

*Living from the Heart
Every Day*



*By the Co-Authors of
Heart & Soul*

Breathe deeply.
Exhale Fully.
Feel your heart beat.
Ahhh...

Do you feel the incredible power within?
This power is your essence.

Do you feel energized as you breathe in?
This is your life force.

Do you feel release as you exhale?
This is necessary ease.

*If you'd like to feel more of
your essence, life force, and ease,
then, this e-book is for you.*

We have included many simple tips, practices, and
actionable ideas to help you experience

LIVING FROM YOUR HEART... EVERYDAY

It's a wonderful feeling to live from your heart space.
And it's here for YOU!

You're worthy. You deserve it. It is yours.

*This e-book was created especially with you in mind.
Breathe it in and Enjoy!*

About this E-Book

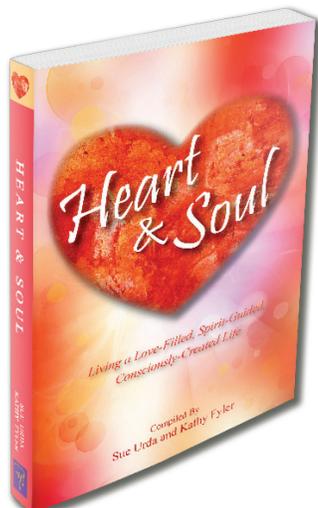
Living from the Heart. So many people desire to do this, and many do. Yet, living from the heart space consistently can be elusive—not because we don't desire to—it's elusive because we get lost in day to day happenings. Life is full of busyness, hustle and bustle, and many people who need our time and attention. Sometimes we forget to bring our conscious awareness to our thoughts and actions, and before we know it another day or week has passed, and we realize we weren't as heart-centered as we would have liked.

This e-book is a compilation of mindful and meaningful tips, thoughts, and exercises intended to enhance your own heart-connected life experience.

As you read these tips, imagine ways you can bring them into your daily routine. As you do, you'll find that you're more engaged with the people in your life, you'll be less stressed, and you'll enjoy life's simple pleasures. You'll also experience more peace, harmony, and ease with your family, loved ones, friends, coworkers, and community. Mostly, you'll experience these feelings within yourself. These tips are intentionally brief and to the point because we know you have a full and busy life. Use them to increase your personal everyday well-being, happiness quotient, and love-filled life.

About the Authors

The individuals sharing these tips are the co-authors of the new book *Heart & Soul*. They have come together to share their personal experiences and journeys to help you live a more heart-centered, joy-filled, and loving experience of connection and growth. It is their wish that the tips in this e-book and their stories in the paperback book will assist you on your personal life journey.



Powerful You!
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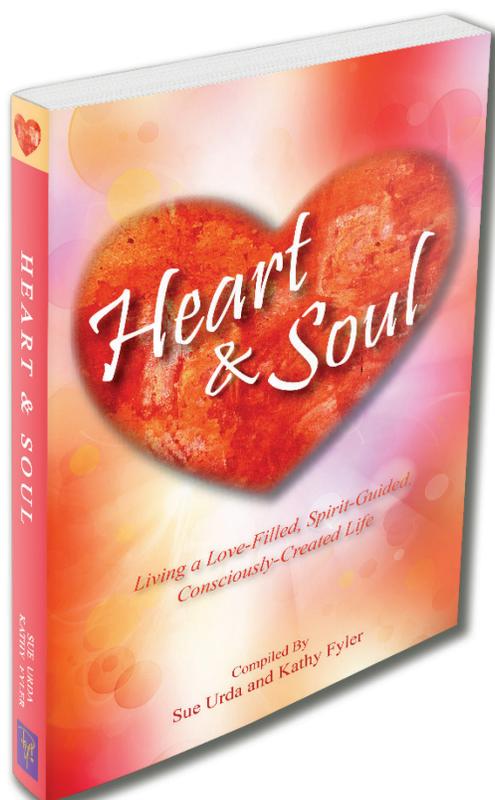
Sharing Wisdom
Shining Light

Share this e-book with your friends by providing this link to them:

www.heartnsoulbook.com/freebook

Read more about the Upcoming Amazon Bestselling Book ~ Available November 14th, 2018

Are You Living from Your Heart & Aligned with Your Soul? *You can! This book helps you live a more loving, spirited, and conscious life.*



Those who have ventured to live fully, openly, and authentically know the heart is the perfect place to begin. The question is *how do we know we are coming from our heart-space?* It may be elusive if you've not committed yourself to know your own heart or if your heart has been closed by hurt or fear.

