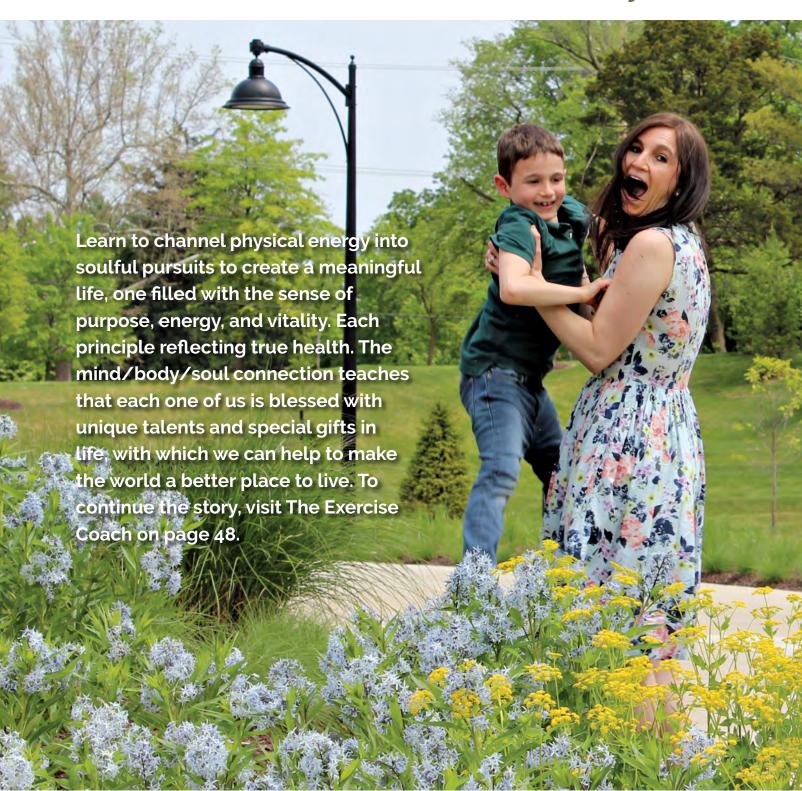




Nurture your Mind, Body and Soul: Make Fitness a Lifestyle.





Dear Friends

This past year there have been many changes and challenges for everyone . . . craving inspiration and answers. I began to ask myself questions like, "What if I followed my dream to write and do more art?" This and many other bold brilliant questions began to form in my *MIND*.

I learned that any curiosity is creative and that people with depth, texture and substance inspire me, and that spark led me to begin my journey. I opened up to other women and people whom I recognized to be peaceful and powerful, true leaders in the community. I knew



that this was my year to do something really creative and meaningful, and along the way I learned that this was also a time when other people were unfolding and opening their wings to the mysterious primal pull of the universe . . . imbibing the true spirit of their *Body* and *Soul*.

We are here to share some of their narratives and passions through the art of story telling and photographs. We hope that you will learn something new and be inspired through journaling and connection. We are here to bring your community closer and open up your world to new experiences and locations.

I believe we together can save this planet and the more we support one another and *Love*, the better the *World* will be.

Cara Moon

Issue 1

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MIND BODY SOUL MAGAZINE is owned and published by Soul Stream Media, LLC www.MindBodySoul.media

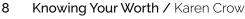
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Hair by Suzanne Spurgeon Make-up by Suzy Bacino

CONTENTS

- Letter from the Editor 2
- On the Cover





- Unraveled / Interview by Mind Body Soul
- Accepting Self and Others / Donald (Truth Paradise) Theiss 14
- Trusting Your Intuition in Relationship: 7 Dos and Don'ts / Ann O'Brien 16
- Good Mood Foods / Cara Moon 18
- Theta Healing® / Carlin Wagner 20
- Leading the Way in Ketamine Therapy / Dr. Zinia Thomas 22
- Maximize Your Energy Using the Quantum Mode / Jacqui Ariana 24



BODY

- Inner Glow, Outer Glam / Suzanne Spurgeon 28
- Elevate to Your Best Self / Kellie Mathes 30
- What Is the Color of Your Soul? / Jacqui Forster 32
- Choose the Way You Face the World / Amy Katsikas 36
- Revival on Olive / Emily Rauh Pulitzer 40
- A Journey to Sacred Space / Robin Halterman 43
- Just Peachy Summer Recipes / Seedz Cafe 44
- Love Antiques? Head for The Hill! / Cara Moon 46
- Get Fit. Get Happy. Simple. / Jessica Phillips 48
- Inn Paradiso An Inviting Escape to Paradise / Tova Celine 50
- Villa Creek Maha / Cara Moon 52
- Down the Hatch! / Cara Moon



SOUL

- 56 Wild Wish Living / Cara Moon
- 60 Listen to Your Heart / Marilyn Eagen
- 62 Lazure Painting: Ensouling Your World with Color / Charles Andrade
- 64 What Stories Are You Telling? / Laurie Nowling
- 66 Good Karma / The Fit and Food Connection
- 68 Santé Atitlán The Great Escape / Cara Moon
- 70 Fincalegre Experience Heaven-on-Earth / Cara Moon
- 72 Dark Horse Rising / Lori Halliday
- Angel's Insight / Stephanie Barton 74
- 76 Resources for Your Mind, Body & Soul
- Alexis Tucci aka DJ Alexis Tucci / Cara Moon 80

ON THE COVER

Publisher, Stacy Oliver

The Revival of Connection, Creativity and Community

tacy Oliver lives life guided by her intuition. Selfcare is her super power. She lives by one rule for herself: "I do not do anything unless the energy feels aligned." If she feels off or something feels off in any way, she will take a big pause, spend a lot of quiet time alone, go to hot yoga and wait until she receives clear guidance on the next right action. This has been an ongoing way of living for Stacy. Last year's global "pause" gave her an opportunity to listen more deeply, clear away trapped emotion from her body and subconscious and ask for guidance about the next chapter of her life. MIND BODY SOUL MAGAZINE is what emerged. Stacy had connected with Cara Moon Schloss, MIND BODY SOUL's now Creative Director, and the two launched this gorgeous publication with nothing more than a shared vision led by excitement, talent and trust.

Stacy has published health and wellness magazines for over 15 years. Her publishing career started with the HEALTHY PLANET – ASPEN EDITION in 2004 in Aspen, Colorado. She launched YOGA & SPA MAGAZINE in St. Louis in 2009, selling it and stepping down in 2018. A three-year sabbatical allowed time for writing a book, decompressing and recalibrating her energy. Her passion for inspiring and supporting others to live their greatest life remains strong and is the fuel for her creative endeavors and her community events. She has printed well over one million copies of magazines to date and keeps hearing a little voice that says, "a million more copies". Stacy hopes her own personal revival will inspire others to keep going deeper within to heal and connect with their authentic power, and create the life they are meant to live. This publication serves as a torch passed for others to ignite their way through connection, reflection, and revival of body and spirit. She believes life is meant to be a joyful, all-encompassing fulfillment. A thrilling ellipses in everyone's life journal. It only requires syncing with our own energy as she does each morning. She asks with coffee and journal in hand, "What am I to do today to stay on my Divine Path?" The answers always come.



Some behind the scenes images taken by Creative Director Cara Moon during the photo shoot with Natasha McGuire.

Cover image taken by Natasha McGuire Photography. Natasha is a St Louis portrait and wedding photographer. Her style is classic and timeless. She makes sure her clients look their best and that they have fun while working with her! Check out her website and follow her on social media! www.natashamcguire.com.

Photo shoot Creative Director Cara Moon Cover hair by Suzanne Spurgeon @StudioBranca 314-469-1222 Dm Suzanne @suzannespurgeonhair for questions or appointments. Makeup by Tori Jones @StudioBranca 314-469-1222 Jewelry by Theresa Wangia www.beltshazzarjewels.com Stacy is wearing a romper from Paperdolls Boutique in St. Louis





Knowing Your Worth



Photo by Natasha McGuire Photography

hen I was a new mom, I encountered many different expectations in my new role. Expectations about . . .

- if and how long I would breastfeed
- how fast I could get back to my pre-pregnancy weight
- what stroller I had
- cooking homemade dinners every night
- where my kids would go to school, etc.

Sound familiar?

Indeed, most of the clients I work with seek help from the overwhelm they feel from trying to be all things to all people.

Motherhood is an incredibly joyful time; you feel your heart expand in a way you never thought possible.

It can also feel as if you've been thrown back into middle school, as you try to navigate your new life and do your best to get everything "right".

And continuing down this road of trying to fit into a mold leads to creating flimsy boundaries and feeling anxious and exhausted.

Because seeking the approval of others by trying to live up to their expectations leads to continuously trying to prove your worth.

And the truth is, you don't need to prove your worth to anyone.

Your worth is absolute; it never changes.

There's nothing that you need to do to earn it and no one else can give it to you.

You need only to nurture yourself in mind, body and spirit to reaffirm it.

Karen Crow
Life Coach

Karen Crow Life Coach 314-368-7061 karencrowlifecoach.com See Profile on page 60.

Describe the last time you felt completely yourself.





UNRAVELED

A MOTHER AND SON STORY OF **ADDICTION AND REDEMPTION**





How were / are you able to work through the painful parts in the retelling without opening new wounds?

LAURA: We discovered many untold truths about each other while writing our book. We have historically had a close relationship but our sobriety added total honesty to our relationship. One of the most painful things for me was learning more than I already new about Tommy's experience at the prep school where he was emotionally and violently bullied. The darkness he felt during that time and during his active addiction was heart wrenching. Those parts of his story revealed a new dimension of pain that I felt for him as a parent. I was so blown way by his honesty and being able to tell the story so clinically. We agreed to talk and it prompted another Step 9 that I believed I owed Tommy. I am his parent and as much as I feel my husband Tom and I acted proactively during this chapter in his life, there were still things that were deep inside Tommy that needed to be revealed. I believe that it was so healing for Tommy and as a parent. I needed to hear those truths so that I could process a few of what I believed to be my failures as a caring parent. It was truly cathartic. I was seeing an amazing therapist through the process of writing our book. Tommy also sought therapy for his well-being. I be-

lieve that our individual wounds and mutual wounds are mending. We are continually working on ourselves and in this process, we are healing. Tommy has slayed so many dragons and the timing is up to him with the help from his higher power and support system. He never ceases to amaze me. He is forgiving and accepting and for that I know his healing will continue. For me, I try to remain patient. When things rear their ugly head, I deal with those feelings. We have experienced overcoming so much as sober individuals, that when things seem difficult, we can reflect and pool our resources of support to move through the challenge of pain and not around it.

