moment is life.”*

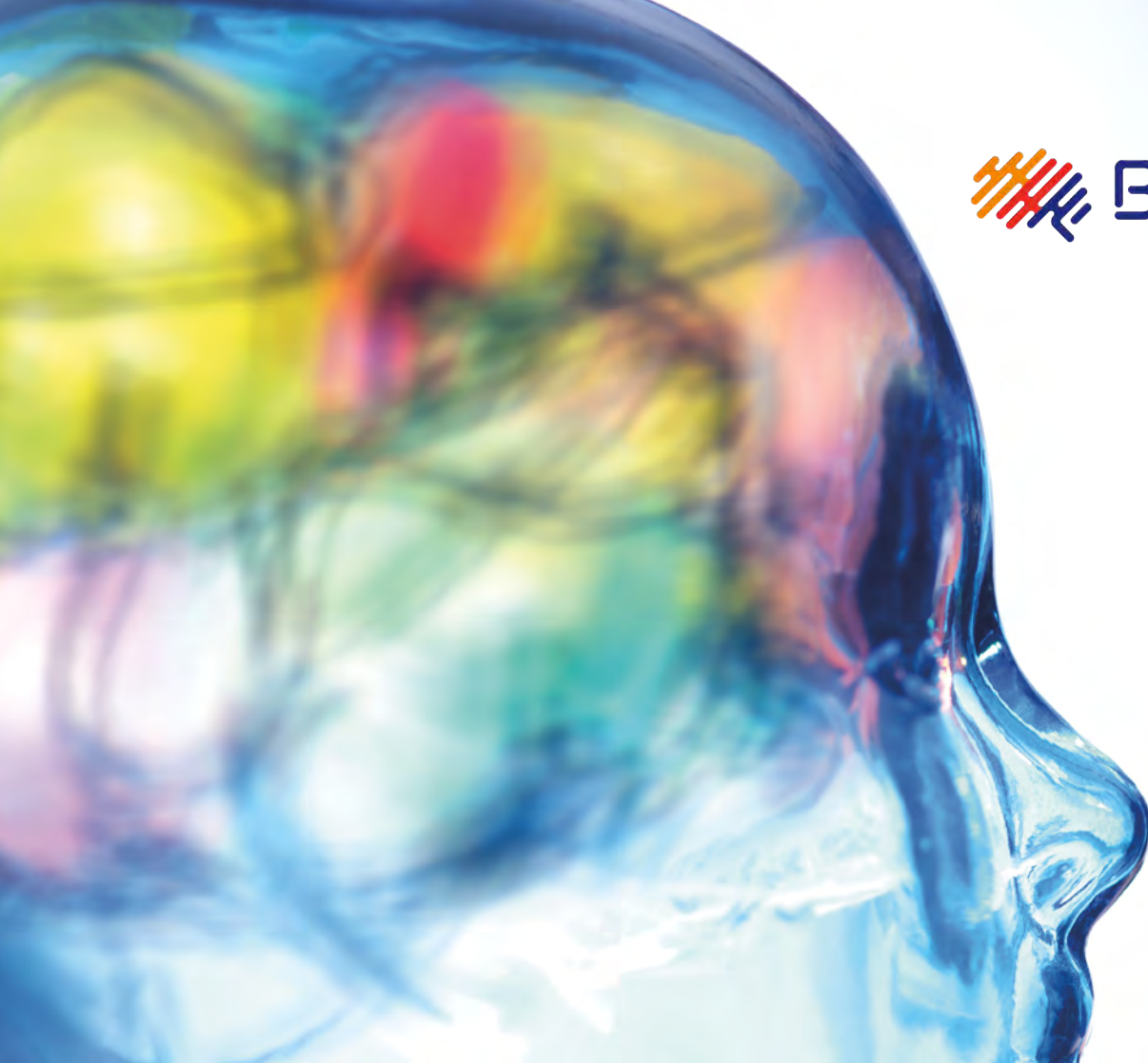
— Thich Nhat Hanh

MIND









# *What do you do for* **BRAIN FITNESS?**

Most people are aware of physical fitness. Many people are not aware that brain health is key to maintaining and optimizing health.

Stress is more rampant than ever. This puts our brains into a fight or flight mode (*sympathetic*). In this survival mode the healing, recovery, rest, and digest systems (*parasympathetic*) do not work properly.

Many people are in constant stress mode, they never have the chance to recover. This is called “sympathetic overload”.

It is not only important that our brains respond to stress properly but we must also be

able to recover effectively.

The brain controls and coordinates most, if not all, of the functions in the body. When the brain is unbalanced, it can lead to an over-aroused, unstable, or exhausted state.

The result of these imbalances can show up as anxiety, depression, insomnia, digestive issues, cardiovascular illness, and many other chronic illnesses.

Can stress make you sick? Can it kill you?



When the brain is balanced, the body will be balanced.

Fortunately, a new technology called **BrainTap** uses light and sound to create neuroplastic changes in the brain and can restore brain health. BrainTap guides the brain from the sympathetic stress patterns and restores the balance of the parasympathetic system.

One session has demonstrated a 27.3% overall improvement of nervous system in one 20-minute session. Just like exercising, BrainTap provides the best results when used on a consistent basis.

In a world with so much constant high-level stress, regular sessions will help the brain to relax, recharge, and reboot the brain. There are over 2,500 programs ranging from PTSD, stress, sleep, health, weight loss, brain fitness, life improvement and more

Research has proven that BrainTap can retrain your brain to be fit and resilient. This increases your ability to have clear and focused thinking which results in you being able to make better choices.

Dr. Tom Lankering utilizes a holistic approach which includes gentle chiropractic adjustments, nutrition, emotional release techniques, detoxification, BrainTap, and other modalities to help people regain their health and manage their stress. In his 38th year of practice, Dr. Lankering is passionate about his mission to help people improve their health through natural methods so that they can feel younger and have more energy.

Complimentary 15-day trials are available. You can also experience a free session with the BrainTap headset at Dr. Lankering's office.

*Tap into the power of your brain with  
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*With our light therapy techniques, you'll  
feel like yourself in no time.*



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# Finding Harmony *with the* 5 Elements



Many years ago, science, art and spiritual practice were interconnected in a way that the awareness of the environment around us was deeply connected to an awareness of the environment within us. This created great knowledge and wisdom of how our body, mind and spirit are integrated and interdependent upon the world around us, and how we can learn from the beauty that is our planetary home. 5 Element Theory is an evolution of humanity's wisdom that goes to the depth of who we truly are. When we integrate this wisdom into our daily life we achieve greater states of balance, strength, health and vitality.

The 5 elements of Fire, Earth, Wood, Water and Metal work in harmony. The Fire of the sun meets us, imbuing warmth into us. The Earth under our feet supports us in many ways. All plant life is an expression of the Wood element and its determined nature. The Water element is essential to life and is highly adaptable to meet any challenge. The preciousness that the world offers, the Metal element, is extracted from air and all physical and spiritual substances that we interact with, infusing us with value and purpose.

The subtle and profound interactions of nature around us are a reflection of the nature within us. We are created and grow as a part of the greater natural world around us integrated, not separated. Our planet and its atmosphere is the macrocosm, the larger version, and we humans are the microcosm. Nature is only as responsive as it needs to



Christopher Fabijanac M.Ac.

be, and within nature the many parts work in a way that supports mutual interrelated dependence. Inside of us, the nervous system, organs, bones, muscles and tissues all work with the same interwoven dependency. When all the systems are communicating well and acting appropriately, optimal balance and health can be achieved. Being your most vital and balanced self, Elemental Healing will assist you in walking this path gracefully.

Elemental Healing is an integrated system for optimizing health and wellness of the multifaceted beings that we are. Chris Fabijanac, M.Ac. (Master of Acupuncture) is continually creating and refining the Elemental Healing Method to best serve all aspects of our health in body, mind and spirit. 5 Element Acupuncture wisdom is at the root of his approach. Acupressure using vibrational and aromatic activation assists the healing. CranioSacral Therapy further supports a healthy nervous system. NAET is used for allergy elimination. Energy medicine practice from Reiki and Qi Gong is integrated into the process. Holistic Medicine lifestyle support is an integral part, as well as healing and regenerative foods, herbs and supplements. Lifestyle and personal practices are focused on additionally, creating a dynamic environment for positive change in one's life. Elemental Healing offers in-person consults and treatments in the Glenwood Springs, CO, clinic. Phone and internet based consultations are also available.

Christopher Fabijanac M.Ac. / [www.elementalhealing.biz](http://www.elementalhealing.biz) / 970-618-1537



agape love

# YOU ARE LIMITLESS

## Welcome to the Center for Spiritual Living



Rev. Dr. Marigene DeRusha

Rev. Marigene is a dynamic spiritual leader dedicated to teaching and practicing spirituality that inspires, educates, and opens people to their full potential. Through Center for Spiritual Living (CSL) she offers classes, events, music and Sunday Celebration – online and in person. CSL is a diverse, “not your usual church” kind of place.

### **WHAT WE BELIEVE**

We believe there are many paths to God! We believe that when you change your thinking you can change your life.

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[www.stlouiscsl.org](http://www.stlouiscsl.org)





# Katy Bartlett

Master Life Coach

*Welcome! As a Master Life  
Coach, my intention is to  
help you shift, grow, and  
create the best life possible.  
Let's get started!*



# Take your life to the next level!

In a previous *Mind Body Soul* article, I shared a bit about my own life and the path that led me to becoming a Master Life Coach and Energy Clearing Coach. I also referenced how my coaching process works, and how I help so many people because of the technique I use.

All of our experiences throughout our lives are stored in the subconscious mind. The emotions associated with those experiences are linked to them and stored there also. The emotions linked to some of the experiences hold us back from becoming our best selves. My job is to investigate those feelings, find the triggers that will hold you back and use the Subconscious Release Technique (SRT) to defuse the energy that creates the imbalance.

I would like to share with you actual results from a client I have worked with. Results show us if the process is working! If the process doesn't help to make any changes, then the value is diminished.

Following is an interview with one of my clients. She wanted to share her story because it profoundly changed her life. You will learn, first-hand, what it was like to work with me, and the amazing results my client experienced. Let us begin:

**Katy:** What prompted you to get coaching?

**Client:** I suffered with suicidal tendencies all my life. I tried so many things and nothing worked before.

**Katy:** Why SRT work?

**Client:** I saw a post online and decided to try it. And when you asked me what I wanted help with I decided to go for the biggest problem.

**Katy:** Did you notice a difference right away?

**Client:** It was like a black cloud that I had for 51 years lifted after the very first session. I felt a shift right away. I used to say, "Here's the plan: I am going to kill myself tomorrow so I need to put gas in the car today." I go 6 months without changing my sheets!

**Katy:** When we worked together, you never told me you were actually going to kill yourself, you would say, "I'm not supposed to be here on the planet tomorrow." How do you feel now?

**Client:** I have done counseling, books, workshops.

Nothing worked except your coaching and the Subconscious Release Technique. It not only took away the suicidal tendency, it feels like it was never there. There is a train that goes by my house every day. My plan was to jump in front of it! Now when I hear the whistle, I smile! I sing! I just applied for a job! I have started writing books!

**Katy:** I remember not long after we worked together you took yourself to Paris. You were so excited because you said you shipped like 5 suitcases home and in the past would buy nothing because you were going to be gone. This was the proof of change!

**Client:** Yes! Katy, you may have saved my life. I am so grateful. Thank you!

I am so grateful for the work I do to help others. My client stories are varied. Some have shifted out of poor relationships, some were cleared from physical abuse, some achieved job changes, financial and business success.

Please take a moment to write below what area of your life you would like to shift.

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The first step to change is to give voice to it! The next step is to reach out to put the change into action!

I am happy to work with you if you decide you would like change in your life! Please contact me to schedule a session.

All the best to you for an amazing new year and your amazing life!



# ARIELLE FORD



Arielle Ford is a leading personality in the personal growth and contemporary spirituality movement. For the past 30 years she has been living, teaching, and promoting consciousness through all forms of media.

Arielle is a gifted writer and the author of 11 books including the international bestseller, *The Soulmate Secret: Manifest The Love of Your Life With The Law of Attraction*. She has



been called “The Cupid of Consciousness” and “The Fairy Godmother of Love.”

She lives in La Jolla, CA with her husband/soulmate, Brian Hilliard and their feline friends.