The good news is many women before you have trailblazed and paved the path for you. They have traveled rough and winding roads, braved many ups and downs, and they are happy to share their journeys and experiences with you, so you can tap into your heart, feel your soul come alive, and move consciously through each moment with grace and love, and with spirit guiding you.

This collaborative book is filled with courageous stories and inspiring lessons. Each of the authors has made a shift that changed her life. It may have happened over many years and with many tiny shifts or it may have come with a huge A-ha and one big change. Either way, the profundity of the change has brought about a welcome new awareness and way of being for them. You can have this too.

These stories explore many emotions, life experiences, and transformations. As you read you will see yourself in these words, and you may even find the desire, motivation, and spirit to make shifts in your thinking and move you to actions that will guide you to living from your Heart & Soul.

Explore these valuable lessons & feel your heart shift:

- Forgiveness is a path to joy, contentment, and peace
- Consciously awaken your creativity within
- Call on your angels and guides who are always with you
- Loss, abuse, and tragedy can be healed, and you can thrive
- Recognize the teachers and lessons in your midst
- Living authentically will align you with your soul's calling
- Your faith will lift you up and become a beacon for others
- Release fear and darkness to allow your bright future
- Love is the great elixir; open your heart and let it in

Heart & Soul

Living a Love-Filled, Spirit-Guided, Consciously-Created Life

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www.powerfullyoupublishing.com ~ www.heartnsoulbook.com

Daily Rituals ~ Establishing Your Own Melanie Channell

A ritual is any activity done repeatedly, with mindfulness and focused intent. When practiced with dedication and devotion, it raises the energy of the activity to a deeper level making it more meaningful. A ritual empowers and propels us toward the purpose of the act or ceremony.

Throughout history, people have understood that ritual is an important aspect of life. They have held rituals to celebrate rites of passage, purification, changing of the seasons, and for religious purposes.

A daily ritual can be any practice that holds meaning for you. Do it with an open heart and feeling, and it will add meaning to your life!

Here are some examples of daily rituals that you can integrate into your life:

- Sing in the shower—it starts your day on a happy note
- Express gratitude—5 minutes each day
- Make a list of the 3 most important things to do that day and don't go to sleep that night until they are accomplished
- Prayer and meditation
- Get some form of exercise
- Drink a cup of tea
- Work with intention
- Light scented candles and/or incense
- Journal - Reflect daily on what went well and what needs improvement

Practice one or more ritual and enjoy the added meaning in your life.



ABOUT THE AUTHOR: Melanie Channell is a certified spiritual counselor/tarot reader, Numerologist, Chios Master Teacher, crystal healer, and angel enthusiast. She has been certified in over sixty energy healing modalities and has been studying spirituality and empowerment concepts for over twenty years. Melanie finds joy in helping people clear out old energy patterns and learning to take responsibility for their own healing process. She is passionate about empowering people to make choices that will steer them toward their life purpose and personal happiness. Melanie enjoys participating as a vendor and speaking at psychic fairs to help spread positivity and healing throughout northern California.

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Gratitude is the Positive Attitude of Life

Marla Goldberg

Starting and ending your day in gratitude, sandwiches the hours in between, with an internal knowing of hope, belief, faith, and joy. This practice will help change the way you look at your life turning it around from a place of lack or not enough, to the certainty of knowing that Spirit always supports you and provides what you need.

In the morning, list what you're grateful for. You can do this in prayer, by looking in the mirror, writing in a gratitude journal, or stating out loud what you're grateful for.

You may be grateful that you are alive, have a toothbrush, have people in your life, or your job. The list is endless.

In the evening, write down the experiences from your day, like something that unexpectedly showed up. As you close your eyes, make a mental list of all the wonderful things that were in your day and in your life.