TOM: For me personally I don't think my old wounds ever closed. I don't think that they ever will and I am okay with that. I think that in a healing process I learn about myself and use my past as a tool to move forward. What not to do, how to help others and so on. I do know that during this process I was able to grow a stronger relationship with my mother. That was a huge piece from writing our book. We bonded immensely.

Expressing gratitude every morning after I read a daily meditation is critical.

What are some of the ways in which your addiction journeys differ? And, how do you help each other understand your perspectives without slipping into unhelpful patterns?

LAURA: So my addiction journey is one of devotion to maintaining my sobriety. As a sober person, I can listen and contribute more honestly and productively. I believe community service is a huge piece of my recovery. Meditation is the essence of obtaining peace for me. When I am not consistent I feel disconnected. When I know that things can be a source of loving kindness towards myself and I don't practice those daily objectives and opportunities, I feel a disconnect. In order for me to maintain my emotional sobriety and openness to working and connecting with my God, I must do a few daily things to maintain my daily reprieve from insanity. I must connect with people in my program of recovery everyday. Expressing gratitude every morning after I read a daily meditation is critical. I go to recovery meetings. When I don't attend at least three a week I feel squirrelly. I don't crave alcohol (yet) but I do feel certain insecurities. I focus on things out of my control and my breathing is just shallow and stress ridden. Why do I not do this perfectly, well so far, the only thing I can do perfectly is by not drinking. But if I continue to feel restless and discontent, I can usually draw a straight down hill line to my current spiritual condition this is where the honesty really comes in and I must be rigorously honest about how I'm feeling. It's imperative that I pick up where I left in immersing myself into my program.

Tommy's recovery is amazing. I stay out of his recovery. If he asks me how I feel, I will offer my honest answer. Tommy is a "big book thumper," meaning he goes by the book and keeps it simple. He is dedicated to his program of recovery and I admire him so much. He constantly helps other people and is an authentic and loyal son, brother, friend and partner. We don't agree on some things but we remain respectful. Our mutual programs have contributed everything to us in the way of honest listening and giving each other the space and time to take care of ourselves as individuals. Our relationship keeps growing and is enriched by our commitment to our health and well-being.

TOM: My addiction journey started and took off faster than my mother's. For whatever reason hers went dormant for several years. Mine began at a young age and took off like a bullet. The time of use and the specific substances differ but our thinking in the way we used those substances was the same. In terms of recovery, I don't compare mine

to anyone else. Its a very personal journey for each person.

We all have struggles. What are some of the things each of you do to re-balance when you've stumbled in some way?

LAURA: Going to a meeting right away is the answer for me. The next best way for me to re-balance is to spend time mediating and connecting with people in recovery that put their well-being first.

Being with my husband and our 4 boys is incredibly grounding. My relationship with Tom and our boys is everything to me. We are very close and this brings me to what is really important in life and the things that matter most. Without my sobriety, I would jeopardize everything that matters to me. I think about this and bring what a relapse would do to me full circle. Addiction is powerful, so I work on making my recovery more powerful.

TOM: Well I try to preemptively do things to put myself in a good spot in case of anything that could potentially happen. I have some things that I do on a daily basis to stay in a proper head space and when I need to re-balance I just focus on those things more.

Have you noticed a change or found a need to change your healthy recovery habits during the pandemic? Do you have any advice for someone who may find themselves or someone they love slipping towards (or further into) addiction during these uncertain and isolating times?

LAURA: Absolutely. I have had a lot of time to think about so much. What do I get to do with all of this time? The key words are "what do I get to do?" Yoga with my dog, walk with friends, make all meals at home and spend more time talking to my husband. Although the pandemic hit all of us in so many ways, we do "get to do" other things that strengthen us. Zoom recovery meetings and many conversations with positive people kept me sane. We were able to write our book which opened so many doors of communication with my husband and our boys. It was an optimal period of growth for all of us. I found working out in the way that I was, impossible. So the solution to work out at home or at the very least, get outside and walk was a great option. Meditation, reading, working on organizing the house and closets, donating so much that we really do not need were and a very cleansing process.

For those still in pain, loneliness, frightened and ill I have a recommendation that takes courage. Call someone and tell them how you read feeling and ask for help. If that were an easy task, we would have far less fatal outcomes.

We should all be outside breathing fresh air. Lean into your faith. There are solutions for all of us; it's just not easy. But once we reach out it will be easier every time we reach out in the future when we need something. Walking, talking, praying . . . laughing.

It's so difficult to watch someone slip away due to addiction. It takes a village and we all need help from time to time. It's normal. But addiction, although common, is not normal. It steals your soul and purpose. The best thing to do is surrender and trust that life will get better if you reach out for help. We all need to be there for our family, friends, co-workers and strangers. We need each other as interdependent human beings. Not controlling, enabling and

I am slowly working on my next book which is a challenge beyond words. My husband and I have plans to travel which definitely feeds our souls. I need to continue exploring opportunities with self-care, nutrition, activity, and continued work to learn and grow.

It's a tough world out there. I like making contributions and helping in different ways. I'm very concerned about human trafficking so I'm making it a goal to contribute in a way that can help chip away at this horrific problem in our country and the world. It's important that I stay continually connected with my program of recovery as well as be available to those who reach out for help. There are endless opportunities.

I also like to rephrase and ask: What are one to three things I can do to better support and be a friend to someone struggling with addiction?



abusively, but as living, breathing, listening, kind people. It sounds idealistic, but I needed help and found it when I asked. It was a miracle. There are a lot of little miracles if we open ourselves to seeing and being aware of our own true feelings. I could go on but the catch is being comfortable with eating some humble pie and becoming honestly vulnerable about needing help. This is where the strength lies . . . this as well as underlying and ever-growing faith.

TOM: I really have not changed all that much during the pandemic. There are always ways to stay connected. My inperson get-togethers were stopped for a while but I used Zoom and my phone to continue my life. I think for people who are trying to get sober during the pandemic it would be very difficult. But if you want to get sober there are still ways. There are people a phone call away who can help.

What are you working on now? What are you looking forward to doing or learning, either together or individually, in the coming year?

LAURA: Right now, I am participating in recovery podcasts. We will have our first book signing with the launch of Mind Body Soul magazine. This will bring our family together for this event.

TOM: I am just working on staying present for my family. I am working on getting my first home and settling in. I am also trying to grow my business and recoup from the pandemic. I have been doing a lot of podcasts and interviews for recovery and that has been a lot of fun.

I also like to rephrase and ask: "What are one to three things I can do to better support and be a friend to someone struggling with addiction?"

The best way to support someone in addiction is to let them to experience their own journey. Do not enable them. Above all, express and show love. Do not preach or nag. Take care of yourself and maintain healthy boundaries. Let them find their way with the knowledge that you are there for them in sobriety but not in their active addiction.

If you want to offer solutions, seek guidance first so they are productive. Of course if you feel that lives are at risk then it's imperative to get care immediately. I am not a counselor and I highly recommend counseling whether it's clergy, a counselor, coach or anyone qualified and informed.

I would suggest going to a Al Anon meeting. I think it is very hard to support somebody in recovery or struggling unless you have a good sense of what is actually going on. Not just the version YOU see. Al Anon can be very helpful in that way.



ACCEPTING SELF AND OTHERS

By Donald (Truth Paradise) Theiss

YOU'RE PERFECT EXACTLY AS YOU ARE AND SO IS EVERYONE ELSE, however we've been trained to believe otherwise, so we struggle with how we are and hide who we are in order to fit into the ideas and beliefs of our society.

We are all struggling with ourselves and with one another, unwilling or unable to accept ourselves or one another. We seek connection in relationship but we are unable to make the connection we desire because we are hiding who we really are in order to fit into the socially developed ideas of how we should be.

It's like being in a movie in which we are all playing a part and not allowed to show our real self. We try being loving and kind and giving one another love, pleasure and all the things we think will work to connect with one another but because we are hiding our REAL self, our actual responses, our REAL thoughts, feelings and sensations, we never really get to see one another as we are and therefore, are unable to truly connect.

Intimacy is the deep experience of connecting with one another and happens when we show ourselves to one another . . . **IN-TO-ME-SEE**.

The healing of this problem comes when we deeply connect with ourselves and accept every aspect of our own being, every sensation, every feeling and every thought and are willing to share ourselves openly with one another.

When we accept ourselves, as we are, we are able to accept others, as they are in an atmosphere of acceptance and allowance, and we are able to truly connect with one another.

Acceptance changes how we experience life, how we experience ourselves and how we experience one another. When we accept ourselves and one another we relax into our experience in all its ways of being and happening.

We are all having an experience right now and it is constantly changing, filled with feelings, thoughts, sensations, images, ideas, visions, fantasies, wants, needs, desires and it's all happening in each and everyone of us because that is what being a human being is like.

We are each having our own experience and we are all having our own experience simultaneously, all moving and changing and filled with all the possible forms and ways of manifesting.

We are human beings and we all want to be loved and accepted as we are and when we accept one another as well as ourself, we create relationships that come from mutual acceptance.

We have all been trying so hard to be some way we think is the right way to be, the way that we think is acceptable to others so we hide ourself and try to be the way we think we should be, to be okay rather than accepting and allowing for everyone to be the way we are. And of course, we are all doing the same thing, playing out roles we have developed in order to fit in and be acceptable to one another.