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



# Loving My Perfectly Perfect Imperfections

BY ARIELLE FORD



**M**any years ago, I was obsessed with the ambition to attain physical perfection. I had this idea that if I could weigh a certain amount, have my measurements be an exact number, have my hair the best length and all ten of my fingers nails “long” at the same time, I would be perfect and with that perfectly happy.

I spent a year working out two hours a day lifting weights, running, doing sit-ups and squats. I carefully measured and tracked everything I ate and I weighed myself daily (okay, multiple times a day).

And, then one day it happened. I got up, stood on the scale, took out my measuring tape and voilà – perfection had been reached. For a few moments I was in bliss.

I quickly sank into a bit of a depression as I realized I had just spent a year chasing a dream of perfection that didn’t bring me happiness.

A few years later, I discovered a few secrets to real happiness. First was the ancient Japanese aesthetic of Wabi Sabi which seeks to find beauty and perfection in imperfection. Slowly, I began to let go of my notions of perfection and find fun ways to reframe the things I formerly judged about myself. For example: as a big-time foodie, I am known as a very messy eater (and I will steal your French fries). Now I’m no longer embarrassed to admit this, and I never apologize for my enthusiastic appetite for food, love, and life.

The second was embracing that I am a “Pleasure and Comfort Puppy.” Given how messed up and stressful life is these days, I encourage my friends and clients to commit to putting pleasure on the top of their daily “To-Do” List along with becoming Wabi Sabi Artisans.

Perfection doesn’t exist. Pleasure exists to keep us healthy and happy. The choice is yours!





# Sanctuary

This precious earth is a sanctuary for all of its inhabitants. As the leaves begin to wither and drop, make time for a walk in the woods, beside a lake, or along a garden path.

Tread lightly upon the earth and feel it support you as you reconnect with yourself in the natural world. Rediscover that beautiful inner you and recultivate self reverence.

Find the peace that we often set aside in the busy world. Be surrounded and comforted, lifted and loved, held and cherished.

It is only when we go within that we remember who we are.

— Andrea Arena

*Remember ... the entrance to the sanctuary is inside you.*

— Rumi









## Kathleen Youngerman CFP®, CFM®

Managing Director, Private Wealth Advisor  
Morgan Stanley Private Wealth Management

“

*“You’ve got to connect all the pieces. This is how we create harmony for the families we serve.”*

”

Kathleen Youngerman and her team, The Harmony Family Office at Morgan Stanley Private Wealth Management, provide wholistic financial wellness for a select group of wealthy families. Inspired by her father, a highly regarded reconstructive and plastic surgeon, she remembers: “He was especially patient-centered; I often think about how connected he was with their needs beyond a single procedure. He helped provide resources for the patient and their family’s psychological, financial and all other matters impacting their health. Imagine how much this meant to a patient... That philosophy guides our wealth management practice.”

Kathleen, now a Private Wealth Advisor and Managing Director at Morgan Stanley, ventured to California for college and returned to Missouri for law school. But when her father became ill, she took a leave of absence to help care for him. This included managing her father’s financial, health, and emotional needs. This was her first experience in providing financial advice and taught her the importance of considering every factor in a person’s life.

Her industry training focused on cold calling and selling products, but she knew her clients deserved more from her. She believes in knowing the totality of their situations. “I can’t manage liquid wealth without fully understanding your needs. From legal, tax, and risk to all sorts of technical and personal details that influence the success of your family’s business, career, charitable intent, and life missions.”

Kathleen became a CERTIFIED FINANCIAL PLANNER™ professional before joining the Smith Barney/Citi Family Office division in 2005, which eventually became Morgan Stanley. There she earned a Family Wealth Director (FWD) designation. She also earned the Certified Portfolio Manager (CPM®) designation from Columbia University. As Managing Director of one of the Firm’s 250 Private Wealth Management teams, she demonstrates professional knowledge and experience in a range of areas. These include estate planning, alternative investments, controlled and restricted securities, complex lending and hedging strategies, along with monetization and succession planning for private businesses. As head of the Harmony Family Office team, she oversees six professionals with more than \$1 billion in capital responsibility as of July 2022.

# A Life Calling: Kathleen Youngerman Takes a Family Approach to Financial Wellness

“Our clients rely upon us to integrate a financial strategy devoted to preservation and growth of financial capital. The Harmony Family Office offers clients access to our family office resources and provide ongoing integration of traditional investment management with other aspects of wealth planning needs and concierge luxury services. We use customized reporting services designed to provide a cohesive picture of a client’s overall situation in order to simplify decision making. We also use a system of ongoing governance and procedures seeking to optimize outcomes across generations.”

Kathleen was named a Morgan Stanley MAKER in

“Orchestrating integrated wealth plans dedicated to preservation and growth of capital for a select group of families who value privacy and tailored services.”

2019 joining a group of trailblazing women nominated by their peers. For more information about Kathleen’s awards and accolades, please visit the Awards & In The Press section of our website <https://advisor.morganstanley.com/the-harmony-family-office>”

No matter who or how old they are, Kathleen believes it all comes down to serving clients on multiple levels. “You’ve got to connect all the pieces—their family and its generations, their charitable wishes and their value systems, and the technical of asset and debt management, legal and tax integration and asset location and allocation. This is what keeps our social and financial capital in harmony.”

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Private Wealth Advisor Youngerman has engaged Mind Body Soul Magazine to feature this content.

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# Jay & Cindy

Founders of  
The House of Light

## Jay Jimenez

Trauma Release Coach  
Sacred Geometry Light Coding  
Ceremony Leader  
Energy Healer

## Cinderella Jimenez

Spiritual Life Coach  
Pranic and Reiki Energy Healer  
Soul Realignment Practitioner  
Ceremony Leader



# WELLNESS *for the Body & Soul*

The House of Light, Spiritual Center of Inner Healing, in Vista, CA, is an Entheogenic Church that provides products, services, activities and retreats based on holistic healing methods. They offer plant medicine ceremonies, energy and sound healing, art therapy, hiking, coaching and women's circles, among other things.

Their goal is to help their clients achieve physical, emotional and spiritual well-being. They believe that everyone has the potential for inner healing and growth, and their goal is to help people on their journey to wholeness.

Mental health problems and trauma, like PTSD, anxiety and depression, are often stored in the subconscious and energy body, causing us to feel stuck and disconnected from our true selves. However, plant medicine can help us to release trauma and connect with our innermost selves. By working with a plant medicine practitioner, we can begin to understand the traumas that are holding us back and start the process of release. The plants

act as allies, helping us to access hidden parts of ourselves and heal on a deep level. In addition, plant medicine can help us to connect with our spiritual side and remember our connection to all of life. By working with plant medicine, we can begin the journey of healing and reclamation.

Based on the teachings of indigenous people, one of the plant medicines the church uses is rapé, a powder made from tobacco and other sacred plants, to facilitate a deeper connection with the spirit world. The rapé is blown into the nostrils of participants, who then enter into a state of prayer and meditation. The experience is said to bring about a sense of peace and unity with the natural world. By using these traditional medicines, the church provides a space for people to reconnect with nature and their own spirituality.

If you are looking for a place to explore plant medicine in a safe and sacred setting, an entheogenic church, like The House of Light, may be the right place for you. Let's connect and discover how together, we can make a change!



Spiritual energy cleanse with copal and shamanic drumming



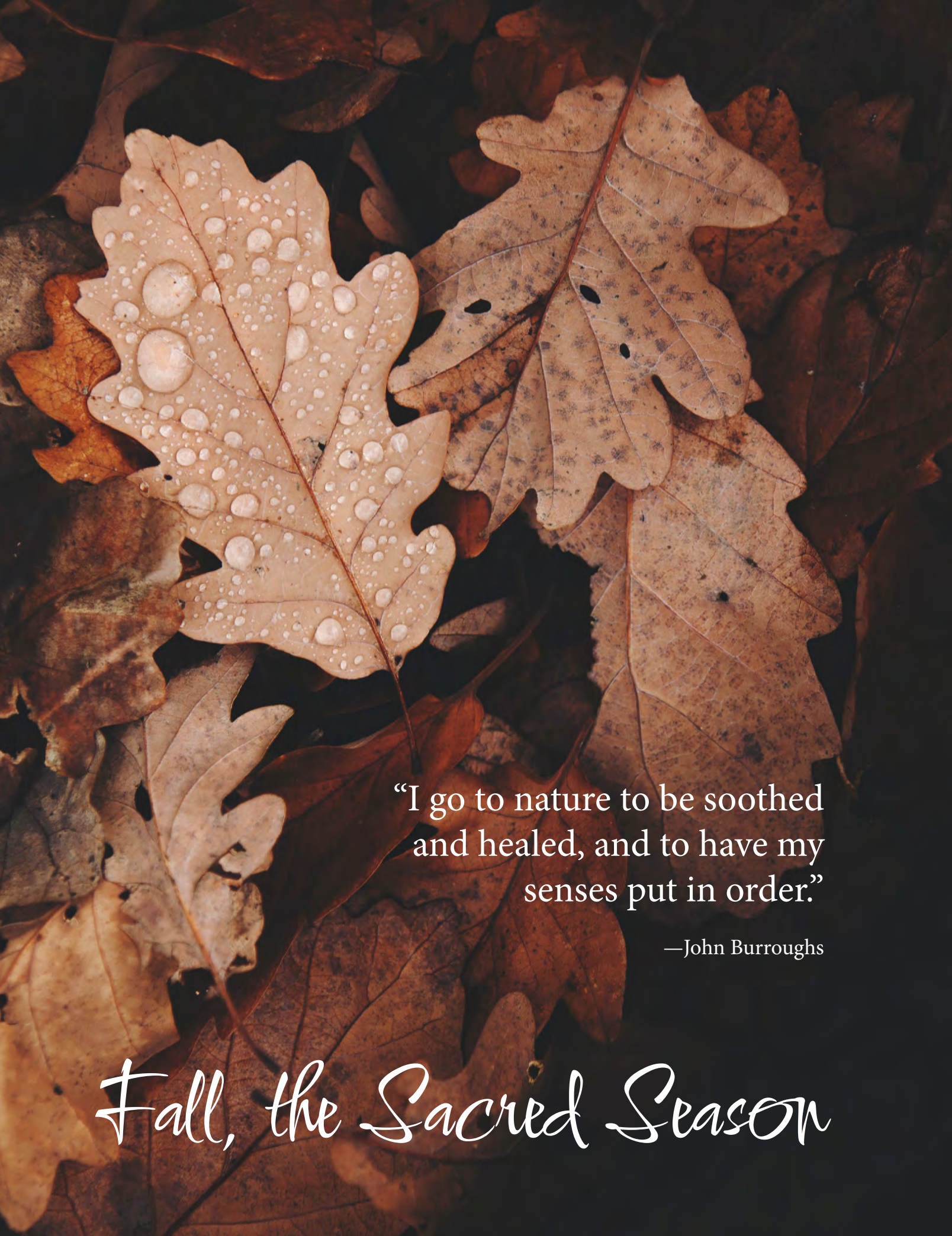
Ceremonial ritual on the beach



Psychedelic art night

Instagram: @thehouseoflight\_tribe  
Website: [www.thehouseoflight.org](http://www.thehouseoflight.org)  
Email: [thehouseoflight111@gmail.com](mailto:thehouseoflight111@gmail.com)





“I go to nature to be soothed  
and healed, and to have my  
senses put in order.”

—John Burroughs

*Fall, the Sacred Season*

# Seek Sanctuary in Autumn

*Glorious autumn! It bursts with color, crisp mornings, dancing leaves and the anticipation of holidays. It offers gifts of pumpkins, gingerbread cookies, hot cocoa, fall foliage outings, warm woolly sweaters, and more. Your sanctuary doesn't have to be a place it can be fireside chat with a friend or a hike in the woods. Make a list of places and things that bring you joy, offer comfort, make you feel safe, healed and holy.*





# Creating Space for Heightened Sensitivity

BY DONNA LEE HUMBLE

Many of us have been under the delusion that we are entitled to a life of ease, happiness and inner peace and these wonderful states are just supposed to be experienced effortlessly.

As we've all encountered the hard knocks that come while we reside in this realm, most of us have found the opposite is truer – life on earth seems to be a series of drama, misfortune and upset.

We find ourselves asking what's wrong instead of what's right, looking for the next problem and setting ourselves up to expect the worst because maybe it will lessen the blow of feeling blindsided by another disappointment.