Remember to be grateful for the things that show up that you may not have wanted. Be grateful for the lesson, opportunity, and/or gift that was a part of that experience. It showed itself for a reason, so pay attention when those experiences show themselves.

Gratitude is the positive attitude of life.



ABOUT THE AUTHOR: Marla Goldberg is an Energy Healer, Intuitive, Author, Speaker, and Host of Guided Spirit Conversations podcast. Marla began her spiritual education in 2003 when she attended her first Mystery School. During her time in school, Marla was trained in fourteen healing modalities. Since graduating, Marla embraces her spiritual path by continuing her education to help her clients and through her podcast. When Marla is not working, she shares her life with her husband Gary and her two dogs, Mabel and Tug.

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Listening to Your Body

Elaine Belle

We are often so over-stimulated with electronics, media, and various forms of caffeine, and so listening to what the body is saying can be difficult.

Here is an exercise that can increase presence and aliveness.

- Lie down in a supportive position, but it can be done sitting or even standing.
- Notice your breath. Then begin sensing your diaphragm, hands and cerebellum. As you inhale, let each of these areas widen and expand. Simply relax on the exhale. Set a timer and do this for five minutes, or even one to two minutes if that's all you have.
- Pause afterwards. Notice if your body has a message for you. You can also begin with an intention, such as "May I sense an ease in my body that carries me throughout this day." This is also a great way to begin a meditation practice.

As you continue this practice, you will find that bringing conscious awareness to the body can provide a greater sense of presence and wholeness.



ABOUT THE AUTHOR: For over thirty years Elaine has been helping people understand their bodies, get out of pain, and live authentic lives. After receiving her B.A. in Education, Elaine taught school in Los Angeles before moving to San Francisco to study Postural Integration with Jack Painter. Elaine worked as a body therapist for seven years before beginning her training in the Alexander Institute, also located in San Francisco. In 1984 she completed the three-year program and became a certified instructor. She also studied Reichian Therapy with Dr. Peter Levine, Body-Mind Centering with Bonnie Bainbridge-Cohen, and Transpersonal Body Therapy with the Hendricks.

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Letting Your Beautiful Self Shine through Transitions/Hard Times

Karen Blanchard

How am I ever going to get through this devastation, overwhelm, sadness, and despair? I feel like my life jumped off a cliff into the ocean and I'm having a hard time keeping my head above the water.

So many emotions, it's hard to keep them all in check and not blow up or give up. If this is you, you are not alone—so many people feel the same way.

I've felt this way so many times. It's easy to get stuck inside yourself in difficult situations and not be able to move beyond your emotional turmoil. I've been there. I've lived my life with—anger, resentment, and hiding my beautiful self from others and it affected how I lived. It affected my relationships with family, friends, and myself.

Transitions can be difficult, it doesn't matter if it's divorce, living without your loved one, job loss, or changing careers.

It's okay to ask for help! Maybe a coach is right for you.

A coach provides an “action oriented” focus to help you navigate life transitions and make purposeful decisions. A coach helps you define values and goals, and helps you define a clear vision for your future.

Reach out and let your beautiful self shine through.



ABOUT THE AUTHOR: Karen Blanchard—better known as “Coach Karen”—is a mother of seven amazing children, as well as a bestselling author, speaker, and coach extraordinaire who specializes in helping people transition through life's most stressful situations with power, confidence, and joy. In addition to her years as a Health and Wellness Coach, Karen brings her firsthand knowledge to every session. She recently found her “calling” after her divorce and the death of her daughter. Karen understands the pain of catastrophic loss and knows the strength it takes to push past it to create joy and happiness once again.

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Creating Space for the Heart

Linda R. McFadden

What happens when we get out of step with our own heart?

In this fast-paced world we often find ourselves circling, rushing, stressing and, as a result, we become fixated on external events. We find ourselves not tuning in to the wisdom that is inherent in us all.

