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WINTER 2022

MIND|BODY|SOUL

The

*Feel You
be You*

Issue

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TRENDS

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All to Empower You!

Dear Friends

It's a New Year and a New You...

It's time to, in the words of my inspiring spinning teacher, to "Feel You, Be You." She said this to us in the early morning, deep in the middle of our class, sweat pouring, music pumping and heart completely open. I heard these words and knew this was my theme and the theme I wanted to share this new year with everyone. In essence it means to be authentic, be true to yourself and really listen to your Mind, Body and Soul, and find your higher vibration.



In the New Year we spend a lot of time setting intentions, manifesting our dreams and setting goals, journaling, meditating and looking for all of the signs that we are on the right path. Our external reality is often a reflection of our internal reality, it's important to amplify your vibration. Taking action that is not in our alignment will force us to take a sacred pause... If we want to create a higher external outcome for ourselves and for the world, it's important for us to feel that way, to vibrate that way...without holding on to any direct outcome. It's important to anchor into how you will feel and step in to that feeling and trust.

This year, tune into your desire, how it feels to FEEL YOU, BE YOU. Get into the feeling of comfort, safety, self care, more grounding. Maybe get the candle you love while you read your magazine in your cozy blanket. . . get yourself in the vibration you need to energetically get you where you want to be strong, healthy and feel loved throughout the year.

We support you!

Love,

Cara Moon



MIND BODY SOUL

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ON THE COVER

Danielle Calcara, *Mind Body Soul* Fashion Editor



Danielle Calcara, CEO of Aesthetically Obsessed / www.aestheticallyobsessedstl.com

We wanted to start the New Year with a dynamic woman for our cover and realized we had one right in our midst! Danielle is a vibrant young woman who inspires us every day with her positive attitude, gorgeous smile, and juggling act as a mother, stylist, entrepreneur, fashion editor and friend. We asked her how she does it all.

What is your inspiration for fashion?

I believe that everyone should light up when they look in the mirror and see what they are wearing. Personal style should come from within and not based solely on what is trending at the time. My individual fashion inspiration comes from my favorite color palettes season to season, sparkles and embellishments, silhouettes that work for my body type, as well as the type of energy I want to feel and put out into the Universe when my look is complete. I'm a bubbly girly girl at heart so I love tulle, sequins, and the highest heels I can find. I am also obsessed with blazers! Everyone needs at least one nice black blazer in their closet, if not more. If I want to feel strong and powerful I'll opt for adding a blazer to a look or go for a full pantsuit or jumpsuit. I also love unique combat boots. That is one of the reasons I love fashion so much, you can shift your energy and mood by putting on pieces that you love and light you up!



The cover photo shoot with photographer Maddi Manheimer

but I'd have to say my all time favorite place for resale in St. Louis is The Vault Luxury Resale. No matter when I go into the store they always have the best, most unique and stylish high-end fashion and accessories for sale but at a more affordable price point compared to Saks or Neiman Marcus. I also thrift shop a ton of garments, accessories, and props for photo shoots

and "The Hunt," as I like to call it, is so thrilling for me. I've shopped plenty at Goodwill and St. Vincent De Paul for odds and ends, along with Hut 8, Uptown Cheapskate, and Plato's Closet. I never knew the importance or impact we can make as humans by shopping resale or second-hand especially with how pollutant the fashion industry is on the environment. After watching a documentary called True Cost while in college, I really started thinking about the environmental and ethical impact of everything I purchase. I highly recommend this documentary if you haven't seen it, it's eye opening!

Who are your favorite designers?

I usually focus on the aesthetic, fabric, quality and structure of garments more so than being choosy on specific brands, especially since I mostly shop resale, thrift, or up-cycled pieces. I absolutely adore Alice + Oliva, Brandon Maxwell, and of course, Chanel and Christian Louboutin. Structured suits, blazers, and outerwear pieces are multifaceted because they can be dressed up or down, masculine or feminine, depending on the mood of the occasion and the personality of the individual.

What is your biggest score/find?

I was thrifting at the Goodwill for a photo shoot and found a Coach silk scarf in Like-New condition for \$9! I walked past it initially, I thought I had seen the logo in my peripheral, so I backed myself up along with my shopping cart and it felt like something out of a movie. My fashion brain saw an orb of light around it! All kidding aside, resale and thrift shopping has really become a love of mine because of all the unique and unexpected pieces I'm able to find. Knowing that these pieces are going to have new life and not end up in a landfill makes me so happy!

Where do you like to shop for resale treasures?


There are so many places I love for resale and thrift shopping,

How do you juggle a career and motherhood, and has your daughter inspired you and your fashion?

Career and motherhood is always a balancing act! I absolutely love being a Momma and I'm also blessed enough to absolutely love my career. As an entrepreneur sometimes it can feel like I'm on call 24/7 so I have to set reminders for myself to "clock out" and solely focus on being in the moment at home with my 3-year-old daughter. I'm a very routined person so I started waking up 30 minutes to an hour before my daughter so I can meditate, journal, and set my intentions for the day. This routine has helped me so much in feeling grounded and ready for whatever the day will bring. Even when there are times that I'm working more than others, I know that I'm teaching her independence, work ethic, and to always follow her dreams and passions. My daughter has inspired my fashion so much in the last 3 years. Now that I'm a Momma of a toddler, I've included more street style into my wardrobe. I love to be well put together aesthetically but realize that running after a 3-year-old in 5-inch stilettos is a little insane and probably not the safest. So I opt for adding combat boots or tennis shoes with different looks because I know I'll be able to quickly chase after her when needed. I believe as women we can have it all! Maybe not all in one day, but we can have it all!