Or worse, we drift into blaming ourselves while ruminating for hours in bed about what's wrong with us. Time better spent getting our beauty sleep.

Enter the famous Winnie the Pooh personality, Eeyore, who with his melancholic attitude, was probably just protecting himself from the next-string-of-unasked-for circumstances. We can spend years sinking into cynicism like Eeyore. Unfortunately, those reactions smother creativity, a sense of connection and wellness.

Here is Lynda's story. Lynda is successful in her field. She truly cares. She is naturally giving and compassionate and she is valued by others, including her clients and coworkers, for her team spirit and willingness to do what it takes to get a job done.

On a good day she knows her value.

Additionally she experiences frequent self-doubt which can tip the scales into low self-esteem and waning self-confidence. And because Lynda feels deeply, she finds herself being pulled into the seeming atrocities of this world and the countless problems of her friends, as well as family discord.

Lynda is strong, for it takes great strength of spirit and mind - a strength beyond this world, but of herself she can no longer continue this way.

When the tendency to overdo finally catches up with her, Lynda's body does its best to compensate by turning to food, shopping or other indulgences. These indulgences only tip the scales further and throw Lynda into an emotional tailspin.

Leading with unbridled compassion is draining and burdensome, and Lynda is simply incapable of maintaining the light that she shines in others' lives. Lynda feels spent with nothing left to give. She secretly has fantasies of giving up and running away from it all. She feels lost, anxious and desperate to end this cycle. Lynda finally hit the wall when she began experiencing mysterious symptoms including overwhelming fatigue. Suddenly she was the one who needed help.

In her weakened condition she couldn't tolerate pharmaceuticals, and was forced to look for alternatives. When she asked for help, the universe serendipitously responded – to be led to a practitioner who took a truly holistic approach.

Today Lynda is vibrant, lighting the world with her gifts of sensitivity, intuition and compassion with one difference. She is diligent about slowing down, getting quiet and listening to the wisdom within.

She does the unimaginable. She puts her self-care, her wants and needs first without guilt and is quick to find the lesson in every so-called disaster. Through this dynamic healing journey not only did she clear cellular toxicity and begin fueling herself for energy, Lynda also uncovered and released emotions that were holding her back. She has discovered the art of life balance which has given her the spirit and vitality of a twenty-year-old.



## 5 Steps to Transform Heightened Sensitivity into Spiritual Healing.

**Step 1:** Find a quiet place to just be and allow your emotions to flow with the loving kindness you so freely give to others.

**Step 2:** Allow your heart to fully experience the vibration of all emotions that may be surfacing for at least 2 minutes. This may seem overwhelming – allow that too.

**Step 3:** Ask in all sincerity and humility for God, Higher Power, Universal Love, Source to “empathize” through you. In this way you will become a channel of spirit.

**Step 4:** Feel the “bigger than you” loving compassion pour through you, and notice you may quickly feel your heart lighten.

**Step 5:** Listen or feel as you hear or are moved to take an action, say something or simply continue to channel the empathy.

Notice how the heaviness within shifts to peace. You have become freer to continue living your life with heart without feeling bogged down by the weight of unprocessed heavy emotion.

All of the answers to our misery are found in our heart, our higher Self and even our cells.

For more inspiration or to schedule a free discovery session, contact Donna Lee Humble, Lifestyle & Wellness Coach, author of *Seek, Not for Love*, and creator of the Higher Self Care Series at:


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

[donna@donnaleehumble.com](mailto:donna@donnaleehumble.com)

970-274-1680 / Glenwood Springs, CO

*Donna Lee Humble*  
HOLISTIC WELLNESS COACH



A person wearing a tan jacket, orange knit gloves, blue jeans, and brown boots is holding a large bouquet of autumn leaves. The leaves are in various shades of red, orange, and yellow, with some green still visible. The person is standing on a dark surface covered with fallen leaves. The text is overlaid on the lower half of the image.

I hope I can be the Autumn leaf who  
looked at the sky and lived. And  
when it was time to leave, gracefully,  
it knew life was a gift.

— *Dodinsky*



# Living a Well-Balanced Life

By MELINDA FOUTS, PhD



What is a well-balanced life? As an executive coach, many of my clients often say, "I wish I had more time \_\_\_\_\_ (fill in the blank). This is the red flag phrase when your life is out of balance, what is often referred to as the work/life balance. What compels my clients to over work and have less time for a life outside of work? Before we explore this, let's look at the four components of a well-balanced life.

For optimal mental health you need:

1. Love
2. Work
3. Play
4. Creativity

If you were to draw a circle and map out these areas, how much of the circle is taken up by work, leaving little room for anything else? One of my clients, a 40's something CEO of his own company and very successful, desired to have more time for his young children and for himself. His desire is not uncommon, and more the norm. During our work together, he finally achieved a well-balanced life, and his face went from being tense and drawn to a beaming smile filled with joy. His passion for

his work returned as well. In his own words he wrote:

*Working with Melinda has been transformational. Her approach has helped me to identify the thought patterns, mindsets, and negative relationships that I was allowing to inhibit my personal and professional growth. Together we strategically made the changes in my life and mindset to affect real and lasting change.*

*Get ready to leave your comfort zone and work hard, transformation does not come easily, and Melinda isn't going to do the work for you. In an incremental approach, she has guided me through unraveling false identities, limiting belief structures, and liberated my sense of self.*

*My leadership style has completely changed, instead of finding my value in a crippling work schedule in a vain attempt to prove my worth; I have a true work/life balance. I work a fraction of the hours I used to, I love what I do and who I do it with, my employees are happy and energized, and my bottom line is better than ever.*

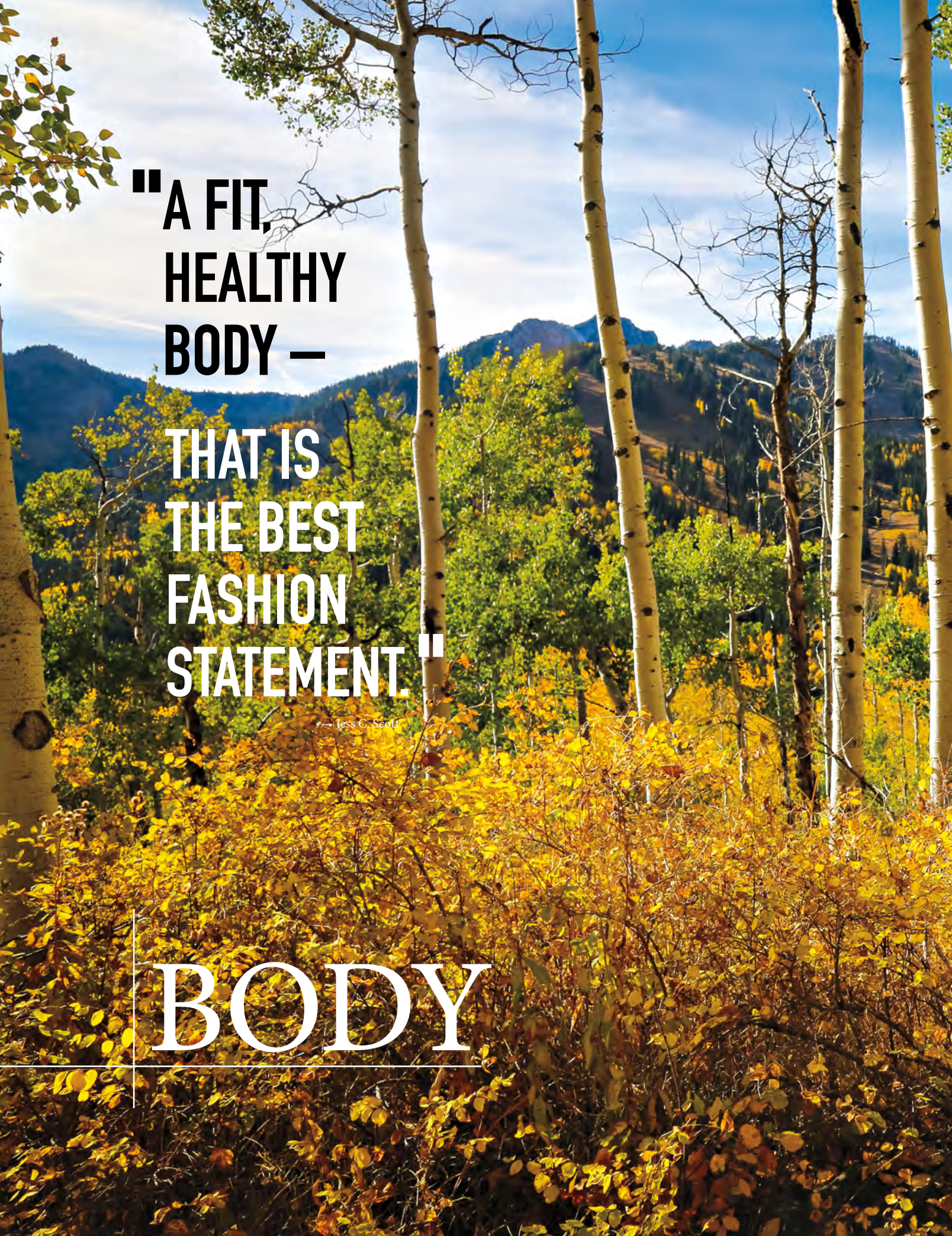
It took time to make the necessary changes to arrive at a new enhanced lifestyle and it is possible to achieve. Now to answer the question, "What compels my clients to over work and have less time for a life outside of work?" For most clients, it is a resistance to delegate, and they lack the ability to say, "No." If you start delegating, then you will be freed up to bring about a well-balanced life. Feel free to contact me for a complimentary coaching session. In the words of Dr. Seuss,

***"You're off to great places!  
Today is your day!  
Your mountain is waiting,  
so . . . Get on your way!"***



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[www.linkedin.com/in/melinda-fouts/](http://www.linkedin.com/in/melinda-fouts/)





**"A FIT,  
HEALTHY  
BODY —**

**THAT IS  
THE BEST  
FASHION  
STATEMENT."**

— Jess C. Scott

**BODY**









Our products come straight from the earth and are designed to help your inner beauty shine through. We use organic and natural ingredients sourced from Tribal Land, formulated without parabens, dyes, or harsh chemicals and void of animal testing.



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**[ruthann@n8ivbeauty.com](mailto:ruthann@n8ivbeauty.com)**



# ★ N8iV BEAUTY ★

*Shine your brightest from sunup to sundown*

BY RUTH-ANN THORN



I am a registered tribal member of the Rincon Band of Luiseño/ Payómkawichum Indians in Southern California. It was my tribe Elders who introduced me to the botanicals and natural ingredients used in ancient times. They taught me Mother Earth's natural approach to skincare. Most importantly, they shared with me the secret potency of our mighty ancestor, the acorn (kwíila) – the best ingredient with the best nutrients for skin regeneration.

We understand that acorn (kwíila) oil is the blood (life-force) of the mighty oak. The acorn's use in Native/Indigenous medicine dates back more than 14,000 years. Our acorn is difficult to source and is only harvested once a year. We use this potent ingredient as a source of power for our skin, which infuses our spirit making us shine like stars.

My tribes' skincare philosophy is derived from the idea that Mother Earth's gifts allow us to enhance beauty, heal imperfections, and bring balance to the spirit.

As Indigenous people, we know, and have always known, that our uniqueness and relationship with Mother Earth is what brings strength to our tribe.

It's time to bring back this belief and way of life. That is why I created N8iV Beauty.

Our products come straight from the earth. We use organic and natural ingredients sourced from Tribal Land. They are formulated without parabens, dyes, or harsh chemicals, and are void of animal testing.

Our Ancestors' skincare secrets and wisdom in nature taught us how to nurture and beautify. The standards that exist today in the beauty industry are based on the social hierarchy of society. We've rejected this since the colonization of our lands began. We embrace the Native American belief that we can celebrate each other for our uniqueness.

For more information please visit [www.n8ivbeauty.com](http://www.n8ivbeauty.com).



#### **Stone People Illumination Mask**

A powerful combination of charcoal and three triple-action clays that leaves your skin smooth, naturally exfoliated and enriched. This indulgent formula acts as a magnet to capture deep-set impurities. Rose-scented.