Here are three practical strategies you can do in under one minute to help you reconnect with your authentic self:

1. **TUNE IN** - Cup your hands over your eyes and allow them to rest. Take a few deep breaths. The breath takes you into the “now” . . . and the “now” is the doorway to your soul.
2. **STEP BACK** - Take three physical steps back. By taking these steps, you interrupt the frantic energy and stressful thoughts. You literally step back into your power. Take a deep breath before you move forward. If you are driving you can simply ease off the gas pedal—take a breath—and continue.
3. **BE AWARE** - Ask yourself: What is going on in this situation and why am I creating it? What is it trying to teach me? What 2 things can I do to prevent this situation from occurring again?

These three simple steps will re-connect you with your heart.



ABOUT THE AUTHOR: With a master’s degree in Psychology and certified as a Hypnotherapist, Regressionist, and Relationship Therapist, Linda McFadden offers more than thirty years of traditional experience combined with her role as a Coach and a Mystic. This formalized education—along with the insight, wisdom, and practical and spiritual tools she’s accumulated—serves to help empower others to take control of their journey and move forward into the life that they desire. Linda’s clients are Coaches, Physicians, Ministers, Psychologists, Thought Leaders, and Entrepreneurs.

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The Purpose is Your Deepest Fulfillment

Julia Mikk

What if the biggest purpose of your life is to find so much inner peace, inner harmony, and well-being that it overflows to the world around you? Your service becomes effortless. You helping others becomes easy, sustainable, and enjoyable. Your work in the world becomes focused, energized, clear, and effective. You are tapped into your innermost greatness and it guides your steps every day.

Then, it's not about hard work or hustling any longer. It's about your cup being so full with ease, peace, freedom, and well-being that it overflows and becomes a great teaching, benefit, and inspiration to others. Because that's what most people really want. They want their cup to overflow, and your job is to model that.

When you do, you'll be amazed how many new opportunities show up for you! People will come to work with you, be on your team, to support you.

If you are not sure how or where to start, look for support. Receive high-caliber support from someone who has learned to walk their path of joy already, and someone who can help you do the same. Let them hold your hand. You deserve it and people around you deserve it too. You don't have to do it alone.



ABOUT THE AUTHOR: Julia Mikk, born in Estonia and now living in America, is an internationally renowned teacher and facilitator, and founder of Breath of Love work. Julia's sessions instantly change lives. Over the past eighteen years she has worked with thousands of people who come from all over the world to experience the power of Breath of Love process, undergo transformation, and embody courage to live their soul purpose.

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Pick Apples, Rake Leaves; How Tending to the Small Things Allows Space for Creativity

Anneli Davey

It is autumn on Vancouver Island. Four days ago we had high winds and slashing down rains strong enough to blanket the yard in fallen apples and leaves.

Gazing out the window, I notice the effects of the storm. I've been busy, too busy to pick up apples, I tell myself. Instead of the view that inspires my writing practice, the messiness has left me feeling unsettled and out-of-sorts, unable to focus.

Yesterday I tended to the yard. The physical movement of picking up apples and raking leaves fueled my senses and instead of the chore feeling burdensome, it nourished me. Today, I admire my work. I gain a sense of peace and accomplishment.

What nourishes you?

How does your environment support your fullest expression?

If an organized space is essential, spend a few minutes each day de-cluttering. Pack a box for goodwill. If flowers make your heart sing, pick up a small bouquet for yourself. If clean floors are important, stop and sweep the floors.

Taking care of the small things, frees space for more of what we love, allowing the deeper creative journey to occur. The muse always awaits a clearing.



ABOUT THE AUTHOR: Anneli grew up under the vast blue skies and golden wheat fields of the Canadian Prairies. The solitude of the country and the backdrop of nature nurtured an innate ability to slow down, observe the world, and use the gift of imagination. This contemplative approach continues today as Anneli begins to explore, with greater intention, the role of art in personal and collective freedom of expression. Anneli has followed a writing practice for more than twenty-five years. She can be found working in her expressive arts studio in Victoria, British Columbia, Canada.