MIND

A photograph of a snowy forest scene. In the foreground, a person's arm and hand are visible, reaching out towards the snow. The hand is open, palm up. The background is filled with snow-covered evergreen trees and some bare, brown branches. The ground is covered in a thick layer of snow. The overall atmosphere is peaceful and serene.

A snowflake is
one of God's most
fragile creations,
but look what they
can do when they
stick together!"

— Unknown

Publisher's Message

"You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe deserve your love and affection."

—Buddha

BREAKTHROUGH IN 2022

Find Your Power!

What does it mean to be in your power? People tell us to take our power back. Often we see this in the form of ultimatums disguised as boundaries. Power plays disguised as divorce which can often be a desperate act to find a sense of power and feel a sense of control over others and our lives which end up as empty victories. I have been on both sides, the one controlling and fighting for a sense of power and the one being controlled while someone is trying to feel a sense of power. We all want a sense of security, trust and that illusive sense of power. Until I surrendered completely by feeling, processing and releasing all of my fear and emotional baggage (codependency, abandonment, not good enough, attachment anxiety and trauma) I could not comprehend this gift of authentic power. Until we go within and face our deeper issues, any sense of power is most likely coming from a feeling of control over our outer circumstances. Luckily, life usually provides the perfect situations of death, divorce or financial matters to wake us up and force us into ourselves. This is a gift.

My top take away from 2021 is that life is not happening to us, life is happening for us. When we allow ourselves to come "undone" and shed our fears, false self, the masks we wear; the performer, the pleaser and the runner our authentic self will emerge. We can't do this alone. It is imperative to reach out for support. This is the "why" we are publishing MIND BODY SOUL Magazine. Providing a resource to find mental, physical and spiritual support and inspiration for the journey to finding that authentic power that resides inside of you.



My healing journey began in a treatment center in St. Louis in January of 1994. Twenty-eight years of 12-Step meetings, *A Course in Miracles*, Native American healing ceremonies, five vision quests, Science of Mind, psychotherapy, *Autobiography of a Yogi*, Self Realization Fellowship services, sixteen years of hot yoga, couples intimacy counseling with an amazing husband willing to go deep, hundreds of spiritual experiences and ah ha moments, thousands of meltdowns and breakthroughs . . . and just like that . . . I found my power.

Namaste,

A handwritten signature in cursive script that reads "Stacy Oliver".

Stacy Oliver



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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

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.



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.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a small piece missing from the top right corner of the paper. The background behind the paper is a light blue gradient.

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!*

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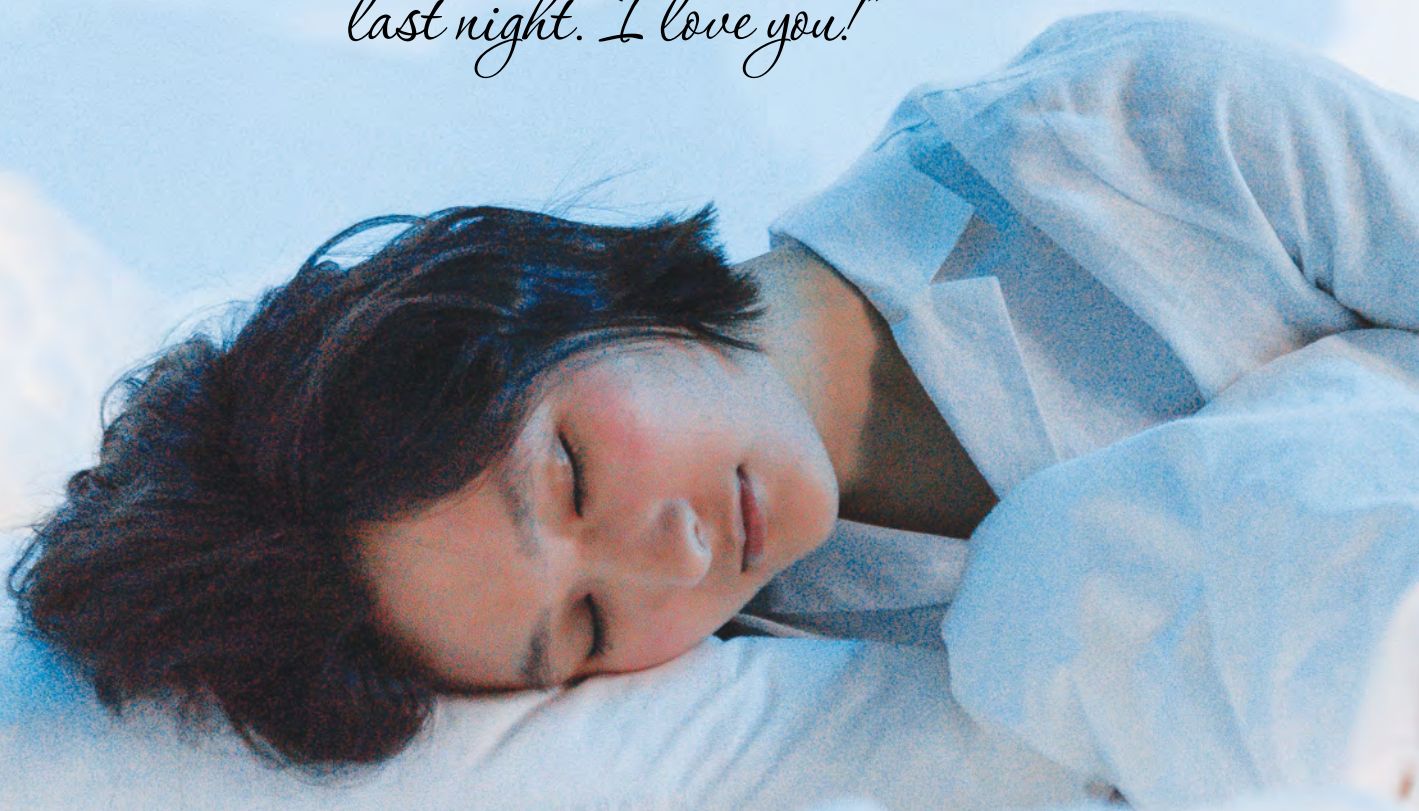
THE POWER

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



A Perfect Winter Day

What's your idea of a perfect winter day? Maybe it's lounging in your PJs and drinking tea, reading a good book or watching old movies. Perhaps you like to bundle up and hike in the woods, make chili or bake cookies. What brings you joy?