#### **Starlight Regenerative Collection**

Infused with Acorn Oil rich in fatty acids that aid in accelerating skin cell turnover for repaired and renewed skin. Available as a cream or serum



#### **Four Directions Day Cream**

This daily face cream is lightweight, non-greasy and quick-absorbing to improve the appearance of skin with a supple, healthier-look. With aloe-infused water, hyaluronic acid and Vitamins E, C, and B.



# THE SACRED WOMB



BY MEGAN HAMPTON

The womb is a sacred and powerful place in the female body. It's the source of potential life and also a place that (for many women) monthly sheds its lining, creating anything from mild discomfort to excruciating pain. It can be a place of child loss or childbirth. It is the location of the sacral chakra, an energy center related to pleasure, creativity, joy and passion. It can also be a place where we store our trauma, known as an emotional junk drawer. The womb is the center of both death and life.

The womb is also the seed of our femininity—our sensuality, our sexuality, our feelings about ourselves as women—or however we experience our femininity. Our womb is also considered a sacred spiritual center, a source of intuition, emotional well-being and physical vitality.

Energetically, our wombs can also help us shed the toxins of our lives once a month (or however frequently we menstruate). Our wombs gather our experiences over the course of a cycle and then go through a sacred process of releasing those experiences, of letting go. This is part of the death process, the dying and shedding of the old to bring in the new. When we intentionally connect with our womb, we see our true nature and power come through allowing us to release any blockages that may be held in that space.

On the facing page we share some questions to help you reflect on your connection with your womb space and to activate its healing abilities. We recommend sitting in a quiet space while journaling about these questions, writing down anything that comes to mind and not overthinking the answers.





*What are some emotions or experiences I feel myself carrying in my womb space?*

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*How do I feel my womb has empowered me to become the woman I am today?*

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*What are the three main things my womb is craving right now?*

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# PERFECTION is a PROCESS

BY MEGAN BROWN SANDERS, MPT, LMT  
OWNER OF SUBZERO WELLNESS  
AUTHOR, AND PHILANTHROPIST EDUCATOR.

I have always been drawn to places of worship. Temples, basilicas, cathedrals and country chapels alike call me into their presence. There is something about the expression of their approach to the divine that draws me in. Maybe it is the opulence, sometimes the simplicity but always the reverence that they require of those that enter the sanctuary.

The most moving and memorable was my entrance to the Sagrada Familia in Barcelona, Spain. The basilica was a lifelong pursuit of Antoni Guadi who took over the project in 1883 and focused on the completion of such a dream until his death in 1914. To this day, the masterpiece's completion remains unfinished.

The weight of the unfinished project and lifelong pursuit of such a lofty dream resonates with me as I, like many women, have a vision for a healthy life lived well. The balance becomes the struggle as I reach for perfection but remain ever in process. How do we accept, value, and love ourselves in the “not yet arrived” and still rejoice in the “actively moving forward?”

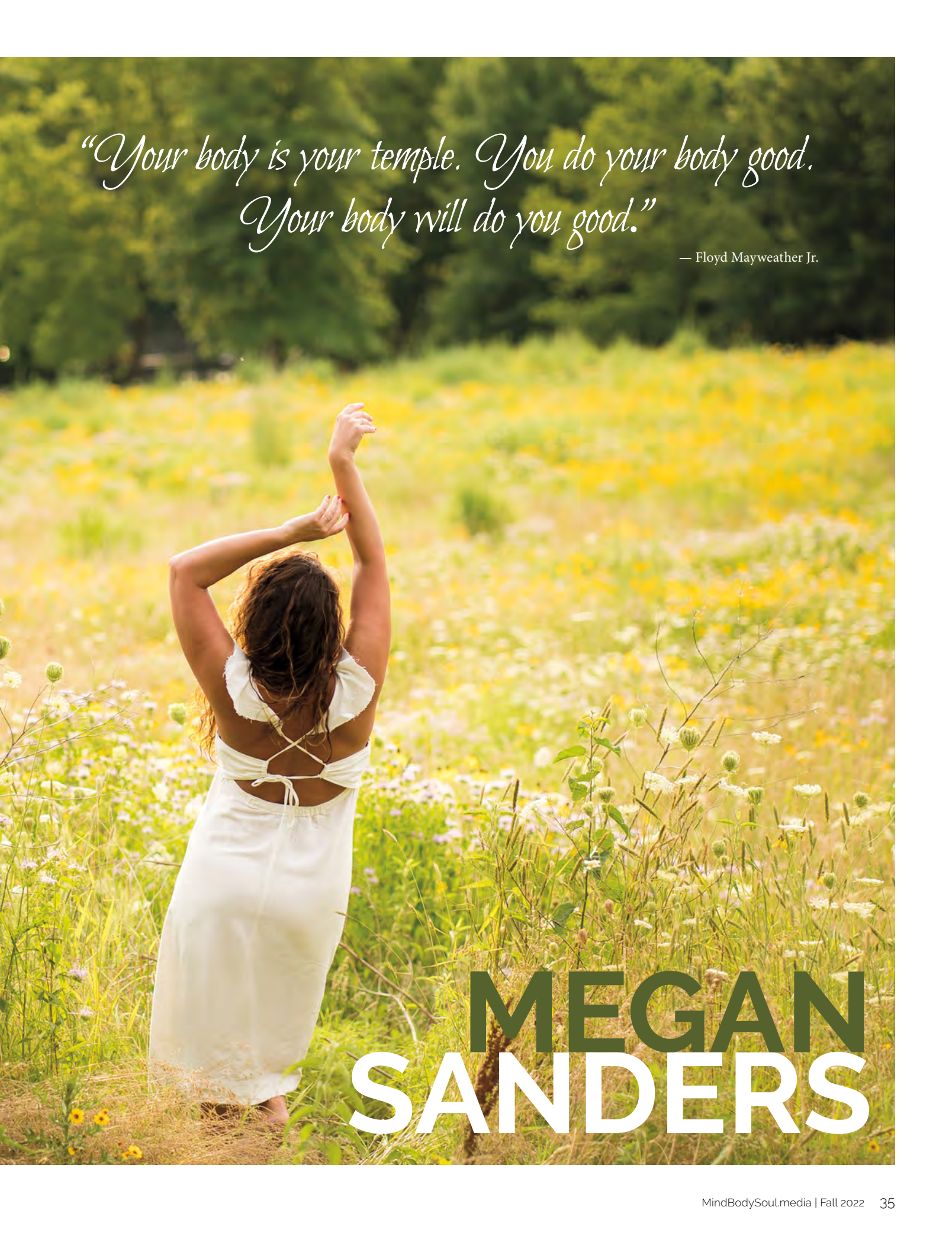
There resides the cry of my heart for Sanctuary, the place where I am already enough and feel safe to reach along for more. I long to create a space where I can exhale the weight while standing up under the load. What a beautiful and dynamic dream that is!

It is my sincerest hope that when people enter the doors of SubZero Wellness, they will feel the respite and the requirement that taking control of one's own wellness journey asks of each of us. You will find a space that gives you permission to release your fears and increase your self-awareness that empowers you to make choices that lead to your own physical autonomy. Whatever you require of your body, the body is capable and prepared to perform to meet your needs as it has been created to do, especially when we reach for the divine. As you endeavor to do just that—creating your own sanctuary—know that you are never alone in this amazing journey.

Megan Sanders MPT, LMT  
Owner, SubZero Wellness LLC  
[www.subzero-wellness.com](http://www.subzero-wellness.com)





A woman with long brown hair, seen from behind, stands in a field of yellow wildflowers. She is wearing a white, backless dress with a crisscross strap detail. Her arms are raised, and she is holding her hands together above her head. The background is a dense field of yellow flowers and green foliage, with a line of trees in the distance.

*"Your body is your temple. You do your body good.  
Your body will do you good."*

— Floyd Mayweather Jr.

**MEGAN**  
**SANDERS**





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# THE MORNING SETS THE MOOD

By CRISTINA CAMPBELL

How you start your mornings has a huge impact on the remainder of your day. It can even be a very good indication of how you will end your day. If you wake up with your mind already racing, frantically rushing around trying to get things done for yourself and everyone else with your nerves on edge, you are setting yourself up for a day that will be much the same.

Gary Young developed a morning routine called the Great Day Protocol. It uses four specific oils to support our emotions, promote feelings of harmony and joy, and guard against negative energies that disturb our thoughts and send emotions into a tailspin. You can also use these oils to combat occasional sadness. Let's take a closer look at each of these oils. Use all four early in the morning, following the application instructions, to have a Great Day!

**Valor** — Promotes a feeling of courage and self-esteem and helps balance the body's energies. Use this oil each morning on your wrists and cupped over your nose and inhaled as you set your intentions for the day, visualizing what you want to accomplish and seeing yourself completing it.

**Harmony** — Helps create a positive attitude, reduce stress, and repel feelings of discord and chaos. Apply this oil over your solar plexus, the area just below your sternum and

above your belly button, while setting specific intentions to harmonize with those around you.

**Joy** — A calming, uplifting aroma that is used to bring joy to the heart and mind. Place a few drops in your hand, inhale through your nose, then rub over your chest (heart).

**White Angelica** — Creates deeper feelings of security and protection by offsetting the negative energies that work to bring you down and invade your personal space. This oil will be your 'shield' as you navigate your day striving to stay stress-free, balanced and relaxed. Place a drop in your hands, rub your palms together, breathe in deeply, then rub your hands over the crown of your head, down your neck, shoulders and midsection, all the way to your toes as if you are putting up an imaginary shield.



You are now ready to tackle anything the day throws at you!





*Tiffanie Albertson*





# Tiffanie ALBERTSON

PRESIDENT AND CEO SOLUTIONS FOR LIVING

*Drink in a natural glow!*

If you picked up this magazine, you already seek to have a better MIND, BODY, and SOUL! Who hasn't walked into a room only to forget what you needed? Who hasn't looked in the mirror and noticed fine lines, wrinkles, thinning hair, and wished for a solution? And with the stress of the last 2 years especially, is there anyone that wouldn't love to have a less stressful day?

As a functional nutritionist, retired Registered Dental Hygienist, wife, mom of 3 adult kids and an Executive with one of the most well respected holistic health and wellness companies on the planet, I often get asked which of the 3 elixirs I recommend.

To elaborate just a bit, these products look alike and are purposefully packaged in glass bottles that don't allow UV degradation or oxidation, but that's where the similarity ends. They have very specific purposes for the MIND, BODY, and SOUL.

**MIND** — The amazing NOOTROPIC ELIXIR is a sleek ready-to-drink elixir that supports both on-demand focus for cognitive performance and long-term brain health through an ancient botanical blend that includes green tea extract, beet root extract, alma, phosphatidylserine, and purslane.

**BODY** — Infused with an innovative blend of marine collagen peptides and powerful botanicals, COLLAGEN ELIXIR indulges your skin with both beauty and nourishment from the inside out. It supplies bioavailable collagen for almost 90% of your body's collagen needs. Each bottle provides a therapeutic dose, 5 grams of the most pure collagen with zero oxidation. Your body will actually use it, absorb it, and you will see and feel yourself GLOW from the inside out.

**SOUL** — The unique blend of healing herbs, botanicals, and adaptogens found in the ADAPTOGEN ELIXIR creates a time-tested yet modern way to help your body manage stress. Stress is at an all-time high, so naturally combating our world by helping to control our cortisol stress response allows for better rest, mental clarity, and inner peace. This formulation also contains a black tea kombucha blend for gut and brain health.

The combination of these elixirs is an easy way to support the balance of your MIND, BODY, and SOUL. They impact wellness in every area of life. Choose one and get targeted benefits, or choose all three for a balance you can see and feel.





# The Peace is in the Pause

By KIMBERLY KELLER

Creating a sanctuary in your mind could bring you a lifetime of Peace and Joy.

I like to use the French phrase, *J'ois de vivre*, meaning Joy of Life. We honor the pause as much as we value taking action.

Stress can show up at any moment. For London Taxi drivers it's an everyday event.

London is considered the most stressful city to drive in because of all the circles, merging roads and monuments. And as a result, London Taxi drivers release too much of the stress hormone, cortisol, resulting in a loss of gray matter in the brain. The frontal lobe of the cerebral cortex is also smaller. These are regions responsible for higher-order thinking. Studies have found that on average, they die younger of heart disease.

Now that we gave an example of a high-stress job and how it affects the brain, let's look on the bright side and flip the situation.

