

MIND | BODY | SOUL

ASPEN

Hope & Healing Issue

*“Plan for tomorrow,
live for today.”*

— Wendy Campbell

10-WEEK
CLEANSE

CHAKRA
THEORY

BODY
PEACE

HIGHER
ALIGNMENT

Aspen's Favorite Blogger

Jillian Livingston has been labeled a “super-connector” as well as a “super-manifestor.” Both of which she proudly wears as she continues to grow her lifestyle blog and professional social network. “This valley attracts incredible people doing remarkable things for others and after 12 years of creating content, I welcome the opportunity to introduce them to my audience,” says Livingston.

The youngest of three girls, Livingston has always thrived off of nurturing environments and being connected to all those around her. At the age of 10, her parents took her and her sisters on an adventurous trip throughout Colorado, where she fell in love with sagebrush and the mountains. She swore that she would move back there one day, and that is exactly what she did in 1990. A documentarian at heart, Livingston feels fortunate to have created platforms large enough to share the incredible people and places she meets in her everyday travels and to be able to move in the flow of her creativity, without being limited by the stressors of working for somebody else.

But manifesting this life was not easy. Raising their boys in a town where the party is always available for those looking for it, Livingston began a meditation practice to navigate raising teens in this environment with greater clarity, the meditation also helped her to gain clarity in her work and kept her going on this uncharted course.

What keeps Livingston going is the consistent feedback she receives saying that her content lifts others up and makes them feel connected. Many Aspen Business Connect members do not need

more business but join to stay connected in a town that is steadfastly crumbling the mind, body, spirit ethos dreamed up by Walter and Elizabeth Paepcke 1949-1960.

“So many of us are working so hard to survive in this town that is effectively chewing up and spitting out the locals from lack of housing and exorbitant rents, that we don’t have the time to find the resources to ease our paths to success. By bringing us all together, we help each other recognize resources that we may have not have ever realized were available to us. We may appear as though we have it going on, but we all have our struggles in business, especially in this valley, and what better way to bust through our blocks than to help guide each other along the way.”

To keep her content flowing on the blog, Jillian is working with locals who highlight the local lifestyle. Reach out to her to collaborate. Follow Jillian at aspenreallife.com and [@aspenreallife](https://www.instagram.com/aspenreallife) on social media.



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Hope & Healing



Life can be messy. We are all trying to overcome programs and trauma to find our way to authentic happiness. Part of the intention of creating MIND BODY SOUL Magazine was to support your journey to authenticity. The extended lockdowns were equal to going on a deep retreat. Many of us know re-entry after a retreat can be awkward, surreal, and even daunting.

MIND BODY SOUL wants to provide a tangible safe haven and a resource to support your re-entry to a forever changed world. Besides the inspiring beauty in the magazine, you will always find resources for transformation.

As we Spring forward into life, you will find hope and healing in these pages, along with balance in each of the areas of mind, body and soul.

For your mind, you'll find stimulation and inspiration, fitness routines for your body, and healing for your soul. With hope and healing we can all manifest magnificence. We can learn to fall in love with life regardless of outer circumstances.

Isn't this a great challenge, finding inner peace and happiness?

Please use these pages for practical and meaningful practices of gratitude. Cultivate authentic happiness through yoga and meditation each day. Use the journal prompts and pages to write, draw or color your way to connection with your inner power, and manifest magnificence through the passage of you.

Namaste,

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CONTENTS

2 Letter from the Publisher



MIND

- 8 Plan for Tomorrow, Live for Today / Wendy Campbell
- 10 N8iV Beauty / Karlee Robinson
- 12 Be Healthy Enough with Amy Van Liew / Maria Savvenas
- 14 It's Your Reality. It's Your Choice / Kimberly Keller
- 16 Executive Coaching with a GROWTH Mindset/ Melinda Fouts, PhD
- 18 Mindful + Practique: Art as a Contemplative Practice / Alena Ahrens
- 20 Mapping Out the Journey to Authenticity / Julie Scott
- 22 The Power of Hypnosis / Michelle Bryan
- 26 Painting Chakra Theory: Christine Mottau / Emily Colucci
- 28 Ten Weeks to a Better Version of You / Candice Claire Oksenhorn
- 30 Living in Higher Alignment / Dustin Eli



BODY

- 34 The Morning Sets the Mood / Cristina Campbell
- 36 Shake Off Stress & Tension Naturally / Susan Sanders
- 38 Happy Spring! / Suzanne Spurgeon
- 40 Feel at Peace with Your Body Again / Jo Miller
- 42 CBD American Shaman / Melissa Stewart
- 46 Phoenix Rising / Eric Rosen
- 50 Take Your Life to the Next Level / Katy Bartlett
- 52 Step into Your Glow / Tiffanie Albertson



SOUL

- 56 Matchmaking - A Unique Process of Personal Discovery / Gabriella Aratow
- 58 Dear Deanna / Deanna Haefner
- 60 Healing from Sexual Abuse with Embodied Birth / Maria Savvenas
- 62 The Art of Being Present / Donald (Truth Paradise) Theiss
- 64 Just BE You! / Marilyn Eagen
- 66 Berry Good - Spring Recipe / Whitney Bond
- 68 Good Karma: Paraquad / Kevin Condon
- 70 Good Karma: WindWalkers / Gabrielle Greeves & Signa Strom
- 72 Resources for Your Mind, Body & Soul



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MIND

A person wearing a white, eyelet-trimmed dress is standing on a stone path in a garden. They are holding a large, woven basket filled with yellow flowers. The background is a blurred garden with various flowers and greenery.

“Your mind is
the *garden*,
your thoughts are
the *seeds*,
the harvest can
either be
flowers or weeds.”

— William Wordsworth

Plan for Tomorrow, *Live for Today*

BY WENDY CAMPBELL

As I step—often with ease and grace—into my fifth decade, I also stumble and nearly fall into it. In the not-so-distant past, I truly felt and believed I “had it all,” success in every aspect of my life. Having it all, though, implies an achievement of the final goal.

But we can't live inside a box and be deeply truthful to ourselves.

Wendy Campbell, small-town girl with big-city dreams. Successful insurance and financial entrepreneur since high school. Speaker and author. Life with a beautiful blended family of 4, an adorable grandson and the love of a good man. Living in a small ranching community raising my children surrounded by close family. Serving neighboring communities. A wonderful time in my life. This chapter exceeds all and I beautifully view the future.

However, as wonderful as my life has been, and is today, I too have experienced trials, challenges and hurt but I have learned that life doesn't have to be perfect to be wonderful. The past has given me the ability to live for and in the present, experiencing love and knowing when to fight battles and when to walk away.

Whether we embrace it or not, the very nature of change, growth, and enlightenment seems to come out of nowhere, often blindsiding us.

In the thick of motherhood, we feel like our kids will be little forever. We're in survival mode. Always together, fighting in the hallways, giggling on the couch, making a mess through dinner. It's hard to imagine a day when they aren't with us.

Then one day, the kids are gone. Their rooms sit empty. Beds made. No toys on the floor, no giggles echoing through the halls, no fights to break up. Their chairs are bare at dinnertime. The laundry baskets are empty, and the kitchen is clean.

Their absence is everywhere; the silence is deafening. You thought you'd have more time, another day, one more chance, but time sneaks up on you when you're not looking.

The time has come to celebrate your children's newfound directions, and YOURS alongside them. Smiling at the successes. Crying about the struggles. The quick fixes: new hairdos, one-night stands, bottles of wine.

They still need me, as I need me in this new capacity.

A time of finding my lane and *staying in it*. Guiding them through conversation. Not dictating and talking at them, I want them to come back to me with the next challenge to work through and the next success to celebrate.

Meanwhile, each of us – friend, partner, family member – needs to feel worthy. We use our credit cards, five-star meals, mediocre relationships, and we wrap ourselves in a protective cocoon.

We yearn to hear “I love you so much,” and actually believe the words. We yearn to tell each other our secret feelings and fears without pushing others away. We yearn to be “good enough” to go out with our dream date, without settling, until our hearts leap with joy at the one we choose.

Loving yourself means you reveal who you really are, your new time together all the sweeter.

Listen to your soul. It always knows when it's time to start a new chapter in your life.

VIA (DARK SECRETS)

My passion is helping women on their journey into midlife, acknowledging where we have been and where we are going, knowing that the journey is physical, emotional, and spiritual.

Those local to Montrose, Colorado have a one-stop holistic shop at Montrose Day Spa and Wellness Center that focuses on vibrant health, with options from functional medicine to massage and aesthetic services to choose from.

For those who live elsewhere and would like to connect with me, my first book, *Personal Happiness: Learn to Balance Your Home and Career*, helps women navigate the increasing challenges of working and raising a family. My second book is called *Plan for Tomorrow, Live for Today: A Woman's Guide to Middle Age*. A third book is on its way.

*Be courageous and
live the life that
your heart is
guiding you
toward.*

BRONNIE WARE

Wendy Campbell



N8iV Beauty

By KARLEE ROBINSON

N8iV Beauty recently opened a retail store located on Cedros Avenue Design District in Solana Beach, California. Registered tribal member of the Luiseño/Payómkawichum Tribe and founder, Ruth-Ann Thorn, built her business upon the wisdom of her ancestors. Her products offer a holistic understanding that unifies health and beauty.

"We believe that plants are living beings whose powerful extracts promote healing and a balance with nature," Thorn shares, "all the botanicals and natural ingredients used since ancient times create a balance that we need to walk *the fullest life*." Efforts to make oneself attractive are not limited to the exterior, but rather achieved when one's soul embodies truth.

"Yawaywish (beauty) was celebrated like the *stars in the sky*—every star is unique and here to **shine**."