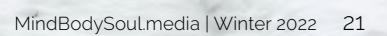
Take time to record
your idea of a perfect
winter day and then, make
it come true!

20 MindBodySoulmedia | Winter 2022

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Take time to record
your idea of a perfect
winter day and then, make
it come true!

A wide-angle photograph of a snowy, mountainous landscape. The foreground is a vast, flat expanse of snow. In the middle ground, a long, low ridge or mountain range stretches across the frame, covered in snow and dotted with small, dark trees. The background shows more snow-covered peaks under a bright, overcast sky.



Painting Chakra Theory:

By EMILY COLUCCI



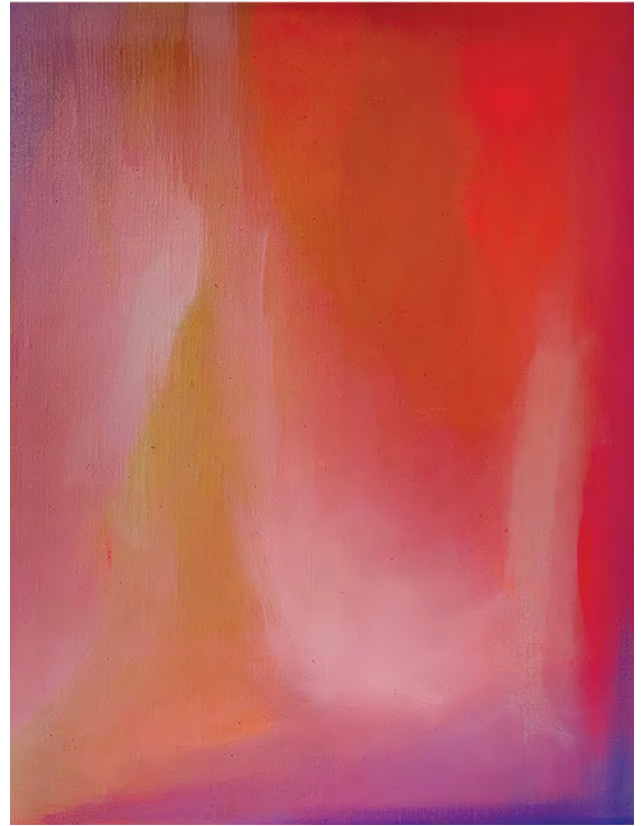
Christine Mottau's chakra paintings came into consciousness unexpectedly. In 2016 with an exhibition looming at New York City's Ceres Gallery, Mottau found herself creating luminous abstractions without a premeditated direction. "I didn't think about the paintings seriously at first but then, I realized, '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.”

Tips for Combating Winter Dry Skin

BY HEATHER PARLETT



Battling dry skin in the winter months is something almost everyone suffers from. Dry skin can make your face look dull and enhance fine lines and wrinkles. Who wants that? The good news is that there are some great products and affordable treatment options available to help conquer dry, dull winter skin.

First, it is important to use good skin care products that can help lightly exfoliate the dead skin cells off your face and help replenish, nourish and hydrate your skin with nutrients, peptides and antioxidants. Some of my favorite products that can offer superior results and truly work at the cellular level are ZO® Skin Health products. Top favorites for the winter are their Hydrating Cleanser, Exfoliating Polish, Daily Power Defense, Hydrating Crème and Growth Factor Serum. A good home skin care regimen will not only improve your skin's texture, but will improve the overall quality and health of your skin preventing future damage and premature aging.

Another recommendation to combat dry winter skin is to get regular HydraFacials. This treatment is an excellent method to exfoliate all the dead skin cells, while also cleansing, extracting and infusing hydrating nutrients, peptides and antioxidants into your skin. This treatment has no downtime and will leave your skin looking absolutely radiant and glowing. It's the perfect treatment for any skin type and will have you looking your best for the New Year!



Heather giving a client a HydraFacial

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Heather Parlett is a Nationally Certified Physician Assistant with over 17 years of experience in skin care and Aesthetic Medicine. Mrs. Parlett is an expert injector and the owner of Natural Elegance Beauty MedSpa in Redlands, CA.

Wellness Trends 2022

Instead of making Self Care just another thing to mark off on a to-do list, people are finding more ways to incorporate wellness seamlessly into their lives.

SLEEPING WELL

From essential oils, sleepy soundscapes and hypnosis to weighted blankets.

EATING MOSTLY HEALTHY FOODS with an emphasis on a growing plant-forward mentality for our health and for our planet. Regardless of which healthy diet you choose, Flexitarian, Vegetarian, Vegan . . . the trend is for everyone to get along.

AUDITORY EXPERIENCES

While sound has fascinated humans for millennia, auditory experiences will strike new chords in the world of well-being next year. From personalized soundscapes, to a renewed interest in ancient techniques like sound baths and psychoacoustics.