For those who have embraced calmness, practicing meditation and yoga, like I outline in my #1 bestselling book *Ultimate Health on the Go*, they demonstrate a far greater size in the frontal lobe in studies, more gray matter responsible for higher thought, innovation, inspiration, goals and ideas, and an overall larger

diameter to the entire brain. They are far more resilient in the face of stress, and the damaging hormone, cortisol. They build new neural pathways. They live healthier and longer.

It all comes down to a choice, how we decide to deal with stress and fortify our body and mind for unexpected challenges and eliminate causes that are within our ability to change.

It's all a possibility. It's a choice to first stop and pause.

One of my FLOW approaches to vibrant health is a new respect for your breath.

The pause it gives your nervous system goes so far beyond mere red blood cells and oxygen alone. Within it is the power to literally "re-wire" your nervous response to stress, but in recent studies, toward disease processes as well, and the health of the heart through modulation of the Vagus nerve.

This practice imbues a calm, deep breath with a visualization of creating a nurturing space in your mind, a sanctuary where you can return and feel safe with your breath and a consistent future focus. It's yours for the taking.

I begin my clients with visualization while imagining stress releasing from their body.

You can too. Embrace this pause and create your own special sanctuary for inner peace.





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In just ten minutes, once a week, these sessions help our members get stronger bones, stronger muscles, improve balance and agility, and greater

athletic performance. The Biofeedback on each machine measures strength gains, and members who are monitoring their bone density with their doctor often see increases over time.

One of our greatest joys is having a member share how their life has improved because they joined OsteoStrong. Many members have reduced or completely eliminated joint and back pain. Some start playing sports again, and some have completely reversed their osteoporosis.

The great thing about OsteoStrong is that it works for almost anyone at any age, body style, or physical condition. We have members from 11 to 90 years old, and they all benefit from the same system once a week.

## We're making a difference!



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# Ten weeks to a better version of you!

BY CANDICE CLAIRE OKSENHORN

Are you feeling *blissful* in your life? Your body and mind?

This sounds really wonderful and yet most are suffering with sub-optimal energy, insomnia, disturbed digestion, brain fog, excess weight, etc. Inflammation and chronic illnesses are epidemic. For some reason most of these experiences are being normalized as part of aging or just part of life. This is NOT normal!

In navigating my own life's challenges of insomnia, heartbreak, anxiety and body breakdown to name a few I found my path with ancient wisdom practices.

As a CHOPRA Certified Meditation & Ayurvedic Lifestyle instructor, Yoga Health Coach (10-week online course of 10 most important Ayurvedic Habits with coaching calls and private forum) and Medicinal Aromatherapist, I found my passion and purpose in life as well as my own road map to healing naturally.

My bi-annual BODY BLISS CLEANSE in the spring

and fall can be life changing and a great way to start working with me in a group! It's a favorite! This is a unique and doable process over 3 weeks. Sign up now for October 2022.

BODY BLISS — 10 habits in 10 weeks is a wonderful commitment to up-level your lifestyle in a supportive and fun learning environment. You will really start getting traction for a healthier version of YOU. When I first participated as a student with this course it literally changed my life! The next course begins in mid September.

ONE ON ONE — lifestyle coaching is for my clients seeking emotional support and a desire to heal naturally.

I offer other online classes so reach out to get on my mailing list so you can stay informed!

Contact me now for a free discovery call and enroll!

*Self Care is Self Love!*

**Contact [candice@swansage.com](mailto:candice@swansage.com) or 970-948-7525 for a free discovery call and enroll.**



# Ask the Expert!

*The secret sauce to aging gracefully with Rebecca Dutton BSN, RN., owner of Illume Aesthetics in St. Charles, MO, is SaltFacial and Jeuveau. Passionate about bringing out the natural beauty within every woman, she is here to talk about her two favorite trends and treatments for skin health and graceful aging.*

“SaltFacial is above and beyond my favorite skin treatment and it is coming to St. Louis in September. I will be scheduling appointments on the mobile site.

SaltFacial is safe and can be done every 2-4 weeks. It is the world's first true medical facial device, FDA approved, safe for every skin type and can be used anywhere on the body. It restores, replenishes and rejuvenates, and gives immediate clinical results.

The first time I had one, I was sold. For weeks after my first SaltFacial, clients wanted to know what I was doing differently. That's when I knew I had to bring this technology to St. Louis.

People ask me all the time what they can do to promote healthy skin and a youthful, glowing look. I tell them that the most important thing anyone can do is to take the best care of their skin as they can. SaltFacial should

definitely be a part of that regimen. It is also a great compliment to fillers and anti-wrinkle treatments.

The other treatment I love is Jeuveau. Most people are familiar with Botox, but I prefer Jeuveau. New on the market since 2019, it is used as an injectable treatment to smooth away crows-feet and frown lines, just like Botox.

It has been shown to be just as effective but it costs less than the popular counterpart. Most people who have a regular regimen that includes anti-wrinkle treatments will see significant savings over the course of a year.

In a nutshell, if looking your best at any age is a priority, then I would recommend coming in for a consultation. Let me help you decide what will work best for you and your lifestyle.”



*SaltFacial Exclusively  
at Illume Aesthetics*





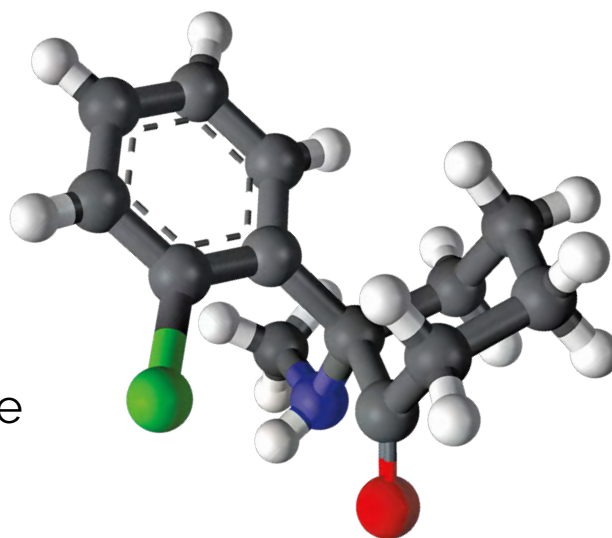
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# RESA OFFERS AT-HOME KETAMINE-ASSISTED THERAPY

BY DR. ZINIA THOMAS

Frustrated with meds or therapy? Visit [resahealth.com/quiz](https://resahealth.com/quiz) to see if Ketamine is right for you!



**M**any people with depression or anxiety are unable to find relief with traditional antidepressants and talk therapy. What most of them don't know is that Ketamine can produce a rapid antidepressant response within hours, that can have a sustained effect for up to one week. Ketamine-assisted Psychotherapy goes further by using the uniquely receptive mental state created by Ketamine to help people reach insights and produce changes that would otherwise be unavailable.

Clinical data shows Ketamine therapies are safe and extremely promising ways to give people the relief they're looking for. But adoption is limited because social stigma from the 1970s is still casting a long shadow, and most Ketamine clinics are prohibitively expensive.

Resa Health is an organization that aims to make evidence-based Ketamine therapies safe, accessible and personalized. We've merged together insights from experts in Ketamine private

practices and top medical professors within one easy-to-use telehealth platform.

Here's what to expect in Ketamine-assisted Psychotherapy:

1. Make a Resa account and share your goals and circumstances. Identify a trusted friend or family member who is willing to actively support your Ketamine journey.
2. Purchase the Ketamine therapy program that's right for you. Don't worry, we'll guide you.
3. A Resa physician will review your medical history, reaffirm your eligibility, order your prescription and prepare you for your program. Your Ketamine will be delivered to you in the mail.
4. For a week before each Ketamine experience, Resa's expert talk therapists will help you prepare your mind by clarifying and articulating your intentions. Our app and



*We believe the first, most important step to better living is to improve our mental health. Only upon a stable foundation can you confidently build a life of purpose, passion and meaning.*

*Many people's mental health is hindered by low mood, ruminating worries, anxieties, insomnia and more.*

*We provide a novel behavior-first, data-driven, and tech-enabled approach to healing.*



## BETTER MOOD BETTER CONCENTRATION BETTER SLEEP

content will assist this process and also help you prepare your body and environment. This preparation is key to a productive Ketamine experience.

5. Next, you'll self-administer Ketamine in the comfort of your home for a couple hours. Ketamine's dissociative effects temporarily free you of your regular thought patterns and allow for deeper self-reflection. While most patients report entering a pleasant, dream-like state, you may encounter long-buried thoughts, feelings and memories that can lead to transformational realizations. Don't worry, we'll help ensure your safety and maximize your outcomes by preparing you and your support person beforehand with clear best practices from our team of experts.
6. The key to enjoying lasting relief is integrating your new insights into your daily life. For a week after each Ketamine experience, it's paramount

you reflect and integrate insights before they're forgotten as you return to your daily routine. Resa's experts will work with you to derive meaning from your Ketamine experiences and incorporate your insights as healthy new behaviors.

7. You'll repeat the cycle three more times: prepare for a week, administer Ketamine for a couple hours, reflect and integrate for a week.

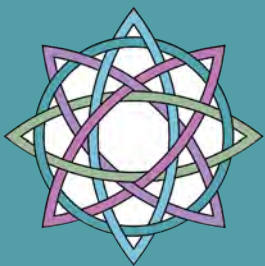
Resa is committed to providing safe access to evidence-based Ketamine therapy to support people on their journeys toward long-lasting mindset and behavior improvements. If you're looking for both rapid relief and new transformational insights, visit [resahealth.com/quiz](https://resahealth.com/quiz) to see if Ketamine is right for you.

If IV therapy is your preference, we continue to offer infusions at our Brentwood location at Radiance Ketamine and Wellness. [www.radianceketamine.com](https://www.radianceketamine.com). 314-736-4736



# *Relaxing into* **TRUTH**

By DEBORAH LEEANN



Deborah LeeAnn  
Embodied Leadership Guide  
[Deborah@DeborahLeeAnn.com](mailto:Deborah@DeborahLeeAnn.com)  
[@DeborahLeeAnn](#) LinkedIn

Scan the QR code to  
listen to or download  
a Centering Practice to  
get started!





Let's be honest, shall we? How are you? Truly?

Are you feeling anxious? Busy? Worried about the future of our planet/economy/democracy?

It's OK, to not be above it all, riding in the higher dimensions. What's being called for now is to feel it all, to be with and not hide from the craziness of our world, or the uncertainty and fear rampant on our planet.

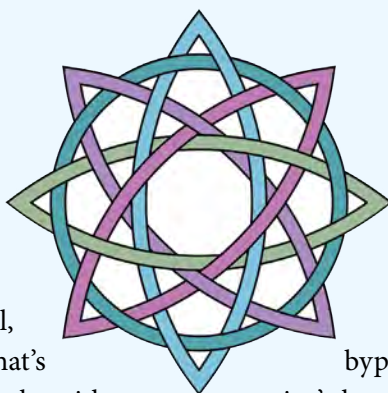
The more conscious, spiritual, and aware (embodied) I am, the more I'm able to feel when I'm out of control with anxiety. As a recovering perfectionist (OK, I'll admit it, control freak), it's been a wild ride these past 15 years. Especially the past few during the pandemic. I've been noticing my habits and reactive tendencies – many I've used as a form of self-care – are not necessarily what I truly want, or need. There's a buzz that runs through my system like a flowing river, not raging like floodwaters, and not a slight trickle of a babbling brook. Do you feel it? It's more contagious than COVID, no outrunning this if you are a breathing human living at this time.

Nothing is as it seems. Plans seem to be irrelevant. All of my training in strategic planning, setting goals, and visualizing, feels out of step, out of integrity, from a bygone era.

So, my practice these days when I want to control, clean, clear, solve, complete, is to slow down. Pause. Contemplate. Breathe. Check IN.



Yep, I'm learning to Relax. Softening, opening, centering is my new mantra. When I find myself hyper critical, noticing all the stuff that needs to



be fixed, changed, or cleared, I ask myself, what's going on? Why has the left brain problem-solving mind hijacked my sense of Beauty? Where is the LOVE even here in this chaos?

It's about NOT cleaning, or bypassing, or pretending the chaos isn't here all around us, affecting us on many levels. This is our new graduate study program, a new playground of learning to be WITH it all. All kinds of feelings, all kinds of people, all kinds of uncertainty. And calling forth strength, resilience, love and light, without seeing proof of it, or feeling it. It's about TRUST.