N8iV Beauty believes internal resilience is essential to aligning beauty with both heart and mind. "N8iV Beauty is my catalyst for healing empowerment and indigenous restoration," Thorn explains. N8iV Beauty products care for the body as a means of showing gratitude to the soul. If carrying love within yourself, light will cast onto others. This energetic symbiosis reflects an indigenous way of living: "We have always known that our uniqueness and relationship with Mother Earth is what brings strength to our tribe" (Thorn).

Thorn's vision behind N8iV Beauty was further carried by a spirit of activism. N8iV Beauty's retail store sells indigenous-crafted apparel, jewelry, and rejuvenating care products. N8iV Beauty proudly supports native entrepreneurs without access to resources necessary for successful self-promotion.

N8iV Beauty supports indigenous exposure and accessibility, while maintaining sentiments behind what it means to be Native American. To share is to heal and N8iV Beauty helps create an individual composition for what it means to be, and *feel*, beautiful.

For more information www.N8iVBEAUTY.com



"Yawaywish (beauty) was celebrated like the stars in the sky—every star is unique and here to shine."

Ruth-Ann Thorn
Founder N8iV BEAUTY
Enrolled Tribal Member Rincon Band
of Luiseño Indians

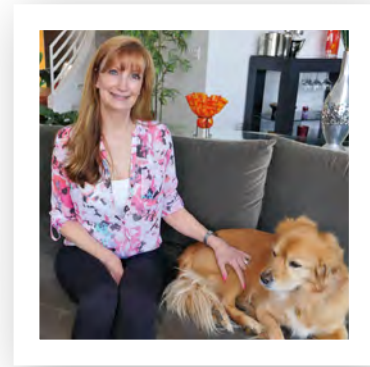




Ruth-Ann Thorn

BE HEALTHY ENOUGH

with
**AMY
VAN LIEW**



BY MARIA SAVVENAS

Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't. Women over 50 come to me seeking a healthier and better life. They may wonder if they can even feel better, if they can get past their hurt knees, backs, or shoulders. And my college-freshman self that found health and wellness so daunting, understands this quest for finding the approach to create a better, healthier life. I studied engineering and worked at Hewlett-Packard for 26 years, but the freshman 30 I gained put me on two tracks: a 26-year career at Hewlett-Packard and an early retirement so I could "re-engineer the engineer."

My love of research and problem-solving skills, and my caring, positive approach and courage allow me to provide alternative methods to my clients, other than popping a pill. Pain can reside anywhere in the body, but it also can happen when you're leaving a job, identity, friends, family, or a six-figure outcome. Navigating a dark time and needing therapeutic work informs the strengthening therapy that I offer my clients. So, when I say courage is an important skill, I mean it. It's the challenging times in our lives that make us stronger. It is calibrating the good with the bad that led me to find fulfillment. To be healthy enough.

The best approach to life, and learning to navigate the changes, is being healthy enough to do the things you love to do, to feel good, to feel satisfied, and to also be able to truly enjoy life.

amy@behealthyenough.com / www.behealthyenough.com



Amy Van Lien

It's your reality.

Are limiting beliefs holding you back from becoming the best version of yourself? A limiting belief shows up in a lot of ways. It can manifest as negative self-talk, creative avoidance, or worse, complacency – accepting your reality as the “things are good enough” version of your life. If you want more than that, read on.

You have “to manifest” what you desire. You’ve heard the term “to manifest” or manifesting in podcasts, on the radio, all over social media, but how does it work? It’s about having a positive mindset. It can change your world, your fate, your *joie de vivre*. You have the power to rewrite your story at any given moment and create the life you want.

For a long time, I struggled with the ups and down of my mindset. My life was a never-ending roller coaster ride. I was going through a divorce with three teenage children, stuck in a vortex of negativity, I was not only suffering emotionally from a broken heart – I actually went into cardiac arrest at age 48. I was the most fit that I had ever been. I had been a Reiki Practitioner since I was twenty-five. I practiced meditation and believed in a healthy regime. Yet, when I began to go into cardiac arrest, I knew I needed to shift my life in a powerful way.

I hired a transformation Life Coach. Then I learned about Quantum Healing and dove deeper into Energy Work. All of this helped me through a very difficult time, and I was grateful for the growth I achieved. However, I needed more. Then I discovered the difference between a positive thought and positive belief system.



BY KIMBERLY KELLER
PERSONAL AND PROFESSIONAL MANIFESTATION COACH

It's your choice.

I studied and got certified in NLP (Neuro Linguistic Programming), Hypnosis, and Quantum Success Habits to master the art of manifesting. I learned about the “Theory of the Mind.” In psychology, theory of mind refers to our ability to think and believe what is possible in our own reality, as well as social awareness of what we can

expect from others. We need to unlock the power of the subconscious mind and understand its relationship to our belief system. The subconscious mind is formed at a very young age. We create our belief system learning how others behave and listening to words repeated to us. This “formed reality” can be changed. It takes work to unlock the filter that protects the subconscious mind. There are many options that you can use to sneak past the filter of the subconscious mind. The most common are meditation, hypnosis, NLP, deep visualization and groundbreaking therapies like EMDR, involving rapid eye movement.

Hiding behind that “formed reality” is an all-powerful, ever-present, omniscient force that exists within each of us. This is the newly emerging “Sexy Science” that makes us feel alive and whole. It can elevate our emotions and joy on a daily basis.

We are discovering that we can change the perception of our reality. Read that again! We don’t need to change our reality, just our idea of what it means to us. The dream life we desire is available to all of us. Science has proven that when we take a moment to recharge and meditate, we can increase our clarity and brain activity.

Whether you think you can or think you can't – you're right.

—Henry Ford

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Melinda Fouts, PhD

Executive Coaching with a **GROWTH** Mindset

By MELINDA FOUTS, PhD



"When you are at the top of your game, you are in the zone, in the flow, fully connected in mind, body and soul."

I am often asked, "Why do I need a coach?" My reply: "Can you imagine the best athletes in the world, the Olympians, not having a coach?" Next comes a long pause as the analogy sets in. When working with clients, my over-arching goal is to put them at the top of their game. What does that entail?

Regardless of the industry, my clients face challenges and managing those challenges can be at the same time both exhilarating and frustrating, especially when managing others. With my Ph.D. in psychology, no matter what obstacles you encounter, I am pushing you to examine yourself. Are you reacting in the best manner, responding at your best, and making decisions in control of yourself coming from the best part of you? We all want to think we are doing our best, but we aren't, not always. We all have moments when our reactions, our words, and/or decisions are not coming from our best self. My job is to

uncover the blind spots and your way of reacting when triggered. I call it the one-two punch of blind spots. First, you are triggered and then your reaction is a certain go-to style that is not in control. You may become aggressive, harsh, sarcastic, something less than appealing. Have you ever thought to yourself, I wish I had handled that differently? You are stuck in your own patterns. And this is why you need someone from the outside to bring awareness and guide you to using new patterns.

We all have potential to improve areas in our life and with my experience, I have found we often cannot see what needs changing or if we do, we do not have the resource to make the change, and that is where I come in. When running your business, your focus is outward, and you often do not have the time to sit back and ask yourself, "What do I need to change to be on top of my game?" When you are at the top of your game, you are in the zone, in the flow, fully connected in mind, body and soul.



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MINDFUL + PRATIQUE: ART AS A CONTEMPLATIVE PRACTICE

BY ALENA AHRENS



AT THE INTERSECTION BETWEEN CREATIVITY AND psychology, where the intellect and art collide, Alena Ahrens begins her work. After years in academia, Alena merges together the worlds of positive psychology, mindfulness, and contemporary art methods to bring new ways of being to those seeking health, wellness and creative expression.

Raised in an Asian and Caucasian American family, with a first-generation Chinese-Thai father and an American mother, Alena's childhood saw her growing up with exposure to multiple cultures. This gave her a deep sensitivity to how internal and external structures shape identity.

It was her mother who first showed her the world of mindfulness. With a deep interest in Eastern thought and a long-standing practice in Transcendental Meditation (TM), Alena's mother introduced her to a practice of a mantra-based meditation, one she would hold twice daily without fail.

With exposure to such a powerful practice at an early age, Alena's consciousness was given boundless space to grow, sparking curiosity and an approach to life that would later

enforce her life's work.

During her college years, Alena pursued a graduate degree that would deepen her critical thinking skills. While studying the impact of the performing arts on psychological well-being, Alena was accepted to work alongside esteemed performance artist, Marina Abramović, at New York's prestigious Museum of Modern Art (MoMA).

During this period of her life, while pursuing expansion of the intellect and deepening of artistic expression, Alena came to recognize that it was her spiritual practice that contributed to her ideation and creative process. She started incorporating these principles into her academic studies.

Alena began investigating literature on mindfulness and the arts. Her research

explored how mindfulness, combined with various performance and artistic protocols, encouraged introspection. This work led Alena to a residency at the School of the Art Institute of Chicago (SAIC), the Abandoned Practices residency in Prague, and later to an MFA at SAIC. Here, she pursued a practitioner-scholar route that enabled her to investigate the relationship between self-awareness and art.

Throughout her graduate career at the University of Missouri, St. Louis, Alena delved into research and literature in character education, positive psychology and social-emotional learning. What followed was a three-year period in which she'd explore methods and strategies designed to improve character, refining a deep interest in positive psychology—which would soon form the basis of her career and work.

Alena takes inspiration from her many experiences in life; from her formative years exploring TM and mindfulness to her training in contemporary performance and creative arts, and finally her studies in the realms of positive psychology. This path has led to the synthesis of new methodologies for wellness and well-being.

She makes her mark on the world through her entrepreneurial venture, Mindful + Pratique, a space that shares practices and rituals in the form of yoga classes, creative arts intensives, workshops and courses. These practices all draw from the fields of mindfulness, positive psychology, and performance and are designed to foster key character strengths, in a methodology Alena has pioneered called Symbolic Transformation.