MENTAL HEALTH

The conversation around mental health and trauma has grown and evolved more than ever before. 2022 is on track for a more trauma-informed future.

FEMALE ISSUES

This past year, girls have faced some severe roadblocks on the path to overall health and well-being, reaching a global scale

we cannot ignore. Navigating wellness (and life) as a girl is more difficult than ever before—and in 2022, we're pushing for a renewed, and long overdue, focus on women and girls.

SOLO TRAVEL

One of the top 2022 wellness trends is a bold step towards solo travel. There are lots of advantages to a weekend trip, or longer, by yourself. You have the chance to recharge your batteries, get to know yourself better, indulge in the things that you want to see and do without consulting anyone else. You also have the opportunity to meet interesting people and even make new friends. You can discover new sights all by yourself, becoming more confident in your independence. You might even learn new skills. Check out the women's sailing trip that our editor, Cara Moon, experienced (pages 54-57). She learned how to sail, navigate by the stars, learn some sailor lingo, and had a blast. So, start planning a solo trip that you'll never forget. It will do wonders for your morale and mental health. It might even change your life!

FIND YOUR EDGE

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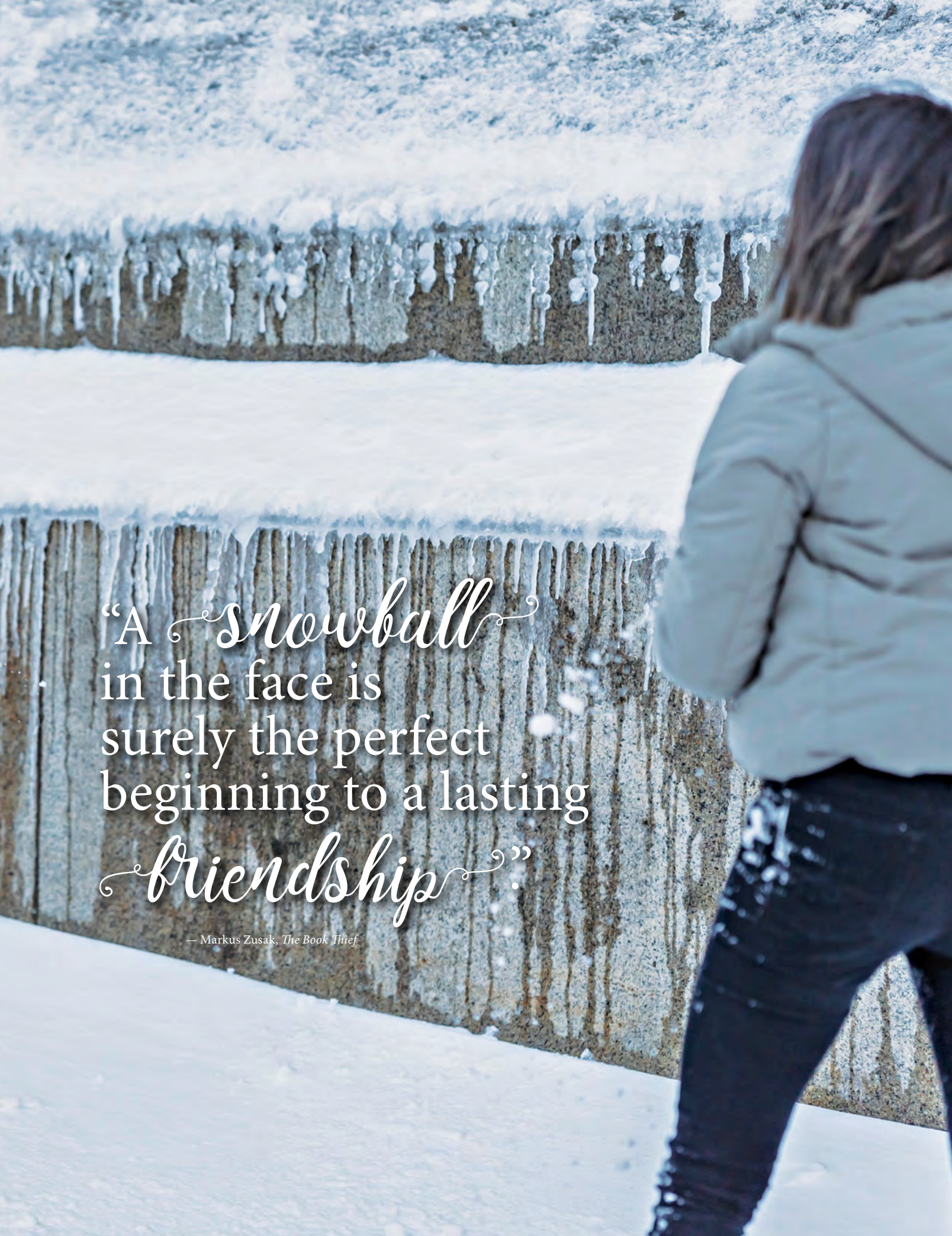
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BODY

A person with long brown hair, wearing a light-colored puffer jacket and dark pants, stands in a snowy field. In the background, there is a wooden fence with snow piled up on top. The scene is captured in a soft, slightly blurred style, emphasizing the winter atmosphere.

“A *snowball*
in the face is
surely the perfect
beginning to a lasting
friendship.”

— Markus Zusak, *The Book Thief*

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!

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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!"



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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

Reclaim *Your Power*

You are more powerful than you think. Identifying how your body holds tension, stress and trauma may start you on the path to self-healing. To get started, ask yourself these questions: What kind of thoughts and/or situations trigger tension in your body? Where do you hold stress in your body? What, if anything, gives you relief?