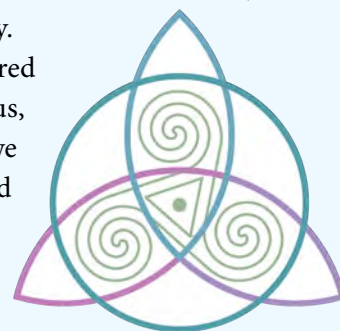
It's about sitting in the ugliness, the mess, the shadow parts of self (and the collective) and witnessing it. Allowing it. Accepting it all. And, finally embracing it.

Then the discomfort eases. The constriction holding us so tightly loosens. The wound unwinds. And there's more spaciousness to BE. All of self, the beautiful, the bad, the ugly.

Symbols and Sacred Geometry surround us, helping us to see that we are being guided, guarded and protected. The spiral used to remind me of my energy patterns spiraling outward, now I see that

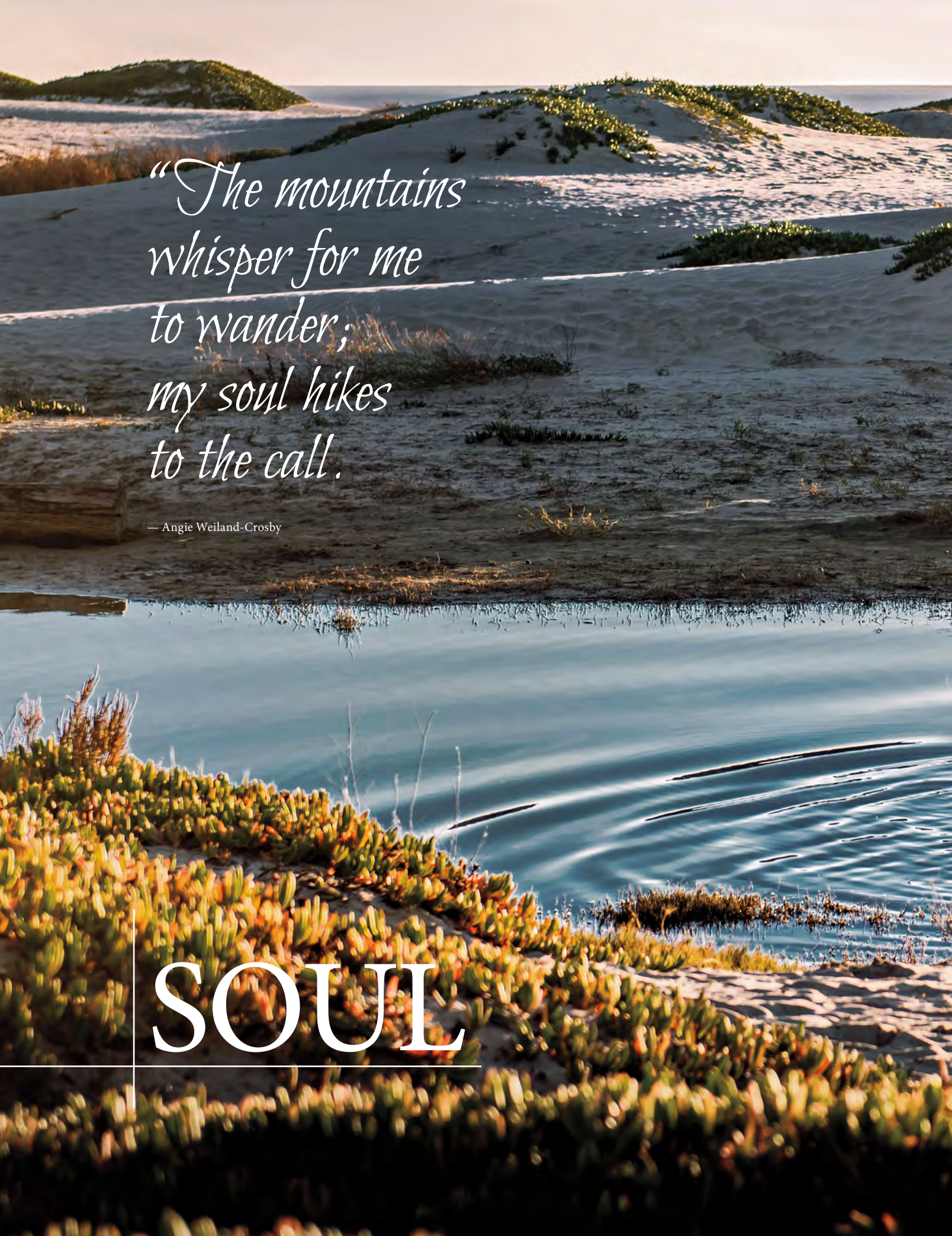
the spiral is within . . . connecting and integrating and holding me, Mind, Heart, Body and Spirit.

So, my dear sister friends, will you join me in this dance? It's a collective tapestry or art form we are weaving together. A thing of Beauty, this owning of our wholeness and holiness? Of being radically open, and soft, and relaxed, and centered?



*Of living in our Truth?  
Centered in Love?  
Serving with Light?*



A coastal landscape featuring sand dunes in the background, a calm body of water in the middle ground, and coastal vegetation in the foreground. The scene is captured during the golden hour, with warm sunlight illuminating the dunes and the water reflecting the sky. The overall mood is serene and contemplative.

*“The mountains  
whisper for me  
to wander;  
my soul hikes  
to the call.”*

— Angie Weiland-Crosby

SOUL







# WHERE IS YOUR

*Here are some of our favorite venues for seeking sanctuary, places where you can relax and recharge through spiritual healing, fitness, yoga and pampering.*



## Daxton Hotel

Birmingham, MI  
daxtonhotel.com

Daxton is the luxury hotel with a provocateur's spirit and an artist's soul. Enjoy a divine night's sleep in a sumptuous room, a tête-à-tête at the alluring Madam restaurant, or a celebration in their stunning event spaces. Stately Birmingham just got a bold new neighbor.

*renew*

## Avalanche Ranch

Carbondale, CO  
avalancheranch.com

This 36-acre Ranch offers plenty of privacy for 13 cozy log cabins, a 1-bedroom loft apartment and a 3-bedroom ranch house. There are nearby trails for hiking and biking as well as a half mile of private riverfront along the Crystal River to walk and fish. Avalanche Creek flows into the Crystal River, surrounded by forest service and wilderness land. The views are spectacular!



*recharge*



## Margot European Spa

Birmingham, MI  
margots.com

At Margot European Spa, the beauty of the mind and body are nurtured to elevate the spirit of well-being. It is their mission to offer you only the finest spa experience where your expectations are exceeded and all your individual needs attended to. Their highly skilled and educated staff can offer you advice for at-home care to continue your spa experience in-between visits.



## Kripalu Center for Yoga & Health

Stockbridge, MA  
www.kripalu.org

For five decades, the Kripalu Center has been a leader in yoga- and mindfulness-based education. More than poses on a mat, Kripalu believes yoga is an accessible practice that inspires connection, compassion and joy. Like yoga, Kripalu is more than its physical manifestation. It is a way of life—a powerful source of transformative wisdom and practice for communities.

*relax*

## Arista Spa & Salon

Naperville, IL  
www.aristaspasalon.com

Arista Spa & Salon is artfully designed with attention to the finest details to soothe the body and enrich the soul. In this special place, you will enjoy ancient Mediterranean healing combined with modern innovation, cherished rituals for cleansing and wellness with the best science has to offer your skin, hair and body. All in inspiring surroundings with a staff that is both nurturing and world class.



# SANCTUARY?



# WAKE UP!

## *Transform Your Life*



DR. ANGELIQUE FOWLER

**D**o you need a building or a land clearing? Large groups of people can be filled with un-useful energies. We know a wonderful person who can channel the deep spiritual messages within groups to help transform the group dynamics into something more useful. Meet Dr. Angelique Fowler. She loves providing events for clearing group dynamics, and finds it remarkable how the group shifts are transformational for each individual involved.

Watch her set up crystal grids to clean, clear and heal quicker than Flash Gordon!

Angelique is a 12th generation Usui Tibetan Facilitator and a member of Dr. Mikao Usui's line. She is a Reiki Master/

Teacher practicing an updated version called 5D. Her Reiki practice fuses traditional Usui with meditation techniques, hand mudras, ancient universal symbols/frequencies, crystology and nature-based cycles.

She sees spirits and angels and can talk to other realms just as easily as she can talk to humans. Her daily personal practice, including Kundalini yoga Kriyas with advanced Pranayama techniques, allows her to deep dive into 8-hour meditation sessions. She has also received Guru's attunement from a Hindu Swami. She is a trained Kriyaban Yogini via Self Realization Fellowship (SRF) USA. Her meditation mantra is: To Help, To Heal, To Enlighten – Everyone.

Also, as an ordained Universalist Doctor of Theology, Angelique's universal messaging power lends her a natural, soul-given ability to help others grow. Another superpower is her ability to design custom-nature-based ceremonies for your special life events.

Out of a burning passion to further heal herself and others, Angelique founded Wake Up! Reiki Life Transformation Center in 2008. She writes, teaches classes and holds seminars, with collegiate-level-metaphysical-training classes available upon request. The essential-oil-chemistry classes she's created, and the deep practice on herself, others, and family have helped overcome major body, mind and spiritual challenges. She enjoys watching all earthbound brothers and sisters grow and blossom into their fullest potential.

Stay in touch with Angelique at [www.wakeupreiki.com](http://www.wakeupreiki.com).





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# DEANNA HAEFNER



# DEAR DEANNA

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BY DEANNA HAEFNER

DEARDEANNA.COM

*Dear Deanna,*

My husband is very forgetful at times. Could be something as little as taking the trash out or putting the clothes in the dryer. When I remind him, he gets annoyed "I got it". What other ways can I remind him? I've tried post it notes and that drove him crazy.

Thanks!

*Nancy J.*

*Dear Nancy,*

Isn't that the bane of all partner's experience! Not getting what we want or fear of losing what we have is the driving force behind many of life's greatest suffering. The truth is, as frustrating as this may be, you CANNOT get him (or anyone) to do anything, PERIOD.

There are several angles by which we can look at this. First, there is the simple fact that if you lived alone you would have to do all the tasks around the house anyway, so one could say, just do them with kindness and joy and be surprised when you get some help.

If that answer does not light you up, I would suggest communication. That requires both partners buying into an agreement as to what each person is responsible

for around the house. Each person doing their part and being engaged. If your partner is not holding up his/her side, you are forced once again with the fact you cannot make anyone do anything.

My home is my sanctuary. I decided to use the 5 x 5 rule. The five by five rule means you shouldn't spend more than five minutes worrying about something that won't matter in five years. When an issue arises, I ask myself will this task take 5 minutes? If so, I do it! I have found that by taking on my own happiness and being 100% responsible for that I am very selective what I allow to really drive me crazy. At the root of it, I cannot remember much of what happened last month let alone five years ago – so make today the most magnificent you can!

*Deanna*



# *The* SANCTUARY *within* OURSELF

BY DONALD (TRUTH PARADISE) THEISS




*Truth Paradise*

Donald (Truth Paradise) Theiss became a seeker of the truth, struggling with himself and others about what was really true and thought he would never fit in and didn't even want to fit into society because it felt like everyone was lost in some socially fabricated illusion and it felt as if he was on a divergent path from almost everyone he knew. He read *The Way of Zen* by Suzuki and that was the beginning of looking inward to find answers that he had not been able to find externally. He has come to the conclusion that we are all perfect manifestations of the Universal consciousness and our challenge is to accept ourselves completely and let go of the social beliefs into which we were indoctrinated. He believes that begins with self acceptance.

Donald is a gifted counselor and the author of *Being Human in a World of Illusion*. He can be reached at [truthparadise@hotmail.com](mailto:truthparadise@hotmail.com).





**F**ocusing on the sanctuary in ourself is essential to come into a peaceful state and truly know ourselves, know our own experience and the fulfillment of our own being.

When we focus our attention inside ourself, to our inner awareness, we can observe ourselves and the unfolding of our own consciousness as it is flowing in us and through us.

We are life happening and it is all flowing naturally within us and when we tune into this flow we are able to simply be with the energy that is happening in us, as us, and we experience the life that we are in its most fundamental essence.

This is the true essence of meditation and yoga, union with ourself, being one with the energy that is happening in us and all around us.