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Changing Tack

Kathy Sipple

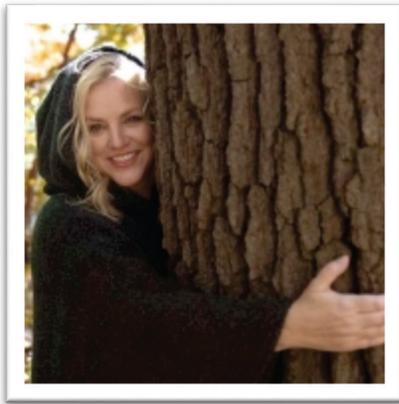
“A smooth sea never made a skilled sailor.” ~ Franklin D. Roosevelt

One of my greatest joys of living near Lake Michigan was learning to sail. I always wanted to learn—the sailboats looked so beautiful and I love water. However, I ended up learning some great life lessons in addition to learning a new pastime.

I soon learned that moving toward a distant destination on the horizon very seldom involved a straight path unless the wind happened to be blowing exactly your way. It is much more common that winds and strong waves take you off course. Yet, there is a way to make forward progress—by tacking from side to side, adjusting your sails as the wind dictates.

I have moved and changed jobs many times over the course my life. At first, I worried this made me look indecisive and directionless, but I now know that’s not true. I have my eyes on a distant vision of who I want to become, and I have gotten good at changing tack to get there. I have the flexibility to allow me to adapt and weather the storms life brings.

Enjoy following your own crooked path, changing tack when the winds and waves of life come your way.



ABOUT THE AUTHOR: Kathy Sipple resides just outside of Chicago near the Indiana Dunes with her husband John and their black Labrador retrievers, Bodhi and Pema. She is a frequent keynote speaker and trainer and host of 219 GreenConnect podcast. She holds a B.A. in Economics from the University of Michigan and is a member of Mensa. She won a Golden Innovator Award from Barbara Marx Hubbard and Conscious Evolutionaries Chicagoland for her empowering and groundbreaking work in social media. Kathy's career continues to evolve; however, she continues to work online with clients everywhere to provide social media strategy, training, and coaching while she pursues a Shinrin-yoku guide certification.

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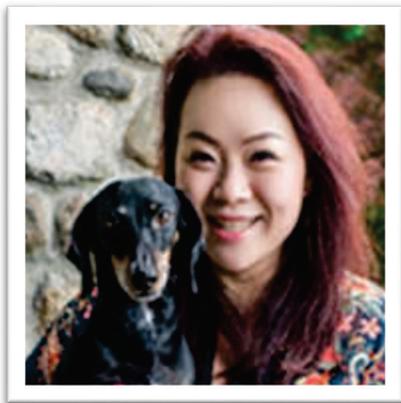
7 Tips for Holistic Balance in Life

Peggy Yu

After years of mind/body connection study and self-discovery I found optimum well being. Here are seven tips to bring holistic balance for you. Even practicing one with consistency will bring benefits.

1. ONE WHOLE INDIVIDUAL - Recognize the mind/body connection. See the whole picture, not just symptoms.
2. TWO SIDES OF YOUR BRAIN - Use both the emotional and rational sides of your brain for assessment and wise decisions.
3. THREE LAYERS OF YOU - Conscious, subconscious, and non-conscious. Take care of non-conscious basic survival first—sleep, nutrition, hydration, and breath.
4. FOUR PILLARS OF BALANCE - Emotion, Toxin, Nutrition, and Physical. Emotional or physical toxins? Detox. Nutrition deficiency? Supplement. Physical injury or stiffness? Massage or bodywork. Emotional distress? Address it now.
5. FIVE SENSES: Vision, smelling, hearing, tasting, and touch. Use all five senses to find calmness and peace when stressed.
6. SIXTH SENSE - Spirituality. Connect with your high belief system, and trust. Positivity attracts more positivity.
7. SEVEN DAYS - One day and one week at a time. Practice and consistency is key for making changes. Remember; new week, new start.

Notice how you feel. Remember, there is always hope and every problem has a way. If there is no way, there is no problem!



ABOUT THE AUTHOR: Peggy Yu is a Registered Clinical Counsellor and a Registered Acupuncturist who has dedicated her life to helping people. She has held various positions in programs funded by the Canadian government, including as a liaison for immigrant settlement programs, a family therapist, and as an Addiction Clinical Counsellor. She has also volunteered as a Victim Services Support Worker for at the local police department. Peggy's work is based in the mind-body connection, the inherent neutrality of emotions, and that it is always better to treat the root cause rather than just the symptoms. In her free time, Peggy enjoys hiking with her therapy dog, Smokey.