This has caused us to hide and suppress our real responses and to pretend responses that aren't actually happening in order to "be acceptable."

That is not the same as real acceptance.

Acceptance is allowing everyone to be how we really are and this is the only way to change our experience in our self and in our relationship with one another.

When we accept, we change the energy in us and that naturally changes our energy in our interactions. When our relationships are based in acceptance, we come easily into harmony in our self and with one another.

ACCEPTANCE IS THE WAY.



7 Dos and Don'ts

n your love life, have you ever wondered how to tell the difference between fear or hope and true intuition? You can use your intuition to navigate everything from the little things (when to text him or what to wear) to bigger issues like spotting red flags, deepening your commitment or navigating challenges. Where to start? Here are my top tips!

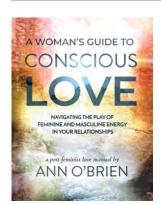
Do:

- 1. Notice your body's messages. Even if your mind tries to override it, your body won't lie.
- 2. Listen to "random" thoughts if they feel wise and loving. If a voice in your head sounds like spam—pushy and disrespectful—ignore it.
- 3. Trust what you imagine. Thinking about picking up the phone or giving him a certain gift? Picture his response and then act accordingly.
- 4. Pay attention to signs. When pondering a situation, you may encounter an animal, a roadblock or a conversation that sparks your interest. These are some examples of creative ways the Universe guides us.

Don't:

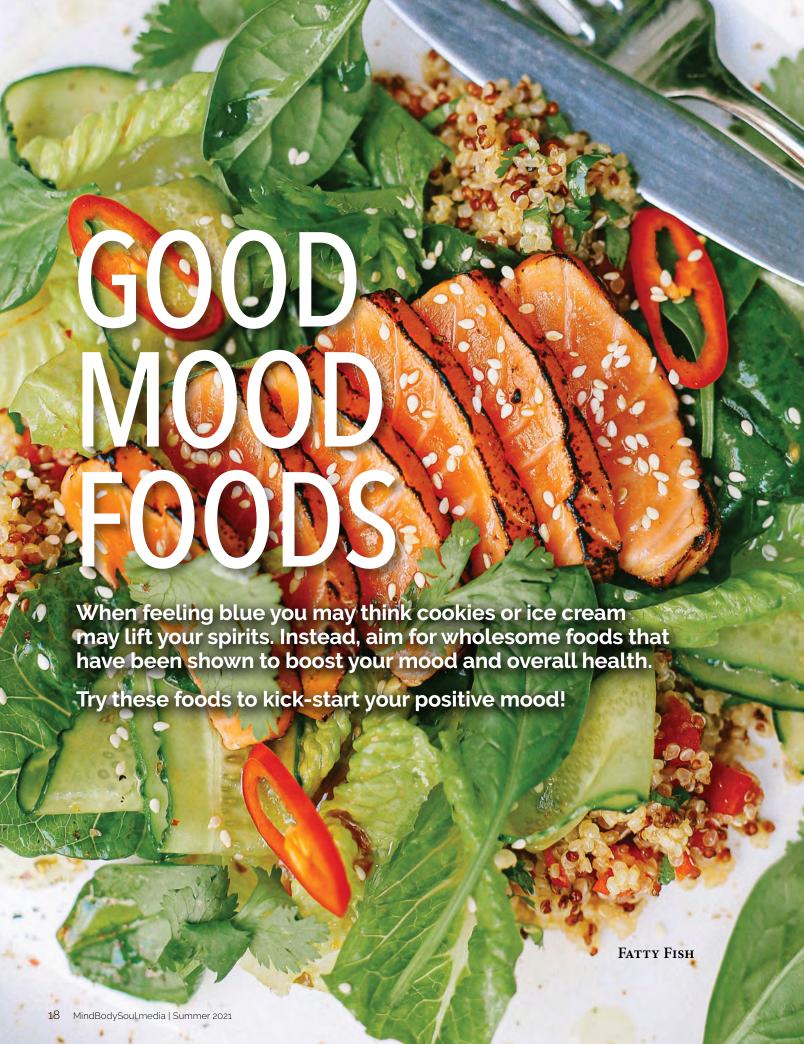
- 5. Ignore his words and actions because you see his soul's perfection. Even though you see his greatness, it won't put food on the table or make you feel better if he's cheating.
- 6. Track him energetically. It may feel yummy or make you feel secure to be so connected. Unfortunately, crowding him with your energy is more likely to repel him.
- 7. **Absorb his emotions.** You may be more comfortable with emotions than he is. However, taking on his "stuff" in order to heal him or please him will probably create confusion. If in doubt, know that any emotion you can't process and any problem you can't solve is not yours!

Record some of the times you have done each of the above.



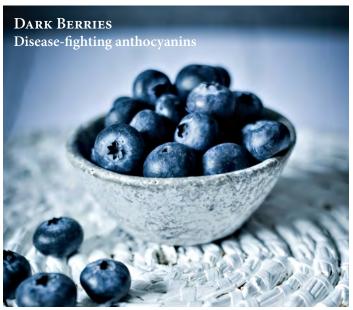
Ann is the author of a new book that will teach you how to invite and receive more of the kind of love you desire.

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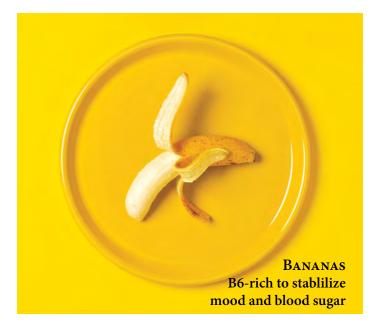
















aving obtained a Master's degree in social work from Washington University – St. Louis, and working for years in the counseling field, I noticed many clients coming to me still seeking resolution for the challenges they had spent a lifetime attempting to overcome. While traditional counseling works for some, the majority had continued to remain stuck in the pain and habits of the past. Insight didn't necessarily lead to active change. Curious as how best to help, I went in search of the missing link and was fortunate to encounter the highly efficacious healing modality, ThetaHealing®.

THETAHEALING® gets to the root of the problem by identifying and releasing subconscious beliefs, shifting neural pathways and perspectives and guiding clients to see their issues, world and themselves from a deeper, truer, and much kinder space.

With THETAHEALING® as a tool, you will notice old patterns release and new ways of being emerge. Like Michelangelo, YOU are the sculptor of your life and the Creator of your reality. THETAHEALING® is simply your transformational chisel, carving away limiting beliefs. The result is clarity, joy and freedom, allowing you to feel and know the angel within.

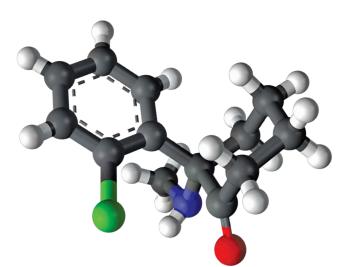
THETAHEALING® identifies subconscious beliefs you are carrying and reprograms them to a positive nature. The subconscious is below our awareness, so we may not even know we carry these negative thought patterns. Since 95% of our behaviors and decisions are driven by these subconscious beliefs, it is crucial to remove those that no longer serve us. The outcome is a profound shift, leading to a more complete sense of self, passion and purpose.

Think of some positive, empowering beliefs you want to embody and experience and write them below.

I love myself.	I can receive love.	I trust myself.
I am worthy of another's love.	I trust the process of life.	I am worthy of financial abundance.

Carlin Wagner, MSW 314-435-0816 carlin@demunhealing.com

Leading The Way In Ketamine Therapy



"I have seen unbelievable results with this treatment, which I never have with conventional psychiatric medicines that I was trained in and used for the last 15 years".

hen I transitioned from conventional adult and child psychiatry into integrative and functional mental health, I shifted my focus to employ an approach using nutrients and other natural substances to heal the body. I learned that when you give the body the nutrients it needs it can heal itself. My facility, Radiance Float + Wellness, started using IV Nutrients including NAD+ and glutathione for powerful detoxification and cellular anti-aging properties. I found that boosting B-vitamins and replacing Vitamin D deficiencies had tremendous benefits on mood and physical health, along with other biohacking treatments like float therapy, cryotherapy, using an infrared sauna with red light biomodulation, and halotherapy. While these were great treatments for the healers and the well, I still needed to help the sick patients, yet had very little effective tools to do so. More and more data began emerging about ketamine infusions and how it was a breakthrough for mental health treatment.

I have seen unbelievable results with this treatment, which I never have with conventional psychiatric medicines that I was trained in and used for the last 15 years. New treatments for mental health including psychedelic medicine, which has already achieved "breakthrough" status with the FDA and is being used in other states (CA, OR, Washington DC, CO) with positive results are soon to come.

Studies were conducted at the NIMH and replicated finding it follows a different pathway to help the brain (glutamate/GABA) which provides more rapid and consistent results for mental health issues like Major Depression, Bipolar Depression, PTSD, OCD and Addiction. Glutamate plays an important role in the synapses involved in learning and memory, which is why researchers believe neuroplasticity could be central to

ketamine's antidepressant effects. Consistently studies show that within 2-4 wks remission rates are 70-80% with IV Ketamine (as seen on rating scales) for these illnesses, while conventional treatments including SSRIs have a 40% remission rate in 12 weeks.)

While my psychiatric colleagues were unprepared

to use IV ketamine, I was set up for nutrient infusions in my clinic already! I had trained RNs, paramedics and APRNs to help me with IV placement and monitoring vitals; my background in psychiatry additionally helped me guide the therapeutic treatment

"More and more data began emerging about ketamine infusions and how it was a breakthrough for mental health treatment."

response and prepare the set and setting to achieve the best remission rates possible. I also train whenever I can online or in seminars about psychedelic assisted psychotherapy and have integrated that into my practice with my ketamine patients (MAPS.org, thethirdwave.co).