To connect with Alena, explore her professional body of healing and wellness work from Mindful + Pratique (mindful-pratique.com), or visit her contemporary art site: alenaahrens.com.



Summer Clouds (2016)
Dimensions: 2'x2'
Media: Oil, enamel, raw canvas



Sincere Affection (2016)
Dimensions: 2'x2'
Media: Oil, oil stick, graphite, BFK Rives paper

Exploration of Self

Visual and written tools can be vehicles for self exploration. Think about what kinds of media you enjoy that might help you discover new aspects of yourself and express who you are.

Mapping Out the



Julie Scott

Journey to Authenticity

By JULIE SCOTT

Authentic living is an evolution and an adventure. Our lives are designed of amazing moments that feed our souls, and difficult moments that grow us as spiritual beings.

Learning your path to your own authenticity is a journey. Your life is your road map.

The journey to authenticity is guided by our own life experience. Childhood teaches us unfiltered likes and dislikes without overthinking. As we journey deeper and further down our path things like family expectations, belief systems, as well as the desire to belong can push us away from that unfiltered experience of life. As we live more by others' expectations and less as our true selves, we end up in lives that make us feel like a stranger in our own existence.

Living in harmony has opened me back up to my childhood joy of the outdoors and a quirky love of motorcycles. Connecting to these authentic parts of myself has given me an outlet to connect to the gifts of intuition I had in childhood as well. All I needed to be authentic was already inside me. I just had to read my own life map. My life map has guided me to my passion of helping others in their searching to find themselves again.

My coaching methods evolved from the life I have experienced living in harmony and in disharmony with myself. I use my intuitive gifts now in collaboration with teaching my clients to use cues from their own life experience to understand their own journey with more clarity.

Our entire life is a road map to our most authentically lived life. *Start your journey and enjoy the ride!*

Searchlightsoulhealing.com



THE POWER

Sleeping well is a struggle for many, especially elite performers in any realm – business, athletics, entertainment. You name it, all of us can feel the pressure of achievement, goal-setting and seeking excellence. Nighttime can be torture when your mind simply won't stop when the moon comes up. Hypnosis works for anyone who wants to sleep soundly and have greater positive energy to navigate life.

Michelle Bryan understands pressure and how it can affect the mind, body and spirit of a person and answers the call to help others in their search for health, focus, and confidence as well as nights of effortless sleep. She has a dedicated following of clients who want to retain their performance advantage and still find a “shut off” switch at night. Using various hypnotic techniques, Michelle helps clients sleep deeply, solidly and consistently every night. Sleeping well changes EVERYTHING.

A recent client wrote:

“I did not take my Unisom and I slept last night. I love you!”

of HYPNOSIS

Another wrote:

“No matter what’s going on, I can focus, stay calm, and get results.”

Under hypnosis, YOU are in control. “The body is relaxed, and the mind is at ease,” Michelle explains. “You’re in a state of heightened awareness where you can let go of self-criticism, judgment and accept beneficial suggestions. Before your session we discuss your goals, focusing on how you want to feel when you are sleeping solidly through the night. I spend a lot of time understanding the details of my client’s lives and what they want to achieve. After the session, clients receive a personal recording to listen to as they are falling asleep, reinforcing the positive changes. The results I have seen with hypnosis over the years are undeniable and positive. I am continually in awe of the power of hypnosis.”

Michelle Bryan

Hypnotist/Regression Therapist

Call 970-948-9064 to schedule an appointment
or email MichelleBryan999@gmail.com





Think Spring!

Is it time to plant
new seeds in your life?

What dreams did you
have over the winter

that you would like to
manifest? Make a list

and start planting!

Spring Forward!

Painting Chakra Theory:

By EMILY COLUCCI



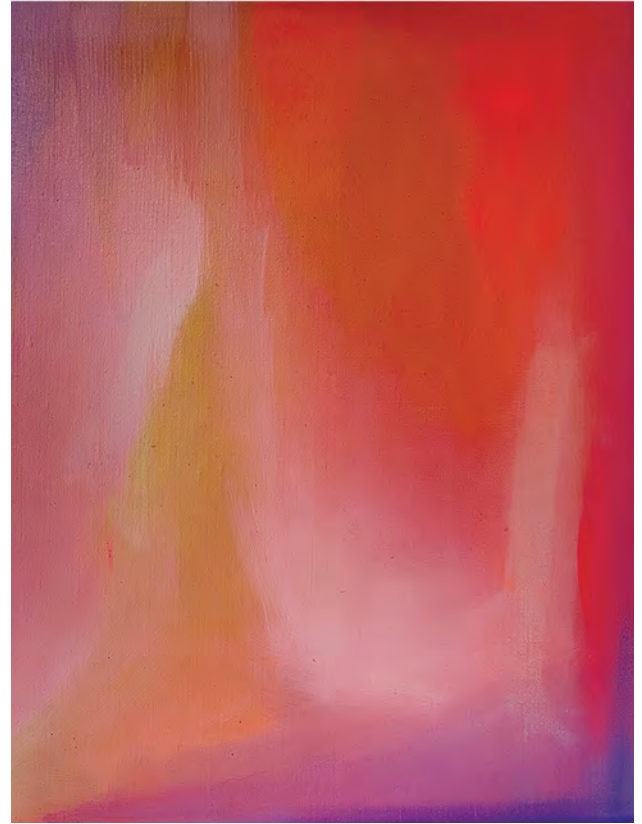
Christine Mottau’s chakra paintings came into consciousness unexpectedly. In 2016 with an exhibition looming at New York City’s Ceres Gallery, Mottau found herself creating luminous abstractions without a premeditated direction. “I didn’t think about the paintings seriously at first but then, I realized, ‘Oh, you’re painting the chakra meditation,’” she recalls.

Practicing transcendental meditation for years, Mottau became interested in chakra theory as a way to restore physical health after Lyme disease. Beyond being drawn to the integration of mind, body, and spirit, the role of color in chakra theory resonated with the New York-based artist. Departing from her previous landscapes, Mottau, who has exhibited since the 1980s, began to

use color—deep reds, rich purples, and vibrant greens—to portray transportive inner experiences.

Her painterly process also mirrors meditative practice with unconscious imagery emerging into vision. Mottau paints one thin layer of color at a time to construct depth and light. Time-consuming and requiring incredible restraint, whether small or monumental

Christine Mottau



canvases, each painting takes about a month to complete. Over time, Mottau reveals she has developed more trust in her intuitive process: “I have a greater acceptance and am more interested in the magic that happens.”

This is not the only evolution occurring through six years of making chakra paintings. While earlier works consisted of a darker,

moody palette, her newer paintings, made mostly during quarantine in 2020, exude a joyful tranquility, bolstered by airier colors. By offering respite in tumultuous times, Mottau hopes to impact audiences, even those not familiar with chakra theory. “My intention,” she explains, “is to create something that is elevating, beautiful, and inspiring.”

Currently continuing to paint

while curating a group exhibition at Ceres Gallery in January 2022 based on Kate Novack’s short film *Hysterical Girl*, Mottau sees no distinction between a creative and spiritual life. “For me,” she reflects, “the essence of a spiritual life is when I’m able to connect with myself fully from a place of authenticity and honesty and am able to express it visually.”



*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. For some reason most of these experiences are being normalized as part of aging or just part of life. This is NOT normal! Maybe you feel like you are living and working yet are unfulfilled.

Finding your purpose and living blissfully is a worthy goal and Ayurveda beautifully gives us the perfect map to explore and find our way to a joyful, peaceful and healthy life.

What is Ayurveda? This is a Sanskrit word that translates to *science of life*. It's the oldest and most valid healing system on the planet dating back 5,000 years. It has stood the test of time and is worthwhile exploring!

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

As a CHOPRA Certified Meditation and Ayurvedic Lifestyle instructor I found my passion and purpose in life as well as my own road map to healing *naturally*. I continued following my burning desire to learn, coach and teach by studying with other Ayurvedic instructors and gained much traction while attaining my Yoga Health Coaching Certification. I loved how what could be overwhelming for many in understanding Ayurveda as a means to greatly improve one's life was distilled down to the 10 most important Ayurvedic habits in 10 weeks! Not only did I make substantial and lasting results in my life but I became certified to teach this 10-week online course and offer it to you! I offer several ways to experience transformation by working with me. Following are some of my offerings:

BODY BLISS 10 Life Changing Habits in 10 Weeks is for EVERYONE. Ayurveda is truly the wisdom of life – there are no barriers in religion, race, gender or location. The sages and rishis deeply studied the individual in relation to the cosmos and found that it profoundly matters what, when and how one lives in order to experience blissful living. As humans we can choose to live how we want but none can escape our basic nature and rhythmic calling.

BODY BLISS is practical and doable from wherever you are. This online course, which includes weekly Zoom live laser coaching and private forum membership, combines the ancient wisdom of Ayurveda with modern habit research so you have a solid foundation to optimize your daily and seasonal living! This is one of the best

investments I've ever made for mySelf and continues to serve. I offer other passions of mine as a certified Medicinal Aromatherapist and nutrition knowledge to enhance this course! This course runs 2-3 times per year and will take you to a new identity!

BODY BLISS CLEANSE is offered each spring and fall. This is a unique format that my tribe loves! No one is doing the same cleanse as we are all unique. It's a virtual tribe meeting on Zoom weekly for 3 weeks: Ease in week; Dive deep week; Ease out week. You will feel so much better doing this twice a year!

BODY BLISS Essential Oil/Aromatherapy – I teach a Level 1 foundational training course with the exquisite Wisdom of the Earth pure essential oils or just offer more casual education and an opportunity to buy these beautiful devas!

ONE ON ONE Wellness/Life Coaching – This unique opportunity allows you to work with me privately and focus on issues related to any area of your life calling for attention.