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I AM Attunement

Michelle Cole

There are two different energies that govern our lives—Ego and Higher Self. The Ego tells you you're not good enough and feels judgmental. The Higher Self says you can do anything and feels encouraging. To find which voice is renting space in your mind, try my I AM Attunement.

- Find a nice, comfortable, quiet place to sit.
- Close your eyes and say I Am _____. Note the first answer that comes to mind and the correlating feeling. If it feels good, your Higher Self is in the driver's seat. If not, the Ego has hijacked your thoughts—but no big deal.
- Once you notice the feeling, release it and reframe. The point is not to judge yourself. The point is to be aware of your thoughts so you can change them.

For example, you have a big test coming up. You have anxiety and note it's because of thoughts of failure. You stop and say "I AM good enough because I am trying my best." By reframing the internal dialogue from victim to victor, you automatically feel better. Become more aware of your thoughts, practice reframing, and this becomes a habit.

Be Brave, Be You—master your thoughts instead of them mastering you!



ABOUT THE AUTHOR: For many years, Michelle Cole saw the world as a place where things were constantly happening *to her*. Her life forever changed when she stopped looking at her life through the lens of being a victim. She began to see what these life experiences had done *for her*, rather than *to her*. These “obstacles” were opportunities, directing her towards self-confidence. Her healing journey led to her life’s purpose—teaching children life skills that foster self-confidence. With self-confidence, children learn how to take responsibility for creating their own lives. As a Kid's Life Skills Coach, Michelle Cole would be honored to share her experience and training with your family.

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Showing Up for Your Life Christine Clark

Remember you are not on a soul journey, your body is. You came here to be the spirit guide for your body to be on its Soul Journey on its own conditions and timing.

How to nurture your body for your Soul Journey:

- CHOICE - Choose from your knowing and trust yourself completely. Keep in mind you can always choose again.
- PURE POTENTIALITY - Heal yourself by connecting to the field. Feel the strength in silence zero point 0. This is where there is the purest of potentiality.
- BODY AWARE - Breath work, myofacial stretching, vibrational medicine such as toning or singing bowls, elevating heart rate through exercise to help buffer inflammation.
- INTEGRATION - Take herbs, supplements, and foods to calm the central nervous system. Humanity is evolving faster than we were supposed to, because we have to now, and the nervous system is always the last to integrate itself.
- BEING HUMAN - Try not to take yourself too seriously. You came here to be human, so stay in character.

There is no time for world peace, only time for universal peace.



ABOUT THE AUTHOR: Christine Clark has been involved in the Fitness/Nutrition and Healing Arts for twenty-five years. She is the founder of Pilates Fusion Inc., where she provides a unique, sacred space for healings of all kinds to occur. She is also a Licensed Naturopath; Ayurvedic Consultant; Advanced Reiki / Integrated Energy Therapist; Reconnective Healing Practitioner / The Reconnection; Therapeutic Massage Therapist and Hypnotist. Currently, Christine is focused on the work of Dolores Cannon and is a QHHT Practitioner, helping people to communicate with their Higher Self and their Interdimensional natural state of being, to facilitate acceptance of their human form with more Love and Joy.

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The Power of 3

Jennifer Nolan

We have the choice to live each day with a renewed mindset. Research shows that everything starts with a “thought”. What we think impacts how we feel and what we do.

Three attributes of a renewed mindset.

- **GRATITUDE** - It is easier to complain than be thankful. With a grateful heart, our eyes see life in a powerful way, and recognize the many gifts from our Heavenly Father. We can't control much, but we can control our response. Embrace gratitude.
- **LOVE** - Human nature is prone to notice imperfections rather than goodness. When we learn to look for goodness, we blind selfishness and negativity, and release real love. Love unconditionally.
- **SPIRITUAL TRUTHS** - We are imperfect people living in an imperfect world. Many experiences can turn our healthy thoughts into toxic thoughts and lead us to negative emotions and unhealthy reactions. Meditate on spiritual truths in God's Word.