We started following the NIMH protocol giving infusions to those suffering from treatment-resistant depression, including several with suicidal thoughts and intent. What I witnessed was nothing short of amazing! I remember thinking this is how Oliver Sacks, MD must have felt when discovering how L-Dopa worked in Parkinson's patients, as shown in the movie, *Awakenings*. My patients reported rapid relief from symptoms that plagued them their entire life, including one with strong suicidal intent including being at a gun shop the day prior to his first infusion to getting a new job at Centene 3 weeks later! The NIMH protocol showed that 0.5mg/kg ketamine given intravenously over 40-60 min helps with depression and when used 2-3x/week for 2-3 weeks can result in >70% improvement as evidenced by scores on rating scales.

The therapeutic setting is very important during a ketamine infusion. We conduct infusions in our salt room. The himalayan salt wall adds to the sensory experience. The patient is seated in a zero-gravity chair and encouraged to

lie back and "enjoy their trip," if the sensory stimuli are too overwhelming, we offer eye masks or instruct the patient to close their eyes. Binaural beats are played in the room, which are sounds formulated to sync the brainwaves and produce healing frequencies that can help depression and anxiety states. The patient is reminded to avoid distractions

and focus on their intentions. The nurse BP, Pulse, monitors O2 sat, and feelings of pain/anxiety every 15 min, verbal interactions are kept to a minimum. However the patient is allowed to emote and is always encouraged to focus on their intention for treatment.

After the infusion, the patient is instructed to remain seated in the zero-gravity recliner for at least 30 minutes, and then assessed for any unsteadiness along with the last vitals check, ensuring the transient expected rise in BP has resolved. The patient can then go to the restroom and walk around the clinic and is offered to stay as long as they need. Worksheets or charts are available for patients to journal and monitor their rapid improvements between infusions. The patient is discharged with a caretaker with post infusion instructions. Patients are reminded about best treatment outcomes and future infusions booked according to the treatment and patient's schedule.



Dr. Zinia Thomas 1760 S. Brentwood Blvd. Saint Louis, MO 63144 www.radiancestl.com www.healthcitymmj.com 888-420-MOMJ 314-736-4736





MAXIMIZE

Your Energy Using the Quantum Model

In the chaos of typical life, it's easy to get caught up in the cycle of constantly do-ing—whether it's managing your hectic work/life schedule or shuffling your kids around. By the end of the day, it's no wonder you feel exhausted and drained!

But what if you could wake up each day feeling excited for life, with endless energy?

The truth is, your daily energy is as product of your thoughts and feelings. Your energy dictates the choices you make, and therefore the reality you live in. If you're automatically thinking and feeling according to your fears (or what happened in the past), you're creating a reality that's predictable—and draining.

However, if you're feeling passionate about life, and thinking thoughts in alignment with your greatest desires, any outcome is possible.

By overcoming their current selves, my clients have landed their dream jobs, 5x-ed their income, stepped away from toxic relationships, manifested their dream car, and most importantly started living with *freedom and passion for each day*.

That is living according to the quantum model—becoming so in alignment with feeling good, that you naturally create a life beyond your wildest dreams.

For context, the quantum field is simply the energetic field beyond what we can see. Living in accordance with the quantum model is about tapping into that quantum field, so that you can draw any outcome into the physical, 3D world for you to enjoy and play with.

If you want to change your life using the quantum model, you must start making decisions in alignment with your greatest desires, rather than the story of your past.

Maximizing your energy on a daily basis:

On a daily basis, this looks like starting the morning with visualization—clearly deciding how you want to feel and think each day. Personally, I take time to visualize my day—before I engage with anything else. It allows me to become the *creator* of my day—rather than falling in to old thought patterns and actions.

When you start to feel drained during the day . . .

Stop, drop, and realign your energy. Take a few minutes to disconnect from every activity, person or conversation and come back to yourself. This practice is unique to you!

This might look like turning on your favorite music and dancing around the kitchen, going for a walk in nature, laying in the sun, or just getting quiet.

Some days it might take 5 minutes... some days longer. Have patience and compassion for yourself, knowing that you are self-nurturing instead of self-medicating.

Above all else, remember that you are the creator of your life. You get to choose where your energy goes and how much power is given to any situation. When you start to value your ENERGY, *anything is possible*.

If you're ready to take the leap into creating a life beyond your wildest dreams using the quantum model, contact me for personal consultations. It's time to start living according your highest potential.

> Contact Jacqui Ariana: www.jacquiariana.com Jacquiariana44@gmail.com

The most beautiful curves on a woman's body is her smile.

Bob Marley













Time for a fresh look? Give me a call and we'll unleash your gorgeous spirit eager to break free and shine like the beautiful soul that you already are.













*Suzanne Spurgeon Studio Branca 314-469-1222 Dm Suzanne @suzannespurgeonhair for questions or appointments

ELEVATE TO YOUR BEST SELF

our best life starts by taking care of YOU. Everything you think and feel about yourself reflects out Into the world and the people around you. Your authentic Inner Self must truly feel good and believe in them Self. If not, the pretending will catch up with you.

Pretending to feel authentic inner confidence shows up as self-doubt.

Pretending to trust yourself shows up as fear.

Pretending to have self-acceptance shows up as self-loathing.

Pretending to love yourself shows up as people-pleasing yourself into overwhelm.

If who you are on the outside - Career Woman, Wife, Mom, Caretaker, Volunteer - has become WHO YOU ARE, you're likely to become overwhelmed.

If you've made your life about service without taking care of yourself, your

resentment is overshadowing your life and crippling your relationships.

Now's the time to be REAL. Stand up for your Inner Peace and your whole life will be amazing. Your relationships in love, family and career will fulfill you. So, go now and get on your mat. Start or restart your yoga practice!

Your Best Self is waiting.

Self is



You'll Gain Strength from the Inside, Out

Yoga engages all the muscles in the body. Your inner-most muscles engage to support the function of movement and static poses. The inner muscles grow stronger while the larger, visible muscles gain strength, stability and tone.

You'll Overcome Anxiety

Your mind calms as its attention draws towards synchronic breath and body movements. Your mental focus becomes locked in a soothing, rhythmic pattern.

You'll Lower Your Risk of **Injury**

Yoga creates flexibility in your entire body, from your toes to your fingertips and everywhere in between. The Improved range of motion allows you to function in everyday life and sports with a far lesser risk of injury. In addition, your increased functional strength and stability help you to stay active in sports, playing with kids and grandkids, gardening and all the things you love to do!

Kellie Mathes

Owner and Founder Go Yoga! Express goyogaexpress.com





What Is the Color



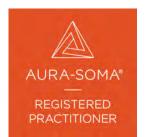
JACQUI FORSTER is an Aura-Soma® practitioner. She started her journey with Aura-Soma® (2001) study in Australia. Aura-Soma® is an international organization based in the UK, and practiced and studied widely throughout the world.

"I will never forget the beauty and awe, and the deep knowing that these bottles provided me with access to love, compassion and spiritual growth and expansion. What I went on to find out was that the bottles facilitate a re-membering, a bringing back together the parts of ourselves that we have forgotten about."

Jacqui Forster
Jacqui@soulighttherapies.com
www.soulighttherapies.com
www.truenaturehealingarts.com
www.facebook.com/jacqui.horton

Nour Soul?





EQUILIBRIUM BOTTLES

Trust your intuition.

Harnessing the vibrational powers of Mother Nature, Aura-Soma® is a system of colour, plant and crystal energies that enhance happiness and vitality. Created using the highest quality organic and biodynamic ingredients, our products bring ease, balance and calm to your energetic system. They strengthen and protect the aura while they empower and elevate. Be drawn to the colors you need. For those looking to feel empowered and at ease, book your consultation to experience Aura-Soma.®







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birthday parties, graduation parties, vow renewals, and important life events.

KAREN CONANT

636.219.2451 www.facebook.com/SerendipityFloralEvents karenconant1@gmail.com

Gemstones that fit your



Jewelry is made to be an expression of your energy and style. Blending luxury, creativity, and customized craftsmanship, The Diamond Bar provides a revolutionary, intimate shopping experience.

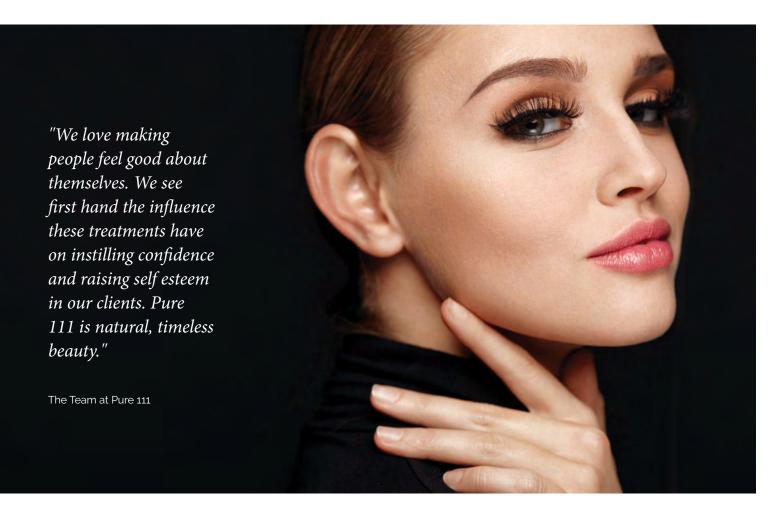
The Diamond Bar located in Town & Country, Missouri specializes in finding rare and incredible diamonds and gemstones for their hand-crafted one-of-a-kind pieces.

THE DIAMOND BAR

CHOOSE THE WAY YOU FACE THE WORLD

Face it with PURE 111 Medical Aesthetics.

Freshen up your look with our top 5 products that we can't live without.



What is unique about medical grade skin care products is that they are FDA approved with clinically proven ingredients that require physician directed care, working together to improve your skincare goals while maintaining your skin's health. Products purchased over the counter (OTC) are limited in active ingredients and percentages required to correct skin conditions that effectively

see continual changes. Corrective ingredients will only be found in physician directed medical skincare.