PRIMORDIAL SOUND MEDITATION – This is a meditation course for those who are ready to learn and commit to a lifelong practice and receive your own mantra. I was certified to teach this course by the Chopra Center of Education.

Self Care is Self Love! The best investment you will ever make! Contact me now to learn more!

Find Your Bliss

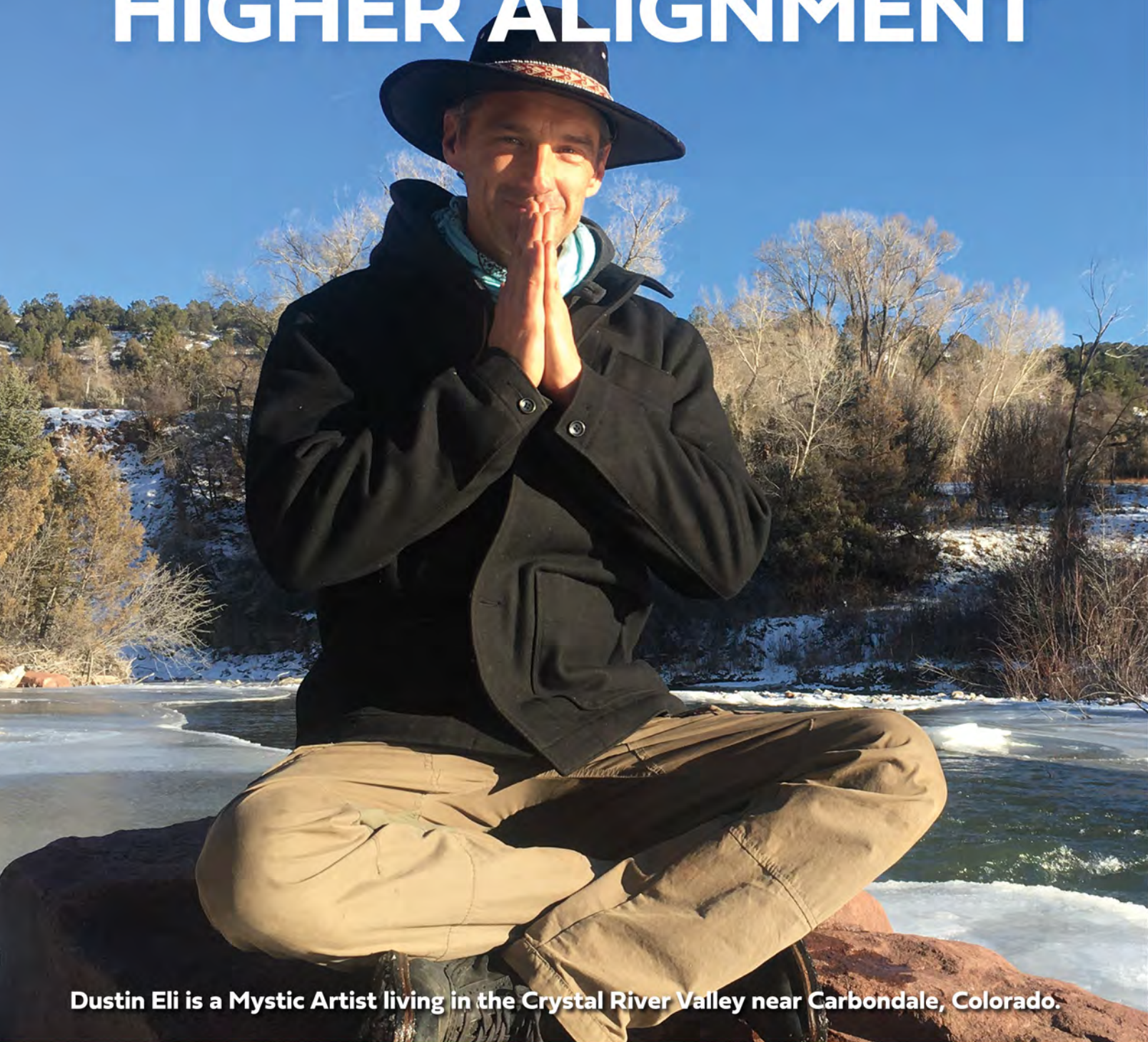
1. Do you wake before the sun rises naturally feeling light and well rested?
2. Are you experiencing any digestive discomfort – bloating, fatigue after eating, troubled elimination?
3. Are you aligned with your life's purpose and feeling joyful and fulfilled?
4. Are you happy with your relationships including with yourSelf?
5. Do you experience an easeful flow in your daily life even if there are unexpected events?
6. Does your body feel fit and your mind clear?

Join my 10-week interactive online course and learn how to thrive naturally. Contact candice@swansage.com for a free discovery call and enroll.



IAM

LIVING IN HIGHER ALIGNMENT



Dustin Eli is a Mystic Artist living in the Crystal River Valley near Carbondale, Colorado.

**GET YOUR FREE IAM BLUEPRINT
AND TAKE YOUR LIFE TO THE NEXT LEVEL!**

iamsanga.com/mindbodysoul



It's not easy being human. I spent much of my earlier life lost in dysfunction, addiction, depression, and drama. Thankfully I was guided to learn how to live in Higher Alignment and everything began to change.

You see, the more I found alignment to the Truth within myself, the more this higher purpose came online and I began to live the power I have to create the life of my dreams. I eventually realized that my purpose is to live this Truth and to help others to awaken this power within themselves so they can live the life they were born to live.

So I created a system to help others to live in Higher Alignment.

I brought together the beauty of nature and sunlight to create these crystalline mandalas made from photographs of river ice to balance your mind, body, and soul. I put them together with the ancient wisdom of the I Ching to awaken your deeper knowing. I merged them with the Zodiac to create a set of 12 powerful messages, just for you, based on your astrology. I added in sound healing tones and Chakra alignment activations to amplify the energy of each of these codes so you can embody the energy of these higher potentials.

The result is the IAM Blueprint which is a powerful and beautiful online portal filled with mandalas, mantras, sound healing tones, chakra energy alignments, guided meditations, and a process to help you to live in your Higher Alignment.

You can get a free PDF of your IAM Blueprint so you can see the codes that are unique to you, plus a guided meditation to activate the first code in your Blueprint in the online portal.

Are you ready to take your life to the next level?



MANDALAS MANTRAS & MUSIC TO HELP YOU ON YOUR PATH

Spring

is nature's way of saying

"Let's Party"

— Robin Williams

BODY





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!

Like Botox in a Bottle!

Pualani Oil is made with 15 different plant botanicals and essential oils, chock full of rejuvenating nutrients for your skin. A proprietary blend of hazelnut oil, borage seed oil, evening primrose oil, rosemary oil, geranium oil, rosewood oil, rose hip seed oil, frankincense, myrrh, clary sage and other plant botanicals in a jojoba oil base.

Also, new to the line is our divine Foot Scrub! With a luscious sent that will transport you to a luxury spa and moisturizing Jojoba oil to rebalance your skin after the scrub does its work, your feet will be saying "Ahhhh!"



This glorious single ounce of organic, vegan Pualani Oil provides you with a 3-month supply of magic for your skin.

From youthful skin to maturity . . .

Make Aging Aspirational



Shake Off Stress & Tension Naturally

BY SUSAN SANDERS
CERTIFIED TRE PROVIDER

As a former first responder working in emergency management for a decade, stress was unavoidable and constant. Standard treatment at the time consisted of counseling and antidepressant drugs. This method worked to an extent, but years later I still had symptoms and it seemed I'd gotten as much as I could from it. I continued struggling with PTSD and had physical symptoms that doctors wanted to prescribe drugs for; effectively managing them, but not getting to the root of the problem.

In my search for methods that would bring healing without medication, I found that most seemed to stop working after a time. Then in 2013 my life changed. I heard about a stress management method that focused on releasing stress from the body through muscle movements that originated from the nervous system; I was intrigued.

This marked the beginning of my journey with TRE®. As I practiced regularly (and continue to do so), I noticed a decrease in PTSD and physical symptoms; they're now both all but gone. In addition, overall, I'm calmer and more relaxed.

Your body has the innate ability to release stress and tension naturally; when you learn to recognize, honor and allow that process, you can move through your life from a place of calmness and groundedness. If you're ready to "shake it off," I'm here to guide you through the process.

* * *

Tension & Trauma Releasing Exercises (or TRE®) is a simple yet innovative series of exercises that assist the body in releasing deep muscular patterns of stress, tension and trauma. TRE® safely activates a natural reflex mechanism of shaking or vibrating that releases muscular tension, calming down the nervous system. When this muscular shaking/vibrating mechanism is activated in a safe and controlled environment, the body is encouraged to return back to a state of balance.

Susan Sanders, Certified TRE® Provider / 636-283-8308 / www.susanmsanders.com

DeMun Healing / 734 DeMun Avenue / Clayton, MO 63105 and 1381 High Street / Suite 211 / Washington, MO 63090

HAPPY SPRING!

HAPPY SPRING!

Styling Tips By

SUZANNE
SPURGEON

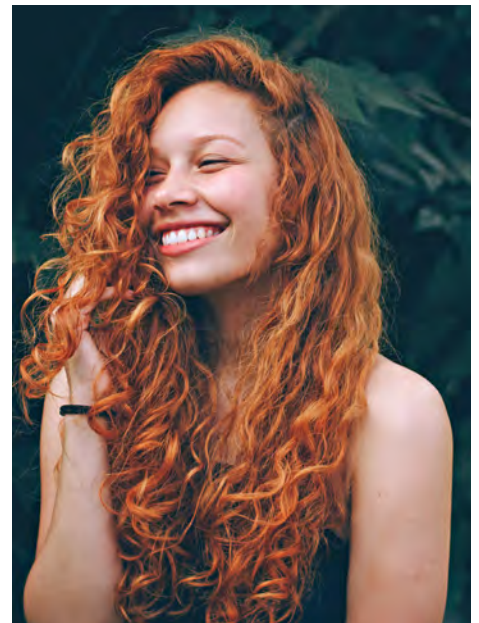




HAPPY IS RIGHT! Happy to be free from the shackles of our societal pressures. You know the ones that have hung over us like a dark cloud for the past two years or so. The pressures of what is functional. Do I really need to color my hair? The pressure to keep it practical. Only celebrities can maintain extensions and fabulous hair. RIGHT. Do not forget we have to be safe. No, we do not.