The simple process of centering our attention in ourself, being silent and observing the energy that is happening in us, allows us to come into a state of peace and harmony within our own being, allowing us to accept what is moving in us, as it is, as we are.

Our training in our society is to focus externally in our search for meaning and fulfillment, looking outward, to relationships or the acquisition of things, in order to get a sense of comfort and fulfillment, but this external search becomes our focus of attention and is in the way of us accepting ourself, our own experience and prevents us from experiencing peace and fulfillment within ourself.

It is only when we focus inwardly that we come home to ourselves, to the sanctuary within us, that we are truly able to relax into ourself and the energy that is happening within us.

That is why it is so essential that we focus our attention to the sanctuary within, to the energy that is flowing through us, to connect directly to our self, to know ourself and experience “the peace that passes all understanding.”

We are the energy of the universe in human form and when we tune into the flow of our own energy, rather than the external concepts, ideas and beliefs of our society, that we come into alignment with our true self.

This is the true meaning of yoga, “union” with our self and union with the universe.

Sit silently and observe the flow of your own energy and experience the sanctuary within.



# Finding Your Sacred Sanctuary

BY MARILYN EAGEN

**W**hen you look up a definition of *sanctuary*, it reads: “A sacred place, such as a church or temple.” For most of my life, that is exactly how I saw it. Then in time, I developed an expanded way of thinking about sanctuary, as being in a beautiful outdoor space. I also would even refer to my office space or a special room in my home as my sanctuary.

Seven years ago, I found a very special property and house that satisfied my definition of that place. A few years later, my husband and I built a labyrinth walking meditation space in the backyard of this beautiful space that we purchased to house my energy medicine business. The labyrinth became my sanctuary. I use that space to connect to my Divine Source.

It did not take long to realize that I could connect anywhere to get my Divine guidance. I began noticing that I had actually spent most of my life connecting to my Divine from anywhere I wanted. “Follow Your Heart” became a very common piece of advice from me. After all, that is where I truly connected spiritually. And as I felt more deeply into how I received the messages and guidance that I received all the time, I became aware that I was not just connecting “in.” I realized this beautiful Divine connection was always present in me, “in my heart.”

I am not exactly sure when and how, somewhere along the way, I had fully embodied my true sanctuary in my heart center. There was no longer a separation, and probably never was. It just took some time to embrace and internalize that truth. My sanctuary was embodied in me,



and yours can be as well. Maybe you already know that you do this or you just need to tap into that feeling. The guidance, messages, codes and symbols are right here all the time.

This certainly changes the original definition that you find when you search *sanctuary*. Now, I am choosing to see that everyone has their own unique and powerful sanctuary within them. I also believe that if we can choose to see others in this way, in this Light, then the world can take on an entirely new look, a new perspective of many people walking around embodying their connection or their sanctuary. Together, we can bring even more





*Write your heart's answers below.*



Check in with yourself and see where your sacred space is in your life and possibly in your body. We all carry our own gifts and our own piece of the puzzle of heaven on Earth. Let's build this sanctuary of people living in their hearts together.



# Fall Favorite

## Tomato Mushroom Soup

Prep: 10 min. Cook: 45 min.

Makes about 12 servings (3 quarts)

1 pound sliced fresh mushrooms	8 cups beef broth
6 tablespoons butter, divided	2 medium tomatoes, peeled, seeded and chopped
2 medium onions, finely chopped	1 can (15 ounces) tomato sauce
1 garlic clove, minced	1 teaspoon salt
2 medium carrots, chopped	1/2 teaspoon pepper
3 celery ribs, finely chopped	3 tablespoons minced fresh parsley
3 tablespoons all-purpose flour	Sour cream, optional

In a large kettle or Dutch oven, saute mushrooms in 4 tablespoons of butter until tender. Remove mushrooms with a slotted spoon; set aside and keep warm.

In the same kettle, saute the onions, garlic, carrots and celery in the remaining butter until tender. Stir in flour until blended. Add the broth, tomatoes, tomato sauce, salt, pepper and half of the reserved mushrooms. Cover and simmer for 30 minutes.

Stir in the parsley and remaining mushrooms; simmer, uncovered, for 5 minutes or until heated through. Garnish with sour cream if desired.

Prep: 10 min. Cook: 45 min.

Makes about 12 servings (3 quarts)

<https://www.tasteofhome.com/recipes/tomato-mushroom-soup/>  
Courtesy of Bonnie Hawkins, Elkhorn, Wisconsin









# Overcoming “Dating Despair”



*Gabriella Aratow*

If there's one thing I've learned in my years working with singles as a professional matchmaker, and being single, it's that dating can sure get people down. I don't know if there's anyone looking for love who doesn't sometimes go through what I call “dating despair.” We can feel angry about those who mistreated us as we sought connection and confused as to why others land what appears to be a perfect love story when we did not. Who wouldn't be frustrated by the ineffectual actions of others, and hurt by the rejections, and scared about how bleak a solitary future may become?



## *A four-part process to empowerment*

Single people can also be ashamed of ways we may think we failed to achieve a normal life, so we're not only handling the challenges we go through emotionally (and, by definition, lacking a partner to support us) but also carrying a concern about how we may appear as mis-wired misfits.

Do you recognize this spinning wheel of negative notions? Are you exhausted by the seemingly inescapable repetition of it all? Then you have stepped through the door of dating despair.

Here's the thing: The very fact that I can call this cluster by name should tell you something—it's normal. Yes, it's natural to work yourself into this dark place about your romantic predicament. You're human.

Ultimately, no matter what happens in one's dating life, we serve ourselves to find the upside in our struggle. With the preciousness of each day your inner being wants to be expanding your sense of equanimity, not depravity.

I've observed that dating can be the very process by which we come to higher levels of self-actualization and fulfill on our ability to uplift not only ourselves but others.

With my clients I do a four-part process I developed to move them out of dating despair and to empowerment. It's modeled on the functions of the four chambers of the heart. My program is extensive, featuring explanations, stories, and dozens of exercises. But here is a mini version, a quick formula, if right now you need to pull yourself out of an abyss.

Part 1 is **THE DEPLETION CHAMBER**, since in the first chamber of the heart blood enters depleted of oxygen. In this opening action of my method my clients face what caused their despair. Break-ups? Discrimination? Fraudulence? We acknowledge these things arise and we take inventory of the ways we got cut down. One exercise from this chamber I call "Share the Solution." Picture yourself breathing IN all your despondency, then envision your body as a container of transformation in which pain morphs to calmness. Now breathe OUT the new energy, giving it to the world.

Part 2 is **THE PREPARATION CHAMBER**. The second chamber of the heart sends depleted blood to the body to gather oxygen. In my program, it's where we ready

ourselves to date again. Internally, we examine ways our narratives have gotten stuck and nudge ourselves away from victim-hood. Externally, we polish our presentation. For exercises here, pick three of these five internal shifts: 1) See stand-up comedy or anything that makes you laugh. 2) Spend time catching up with your most content friends. 3) Visit an art museum. 4) Volunteer at a charity. 5) Exercise in nature. Then pick three of these external shifts: 1) Ask a stylish friend to re-organize your wardrobe. 2) Deep clean your home. 3) Update your haircut. 4) Have your teeth whitened. 5) Follow the 'Whole 30' eating program for a month.

Part 3 is **THE RECEPTION CHAMBER**, where the heart receives back newly-revitalized blood. In my process we focus on self-examination as we start to date, viewing ourselves under the inquiry of showing up with wonder. We examine if our behavior is coming from wounds or organic spontaneity. Begin a dating journal. Take 30 minutes after a date to ask yourself: Did you say or do anything you regretted? Why? Was anything said that made you feel inadequate? Can you trace those feelings back? Did you sense yourself as closed or open in the person's presence? Were you having thoughts different from what you were outwardly projecting? What prevented you from being vocal about your truth? What could help you achieve what you want to be different on your next date?

Part 4 is **THE RENEWAL CHAMBER**. This chamber pumps out re-oxygenated blood to nourish the whole body. In your fresh mental space here you discover the power you hold to uplift others, no matter the outcome of the dates. What becomes important is the strength you possess in how you impact people, even if it's only in a 45 minute exchange. At last, you claim agency for your dating life as a method to intentionally support the value within yourself and all humanity. At this point you are ready for the "Complete Date" exercise. Create a personal vision for the Utopian world in which you long to live, and develop pre- and post-date mantras that allow your dates to exist as entities supporting your vision.

I hope this method has been of help to you.





# Mantras for Dating Success

By GABRIELLA ARATOW

Dating mantras are a great way to invite love into your life. They are simple but powerful tools to attune your energy to a nourishing frequency that radiates out into the world.

If you wish, light a candle and recite your pre-date mantra before you go for a date. I like the “Love Potion” candle from the Brooklyn Candle Studio. Don’t forget to blow it out before you leave! An example of a pre-date mantra is:

“May I approach (their name) with curiosity, to know them  
as a part of the infinite wonder of the world.”

After your date, recite a mantra that asks the event of the date to be part of larger, holistic picture. You can do this in your car, when you get back home, or even as you go to sleep in bed. Sometimes I say:

“May the possibility of peace in me have resonated with  
the possibility of peace in (their name).”

I then use a physical gesture of opening my fist near my heart to symbolically “release” the date into the infinite passage of time.

Play around until you find the actions, words and gestures that bring deep graciousness to you. Use the following page to write your own mantras.





# *My Dating Mantras*



# GOOD KARMA



## Empowering Parents Through School-Home Engagement

By JO FLANNERY

**D**id you know that children only spend 14% of their time in school? 14%! Yet too often we shoulder teachers with 100% of the responsibility to educate our youth. Assuming kids spend at least a third of their time sleeping, that still leaves over half of their year spent awake and outside the school building. At HOME WORKS!, we believe in the power of home and the transformation that can take place when a child's parent and teacher become true partners in supporting that student's education. HOME WORKS! is the only parent engagement nonprofit serving under-resourced schools in St. Louis City, St. Louis County and Boonville. Our programs empower families, schools and communities to work together to ensure academic and lifelong success for every student. "We train, support, and pay teachers to go into the homes of their students to help build strong relationships between school and home, and work with schools to implement focused family engagement strategies that support student learning," says CEO, Colleen Polak.

Simple things parents can do with their child, like going through the mail, playing Wordle, counting the red doors on a walk, all count as learning. "I thought the home

**We Support Teachers**

**We Engage Parents**

**We Transform Schools**



“I can’t believe the difference a home visit made for my son. His comfort level at school is way up, and his reading level is mind blowing. I am a big supporter. My son is excited, too.”

— HOME WORKS! Parent, Beasley Elementary, Mehlville

## Partnering families and teachers for children's success

visit was great,” shares one of our parents. “It was very informative and my daughter really enjoys the educational games the teachers brought her. She will now let me read a book to her at night. We appreciate everything they do for us to help my daughter succeed.”

### The Power of HOME WORKS!

- 84% of HOME WORKS! teachers reported improvement in students' classroom behavior.
- 83% of HOME WORKS! teachers reported improvement in students' homework completion.
- 100% of parents reported they were provided with the tools and resources to support learning at home

## Strengthening the relationship between school and home



To learn more about HOME WORKS! visit [teacherhomevisit.org](http://teacherhomevisit.org) or visit us on social media @homeworksvisit

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**Rebecca Dutton BSN, RN**

**Founder of Illume Aesthetics | Injector**

Rebecca has a passion for bringing out the natural beauty within every woman. She is a licensed registered nurse with a BSN degree. In 2019, with 27+ years of nursing experience, Rebecca founded Illume Aesthetics. She offers a wide range of aesthetic services including fillers, Botox, SaltFacial, Ultherapy and medical grade skincare. Her clients keep returning as she continues to offer the latest innovations and services. She is dedicated to preserving and enhancing natural beauty so women (and men) can feel their best at any age!

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**Julie Scott**

**Intuitive Life Coach**

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**Cristina Campbell**  
**Founder & CEO of Lady of the Oils™**

Cristina's goal is to teach others how to enhance their health and wellbeing in the five areas of health: physical, intellectual, emotional, spiritual and social. She has 40+ years experience in the field of Alternative Health with degrees in Nutrition and Computer Information Systems. She also holds degrees as a Master Aromatherapist and Certified Holistic Health Consultant from the American College of Health Sciences. She is nationally registered and is a certified Aromatherapist. Cristina has been an independent distributor of Young Living Essential Oils for more than 22 years. She is also a Senior Wellness coach.