Depending on your goals and the condition of your skin, OTC products frequently produce much poorer results than the those obtained from a medical grade line. Medical grade skin care products are strong enough to reach and correct

problems in deeper layers of the skin than OTC products.

At Pure 111, we strive to deliver the best outcomes by the most highly-trained providers wrapped into the ultimate 5-Star experience. We believe in quality outcome and experience over the quantity of patients we treat. We will always choose people over profits.

PURE ACE — Unique formulation containing antioxidants, lipid soluble vitamin C and vitamin E. It also brightens and stimulates collagen.

PURE SCREEN — Ideal daily protection physical block SPF that is non-shiny, non-sticky primer-like feel. Contains anti-oxidants Melanin, Vitamin C, E and Ferulic acid in 100% fragrance and preservative free formula."

RETINOL — Powerhouse Vitamin A Retinoid acid proven to increase cell turnover, stimulate collagen and elastin in a slow release microsponge delivery system that reduces irritation in the skin. The innovative formula helps to penetrate in the skin while increasing the stability for long term use. 100% fragrance-, Propylene glycol-, and parables free."



TEXT ME PADS — High exfoliating weekly regimen to minimize pore size and significantly improve smooth skin texture. Great for problem skin, dull grey skin or smoker's skin and anyone needing improvement of normal skin. Good for all skin types.



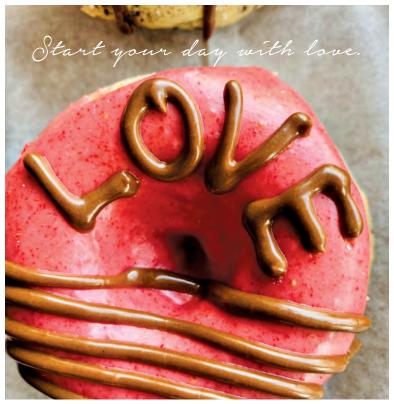
ADVANCED LUMA PADS — Customized brightening treatment to dramatically correct sun damaged hyperpigmentation and melasama for all skin types. Contains penetration boosting Salicylic, Kojic and Ascorbic acid with activated enzyme Arbutin to enhance brightening. 100% preservative free, lightweight fragrance due to addition of antiinflammation green tea.

> Amy Katsikas MSN, ACNS-BC **Board Certified Advanced Practice Nurse** Expert Cosmetic Injector Owner/President, Pure 111 Medical Aesthetics www.pure111.com amy@pure111.com 618-208-1111





Voted Top 10 Healthiest Restaurants in St. Louis!





We feature fresh juices blends, smoothies, and plant based cuisine served up daily with 100% LOVE.







100% plant-based cuisine

Food for the Soul!





Raise WellBeing: Mind + Body + Spirit

Live Intentionally

Savor the moment you're in, find gratitude in the little things and inspire kindness to radiate around you.





Celebrate Victories

The big ones, the little ones, the moments we celebrate together and the moments we keep just for ourselves. Soak up the everyday wins.

WELLBEING HOLISTIC BEVERAGES

TAKE SELF-CARE No Sugar • No Calories • Gluten Free • Vegan

wellbeingbrewing.com



Thoughtfully designed urban living





here's a revival taking place on the south side of Olive Street. A unique urban community, named On Olive, is a contemporary housing initiative with little precedent. The developers have brought together five local and internationally recognized architects to design homes for single-family housing within a three-and-onehalf acre urban landscape. The seventeen homes are thoughtfully placed throughout the development, combined with a fascinating mix of amenities, gardens and sculptural attractions.

On Olive is located in the Grand Center area of St. Louis. The project is conceived to represent the work of some of the best architects and design professionals practicing today and to sell market-rate homes to middle-market buyers.

The visionary for this project is Emily Rauh Pulitzer. For more than twenty years she envisioned that the Grand Center portion of Olive Street could be developed into a unique architectural place that would represent the best in residential architecture and serve as a home to owners who deeply enjoy and cherish its special character.

Rarely does an opportunity arise to build and shape an entirely new residential single-family urban community.

On Olive is that type of development.

The overall development comprises almost two city blocks and has residential properties under development by Tatiana Bilbao Estudio, MOS, Macias Peredo, Productora and Michael Maltzan. Display homes on the south side of Olive by four of these architects will be completed in 2021.

Continued on next page









We are enlivened and excited about this special development and look forward to sharing it with you.

A resident doesn't enter their house by walking up from the street. Instead, residents walk through a wonderful park-like landscape to their home. On Olive is designed to offer a combination of privacy and neighborliness. This community experience starts at the level of the house, which opens onto a private patio, which opens into a garden, which opens into the neighborhood, which opens into the city. On Olive buyers enjoy the immediacy of the urban without sacrificing access to a natural landscape, their neighbors, or the cozy privacy of their own house.

Tatiana Bilbao Estudio
Tatiana Bilbao Estudio

We designed a spacious two-bedroom, two-bathroom residence organized as a ring of open living spaces and rooms around a central core of bathrooms and open kitchen. The interior has a double-height space with a set of clerestory windows that allow sunlight to enter deep into the dwelling, creating a bright and open living experience. The robust, stepped volumetric arrangement of the house, elegant brick face, and central interior light give the building a timeless and enduring character. The home emanates a quiet and minimal atmosphere designed with a delicate choice of materials contrasted with a touch of color that appears in the window frames and millwork. The interior layout of the residence is designed to be adaptable to different configurations.

Abel Perles, Carlos Bedoya, Victor Jaime, Wonne Ickx P R O D U C T O R A

We wanted to provide an intimate experience of being connected to your surroundings. This is a house within a communal garden and gardens within a house. Inside, you always feel connected to an exterior space through its design, large windows, tall ceilings, spaces full of light, the tactility of wood and brick, and a connection with nature. Light, space, and views connect the inside to the outside and back again. The different brickwork throughout draws upon St. Louis's rich history of brick construction and craft.

MICHAEL MEREDITH HILARY SAMPLE



Our home is the composition of open and secluded areas with a sense of unity and continuity while maintaining each space's privacy and independence. We wanted to design a house where all activities merge and relate to one another, losing boundaries and altering the dwellers' dynamic. Exteriors and interiors were designed indistinctively, separating the private space only by using a discrete pedestal. This allows a clear connection with the public yet protects the owner's privacy.

Salvador Macías Magui Peredo

MAC(ASPEREDO

LiveOnOlive.Com Halterman Stix Group 314-456-6733 Sotheby's 314-725-0009

4 Tourney to SACRED In my profession as a real estate agent, I have the opportunity SPACE to be in many wonderful homes. Likewise, I often get to contribute to the design of new homes. My desire is to unite

In a world that is welcoming mindfulness, a slower pace, and more deeply connected living, the home is becoming synonymous with sacred space. In my own homes, I have always looked to cultivate spaces that serve as a place of rejuvenation, a sanctuary. I think we need them now more than ever before.

and inspire as I experience the journey of rejuvenating this vessel that holds my own most sacred space, my family's home.

I personally live quite a beautiful contrast. My home is vintage 1906, and she wears her history on her sleeve. She is situated in the vibrant center of Central West End and reflects my love: family, gardening, animals, fire, water, and mother nature's elements of abundant life. The term "urban farmer" is too generous, but it is the closest term I can offer to convey this idea of my own sacred space. It's a genuine expression of both city dweller and one who grows produce who happens to be known to neighbors as "Chicken Mama."

As I renovate my own nest and embark on my personal journey to create sanctuary, it has never been more apparent that sacred space can take many forms and is truly intended to reflect the magic of those dwelling within its walls. I dig deep to refine my thoughts on how to design my home beyond



current trends and the right color flooring, then the rest of the story leans into meaning and feeling.

I seek to hold space that invites my friends and family to connect with heart and soul. I aspire to facilitate an environment for cultivating happiness and creating shared memories with my loved ones as well as sacred space to experience more inner peace and authenticity in my own daily life. When a day is overwhelming, I often say I want to fasten the shutters, roll up my sidewalk and secure the doors.

I spend a lot of time in other people's homes, always seeking that certain feeling of sanctuary. It shows up in different ways. I love the kind of dwelling that wraps its arms around me, exuding warmth, allowing peace to fall upon me, romanced by texture and magical lighting, delicious scents, good energy and warm aesthetics that are deeply felt.

The homes I connect to most are expressive places that center and strengthen me, sending me back into the world feeling a bit more aligned with who I really am.

In that way, this exploration of sacred space is bringing me closer to the fullest expression of sanctuary inside myself. As I sit on my deck admiring another vacation-worthy sunset, I look to nature as my constant inspiration and find myself another step closer to reviving my home into a physical reflection of my most genuine self.

"In my profession as a real estate agent and in the design of my own homes, I have always looked to cultivate spaces that serve as a place of rejuvenation, a sanctuary. I think we need them now more than ever before.

HALTERMAN Dielmann Sothebys

Robin Halterman Dielmann Sotheby's International Realty C. 314-456-6733 O. 314-725-0009 robin@haltermanstixgroup.com 8301 Maryland Avenue, Suite 100 Clayton, MO 63105

Peachy

Summer Peach Recipes by Seedz Cafe

PEACH JALAPENO SALSA

Ingredients:

I lb tomatoes diced

1 small yellow onion diced

1 red bell pepper diced

2 ears sweet corn

2 seeded jalapenos finely chopped

1-1/2 lb peaches diced

1/2 bunch cilantro

1 lime juiced

1/4 tsp cumin

Salt and pepper to taste

Directions:

Toss together in a bowl, chill and serve.

PEACH AND PEPPER TACOS

Ingredients:

Peaches

Bell peppers

Poblano peppers

Red onion, quartered

Directions:

Grill all vegetables until slightly charred, then cool.

After cooling, cut bell peppers (remove seeds), peaches, and onions into wedges. Cut Poblano peppers into bite sized strips.