Well guess what? Who cares what is functional when it comes to fashion? Does it really matter if it's practical all the time? If it is a safe choice, it is boring and you are still shackled. Chop your hair short! Get extensions even if you're over 40. Only your grandma cares about you having short hair. My Friend, it is time to break free and embrace your inner style with no judgment.

In the spring fashion you will see bright colors and bold layered statements in clothes as well as in hair. We played it safe with blunt lines and simple solid cuts for fall. We carried on the center part (still here), curtain bangs (still here), and flirty face framing. Now it is time to say goodbye to a solid bob and uplift it with layers and volume. It is no mom bob and it is not about function. It's about the sass!



Next is our ever so comfortable side part rocking a strong comeback with tones of volume and an exaggerated flip from the late 80s and early 90s. Last, but certainly not least, is my favorite by far: The BIG Blowout! Think early 90s Claudia Schiffer and Cindy Crawford.

No matter what style you choose remember to keep your hair moisturized on the ends and volumized at the roots. My favorite products to achieve these looks are Shu Uemura Muroto Volume for amazing volume from the roots to the ends, Shu Uemura Essence Absolue Nourishing Oil for the ends, and to finish it all off L'Oreal Professionnel TechniArt Next Day Hair!

To welcome Spring here is a gift for you. A FREE haircut with the purchase of a color service by yours truly @suzannesurgeonhair. All you need to do is mention Mind Body Soul Magazine as a referral when you call to book with Suzanne at Studio Branca, 314-469-1222. We hope to see you soon!

Get Sassy, Get Happy!



*Feel at peace
with your
body again.*

Jo Miller

CERTIFIED FDN-P
GUT + SOUL

*Gut + Soul is an empowering
toolkit for women who are ready to
ditch their tummy pain, bloating
and autoimmune flare ups.*

Dare to dream of what “health” can look like for you.

I know the frustration and hopelessness that comes with living with a chronic illness. This is why I became a Functional Diagnostic Nutrition Practitioner (FDN-P) and created my program, Gut + Soul.

Gut + Soul is for you if you are suffering from . . .

- Chronic stomach pain, bloating, or indigestion
- Daily fatigue or chronic pain
- Anxiety and confusion about what to do and what the future will hold

Gut + Soul is for you if you long for . . .

- A happy, healthy flat tummy and better digestion
- Confidence in your body and the food you put in it
- Natural energy so you can play with your kids, hang out with your hubby, travel and work out
- The answers behind the flare ups, a plan and a path to better health

As an FDN practitioner, I use functional labs and a 360-degree, all natural approach to help you get answers to your chronic tummy troubles or autoimmune flares, while helping you connect to your soul. Your gut is so much more than the food you put in it and the lab results you get from your doctor. It's about falling in love with taking care of yourself.

Using the healing power of food, and other natural therapies to help others is what I've always dreamed of doing. And I'm so grateful to have the opportunity to honor both my journey and my passion by helping you get answers, find your own healing path and be at peace with your body, so you can live the life you've been dreaming of.

Dare to feel better than you ever have before!

Visit gutandsoul.com and join my mailing list to hear more about how my frustration in the doctor's office fueled me to find my way back to pain-free hikes with my husband again.

Imagine it's the end of the year and you are celebrating the “health” you've created. You feel more vibrant, more energetic, more health, more strength, more confidence, more joy and peace. Dream as big as you can. What's inside of this field of possibility? What does every day look like?

What are you doing and who are you with? _____

How does your body feel? What does health and vitality look like? _____

What kinds of vacations are you taking and who are you with? _____

Feel gratitude right now as if it's already happening. Say:
“Thank you. Thank you for this amazing health and vitality.
Thank you for this energy. Thank you for this confidence.
Thank you for the amazing healing I've experienced.”

I'm grateful for . . . _____

I'm so thankful this has happened. _____

I'm grateful I get to do this every day. _____

Please visit our store in Dardenne Town Square, in Dardenne Prairie. Meet our CBD certified professionals and try some free samples!

Melissa Stewart





CBD American Shaman™

BY MELISSA STEWART
CERTIFIED CBD CONSULTANT & FRANCHISE OWNER



We are CBD American Shaman, a community dedicated to helping those in need to create a happier and healthier planet. We offer sustainable, philanthropic, and fair safe practices to promote a better quality of life for all. We continue to bring wellness to the world through ultra-concentrated terpene rich CBD oil, derived from all-natural high quality industrial hemp.

WHAT IS CBD OIL?

CBD oil is not marijuana, it does not contain the part of the cannabis plant that is responsible for causing a “high” feeling. CBD oil is made from a cannabis compound called cannabidiol (CBD) that is found in all cannabis plants. This compound interacts with our body through the endocannabinoid system, which is the system that regulates our bodies normal homeostasis. As the environment around us affects our body’s normal state of balance, the endocannabinoid system keeps our bodies level.

WHY CBD?

For generations, people from across the world have been using CBD hemp oil to treat a variety of health problems. From releasing stress to treating cancer, CBD is known for its incredible healing abilities and is continually applied to further studies and health cases.

OUR PRODUCTS

Our oil is made from the highest quality organic industrial hemp without any heavy metals, insecticides or GMOs. Our line contains high amounts of cannabidiol, 100% natural CO₂ extract, and is batch tested using ultra performance convergence chromatography to insure safe, quality products. We offer a variety of oils, serums, edibles, and more, to improve general health, ease pain and stress, and combat disease for men, women, kids, and animals alike.

BENEFITS OF CBD

Taking or using a CBD enriched product can enhance your body’s ability to maintain balance and manage occasional stress. CBD is also known to have many beneficial properties and is particularly effective for supporting focus and maintaining a healthy state of wellbeing.



Hope & Healing

I Am the Bubble, Make Me the Sea

— Paramhansa Yogananda

This is a season for Hope and Healing.

Trust that Connection-Creativity-Community will fall into place as we expand into N. San Diego County. With Aspen, St. Louis and beyond, we can realize wisdom, compassion, loving kindness, and a great heart. Together our impact is much like a pebble plunging inside the water, then the bubbles, and at last the circles of our magnificence expanding out into the sea.





Phoenix Rising

BY ERIC ROSEN

At the end of last year, I was broke and basically homeless. I had just had another romantic relationship fail. My mental health had crashed into the rocks on the shoreline that is Life. For the first time in about 8 years, I had no aim. I had tied my purpose and achievement-oriented goals to the relationship.

I was at the proverbial fork in the road. On one side, I could travel a victimized path of regret and disappointment to shipwreck my dreams. On the other, I could show up in faith and courage to learn my lessons and go at life again. Determined to get back on my feet – I was willing to be vulnerable to ask for help from the Universe.

Incredibly kind, loving, and generous friends helped me through this dark time. One day one of these close personal friends suggested I share my story of heartbreak and how I was moving through my grief with purpose. I took her up on it and from a place of taking responsibility for them, I posted my thoughts and raw emotions on social media about what happened.

The next day I got a message from a Woman who saw my post and was looking for authors in her upcoming Anthology book: *Shift with Intention...and Soar!* In my vulnerable state she didn't see a man who was powerless. She saw a man who was stepping up. A guy doing the healing and self-forgiveness necessary to not just trudge on past disappointment, but to thrive with internal peace and happiness. I said yes to the book and joined a network of 40 other brilliant authors.

I stayed determined and went on to create financial and home life stability for myself and my son. I started attending Men's groups for support on issues guys specifically face. I re-directed my established coaching business back to its roots of mentoring other Men. I started facilitating my signature Inner Child workshop for Men to find lasting joy and happiness.

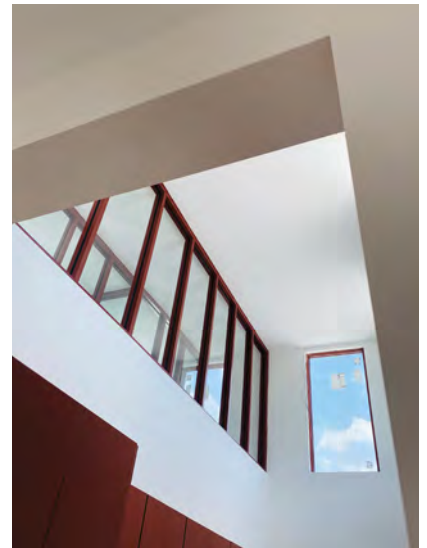
Most importantly through all of this – I found the courage for the first time in 20 years to Love and be passionate about life again! I also learned what it's like to know my worth when all means of external validation had been stripped away.

In a world that has its fair share of challenges I now welcome everyday as a new battle to find joy. Everything from connecting with others, meeting a goal, and even the most mundane of moments is a chance to grow and glow.

I also don't think failing is failure anymore. I think hiding in shame over a defeat is failure. It was my willingness to not just take responsibility but to find strength in my vulnerability that has carried me through challenges in life. Because I'm not allowing myself to be a pack mule of suppressed emotions, my heart is now more open to the more positive, ecstatic feelings life has to offer.