618-567-5919 / Ladyoftheoils@gmail.com / LadyoftheOils.com



**Candice Claire Oksenhorn**

Candice Claire is a HOLISTIC WELLNESS PRO who is passionate about helping people find more joy, clarity and vibrant energy in their lives. She works intuitively and from a solid foundation in Ayurveda (oldest healing system on the planet), Meditation, Aromatherapy and Nutrition (Knows how to make health taste great!). Candice works in-person, remotely, one-on-one, and with group classes. Chopra Certified Instructor – Meditation & Ayurvedic Lifestyle, Certified Yoga Health Coach (teaching Ayurvedic habits), Wisdom of the Earth Medicinal Aromatherapist. A free 15-minute discovery call is offered to new contacts!

candice@swansage.com / www.swansage.com / 970-948-7525  
 IG Swan Sage\_Candice Claire



**Wendy Campbell**  
**Owner/Nutrition & Health Specialist/Cryo-Therapist**

Wendy leapt into the wellness industry after her personal journey of knowing that business is only as good as the people involved, including their physical and emotional health. When she moved to Montrose, CO, her 25 years of business experience allowed her to jump right into a new business venture and reach out for the best in business and bring them all together. Wendy is an author, keynote speaker, and women's empowerment powerhouse. Faced with adversity as we all are, her passion is helping women navigate the process of fighting the same battles. She's thankful for lessons learned along the way and finds strength in the women guiding her as well.

Campbellwendy74@gmail.com / 970-729-0239



**Donna Lee Humble**  
**Lifestyle & Wellness Coach**

Author of *Seek, Not for Love*, Creator of the Higher Self Care Series and Holistic Health Practitioner, Donna Lee combines frequency-specific detoxification utilizing Computerized Bioenergetic Testing with Empowering Emotional Release for proactive, holistic-minded women ready to regain better health-vitality, purpose-passion, and inner peace since 2001.

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**Laurie Nowling**  
**Illuminate With Laurie**

Laurie Nowling is an intuitive channel, spiritual life coach and Holy Fire III Reiki Master in Saint Louis, Missouri. As the owner of Illuminate With Laurie, her passion and purpose is to work with others so they can illuminate their own lives with the wisdom and healing energy of spirit.

Laurie Nowling  
 636-875-0229  
 connect@illuminatewithlaurie.com  
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**Michelle Bryan**  
**Hypnotist/Regression Therapist**

A sleep specialist, Michelle Bryan has a dedicated following of athletes, business professionals and performers who are healthier, more focused and experiencing greater success. Using powerful hypnosis techniques, her clients sleep better, wake up with positive energy to live their best life and with confidence in their ability to achieve goals.

970-948-9065



**The House of Light**  
**Spiritual Center of Inner Healing**

Cinderella de Groot and Jay Jimenez are the founders of The House of Light, Spiritual Center of Inner Healing. They run their activities and family life from out of San Diego county. Their life purpose is to guide others on their journey towards healing and growth.

Instagram: @thehouseoflight\_tribe  
 Website: www.thehouseoflight.org  
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## **Dr. Angelique Fowler, RMT, KY**

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## **Heidi Harris**

### **Intuitive Transformation Coach**

As an Intuitive Transformation Coach, I guide clients through a 3-step process. With the support of various modalities, we work together to explore and heal the past. Clarity is then gained to transform the present, which leads to the final step in which clients are empowered to manifest the future they want.

[www.heidishouseofalchemy.com](http://www.heidishouseofalchemy.com)  
 Instagram: @heidishouseofalchemy



## **April Abbonizio**

### **Midwest Thermography Solutions**

April is a Certified Advanced Clinical Thermographer and a Certified Integrative Nutrition Health Coach. With a desire to help her patients achieve the best quality of life possible, she offers safe thermal imaging that can detect disease at its earliest stages. She offers report consultations with resources and referrals, so every patient is educated and has the opportunity to achieve optimal health.

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## **Marilyn Eagen**

### **The Peace Place**

Marilyn is owner of The Peace Place, a healing arts center. Her business is Harmony Healthcare and she provides individual sessions utilizing hands on and quantum methods. She is a Shaman, Energy Medicine Practitioner, Usui/Holy Fire III Reiki Master Teacher and has been formally trained in many more modalities as she has been practicing for more than twenty years. Marilyn offers groups, classes and outdoor space for ceremonies. The Peace Place has other practitioners who offer their services and classes as well.

Harmony Healthcare LLC, The Peace Place / 2841 Barrett Station Rd. St. Louis MO 63021  
[EagenMarilyn@gmail.com](mailto:EagenMarilyn@gmail.com) / Text: 314-330-4156





## **Deanna Haefner** **Transitional Personal Coach**

Deanna is an avid pursuer of knowledge and as such her modalities continue to widen. Providing coaching for others looking to expand, heal and enrich their spiritual paths. Deanna specializes in the areas of recovery, divorce healing, intuitive guidance and goal setting. Her current blog DearDeanna is a forum for questioning minds to share information and seek guidance.

Life Questions – [askandanswer@deardeanna.com](mailto:askandanswer@deardeanna.com)  
Divine Edge Consulting & DearDeanna.com / [Deanna@thedivineedge.com](mailto:Deanna@thedivineedge.com)  
314-300-6995



## **Megan Hampton and Ryan Butler** **Earth Living**

Megan and Ryan are Holistic Practitioners who specialize in Massage and Energy Medicine. They integrate several healing modalities and Earth's teachings in order to help you heal in a holistic manner and activate your own self healing codes. They offer 1:1 sessions, classes, ceremonies and natural living products.

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314-675-0568  
[earthliving8@gmail.com](mailto:earthliving8@gmail.com)  
@earthliving8 on Facebook and Instagram



## **Aspen Clean Candle** **Jill Kosdrosky**

Jill Kosdrosky, a former Industrial Engineer and Banking Executive, launched Aspen Clean Candle in 2019 to provide a healthier alternative to mainstream candle chemicals. From the heart of the Rocky Mountains, she combines her love of candlemaking with a mission of ingredient truth and transparency to create beautiful handmade soy candles and home fragrance products with cleaner, safer scents.

[AspenCleanCandle.com](http://AspenCleanCandle.com)  
[Jill@AspenCleanCandle.com](mailto:Jill@AspenCleanCandle.com)  
970-379-2417



## **farragio All-Natural Vegan Skincare** **Angela Propes, Owner & Maker**

I started farragio in 2010 with a passion for creating top-quality products. With extensive ongoing research, I have developed my all-natural skincare line with superior formulas that meet and surpass my customers' needs. And just as important to me, is providing top-quality service for my customers that meets and surpasses their expectations.

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[hello@farragio.com](mailto:hello@farragio.com)  
@farragio on Instagram  
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## Amy Katsikas MSN, ACNS-BC

### Pure 111 Medical Aesthetics

Amy Katsikas is a Board Certified Advanced Practice Nurse, an Expert Cosmetic Injector and the Owner/President of Pure 111 Medical Aesthetics. She founded Pure 111 because of her passion for skin health, anti-aging and the artistry of Aesthetics. The team at Pure 111 perform in-depth consultations with every client, offer immediate options as well as long-term plans to keep clients looking beautiful, youthful and natural.

Pure 111 Medical Aesthetics  
[www.pure111.com](http://www.pure111.com) / [amy@pure111.com](mailto:amy@pure111.com)  
 618-208-1111



## Dr. Zinia Thomas

### Radiance Float + Wellness

Dr. Zinia Thomas, M.D. is a board certified Child, Adolescent and Adult Psychiatrist. She practices with an Integrative/Functional Medicine approach. In addition to biohacking services, Dr. Zinia has been using CBD, terpenes, essential oils and other natural healing treatments and IV Ketamine for mental health conditions at her primary practice, Radiance Float + Wellness in Brentwood, MO.

1760 S. Brentwood Blvd. / St. Louis, MO 63144  
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[www.healthcitymmj.com](http://www.healthcitymmj.com) / 888-420-6665



## Holli Dobbs, LMT

### Therapist SubZero Wellness

Holli is a body work practitioner with 9 year's experience utilizing myofascial release, trigger point technique and deep tissue work to restore mobility, decrease pain and improve quality of life. She has been a volunteer for over 12 years with Lift for Life Gym and practices "Tikkun olam," or known as in Judaism "repairing the world" one person at a time.

636-778-2233  
[www.subzero-wellness.com](http://www.subzero-wellness.com)  
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 Chesterfield, MO 63005



## Katy Bartlett

### Master Life Coach & CEO of Pualani Oil Organic Vegan Skin Care Line

Katy is a certified Master Life Coach empowering her clients to realize their greatest potential. She is founder and CEO of Pualani Oil Organic Vegan skin care, co-author of *The Luminaries Project* and *Innovation Secrets* and a public speaker. Learn how you can live your best life today!

[www.katybartlett.com](http://www.katybartlett.com)  
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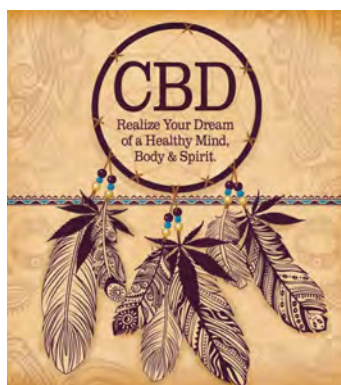
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## Megan Sanders MPT, LMT

### Owner SubZero Wellness

Megan is the founder and owner of SubZero Wellness, a sports recovery and wellness studio. With over 20 year's experience as a physical therapist and dually licensed in massage, she works with clients to bridge the gap between healthcare and holistic wellness. Her focus is on The Muscle Release Technique which incorporates breath, compression, extension and pressure to release soft tissue, increase range of motion and eliminate pain.

636-778-2233 / [www.subzero-wellness.com](http://www.subzero-wellness.com)  
703 Long Road Crossing Drive, Suite 5 / Chesterfield, MO 63005



## Ann O'Brien

### Ann O'Brien Living

I am a practical spiritual guide and the author of two Amazon #1 best-selling books: *A Woman's Guide to Conscious Love* and *Everyone Is Psychic*. Based in Colorado, I offer intuitive reading + healing sessions and classes as well as online intuitive training programs.

[www.AnnOBrienLiving.com](http://www.AnnOBrienLiving.com)  
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## Tiffanie Albertson

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## Melinda Fouts, PhD

Author of *Cognitive Enlightenment* and an executive coach and psychotherapist with over 20 years experience. I transform leaders through gaining self-awareness, identifying blind spots, improving executive presence, and communications skills. I serve as an executive coach for individuals and corporations for optimizing performance. Those seeking advancement come to me as my skills facilitate moving up.

As your Executive Coach helping you identify your vision, achieve your goals and long-term dreams, we focus on key strategies to help you reach what you pursue. I am precise, challenging and tough!

[melinda@successstartswithyou.net](mailto:melinda@successstartswithyou.net)



## Susan Sanders Certified TRE® Provider

As a Certified TRE® (Tension/Trauma Releasing Exercises) Provider, I facilitate the process of discovering and honoring your body's innate ability to release stress and tension, allowing it to return to a state of balance. I offer individual sessions online and in person and teach workshops throughout Missouri and the Metro East.

636-283-8308

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1381 High Street / Suite 211 / Washington, MO 63090



## Alena Ahrens Founder of Mindful + Pratique

Academic, artist and researcher, Alena founded Mindful + Pratique because she wanted to share creative and inspiring ways to live well. She has pioneered a unique approach to fostering well-being, one that brings together the realms of psychology, mindfulness, and art-making. Using her signature methodology, Symbolic Transformation, individuals are guided through various modalities of awareness, creative expression, and positive psychology to help foster key character strengths that support joy and resilience.

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[www.mindful-pratique.com](http://www.mindful-pratique.com)



## Jo Miller, FDN-P Gut + Soul

Jo is a certified Functional Diagnostic Nutrition Practitioner and Pranic Healer. After 30 years climbing the corporate ladder, struggling with chronic illness and finding her own healing path, she switched gears so she can help others ditch their chronic tummy pain, bloating and autoimmune flares, so they can find peace with their bodies and live the life they've been dreaming of. There is an underlying cause, there is hope and there is an answer.

[jo@gutandsoul.com](mailto:jo@gutandsoul.com)

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