A close-up photograph of a hand lighting a matchstick inside a coconut shell lamp. The lamp is made from a coconut shell with a smooth, polished interior. The matchstick is held by a hand, and its flame is lit, casting a warm glow. The background is a soft, out-of-focus grey.

TRE® can help pave the way!

"When we give ourselves the chance to let go of all our tension, the body's natural capacity to heal itself can begin to work."

— Thich Nhat Hanh



HAPPY 2022!

HAPPY 2022!

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 winter/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 bring in the new year 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 in 2022!

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.

When people ask me why I became a Functional Diagnostic Nutrition Practitioner, I tell them it's because I've been there and I know what they are going through. I know the frustration and the hopelessness that comes with living with a chronic illness.

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 again with your body, so you can live the life you've been dreaming of.

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.

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

And 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, work out
- The answers behind the flare ups, a plan and a path to better health

Dare to feel better than you ever have before!

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. _____

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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.



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 Programing), 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.

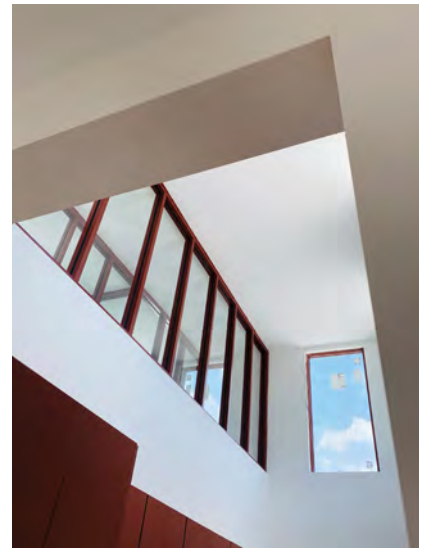
We are discovering that we can change the perception of our reality. Read that again! We don’t need to change our reality, just our idea of what it means to us. The dream life we desire is available to all of us. Science has proven that when we take a moment to recharge and meditate, we can increase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

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

—Henry Ford

ON OLIVE

A Unique Urban Community

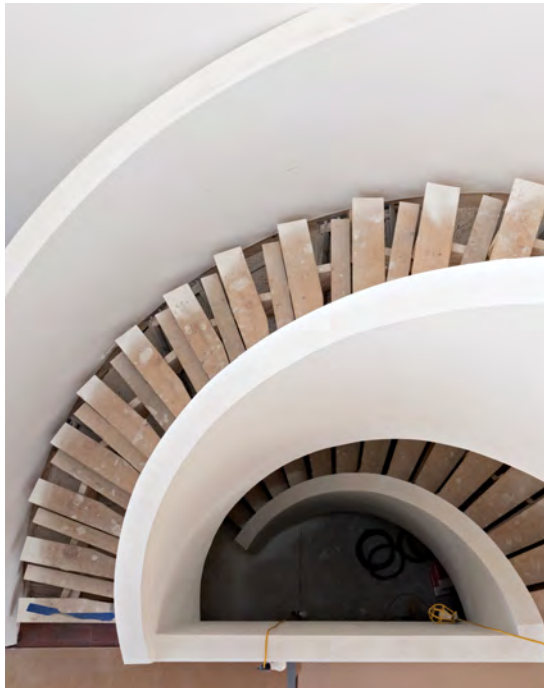


For over twenty years, Emily Rauh Pulitzer envisioned two blocks of Olive, in Grand Center, being developed into a unique architectural place that would represent the best in residential architecture, while serving as a home to owners who deeply enjoy and cherish its special character.

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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Relax, Re-inhabit Your Body, Reconnect with Sensate Focus Mindful Touch

BY LINDA WEINER, MSW, LCSW

In these days of uncertainty and stress it is more important than ever to make a space to bring yourself back to a place of peace. Whether it's a nature walk, practicing yoga, creating art, or whatever helps your brain and body switch gears, finding a way to brush aside the exaggerated tensions of our time is critical to your health and well-being. And for many of us, while we and our partners have been at home together much more lately, we haven't necessarily gotten more emotionally or intimately connected.


I am a Relationship and Sex Therapist with an unusual recommendation for you. I am sold on the use of non-sexual Sensate Focus mindful touch to help you relax, re-build sensual appreciation, and begin to reawaken desire. Practiced with a partner, Sensate Focus non-sexual touch has the added benefit of creating a deep sense of connection.

To practice Sensate Focus mindful touch, a here and now attitude is nurtured. Using only your hands and fingers, touch everywhere on your body *but* the erogenous zones, focusing *non evaluatively* on three aspects of your experience: temperature (warm or cool), texture of skin and hair (smooth or rough), and pressure (soft or hard). When your attention shifts to some other thought, especially evaluative or pressuring thoughts (Am I enjoying this?), re-focus on the sensations in your body. In other mindfulness practices, the focus is on a sound or a visual medium as a way of clearing the thinking mind. In using Sensate Focus touch, the mind is cleared by focusing and refocusing on the kinesthetic experience, bringing you back into your body and facilitating a relaxed, delicious, sensual place of peace and pleasure.

If you decide to share the experience of Sensate Focus mindful touch with a partner, take turns touching and being touched with the focus remaining on each individual's experience. If feelings of arousal occur, notice but try not to act on it. Take a break and do whatever you want after a cup of tea, or wait and do more Sensate Focus, letting sexual feelings build and simmer awhile!

*There came a time when the risk to remain tight in the bud
was more painful than the risk it took to blossom.*

— Anais Nin

A photograph of a woman with long, wavy brown hair, smiling warmly at the camera. She is wearing a beige, textured knitted cardigan over a dark top, and a long necklace of dark beads. She is holding a small, white ceramic mug with a colorful floral pattern. The background is a plain, light-colored wall.