ON OLIVE

A Unique Urban Community

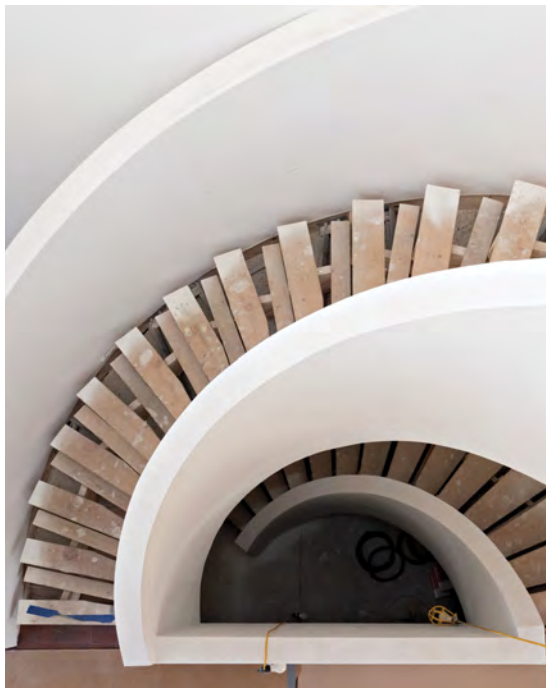


For over twenty years, Emily Rauh Pulitzer envisioned two blocks of Olive, in Grand Center, being developed into a unique architectural place that would represent the best in residential architecture, while serving as a home to owners who deeply enjoy and cherish its special character.

From unprecedented amenities to internationally award-winning architects who have created homes (each with incredibly unique features), every detail of On Olive has been thoughtfully considered.

Wander through the green space on well-articulated paths to enjoy a meditation garden, pocket park, dog park, edible garden, pool, outdoor kitchen and dining area, and architectural artifacts repurposed to find new meaning as sculpture and usable amenities.

“This is a neighborhood that creates a local community nested in the larger city. In a typical urban or suburban block, houses run in repetitive rows. On Olive breaks this monotony by playfully and thoughtfully scattering the houses throughout the block. Each home has 360-degree



views of gardens and access to sunlight. The shared garden spaces of the block’s interior become the shared yards, gathering, and play spaces of the neighborhood. Recreational amenities are linked together by a network of footpaths and a lush garden landscape of turf, flowers, ferns, vines, and trees that thrive in St. Louis’s climate.”
Site Architect – Tatiana Bilbao

As the focus shifts from community to garden, to home, the developers have brought together five of the

finest international architects working today designing homes for single-family housing within a three-and-one-half acre urban landscape. The seventeen homes are thoughtfully placed throughout the development, comingled with the fascinating mix of gardens, amenities, and sculptural attractions.

Rarely does an opportunity arise to build and shape an entirely new residential single-family urban community. On Olive is that sort of development.

Thoughtfully designed urban living

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The Vault Luxury Resale is nationally recognized designer resale and the home of the Style Network's "Resale Royalty". The boutique in Brentwood houses over 7,000 square feet of authentic designer goods for women and children. Known for handbags and as a "Dresstination", The Vault curates the best labels from over 25,000 suppliers around the country. The Vault ladies are a staple on the upper East Side of Manhattan where they shop the closets of stylists, celebrities and the uber chic alike! You never know how fabulous a life your handbag or dress may have had previously—but we never kiss and tell.



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Katy Bartlett

Master Life Coach

*Welcome to the New Year!
Amazing isn't it? As we begin
this journey into 2022, let's
start with a grand intention
to shift, grow, and create
the best life possible!*

Take your life to the next level!

In my previous article, (the fall edition of *Mind Body Soul Magazine*) 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 I had 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 she 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.

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!

step INTO YOUR glow

BY TIFFANIE ALBERTSON
PRESIDENT & CEO SOLUTIONS FOR LIVING



If beauty comes from within figuratively and literally, why are we spending so much time and money investing in the exterior? That was the question that came to mind when talking about collagen.

This product launched in January of 2021 in North America and has taken the industry by storm. Since Type I collagen makes up 90% of all of the collagen in our body, it makes sense to support it with the best Type I Marine collagen on the planet. Every bottle is made from 100% recyclable glass and contains 5 grams of the most absorbable marine collagen sustainably sourced off the coast of Norway. In addition to perfect bioavailability, it is also loaded with aloe vera, biotin, and zinc to protect cellular health and promote collagen synthesis. This formulation has no preservatives, no added sugars, and is only exposed to oxygen for .15 seconds during bottling, which means zero oxidation.

If all collagen was equal, you should have it, but since there isn't another like this on the market, go for the one that gets results for the most beautiful hair, skin, and nails!

Speaking of hair, our Hair Revival Serum has all the essential ingredients for healthy, thick, luxurious hair. Both products will have you glowing from the inside out!

Isagenix for youthful skin *and* vibrant hair!



573-645-0712

Tiffaniealbertson.isagenix.com
Tiffaniealbertson.com

BEFORE & AFTER HAIR REVIVAL & COLLAGEN ELIXIR



Results not typical. In a preliminary study, participants experienced a 9.5% reduction in the appearance of wrinkles over 90 days.



Tiffanie Albertson



*“Don’t wait for someone to bring
you flowers. Plant your own
garden and decorate your own soul.”*

— Luther Burbank

SOUL





Matchmaking — A Unique Process of Personal Discovery

BY GABRIELLA ARATOW

A search for a significant other is an interplay between taking action and surrendering to something beyond yourself – something that could be called “fate.”

This is why, to me, as a professional matchmaker, despite that dates can feel uncomfortable, disappointing or even despairing, they are never really “bad.” When a person goes on a date they send out a karmic signal that they are doing their part of the destiny dance. Many people view dates which don’t lead to a relationship as getting worn down by the quest, but I see them as a form of slipping coins into one’s own empowerment bank! Each date affirms the inner vitality and dynamic of one’s personal development.

A truly enlightened dater must learn to master the desire to control the date’s outcome and instead use the experience to interact with another face of humanity and refine their personal sense of belonging in the world. Every date is as well as an opportunity to practice making space for the authentic presence of others and ourselves.

The great spiritual teacher Dr. Wayne Dyer said, “When you change the way you look at things, the things you look at change.” Sometimes the key to the change we need in our matters of the heart is smack-dab in our own powers of perception. And bingo, we often increase the effectiveness of our goal when we merely adjust our own focus.

I see my work as a professional matchmaker not just in providing the opportunity to meet highly compatible prospects for life-partners, but also in aiding my clients in becoming unstuck from hidden narratives and assumptions that have blocked possibilities for connection. I take a holistic approach that’s supportive yet may require gentle challenges to gain growth. My hope is always, ultimately, to get people into a fulfilling relationship. Yet, I’ve witnessed tremendous value in raising someone’s self-awareness, increasing someone’s equanimity around their current single status, and providing a unique process of personal discovery.

People work with me in two ways. One is simply to enter my free, private database which you can do at keeperintros.com, and I can submit you for clients, both my own and those of other matchmakers with whom I collaborate. The other is to get on my exclusive client list, in which case it’s best to email me at gaby@keeperintros.com to discuss. If I’m not able to take you myself I might also know the right matchmaker who can, and can help facilitate the contact. Though matchmakers from different firms keep their own client lists, we are a very collaborative profession!

Over the now 7 years I’ve done this full-time, I have gotten many clients married, for which I feel very honored. A joyful couple levels up the happiness of the whole world. But I’m also honored that so many extraordinarily luminous souls turn to me for guidance in their journey for life’s richest treasure – love.

FOREVER

To facilitate the search for your “forever,” ask yourself these questions in order to get clear on what you are really looking for in a partner.

What makes you feel most in-tune with someone else?

What are some thoughts you entertain and/or behaviors you exhibit that might be rooted in childhood self-protection which now no longer serve you?

What defines a “meaningful” long-term attachment for you?



Dear Deanna

When I think about the year 2022 I am at a loss. For years I traditionally set my New Year's intentions but by February they are out the window. I am looking for something that would be more uplifting and permanent. I am tired of the way things are right now in my life. What can I do right away to make change happen?

Thanks so much!

— Sam J.



Dear Sam,

I understand your frustration with the whole New Years Goals. I also found myself making them without follow through. Today, I believe Benjamin Franklin said it best "If you fail to plan, you are planning to fail."

I have utilized a daily, monthly, yearly planner for the past decade. There are a lot of great ones on the market depending on your needs. Personally, I suggest a physical planner. Scientifically it is proven that the connections in the brain are fired up differently when using pen to paper. For me, I find that during the scribing process I can connect with the divine energy of all that is and will receive inspired action.

The planner I use is one that focuses on the Law of Attraction.

This is the universal truth that we as energetic beings are always creating. We are vibrational and the frequency of our thoughts and work create our experience. This planner helps me to set micro and major goals for the year and adjust it throughout.

I begin my year by selecting a word, or theme of intention for my year. I use this word to carry throughout each day. The simplicity of having a theme has been life changing for me. For example, the first year I did this exercise, my word was PAUSE. Each day, rather than just react to my world I was mindful of my theme word – pause. Taking a breath in each moment to thoughtfully consider my word

ended up changing how I interacted with the world around me. The wonderful fact of that experience is it did not stop at the end of the year, it changed me.

I believe taking small, inspired life changing actions helps to shape us into becoming the best version of ourselves. Taking time to plan for your success will ultimately ensure you are always directing your path!

Happy 2022 to you!

Deanna

P.S. AskandAnswer@DearDeanna.com for your questions and to be potentially featured in an upcoming issue.

Healing from Sexual Abuse with Embodied Birth

BY MARIA SAVVENAS



Maria Savvenas

Sexual abuse impacts pregnancy and birth. Each person experiences the aftermath uniquely. There is one common thread, though: the nervous system.