Fill warm corn tortillas with vegetables and top with avocado, cilantro and lime.

www.seedzcafe.com









Suzy Bacino and Michele Foshee Schell with their vintage treasures

When Michele Foshee Schell and Suzy Bacino met more than 10 years ago, they were half of a St. Louis Marathon relay team organized by a mutual friend. Although they lost touch over the years, they were reacquainted through Facebook Marketplace this spring. Michele bought two of Suzy's listings and their friendship reignited over a shared love of treasure hunting and vintage thrifting.

Michele, who has had antique mall booths for 20+ years, asked Suzy to share her booth at The Hill Antique Market when her former partner (and daughter, Mackenzie) decided to move to California. Suzy jumped at the chance to move her business, Horseshoe & Anchor, to The Hill Antique Market, joining Michele's Random Vintage in booth 14B.

Michele's love of estate sales and the thrill of the hunt inspired her to start her vintage business. Having antique booths over the years has been a great way to feed her vintage habit.

Suzy's business began when she and her partner, Michael, began collecting Frankoma Pottery (a vintage American pottery made in Oklahoma from the 1930s-1990s) several years ago. That passion has taken them all over the Midwest in search of Frankoma and along the way they began gathering lots of other treasures that became the basis for Horseshoe & Anchor.

The thrill of collecting continues. Michele has a thing for white vases, vintage jean jackets, quilts and landscape paintings. Suzy still loves Frankoma Pottery, vintage cowboy boots, vintage Navajo jewelry, mid-century modern pieces and all things brass.

When asked where they see themselves in 5 years, Michele responds: "Probably still scouring estate and garage sales for the next great find!" Suzy adds: "Definitely building more shelves to make room for more Frankoma!"

The Hill Antique Market is open daily from 10 a.m.-5 p.m. and is located at 4923 Daggett Avenue, St Louis, MO 63110, On The Hill 314-961-7879 hillantiques.com

What are your fitness goals?

44

To help improve someone's quality of life sets my soul on fire. That's why I do what I do.

The key to good health is a balanced Mind, Body, Soul connection. Exercise, proper nutrition and rest are the body's tools. When our Minds and Souls integrate positive attitudes, self-love, inner calmness and creative expressions, we're on the path to a healthy lifestyle.

Get Fit. Get Happy. Simple.



We work against the idea that gyms have to be an intimidating social scene. In fact, we have found that the ideal atmosphere for cuttingedge, custom-coached exercise is a private, comfortable, and *always* clean environment.

The ideal exercise atmosphere also requires focused and professional coaches. At The Exercise Coach, our workouts are guided by caring, knowledgeable coaches whose intent is to make every session as productive as possible. There is no guesswork as our coaches are trained to provide the right mix of friendly interaction and expert instruction. Plus, you get a great workout in only 20 minutes. Leaves plenty of time for soulful pursuits, creative endeavors, and play.

In addition to an uplifting environment, each Exercise Coach studio is outfitted with the most sophisticated strength-fitness technology in existence – Exerbotics[®].

Trust me, you can enjoy and excel at personal strength training. Our specialty is accommodating all fitness and experience levels. You can explore The Exercise Coach difference firsthand with zero obligation. We invite you to meet our friendly local team and experience our empowering personal training solution.



Jessica Phillips Owner/ Certified Exercise Coach www.exercisecoach.com 8500 Maryland Ave, #101, Clayton, MO 314-720-1575 13456 Clayton Rd, St Louis, MO 314-548-2178 235 W Lockwood Ave, Webster Groves, MO 314-764-2451

INN PARADISO PASO ROBLES

AN INVITING

t happens every so often that a quiet, overlooked area becomes a hot spot for those "in the know" seemingly overnight. We all watch and observe the "cool" mavericks move in with a vision of creative expansion, seeing the "now obvious after the fact" potential in abandoned buildings and forgotten neighborhoods.

For decades, Paso Robles was the tiny farm town dot on the map where travelers planned to get off the highway to gas up and take a stretch while on their way to a "serious" destination. Sandwiched by equal distances between Los Angeles and San Francisco, and less than 2 hours from Big Sur, with perfect climate and terroir for grape growing and wine making, Paso Robles has quietly become the new "it" destination for vintners and wine aficionados alike.

Imagine the Wild West of Wine if you will, where old ways are merged with new approaches. The locals have a casual, old school, generous approach to sharing their good life with visitors, and those who come to discover trail blazing world class wine makers or simply enjoy the beaches of the Central Coast typically return home enamored and armed with brochures from local real estate offices.

Nationally, we are experiencing an unharnessed force of Americans ready to shed a year of pandemic solitude and confinement with gusto and appreciation. The California Central Coast has certainly become a coveted destination.

Inn Paradiso is an unusual, intimate 5-star hotel . . . a hidden gem nestled in the midst of the local excitement. Upon the first minutes of entering the stone pillar gates atop a hill 6 minutes from downtown Paso Robles, the unprepared traveler will be overcome with every detail this unusual oasis offers. Authentic California 1970's architecture, hand built fine craftsmanship, local natural building materials, tranquil gardens, thoughtfully staged mid-century furnishings, eclectic art collections, meandering walking paths, organic vegetable garden, luxurious lodgings, all offered in a true to California casual and understated style for everyone's pleasure.

The hotel boasts to be Rock-Star-Discreet and if matter contains energy, one can only feel and imagine what Rock Star discretions are being referenced while standing in the sublime Main Lodge. It also has become a destination for the Micro Wedding trend... offering personalized experience weddings on the estate grounds.

Inn Paradiso supports local community and organic practices.

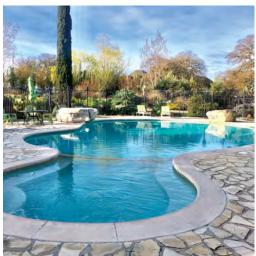


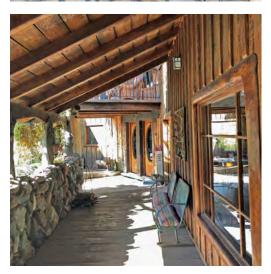




ESCAPE TO PARADISE





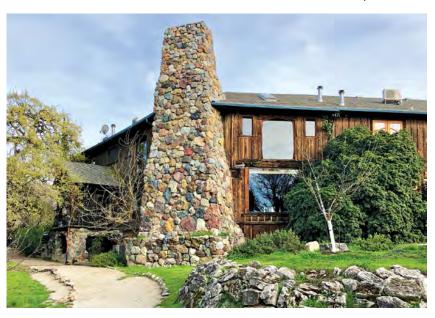




Recommended local indulgences:

- Wine Tasting at Villa Creek Winery
- Dinner at Hatch Rotisserie
- Six Test Kitchen (a high-end foodie experience)
- Montana de Oro State Park
- Elfin Forest
- Bucolic drives to Cambria, Cayucos and Hearst Castle+
 - Big Sur
 - Carmel and Monterey
 - Morro Bay
 - San Luis Obispo

975 Mojave Lane Paso Robles CA 93446 805-235-2706 info@innparadiso.com www.innparadiso.com



VILLA CREEK



Wines of fruit, minerality and earth, soul handcrafted on our organic and bio-dynamic West Paso Robles estate.

he idea of making wine seemed like an unreachable dream when we moved to Paso Robles in 1996. We began with our Villa Creek label in 2001, and came to better understand the environment, the process and how the two communicate. Now, with greater knowledge, a clear vision and a deep respect for nature and its influence on making the finest wine, MAHA Estate has gracefully fallen into place.



Circa 2000, we used to ride bikes by the old MAHA Ranch, gawking at the steep, southfacing limestone slopes. When a friend and local surveyor mentioned the owners were looking to sell a 60-acre portion of their 300-acre ranch, we jumped at the chance to purchase one of the last remarkable, west side grapevine parcels. Since 2001, we had been making wine under our Villa Creek label, with grapes purchased from west Paso Robles' most esteemed vineyards. We moved on to the property in 2004, built the winery in 2006 to house our small winemaking operation, and set out preparing the land for grapes. Here and now, we seek to make world-class wines that convey this unique place, full of heart, from past and present-day.

www.villacreek.com info@mahaestatewine.com wine@villacreek.com 805-712-8038 5995 Peachy Canyon Road Paso Robles, CA 93446









DOWN * THE HATCH!



The Hatch Rotisserie & Bar is a bustling locals' joint in beautiful downtown Paso Robles, CA. Wood-fired comfort food, farmers market-inspired cocktails, and an extensive whiskey list are all served by friendly people who live and breathe the spirit of the Central Coast.

Partners and parents Maggie Cameron and Eric Connolly, along with Executive Chef Cory Bidwell, are opening their second concept, Della's Woodfired Pizza & California Cocktails in June 2021 in the space right next door to The Hatch.





Maggie Cameron The Hatch Rotisserie & Bar maggie@hatchpasorobles.com hatchpasorobles.com | 805.221.5727

The Hatch Cocktail Truck hatchpasorobles.com/mobile-bar

Hey, Soul Sister I don't wanna miss A single thing you do...

— *Hey Soul Sister*, lyrics by Train

SOUL







CX O X O X O X O X O X O X O X

By Cara Moon

This past year has been hard on everyone. Perhaps the best things to come from all of this is to consider what we really love and need in our lives . . . to dream our Wild Wishes. Here are some of mine. What are your Wild Wishes?

Conversations with my daughters, encouraging one another and telling our weekly news and creative endeavors.

Creative work. For me, writing and cooking.

The moon spilling into my window onto my face in the middle of the night.

Fresh cut flowers all around my house.

The smell of hay and freshly cut grass and mulch; it reminds me of making olive oil in Tunisia.

Scented candles and dreaming about my favorite places.

The taste of sweet and salty watermelon in the sun perfectly cut and shared.

Listening to music when I cook. I like all kinds but Nina Simone is my go-to favorite while I'm chopping and sautéing.

CX O X O X O X O X O X O X O X

Driving across the country exploring different cities and towns.

I love drinking green tea every morning in my favorite yellow cup that my daughter gave me.