Embracing gratitude, loving unconditionally, and meditating on God's word empowers us to think, feel, and act in power, love, and with a sound mind.

Romans 12:2 Do not be conformed to this world; but be transformed by the renewing of your mind.

2 Timothy 1:7 God has not given us a spirit of fear, but of power, love and a sound mind.



ABOUT THE AUTHOR: Jennifer Nolan is a Professional Certified Life Coach known for her open mind, empathetic listening skills, and a passion for connecting with young adults to help them discover and create their own authentic and powerful journeys. She serves at her church in the High School Ministry program, where for the past six years she has been leading, mentoring, and living “Life” with a large group of remarkable young ladies. Jennifer also volunteers in the Care Ministry program, helping women of various ages explore the connection between their beliefs about themselves and their quality of life. She is currently working on her first book entitled, “Your Powerful Journey.”

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Perfect Life Design - Cultivating the White Space

Sharon Karise Plaché

In a world where we are rewarded for all that we do, and content is gold, have we given thought to what balances & increases the meaning of it all?

Why White Space is important.

- Gives meaning & purpose to everything in the frame.
- Directs focus & improves understanding
- Creates more effective interaction.
- Allows greater acceptance & application of what is being offered.
- Gives breathing room & digestion.

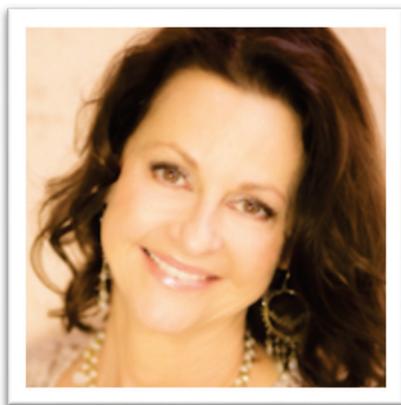
What is White Space?

- Design - the space between the elements.
- Music - the silent pause, open space between notes & phrases.
- Breath exercises - the space between the breath.
- Meditation - the space between our thoughts.
- Life - the receptive versus the active space.

How do we create White Space?

- Clear clutter.
- Take breaks from: electronics, calls, meetings, appointments, etc.
- Time outs in nature.
- Between waking up and getting up – breathe, sink, & float into a deep state of meditation & feel a greater heart energy for your day.
- After your day, before sleeping take a few moments to drop into the silence of the night. Feel it hold you in deep comfort & restore your soul.

Practice the Art of “Less is More”.



ABOUT THE AUTHOR: Sharon Plaché is a creative and caring intuitive teacher, mentor, and healer. She has been in the Healing Arts since 1989. She is a practitioner, mentor, and teacher of Theta-Healing®, NLP, MER® and Innerwise®. Her retreat center in San Diego offers classes, trainings, aquatic bodywork, therapeutic massage, yoga, meditation, and more. She is grateful to be a practitioner for the Wave Academy, which offers support to Veterans with PTSD. She is passionate about empowering clients to discover, grow, and create in all areas of their lives. Her combined thirty-five years of education and varied life experience gives her compassion and commitment.

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Phantom Reflections

Ruthe Hanson Plaché

It's a curious thing suddenly seeing oneself as a reflection in a window, especially unexpectedly. It can be quite a surprise. Perhaps it is more honest than a mirror; there is no time for positioning or primping. It is a fleeting glimpse of that moment in time.

Why does it matter?

Suddenly, a phantom voice was speaking to the deeper self and commanded attention.

What was the face saying? Did I feel ok and good about what was seen? Why was this voice not to be ignored? Were the head and the heart present at that moment?

With no surprise humanness answers in defense, "I have things on my mind. I'm on a timeline. Don't bother me with silly details."

Then, stopping to look again, there is a deep conscious awareness of knowing any moment in time is significant.

The pause, the reflective smile, the breath, feeling the body, relaxing and smiling again, the experience brings clarity and gratitude which infuses the moments with energy to carry on with grace.

Feel the lightness. Recognize the voice. The person who matters most just showed up to care and nurture the soul. Feel loved. Let the breathe go deep. From this there is a sense all is well.