I experienced sexual abuse from ages 4–7 by a family friend during church services at our homes. I told no one. Recurring nightmares helped me process the trauma. In stillness my subconscious mind was anything but, and I had emotional pain to swim through alone, finding the fortitude to keep on, seized with shame.

It appeared I remained asymptomatic of trauma for many years, including during my first pregnancy and birth. Only looking back do I recognize its impact on my nervous system.

I showed up at the birth center in labor, believing that birth would happen as I wished. But each contraction

pushed me deeper into a freeze state. My birth team had employed a wait-and-see approach, and my birthing body contorted into the shape of shame. Going into my third night of labor, a miraculous stillness, and the map of my subconscious mind, the same one pushing me through each nightmare – appeared as an intuitive nudge to get to a hospital. Suddenly I simply knew. The birth wasn't happening there.

The nurse assisting me at the hospital helped me achieve a flow state. She had a compassion I can't explain. The doctor ordered an emergency C-section. My core wound of shame kept me quiet. It was, and still is, a baby-centered system of care.

We need to place the birther's holistic health in a primary role, alongside the health of the baby. Address the nervous system as early on in pregnancy as possible, excavating any trauma that could impact flow state at birth. I was a yoga teacher with beautiful techniques for giving birth. But no breath technique could contain the hyperarousal of my nervous system. With no room to recover between contractions, it was hard to recognize the issue.

After all, I was asymptomatic. I had dealt with, and overcome, my sexual abuse through talk therapy in college, or so I thought. I only became symptomatic with trauma again when my children neared the ages of 4 and 7. What a window in.

If you wish to transcend lingering effects of sexual trauma and recognize the birth experience you desire, even the birth experience you desired, it is this intimate relationship with yourself that heals. Today, there are multiple, specific resources to help with trauma.

Still, I envision a birther/baby dyad that will overcome a fractured system.

Maria Savvenas — Movement Educator, certified Body Ready Method™ Pro, Restore Your Core®, Yoga Teacher, Writer, Editor, MA.

I teach mindful movement medicine. For core and pelvic health, ideally, we begin as early in pregnancy as possible to balance the body for an efficient birth and recovery. Movement classes are core and pelvic floor safe, meaning we spend time learning strategies for a reflexive and responsive core. All in all, you become fluid and resilient with movement. www.mariasavvenas.com

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.

LOCATION & SERVICES

St. Louis, MO 63146, USA
Sunday Morning (11: 00 a.m.)
Sunday Streaming (11:00 a.m.)
Video Replay (8:00 p.m.)

WATCH LIVE

We are glad to deliver online live streaming services. Join us live every Sunday at 11:00 a.m.
Facebook.com/CSLSTL
www.stlouisctl.org

A person in a pink shirt and black pants is performing a yoga pose on a narrow, dark rock ledge that juts out from a steep, green mountain. The person has their arms raised and is in a tree pose. The background is a vast, green mountain valley with a river or stream winding through it. The sky is a deep blue.

The ART of BEING PRESENT

BY DONALD (TRUTH PARADISE) THEISS

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.

Being present with ourselves seems to be the most challenging thing we can do, and the most important thing we can do, because when we're truly present we are tuned into our own experience and at the same time, aware of what is going on around us.

When we are tuned into our own energy, centered in our own energy, we are guided very easily and very naturally in our actions and our interactions with the world around us.

Words come spontaneously and naturally and our actions come from the flow of energy that is happening inside of us. We don't have to prerecord or practice what we're going to say or what we're going to do. It just comes naturally from the flow of our own energy

This is the true state of "being," what Eckhart Tolle calls *presence*.

When we're truly present we are not playing for the crowd, trying to get a particular response from others, but rather, simply allowing the flow of energy that is moving in us to express and reveal our momentary experience. We let go into the flow our own experience, allowing it to express fully and freely and accepting the outcome, whatever it may be. We speak the truth without blame or judgment and without attachment to the outcome.

This state of being present with the flow of our own energy creates a sense of well-being, a sense of harmony in ourselves and we are able to let go and allow whatever wants to happen to happen, without resistance or provocation, what Byron Katie calls, "Accepting what is."

So practice centering in yourself, being present with what is happening in you, accepting whatever that is and allowing it to express fully and freely and experience your own being.



Truth Paradise

Just BE You!



BY MARILYN EAGEN

Welcome to Spring of 2022! The new year has certainly proven to be very interesting. We know there are new possibilities, new opportunities and limitless space held for us to grow and change. We also have no idea what to expect in the next few years. When entering times of change, we really have no idea what is in front of us. The only things that feels sure for us right now, is that things will continue to change.

As I see it, we have two choices, we can carry fearful thoughts and live life defensively, or we can choose Love. We can learn to trust life, using our discernment and awareness. This sounds simple and easy to say, could it possibly be that easy to do? Maybe, it can!

What if we quit “trying so hard” to be perfect and to make it big, or to impress others, and start being honest about what is really important in our own heart. Maybe moving into a space of “being” rather than “doing”, could be even more valuable to us and to the rest of the world.

Put more simply, by “Being” in your heart center and approaching all things in a state of Love, you will also support everyone else as well. (without doing anything!) If our thoughts go to “the highest good”, then we are serving ourselves and everyone else. You will never make everyone else happy, nor should you. Everyone is responsible for their own happiness and they will make their own choice. That’s not our business at all. What is important, is

knowing that the energy that we have inside of us carries a lot of power. And when that energy is of higher frequency, or the awareness of “the highest good”, it carries even more power.

“Every moment that we spend in higher consciousness helps uplift the consciousness of the whole world.”

Another important part of this is to understand is that being in a state of *love, joy, peace, compassion, gratitude* has a lot more strength in the collective consciousness than the opposite energies of *fear, anger, worry, shame, blame*. If we all knew how powerful our high frequencies are in this world, we would be more aware of our own state of being. Also, remembering that we are all human and that we cannot be in those higher energies all of the time. There is no reason to fake it either.

What I am offering to you, is to take a moment when you come across a feeling or thought or a trigger inside of yourself and look at it. Give yourself permission to see it or sit with it if necessary, take some deep breaths, then let it go. By simply being aware of your feelings or emotions and being responsible for your own energy, you can make the changes that you want to see inside yourself. When you release and let go of those triggers and old energies, you become yourself and can BE from the inside out. You can choose to see things, including yourself, from a loving perspective and that can change everything in your life, just by being who you were always meant to be.

BE-ing can be so much easier and more powerful than “Do-ing”. Give it a chance, allow this new year to show you the unlimited possibilities that are right in front of you. Choose you first. Look inside of you first. Move into a space that offers you love from the inside out. It is so much easier to see the love in the world when you are your authentic self..

There are so many ways to work with your energy and see the love, even when its not obvious. Being an Energy Medicine Practitioner and Shaman changed my life, and now I help others see their own gifts. Maybe you just need to connect with your community of those already around you. If you need more help, there are many choices available. Find what works for you to authentically move forward in this time of change. BE the you that you have been waiting for!

Marilyn Eagen
Harmony Healthcare LLC,
The Peace Place
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www.marilyneagen.com

What feelings did this bring up for you?

Take a moment and write down what brings you joy . . . what brings you gratitude . . . what elicits love.

Think of a phrase or word that can help you re-center when you get triggered.

Berry Good!

No Churn Strawberry Ice Cream

Ingredients:

2 cups strawberries, hulled and sliced in half
1 tbsp cornstarch
1/3 cup sugar
1/2 tsp lemon juice
14 oz can sweetened condensed milk
2 tsp vanilla extract
1/4 tsp sea salt
2 cups heavy cream, cold

Directions:

Place strawberries in a large skillet, away from the stove, and mash with a fork or masher until a thick, slightly chunky consistency is formed.

Add the corn starch and sugar to the mashed berries. Mix together then move the skillet to the stovetop. Heat mixture over medium heat. When it begins to bubble, reduce the heat slightly and allow berries to cook down to a thick consistency, about 5-7 minutes.

Remove the mixture from the heat and add the lemon juice. Place the mixture in the refrigerator to cool while preparing the ice cream base.

In a medium bowl, combine the sweetened condensed milk, vanilla extract and sea salt.

Whip the heavy cream with a stand mixer or electric hand mixer on medium-high speed until firm peaks form, about 3 minutes.

Fold the condensed milk mixture into the whipped cream with a rubber spatula until combined.

Gently fold in the cooked, cooled strawberries.* Pour into a 2-quart container. Cover with plastic wrap and place in the freezer for at least 5 hours, or overnight.

Notes:

This recipe makes approximately 1/2 gallon of ice cream.

Metal containers freeze faster, but a glass or plastic container will also work. Any pan that holds 2 quarts will work just fine!

For strawberry ice cream that's bright pink in color just add 1-2 drops of red food coloring into the ice cream with the strawberries.

You can use frozen strawberries. You'll want to immediately add them to a skillet over medium heat to allow them to defrost, then mash them. You can then follow the recipe as instructed, adding the sugar and cornstarch, then cooking down the strawberries.

*If you prefer a strawberry ice cream without chunks, simply puree the cooked strawberry mixture in a blender or food processor before folding it into the ice cream.

The ice cream can be stored in the freezer for months in an airtight container to prevent freezer burn.

*Recipe courtesy of Whitney Bond:
whitneybond.com/strawberry-ice-cream/*



GOOD KARMA

PARAQUAD

Empowering people with disabilities for more than 50 years

BY KEVIN CONDON



Training at the Orthwein Center



Peers at the Orthwein Center sharing stories

PARAQUAD'S **STEPHEN A. ORTHWEIN CENTER** is emerging as a regional destination for adaptive exercise and lifelong health and wellness for people with disabilities in the Midwest. Modeled after the PEAK Center in Colorado and Beyond Therapy in Atlanta, the Stephen A. Orthwein Center provides a holistic approach to wellness through state-of-the-art equipment, expert staff, and shared experiences.