Dreaming and wishing for my next overseas travel.

My favorite pair of jeans and boots still dirty from my last picnic or horse ride.

Swimming in ice cold river water and feeling my whole aura change.

Cooking for people and creating the perfect playlist.

That feeling of eating good dark chocolate.



~X o X o X o X o X o X o X o X o X

«X o x o x o x o x o x o x o x



Watching the sunset on the beach.

A warm kiss from the late afternoon sun.

Exploring places with rich history.

Sailing in warm tropical locations with my honey.

Spa trips with girlfriends.

Hiking to waterfalls.

Letting the ocean waves lick at my toes.

Long hot bubble baths.









Lister to your Heart



Welcome to The Aquarian Age, Welcome to Summer 2021, and Welcome to the incredible changes that all of this brings into our lives at many different levels.

As an Energy Medicine Practitioner and Qero Shaman, I understand the power of the seasons and energy that it represents in us and around us. There is no doubt that change is and has been the theme in our lives for a few years now. Although, the intensity has increased and that firey energy usually grows in the summer. I am offering to you a perspective of addressing all the changes in your life by going into your own Heart. Fire

is the element of summer, Heart and Heart protector energy are a part of the Fire element. As summer comes in and changes continue, I encourage you to look into your own heart and feel what is best for you and yours. Many people are offering advice for specific areas of your life right now, some ideas feel right to you and some don't, you also may have solutions or resolutions that no one has mentioned. My advice is to listen to that part of you that is different from others, and take in the advice of others that resonates with you. As you do so, breathe in and allow your heart to decide your best choice. The truth is no one else really knows what is best for you, the answer resides inside you. Of course, you may want to discuss with others that you respect, or listen to expert advice, then it is your job to take it inside your heart and decide what is best for you.

Change is not going away, for it is our only way to grow and move forward in life. Staying only in our minds and ignoring how it feels in your heart center may not serve your highest good. I invite you to open up your heart and take in all of what you need, want, and know. Use ALL of it to make your best choices. We always have a choice, and staying in our loving heart energy usually offers answers that do serve our highest good.

Ask these questions of yourself to assist you in these times of change:

1. What is my normal method for making decisions? Do I react from my extreme emotions or do I simply listen to others? Do I take a deep breath and ask my highest self (Heart) what would serve my highest good? What does this look like in my life?

2. Whether big or small decisions, do I always know that I have a choice? Do I make choices out of fear or my heart? What does this process look like in my life?

3. When making decisions, do I take time to make sure my system is calm and balanced? What methods do I use to make sure that I make choices from a place of love rather than obligation? How do I want this to look in my life?

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

Lowe Pointing: Ensouling your world with color



About the Artist: Charles Andrade owns and operates Lazure Custom Wall Designs – a mural and decorative painting business, specializing in a unique European glazing finish called Lazure that creates healing interior environments. His artwork can be found in private collections in North America and Europe. Charles teaches fine art classes, lectures and offers Lazure and painting workshops worldwide.

s if to bring a breath of fresh Spring air into our homes after a very challenging past year, comes the unique decorative paint finish known as Lazure.

This award-winning finish known in Europe for decades and increasingly worldwide, has been used for the contemporary, healing and regenerative qualities it brings to any interior space.

Different from other visually textural paint finishes that absorb light, Lazure subtly changes hue as the atmospheric blushing of analogous colors move across the wall.

The glazes are translucent, so the light of the white walls underneath creates a luminosity in the colors that is breathtakingly beautiful.

Lazure is almost as if one is painting with light as pigment.

Imagine... an interior space may have a soft earthy yellow gradually transitioning into a warm midday terracotta tone before finally settling into a tranquil dusty rose.

Color is the nature and nourishment of the human soul and as such we want to use it in our homes in a way that reflects the luminous, quality found both in nature and our inner life.

Lazure supports a living, breathing, dynamic relationship between color and the body, soul and spirit of the human being.



Photographs: Lazure by Andrade in private residences

For more information/Lazure commissions: info@lazure.com www.lazure.com







What Stories



s an intuitive channel and Reiki Master, I am so fortunate to be able to see myself and others through the eyes of spirit. Having access to this insight allows me to see the true light and divine essence of myself and my fellow humans. We are bright lights indeed! There is a powerful story of love and redemption being written from a higher perspective by each and every one of us. Unfortunately, for so many, that beautiful story spirit desires to coauthor with us is often drowned out by our own relentless and repetitive storylines around lack, unworthiness, unmet expectations and trauma.

I found myself in this painful cycle several years ago after my marriage ended. Things in my life seemed to be in pieces and I got very good at creating a story in my head about what had happened, why it had happened, and who I was. In my story, I was the helpless victim and my ex, the evil villain intent on destroying me and everything around me. I repeated it over and over in my mind, adding new layers to it as I went along. I wore my story like a badge of honor and I let it slowly define me as a human.

Because every good story needs an audience to keep it alive, I made it a point to tell it to anyone who would listen. I would lead with catch phrases such as, "I am alone" or "I am a hot mess." "I will never be happy" became my mantra. This continuous narrative of self-deprecation earned me sympathetic hugs and attention from kind-hearted friends and family. Their care and concern soothed my aching

You Tellin

heart and fueled my need to keep my sorrowful tale going. What I didn't realize was that, every time I spoke these words, I was anchoring the idea of my supposed unworthiness deeper and deeper into my consciousness. Those negative ideas about myself became the shaky foundation upon which I was trying to unsuccessfully build my new life.

Luckily, with the help of a beautiful spiritual mentor and coach and through heart opening sessions with energy healers, I was able to connect with spirit in a way that allowed me to see that my tragic novel belonged in the fiction section. It was a tale that was weaved in my mind from a place of pain and a need for validation and acceptance. After a few years of cultivating my newfound and beloved connection to higher guidance, I began to see myself as the whole and healed light being that spirit knows me to be. The reclamation of the truth of who I am and the ability to co-author my story with the help of my guides is what fueled me to create my business. Through the use of intuitive channeling, spiritual coaching and utilizing the healing power of Reiki, I am now able to guide others to begin the process of rewriting their story and igniting the light within themselves.

I would like you to ask yourself what stories you are telling. Are they true? Are they stories that will become the guidebook for your healing journey or are they merely a compilation of your perceived failures and shortcomings? Do you want to create a new story from a higher perspective through the assistance of your spirit team and utilizing inner guidance? If you are ready for the next chapter and do not want to write it alone, spirit is waiting for you with a blank notebook and pen in hand. I would be more than happy to introduce you!

> Laurie Nowling 636-875-0229 www.illuminatewithlaurie.com

Think of something that recently happened that made you feel sad, angry, scared or lonely. What is your story around that event?

Next, become a neutral observer as if you are experiencing the event through a character in a book you are reading. Now re-write the story from this higher perspective.

"I AM" is the most powerful command statement there is. It frees you to be who you desire to become because it holds a divine blueprint which impacts energy on a quantum level. What you attach to the end of the statement will manifest into your reality... both positive and negative.

Use the power of the positive "I AM" statement as you begin to write your new story from a higher perspective. For example:

> "I am a victim of my circumstances." becomes "I am the author of my own story."

"I am alone." becomes "I am surrounded by supportive friends and family."

"I am a mess." becomes "I am a creative being with many ideas and insights."

I am	
I am	

GOOD KARMA

CONNECTING OUR COMMUNITIES WITH SMILES, CONFIDENCE AND HOLISTIC WELLNESS



Co-directors Joy Millner and Gabrielle Cole

ow do we all come together with offerings that reduce stress and make us all feel good? The Fit and Food Connection found a way. The Fit and Food Connection is a nonprofit organization that offers free holistic wellness offerings to our underserved communities throughout our food and fitness deserts in St. Louis. Staff, interns, and over 100 volunteers from all the across the United States work tirelessly to fight hunger and provide free, quality holistic wellness education. Fit and Food strives to improve the well-being of our communities and families by providing education and empowerment on how to eat better, exercise properly, think more positively, sleep better, and reduce stress. This happens primarily through their Food Access Program which consists of Food Assistance and Delivery as well as their Organic Garden, and Wellness Program. The Wellness Program offers Group Fitness classes, Group Nutrition classes, and a one-on-one program where families work alongside wellness professionals to reach their customized health goals. If we all came together to help each other in small ways, we would reap the benefits as a community.

8816 Manchester Rd. #203 St Louis, MO 63144 314-312-2746 www.fitandfoodconnection.org







DO SOMETHING GOOD TODAY AND IN THE FUTURE YOU WILL GET REPAID WITH SOMETHING GOOD TOO. DO SOMETHING GOOD. GET SOMETHING GOOD.

— Unknown



Lake Atitlán is situated in the Guatemalan Highlands of the Sierra Madre mountain range. It is the deepest lake in Central America and offers stunning views of the mountains and volcanos.



Santé, located in San Pablo, Sololá, Guatemala, is a retreat that offers you the opportunity to enlighten and rejuvenate your mind, body and spirit.

How? Through our spaces that hold retreats, CommUnity courses and workshops, as well as through activities such as Meditation and energy-aligning practices like Qi Gong. In addition, we offer fresh and delicious vegan meals sourced from our sustainable permaculture gardens and rooftop greenhouse to nourish your body and spirit.

Santé is more than a project, it is a lifestyle that means having a healthy life; a body, mind and soul harmonization within and with the universal energies and cycles.

Santé offers the experience of this lifestyle with sustainable accommodations, a vegan and organic kitchen, permacultrue gardens, greenhouse- and garden-to-table treats, healing architecture and direct interaction with locals.

We apply the principles of solar geometry to our spaces which harmonizes the space, improves the health of guests/workers and enhances the life of all living creatures around our Lake.

Our Chakra Path is designed to align with and open each of the chakras. In this sacred space you can meditate and tune into your chakras.

Our Medicinal Herbs Gardens are also perfect meditation spots, as they were designed to align to solar geometry for each chakra. They also are our resource for Santé's natural tinctures.