*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 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.

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 their lives, 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!

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! We begin January 31. Contact me now for a free discovery call and enroll! Self Care *is* Self Love!

Find Your Bliss

Your body/mind are great informants as to what's occurring in your field. We don't have to react with fear. Instead have gratitude for the awareness and use the tools of Ayurveda to return to balance. Normalizing BODY BLISS is a worthy goal! YOU are worth it!

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 online course beginning January 31 and learn how to thrive naturally. Contact candice@swansage.com for a free discovery call and enroll.

THE VAULT

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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!



*How do you
love thee?
Let's count
the ways!*



1



2



3



4



5...

Self-Love List

Start Counting!





SOUL



*“Winter echoed to the cold,
‘I’m old enough to meet my
soul’s deepest glow.’”*

— Angie Weiland-Crosby





~ x o x o x o x o x o x o x o x o ~

Wild Wish Living

By CARA MOON

For the past few years, I have been dreaming of sailing around the world with my family. Watching all of the YouTube Sailing Channels, my favorites are LaVagabond, Gone with the Wynns, The O'Keillys, Feel The Breeze, The Sailing Family and Zatarra. Yes, I have become obsessed. I read the books and get the magazines . . . soaking up all the information they share and living vicariously through these adventurous people.

One of my Wild Wishes was to start a magazine so I could travel, write and tell my stories of people and places from wherever I was in the world. And, here I am! Fortunately, I was introduced to the good people of West Coast Multi Hull and Dension Yachts in San Diego. I met Kim Dumas, one of very few women who sell yachts (I love that!). She took me on several Catamarans . . . my first time being on one after only dreaming of it. I was excited. Here's the best part: She was starting a sailing retreat for women and I was invited to go (sandiegowomensailing.com)! La Paz, Mexico here I come!

Doing and not dreaming any more, I was on the first of many adventures and Wild Wishes . . . sailing in the Sea of Cortez, snorkeling, swimming with Whale Sharks, seeing a Humpback Whale breach, swimming with schools of fish, seeing the largest, most beautiful starfish I have ever seen . . . and making new friends and the best memories. I felt like a kid.

On board I learned some boat lingo: tack, jib, galley, cockpit, helm, cabin, head. I was on the anchor crew and learned about dragging, bridles on boats and the best places to look to anchor. I sat next to Captain Annie Gardner while she explained navigation, auto pilot and things to look out for while

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sailing. (Visit windgoddessretreats.com for her women's sailing retreats) I look forward to going again with her soon.

We all shared our stories of who we are and why we were there, going deep quickly, as women tend to do. Friends for life now, I'm sure. I encourage you, as you move through your life, this life, to take note of those little things that excite you and inspire you.

No Wild Wish is too big, make yours turn into reality.

Take action to sail forward in the direction your heart is calling.

Learn the language of the places you visit or the stars that you navigate.

Go with friends and make new ones, you can never have too many.

Take a sunset or sunrise boat ride; the colors are amazing.

Take the long walk to a new restaurant and experience all of the local smells, music and colors.

Eat the ice cream.

Learn something new every day.

Be adventurous and look for the beauty.

Be extraordinary in everything you do.

And if you travel some place, invite me to go with you!



Cara Moon



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.

New Year, New You

Make a plan and start manifesting! Set your intentions.
List your hopes, dreams, goals for the new year.

SACRED SPACE

BY ROBIN HALTERMAN

I GOT MARRIED.

I said I would never do it again, because the first one ended badly (which by definition is why it ended), but after seventeen years with my soulmate, Jonathan, a ring found its way onto my finger under a full moon by the sea with our family.

I am a lover of symbols and elements that weave together a story providing deeper meaning. Holding sacred space for ceremony is part of my daily routine from morning meditation to evening prayer and many moments in between.

But for some reason, regardless of how great our love, I was resistant to this particular ceremony – the wedding ceremony.

When feeling resistance, I ask myself: “*Am I coming from a place of love or fear?*” And, “*Am I moving toward my desire for expansion, or am I contracting?*”

The fear of being let down or letting another person down required healing. Fortunately, Jonathan is a patient human. Likewise, he provided me with (many) opportunities to find my patience as well.

Time and practice softened my perspective, like water over stone. I began to see the ceremony of marriage and all its accompanying symbols as actually, whatever I wanted it to be.

Basically, I changed my mind.



In my opinion, “love” in all its forms, be it friendship, sisterhood, parenthood, and yes, marriage, all come down to the willingness and ability to walk alongside another person on their journey – whatever journey they are on – without judging, trying to fix or make them feel inadequate. True love has no desire to control or influence the outcome of another’s actions. True love appreciates and accepts.

In trusting myself, I am trusting my choices, and that includes my partner.

With tears streaming down our faces (not the pretty kind), we held hands and shared our vows:

*I am so grateful to be on this journey together,
fulfilling the fullest expression of ourselves,
finding harmony in all that we are, and
choosing each other eternally.
Only you, holy you, souly you,*

Jonathan and Robin

This ceremony did not change our love for one another or commitment to our family, but it did become an occasion with a special significance of ritual, bringing our commitment out of the ordinary and into a sacred, enchanted and magical space.

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](https://www.facebook.com/CSLSTL)
www.stlouiscsl.org

The background of the entire page is a photograph of a person standing on a very narrow, dark rock ledge that juts out from a steep, green, and rugged cliff. The person is wearing a bright pink long-sleeved shirt and black leggings, and is in a yoga pose with one leg raised and arms reaching up. The cliff face is covered in green moss and lichen, and the background shows a deep, layered canyon under a clear sky.