Paraquad has offered health and wellness programming since 2003, but a transformational investment, beginning with the Orthwein family and enthusiastically supported by the community, has taken the program to new heights.

Stephen Orthwein, a renowned polo player, sustained a spinal cord injury resulting in paralysis while playing the game he loved. His wife, Ginny, recalls, "One of the most difficult transitions was moving Steve back home. We knew he was making progress from extensive community-based therapy, and we wanted his progress to continue in St. Louis."

Mr. Orthwein passed away in 2018, but his legacy lives on. The Orthwein family envisioned a regional destination in



Training on the C-Mill, an augmented and virtual reality treadmill system.



Client working with the Solo-Step overhead track and harness system.

St. Louis for people like Steve to recover from injury or illness after being discharged from rehabilitation. “We knew that Steve would have done it himself and he would be proud to associate his name with a place that welcomes all and provides life-changing therapy,” said Ginny Orthwein.

In addition to an open gym and group classes, the Center offers one-on-one services with advanced technologies including the Lokomat, a robotic treadmill training system, and the EKSO exoskeleton, a robotic device that provides help with standing and walking. All services are complemented by natural interactions with peers. Newly disabled members often learn from others who have

lived with a disability much longer.

“In addition to being a great place to increase independence through exercise, the Orthwein Center provides a unique setting where people with disabilities can share their knowledge and support each other,” said Aimee Wehmeier, Paraquad President.

Paraquad is a leading provider of disability services in St. Louis since 1970. The Orthwein Center connects members to more than 20 programs that support equity and independence, serving people of all ages and with all types of disabilities.

To learn more, visit paraquad.org or orthweincenter.org.



314.289.4200 / 5240 Oakland Ave. / St. Louis, MO 63110

GOOD KARMA

WINDWALKERS

Therapeutic Riding & Learning Center, Carbondale, CO

By GABRIELLE GREEVES & SIGNA STROM



Just stand in front of a horse, if you ever want to know how others might perceive you and what your energy is saying. The first thing you will hear from both our 2- and 4-legged healers, counselors, therapists and instructors at WindWalkers is::

*"I see you and accept you.
Yes, you!"*

With a herd of 24 gentle horses and a backdrop of majestic 14,000-foot peaks in Carbondale, Colorado, WindWalkers Equine Assisted Learning and Therapy Center ("WindWalkers") works its magic, providing equine assisted services to at-risk underserved populations and their families within our community.

Since 2005, WindWalkers has served more than 9,700 unique individuals from early childhood to late life who are struggling with a variety of emotional, neurological, and/or physical challenges. Using an integrated focus, our

programs extend therapeutic services and support to the family as a whole, helping both individuals and their families experience improved health and wellbeing. The positive impact of these programs trickles over into relationships with extended family, friends, neighbors, coworkers, and school mates, illustrating how the benefits and reach of a well-designed equine therapy program can extend far within the community. Every week I see the faces of our riders light up as they work with their horses and manage the challenges that make riding difficult for them. In these sessions challenges are not barriers, and frustration and pain do not define the relationship. The horse/human partnership, carefully facilitated by the WindWalkers staff, lifts riders above their daily struggles and offers the opportunity for joy, self-confidence, and a deep sense of accomplishment.

Why Horses? They have a unique ability to affect us, stirring awe and wonder, opening hearts and

minds, giving us wings, lifting us out of trauma response, and helping us regulate our emotions. The research is clear: horses provide us with more than just a good feeling, they facilitate wellbeing, stabilize moods, and support neurological development, making them hugely beneficial in many therapeutic settings.

"One of the most beautiful aspects of this work is that the horses are able to be themselves, totally authentic in who they are, and invite us to do the same," says Executive Director, Gabrielle Greeves.

There are many other ways the horses teach us about ourselves, yet experiencing it for yourself is the best way to know! Visit our website and call us to learn about "upcoming" experiential learning workshops. We also offer individual sessions in Therapeutic Riding, Wellness Counseling and what better way than with a horse by your side! So, Be you . . . Be your authentic self!



Stacy Oliver, *Mind Body Soul* publisher, with four-legged friends during her visit at WindWalkers.

I see you and accept you. Yes, you!





Resources



Shayba Muhammad
Founder & Designer of Mahnal Jewelry

I'm honored to be the designer of a collection of jewelry that inspires, adorns, and celebrates the beauty of women. This contemplative brass jewelry offers timeless, heirloom pieces with an experience deeply spiritual to ignite our inner light. Each piece is meaningfully named in Arabic, reminding us of life's beauty.

Mahnal.com
872-588-0562
IG: @mahnal



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.

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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



Suzanne Spurgeon
Stylist & Beauty Enhancer

Suzanne is a Senior Stylist at Studio Branca Creve Coeur. She is a certified L'Oreal Professionnel colorist/artist with an emphasis also in weft extensions and cutting. To book an appointment call: Studio Branca 314-469-1222.

Dm Suzanne @suzannespurgeonhair for questions or appointments



Resources



Eric Rosen **Men's Soul Coach**

Eric Rosen is an Author, Astrologer, and Shaman. He speaks publicly to inspire men to free themselves from the emotional jail of shame to pursue true purpose and passion in life. He facilitates 1:1 Coaching Sessions, Group Coaching, and Workshops for guys who are looking to courageously overcome the challenges of the mind.

linktr.ee/vikingsrisingmenscoach
FB Page: [astrologerericrosen / www.instagram.com/viking_rising_mens_coaching/](https://www.instagram.com/viking_rising_mens_coaching/)
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ericrosenmenscoach@gmail.com



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
Instagram: [@heidishouseofalchemy](https://www.instagram.com/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.

257 Lamp & Lantern Village / Town & Country, MO 63017
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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.

Marilyn Eagen of Harmony Healthcare LLC, The Peace Place
2841 Barrett Station Rd. St. Louis MO 63021



Resources



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 path. 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
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Heather Creech **Health Promotion Specialist & Coach - Profile by Sanford**

We create a personalized nutrition, activity and lifestyle coaching program designed to help members lose weight and keep it off! We team you up with a health coach who will guide you with regular check-ins, work with you to set customized health goals and provide support through your weight loss journey.

www.profileplan.com
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14127 Clayton Road / St. Louis, MO 63017



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
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.

farragio.com
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[@farragio on Instagram](https://www.instagram.com/farragio)
[@farragiofun on Facebook](https://www.facebook.com/farragiofun)



Resources



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
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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
www.radiancestl.com / 314-736-4736
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
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Chesterfield, MO 63005



Katy Bartlett **Master Life Coach & CEO of Pulani 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
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Resources



OsteoStrong **The Ultimate Biohack**

OsteoStrong® is not a gym, diet, supplement, pharmaceutical, or a medical treatment. OsteoStrong® is a unique place where you can go to improve your overall health by focusing on the one thing we all have in common: a skeletal system. Enjoy: Improved Bone Density • Improved Posture • Improved Balance • Improved Athletic Performance • Less Joint and Back Pain.

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Email: stpeterseast@osteostrong.me
O'Fallon: 44 Crossroads Plaza / O'Fallon MO 63368 / Phone: 636-238-8696
Email: ofallon@osteostrong.me



HotWorx O'Fallon **Rod Murchison and Britton Bommarito**

HOTWORX offers members unlimited, 24-hour access to a variety of virtually instructed, infrared sauna workouts. Our members achieve their fitness goals with 3D Training: our powerful combination of heat, infrared energy, and exercise.

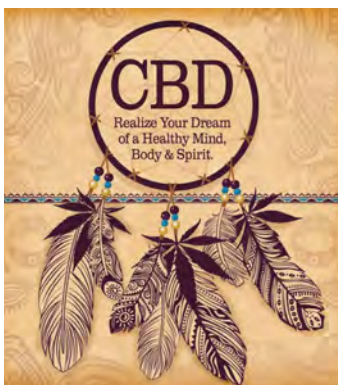
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Kathi Harmon **Barre Harmony**

Barre Harmony offers low-impact barre workouts and rejuvenating yoga classes that will fit all levels of fitness enthusiasts. Committed to creating a judgment-free atmosphere, where you can find a sense of community and develop harmony, both physically and mentally.

6119 Mid Rivers Mall Dr.
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[@barreharmony](#) on Facebook and Instagram



CBD American Shaman **Melissa Stewart – Partial Franchise Owner & Certified CBD Consultant**

Certified CBD Consultants – Our goal is to help bring wellness to the World. We are a family-owned, small business franchise guiding individuals to be the best versions of themselves. Only offering premium products that are made with all natural organic full spectrum high quality CBD. We are here to customize your health and wellness journey.

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Resources



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
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 *A Woman's Guide to Conscious Love: Navigating the Play of Feminine and Masculine Energy in Your Relationships*. Since 1999, I have supported thousands worldwide with intuitive reading + healing sessions as well as classes by phone, online and in Colorado.

www.AnnOBrienLiving.com
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Avaisn **Natural Skin Care**

Avaisn is a skin care company dedicated to providing natural products to improve and protect skin health. We believe in being in balance with our world. Founded by sisters April Bednarski, PhD and Victoria Summers to help people feel great in the skin they're in.

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Tiffanie Albertson **President & CEO of Solutions for Living**

As a career dental hygienist and a functional nutritionist, finding health solutions that start from the inside came naturally to me. Type I Marine collagen leads the pack for bioavailability and results. Beauty and health on the outside starts on the inside. Now, just drink it!

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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 ExecutiveCoach 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



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.

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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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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
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Julie Scott Intuitive Life Coach

As an intuitive healer I combine bodywork, energy work and intuitive guidance, via virtual or in person meetings, to bring new clarity and perspective to life. Together we find spiritual purpose and meaning to your life, and clear the path to journey forward in life with more authenticity and fulfillment.

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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.

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