We invite you to join us and experience this beautiful self-healing lifestyle in 2022.

For more information please visit: www.santeatitlan.com/contact









- 1. Rain forest in Ecuador
- 2. Cacao sacred ceremony
- 3. Harvesting turmeric
- 4. Bamboo and Cob House



Experience Heaven-on-Earth!

Fincalegre is a 98-acre organic farm and wellness retreat center in Ecuador with many things to see and do. Our beautiful landscape is full of exotic fruit, vegetation and waterfalls. We are located only three hours from Quito and forty minutes from Mindo, within an accessible private reserve. At Fincalegre, we're committed to preserving the land through sustainable practices, clean farming and making natural, healthy products utilizing the fruits from the land.

The farm is set in a tropical cloud forest full of birds, pure air and water. The beautiful night sounds, super-fruits and vegetables, along with stunning natural landscapes, provide an ideal backdrop for a perfect, soft-adventure and relaxing experience. There is plenty to do. You can hang on a hammock or take a morning hike to the pool.

We're finished building a new Bamboo and Cob House. Now the house is available for yoga retreats and family rentals. Our wood cabins and Lodge house are also available.

Fincalegre is a naturally private and elegant place in the forest . . . a hidden paradise. Come visit us in 2022.

Nomadic Beauty



Photograph by Preston Page

Rich leathers. Chunky chains. Wrapped stones. Natural bone and horn. Every piece of jewelry that designer Theresa Wangia makes is steeped in her world of style. She arranges all of the elements to perfection in the brand known as Beltshazzar Jewels. A sophisticated collection of handmade jewelry and leather accessories that sweeps a woman effortlessly from day to night, and from urban to outback. Each one-of-a-kind piece is designed to be a treasured companion along the everyday journey that we call LIFE.

Theresa's vibrant outlook is an expression of her life experiences. As a child in the 1970s, music and art shaped her aesthetic. Graced with a multiracial heritage, she embraced her roots with a deep desire to stand out and make a unique statement. Theresa's grandmother was part Blackfoot Indian so her designs naturally evoke a tribal sense. Her working methods and materials are further inspired by indigenous cultures of the Amazon, Kenya, and Papua, New Guinea.

Times of challenge early on helped forge her inner faith and the resolve to endure and thrive. Today, her creative work is a testament to that irrepressible spirit.

"Beltshazzar Jewels is the perfect adornment for the modern day voyager."

Theresa Wangia www.beltshazzarjewels.com



Photographs by Inti St Clair

Dark Horse Rising-Horse and Heart / WiseHorseWoman / Return to Freedom

BY LORI HALLIDAY



For more information about Horse and Heart, WiseHorseWoman, and Dark Horse Programs: www.horseandheart.org / www.wisehorsewoman.com

I Exist!



n the Darkest and Brightest times of our lives, how do we feel, who do we become? Have you visited The Dark Night of the Soul recently? Curiosity, confusion, mystery, and the Shadow have erupted for our growth and the medicine is in the poison. Can we lean in together on this wild ride?

As WOC Leaders, Horse Women, Embodied Teachers, with a fire smoldering in our bellies, our talks of that day sparked flames! Jamila Jackson, Sarah Cruise, and Lori Halliday activated the "call" from across this broken nation to stoke the fires of transformation, to raise consciousness and conversations within this vast racial divide. Dark Horse Before the Dawn (white women, leaders, allies) blazed the trail for several consecutive months and steeped us all in the very slowed down "approach" of working with horses in the field as a way of learning how to relate to "otherness" and create a deep and active listening. The approach and active listening are the keys in relating to "otherness". The herd and the land held us in their wisdom. It was said that all of the pieces that entered in were metabolized for the highest good of all beings.

Dark Horse Rising met for the crescendo of our Dark Horse Programs in April. WOC leaders gathered at Horse and Heart Ranch with our beloved herd. We wove the tapestry of our experiences and lineage into our journey. We sovereignly held the chalice of our potent time. Saturday morning we made the journey to Return to Freedom to be present on the 2,000 acres of land to meet the 100 wild mustangs on the adventure of a lifetime. Met by one of the greatest "Sheros" of our time, Neda DeMayo,



the President of RTF, we continued conversations around space, voice, land, bands of mustangs, stories, assumptions, race, and being a Woman of Color all of which were richly and bravely held. We lavished in a deep immersion "following the herd" and "following a feel" for what the animal body calls for over many hours as the daylight made her transit towards the full moon rising. We laughed, we ran, we lay in fields of wildflowers, we cried, we sang, we screamed our own names, and stood ferociously in the wind as we exclaimed

"I exist!" What can be felt amidst the wildland and wild mustangs, can only be truly known in the present moment, with the breath, the heart space of communion. What has been touched in us has stirred the shadow and the light of resilience, remembrance, resource, and freedom. I EXIST!





ANGEL'S *INSIGHT*

Q. How do my loved ones on the Other Side communicate with me?

A. Our departed loved ones find countless, creative ways to let us know they remain faithfully at our side. What's more, our spirit helpers wisely tap into our five senses to communicate. When chatting with spirits, keep your eyes, ears, and heart open.

LOOK: From sending cardinals to pennies, our spirit helpers visually confirm their presence in our world. Some easy ways to look for these signs are to pay attention to repeating or significant numbers, notice animals who cross your path, and take note of your dreams. Sight, both physical and spiritual, can reveal our angels' guidance. Look around.

LISTEN: Nothing sounds sweeter than music with an angelic message. Hearing just the right song when you've asked for help, or when that special tune fills the air, this is clear spirit communication. Your inner voice is a wireless device for spirit. Picking up on gentle, consistent, loving words that bring comfort and courage is a way to hear our helpers. Listen up.

FEEL: We can feel the presence of angels through physical sensations and emotional surges. Chills, ringing in the ears, tickling feelings on the skin, and smelling familiar scents without a noticeable cause are a few ways to feel spirit. Sudden waves of peace, a deep sense of calm, an energizing flash of clarity are prompted by spirit guides. Emotions are a powerful language fluently spoken by spirit guides.

PAY ATTENTION: Learning to trust intuition takes time. Keep a journal of signs, synchronicities, and coincidences. The more you acknowledge, the stronger the connection becomes. Look, listen, and feel. Love is at your side.

Want your question answered in the next issue? Please submit to Steffany@ angelsinsight.com. From interpreting dreams to deciphering signs, Steffany is ready to help you access the Other Side.

> www.angelsinsight.com Steffany@angelsinsight.com





Carlin Wagner Theta Healing® Practitioner

As a therapist and energy healer, I combine counseling and Theta Healing® to help clients shift and release unwanted behaviors, mood states and subconscious life-long patterns that prevent one from living a joyous life. The result is self-love, self-empowerment and living a life your heart desires.

Carlin Wagner, MSW Demun Healing 314-435-0816



Karen Crow Life Coach

As a Massage Therapist for 22 years, and a Life Coach since 2017, I've had many conversations with women who are exhausted and overwhelmed. I enjoy supporting my clients in taking better care of themselves mentally, physically and spiritually, and would be honored to work with you in creating a calmer and more joyful life.

Karen Crow Life Coach 314-368-7061 karencrowlifecoach.com





Jacqui Forster Aura-Soma® Practitioner and Teacher

Jacqui Forster is a certified Aura-Soma® practitioner. Jacqui has been working with Aura-Soma® for over 20 years. She is a gifted facilitator who brings an attitude of service to the process, allowing you to feel safe and supported as you explore your reflection through

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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.

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Steffany Barton, RN Angel Insight

Steffany Barton, RN, is a respected and recognized psychic intuitive and spiritualist medium. She has written several books including, Meet Me on the Other Side and Facing Darkness, Finding Light: Life After Suicide. Her best-selling courses on DailyOm have inspired students around the world. She is available for private consultations and group events. Please visit her website or email for more information:

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Laurie Nowling Illuminate With Laurie

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

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Jacqui Ariana Energy | Love | Connect

Jacqui Ariana is a nationally-known energy intuitive and high performance coach. She assists her clients in upgrading their relationships and career paths to live out their highest potential. Her direct, heartfelt approach helps her clients master decision-making and clarify their purpose moving forward.

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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





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 longterm plans to keep clients looking beautiful, youthful and natural.

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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.

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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.

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Kellie Mathes Go Yoga! Express

Kellie Mathes, owner of Go Yoga! Express, is a mindset and yoga teacher who helps growth minded individuals activate their authentic power, from the inside out, so their mind and body health expand to support their life's greatest potential. Her method develops the whole person, with proven mindset and yoga training. Private and group programs available.

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ALEXIS TUCCI

aka DJ Alexis Tucci

Mother, Daughter, DJ, Event Producer, Disco Queen

And the list could go on . . .

It's DJ Alexis' 30 year anniversary in the Underground Dance Scene. It hasn't always been easy and sometimes even a struggle ... up until recently. "The Gay community that makes up the circuit scene have really elevated me." Alexis feels that they have pushed her to be her best. Feeling inspired to work harder, step out and change the world. Through this support she is learning to Trust and become the best version of herself.

We asked Alexis what it was like to be such a Bad Ass DJ and a mother and for her, Balance is key... most importantly she needs her boys to be healthy and know that their mom is present for them. She recognizes that her happiness is reflected in her children and that when you are doing what you love that celebration, Love and happiness shows up in them.

Her biggest inspiration are her great parents, her mother being an expert in the art of entertaining and attention to detail has given Alexis her eye for design that people know and have grown to expect and love. Her father gave her the gift of his work ethic, his LOVE and support, his dedication to St Louis and his magic heart he shared. He taught her how to communicate with community and shared with her a positive spin on Love and Hope . . . his Spirit Heart and Soul give Alexis energy.

DJ Alexis has set a lot of goals for the next five years. With a manager now and an agent in the future, she plans to have shows all over the world. She wants to revitalize the Gay dance scene and be a part of something bigger, and with her pulsing rhythm and beats we are sure she will.



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