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.

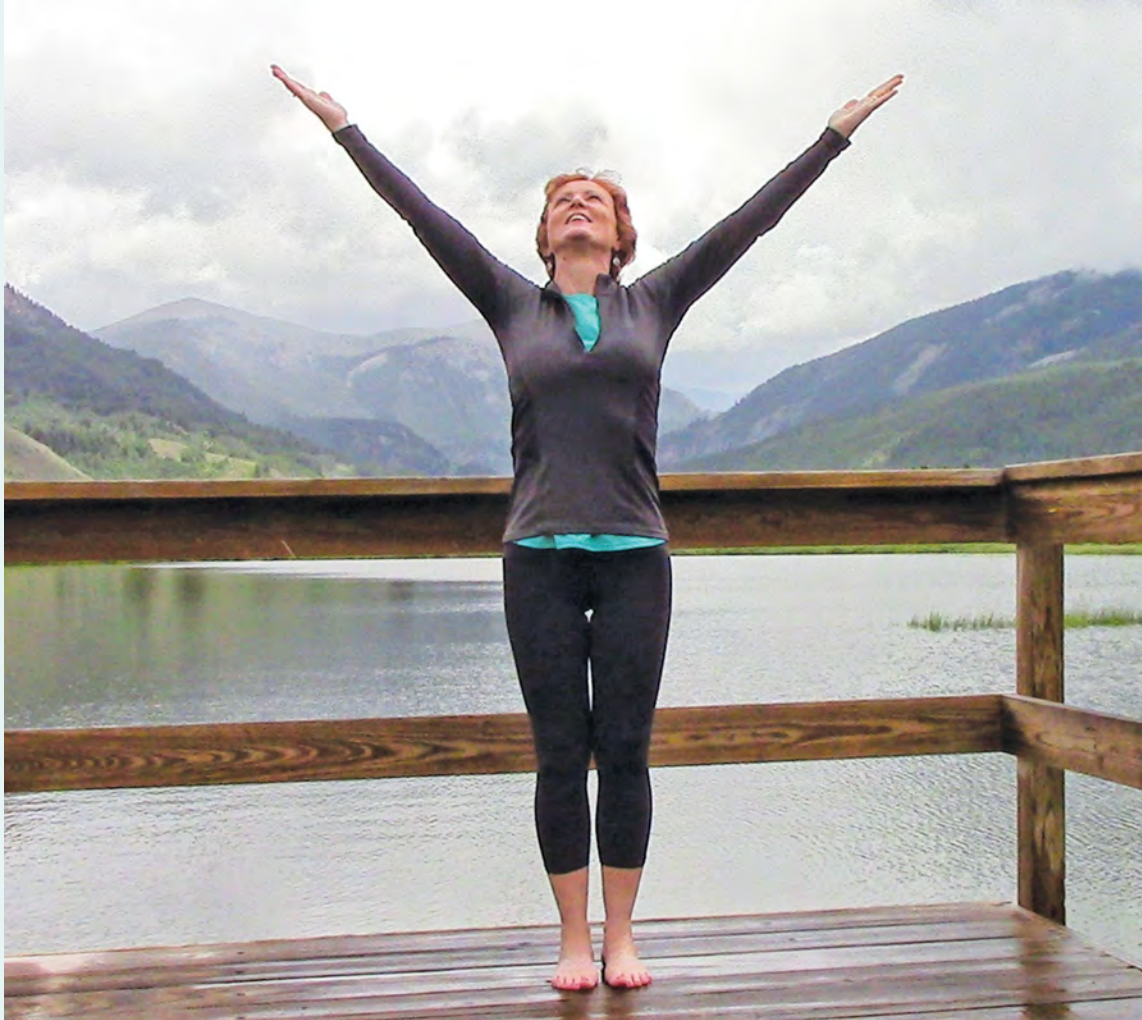
This state of being present with the flow of our own energy creates a sense of well-being, a sense of harmony in ourselves and we are able to let go and allow whatever wants to happen to happen, without resistance or provocation, what Byron Katie calls, "Accepting what is."

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 2022! The new year always starts out with a feeling of newness in life, and everything we do. We know there are new possibilities, new opportunities and limitless hopes and dreams. We also have no idea what to expect in this new year.

We are entering a new year where we really have no idea what is in front of us. Everything feels different. As I see it, we have two choices, we can carry fearful thoughts and live life defensively, or we can choose Love and 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 everyone. You will never make everyone else happy; everyone is responsible for their own happiness. 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 when that energy is of higher frequency, or the awareness of “the highest good.”

“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 gain clarity of who you really are. 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 this new year. BE the you that you have been waiting for!

Marilyn Eagen
Harmony Healthcare LLC,
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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.

Comfort Food

Winter Warm-Up Recipes

by Seedz Cafe

VEGAN MUSHROOM RISOTTO

Ingredients:

6 cups vegetable stock, or more if needed
4 tablespoons olive oil, divided
2 (8 ounce) packages baby Bella mushrooms, chopped
1 medium onion, diced
1 celery stalk, diced
3 cloves garlic, minced
2 cups Arborio rice
1 cup dry white wine
1½ teaspoons dried thyme
½ teaspoon salt, or to taste
½ teaspoon freshly cracked black pepper, or to taste

Directions:

Pour vegetable stock into a large pot and bring to a boil over medium heat. Reduce heat to low, cover, and keep warm.

Heat 2 tablespoons olive oil in a large Dutch oven over medium-high heat. Add mushrooms, stirring occasionally, until softened. Add onion and cook until soft and translucent, about 5 minutes. Stir in celery and garlic

Add remaining 2 tablespoons olive oil and Arborio rice to the Dutch oven. Cook, stirring often, until rice is opaque and smells slightly toasted, 2 to 4 minutes. Stir in white wine, and cook until it evaporates, an additional 2 to 3 minutes. Season with thyme, salt, and pepper.

Stir in reserved warm vegetable stock, 1 cup at a time, allowing each addition of stock to be fully absorbed before adding in the next, stirring continuously. Continue adding broth gradually while stirring constantly, until rice is tender and creamy, about 20 minutes. Season with additional salt and pepper.

40 CLOVE GARLIC SOUP (Winter Immune Support)

Ingredients:

40 cloves of garlic, peeled
¼ cup olive oil, divided
1 medium onion, chopped
1 medium potato, peeled and chopped
4 cups organic chicken broth
½ teaspoon dried thyme
Salt and pepper to taste
1 tablespoon lemon juice

Directions:

Place two tablespoons of the oil in a large saucepan.

Preheat the oven to 350 degrees F.

Place 30 garlic cloves in a small oven-proof casserole along with the remaining olive oil. Cover with foil, and roast the garlic for 35 to 40 minutes or until soft and brown.

While the garlic is roasting, coarsely chop the remaining garlic cloves and add to the saucepan with the oil along with the onions and potatoes. Cook the garlic and onion mixture over medium heat until the vegetables soften and begin to brown, about 5 minutes. Add the chicken broth, thyme, salt and pepper and bring to a boil. Reduce the heat to a simmer, and cook until the potatoes are very tender, about 15 to 20 minutes.

Let the soup cool to room temperature.

Once the garlic has roasted to a light golden brown, use a spoon to remove it from the oil and place in the saucepan with the other ingredients.

Reserve the garlic oil for another use.

Puree the soup in batches until thick and smooth, then return to the saucepan. Reheat the soup, then add the lemon juice. Serve, topped with your garnish of choice ... like mushrooms!



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 another,” 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.



Making Independence Accessible

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.

Laurie Nowling
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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



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



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



April Abbonizio **Midwest Thermography Solutions**

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

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Marilyn Eagen **The Peace Place**

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

Marilyn Eagen of Harmony Healthcare LLC, The Peace Place
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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.

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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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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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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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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.

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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!

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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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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.

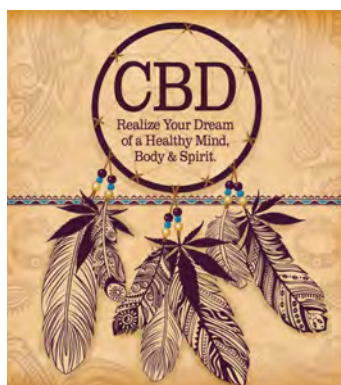
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Kathi Harmon **Barre Harmony**

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.

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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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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.

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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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Avaish

Natural Skin Care

Avaish 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!

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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.

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Candice Claire Oksenhorn

I'm a Holistic Wellness Coach who is passionate about working with people who are seeking to find more joy, clarity and vibrant energy in their lives. I work intuitively and from a solid foundation in Ayurveda (oldest healing system on the planet), Meditation, Aromatherapy and Nutrition (I know how to make health taste great!). I work both in person and remotely, one on one, and group classes. Chopra Certified Instructor – Meditation & Ayurvedic Lifestyle, Certified Yoga Health Coach (teaching Ayurvedic habits), Wisdom of the Earth Medicinal Aromatherapist.

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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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Destination San Diego



When you live where its blustery and cold in the winter, you can always count on there being someplace warm to visit. This winter we take you to the sunny beaches in San Diego where the average temps run between 70 during the days and 50s at night. With so many fun things to do and places to visit we thought we would put together some of our favorites to share with you. You can find a Farmers Market almost every day of the week, but here is a short list of some you must visit, you will not be disappointed.

Little Italy Saturday: 8 a.m. - 2 p.m.

Hillcrest Farmers Market Sunday: 9 a.m. - 2 p.m.

Ocean Beach Farmers Market Wednesday:
4 p.m. - 8 p.m.

While you are visiting the Farmers Market in Little Italy, just up the stairs is the super cool Morning Glory Diner . . . a very Instagram-worthy experience complete with bumpin tunes and a Moet Champagne Vending Machine, be sure to check out the restrooms!

For those of you looking for a little more nature in your visit, La Jolla has a sea cave kayak tour that will bring you around the likes of seals, pelicans and other sea life. This is the most popular 1.5 hour tour and it is perfect for everyone. Lajollaseacavekayaks.com

And while you are in La Jolla, Windansea Beach is great for sunning, experienced swimmers and surfers alike. Although, if surfing is your thing, Ocean Beach is your place.

If shopping is your bag, then a stroll down Girard Street is a must. Sunny Days Boutique has unique styles that imbue the Southern California Lifestyle, Aviator Nation, a 1970's inspired, handmade California Lifestyle brand and CP Shades for all of your Italian linen needs. Top that off with a healthy lunch at Trilogy Sanctuary and dinner at Georges and you are more than likely in heaven.

Just naming a few, we hope this gets you started on your winter Southern California adventure and look forward to seeing your travel pictures!



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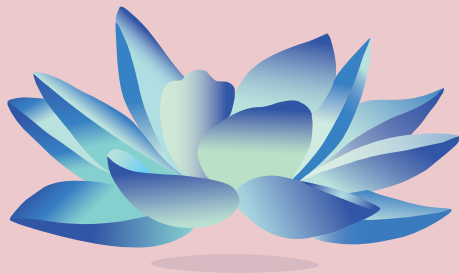


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