The phantom has responded and changed.



ABOUT THE AUTHOR: Ruthe Hanson Plaché is creative and unique in her varied interests and abilities. She is an artist who loves gardening, a certified Life Coach, ordained Minister, BA in Music, Singer, certificated in RCFE Administration/Senior Living, and licensed in Cosmetology. Her life work grants individuality, mutual respect, and unconditional love. Her love for people and their diversity led her to host more than one hundred international students. The beauty industry has supported her dedication to allowing each person's need for acceptance through self-expression and personal identity. However, it is the value of authenticity as a mother of four and “nana” to four that is her priority.

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Sweet Somethings (Glenna) Mae Fox

“Sweet Somethings!”

When was the last time you whispered sweet nothings to someone? Have you ever considered doing it for yourself?

Our words have power. The body follows the mind. Every cell hears and feels our thoughts. What are you saying to them? Maybe you say “ My knee is killing me...or I hate my body”.

We are energetic beings and have the power to manifest illness.

The good news is, if we have the power to manifest dis-ease, then we also have the power to heal. Using the understanding that we create through thought, then we most certainly can use it to recover and heal ourselves.

Speak to your cells as if you are their guide. Encourage them, thank them, love them. Practice kindness everyday by speaking “sweet somethings” instead of reinforcing imbalance within.

Examples:

- “Today my body feels fully supported.”
- “ Every cell in my body is fully nourished and functions perfectly.”
- “ My body is amazing and grows stronger moment by moment.”

If you don't know what to say to yourself, begin with the exact opposite and turn it around. Pay attention to your words and thoughts. They create your life. Make your life A-Mae-Zing!



ABOUT THE AUTHOR: Mae Fox is a Registered Nurse, hypnotist, energy healer, and wellness coach based in the Finger Lakes region of New York. Her passion for self-healing, coupled with her innate ability to help others move from self-judgement to self-empowerment, led her to create A-Mae-Zing Mind Body Soul Center. There, her clients find a safe, sacred space in which they can heal past wounds and discover their individual paths to Wholeness. Mae is a speaker on Resilience for the medical community and public, and a board member of both the Professional Women of the Finger Lakes and Business Improvement Development for City of Canandaigua.

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Simple Strategies for a Happier Life

Bonnie Bogner

Take responsibility for your own happiness. Other's opinions are far more about them than you, and their reactions are based upon their own conditioning. When you allow others actions to define you, it will be impossible to be happy, as they will never behave exactly the way you want.

Remove obligation. How many times have you done something because it is expected of you, and resented doing it? That is obligation. If you choose to fulfill an obligation, then choose to enjoy it! If you have too many obligations in your life and you genuinely cannot enjoy them, it is time to re-evaluate your beliefs about what really matters.

Let go of attachment to outcome. Outcome is just an illusion and at the moment it is achieved, the tendency is to begin striving for something more. If you choose to be present with what you are doing right now, then the process, not just the outcome can become pleasurable.

Daily gratitude. The more you take time to be grateful, the more you can come into alignment with the good things in life, which in turn opens you up to even more good things and more happiness.

As you practice these strategies, notice your everyday happiness rise.



ABOUT THE AUTHOR: Bonnie Bogner possesses a passion and curiosity about all things metaphysical and has spent many years studying spirituality and healing modalities such as NLP, Spiritual Coaching, Hawaiian Healing, and Angels. Several years ago, the Galactic Council made their presence known to her and became her multidimensional guides. Their wisdom and teaching now blend with all her studies to create the Soul Alignment process. Bonnie lives her life as a role model and beacon of light for those who are searching for a heart-centered and spiritually-directed experience. Bonnie offers private coaching and channelling sessions and workshops, as well as spiritual retreats around the world.

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Integrating and Learning from Nature's Wisdom

Alison Anderson

Leaning into nature can assist us in turning inward. Due to the hustle and bustle of life, we can forget how important it is to connect to nature, tap into our intuition, and work with the subconscious part of our mind.

Create more expansiveness in your life today!

- Plant your feet into the ground.
- Close your eyes and imagine holding one of your problems.
- Slowly lift your hands up to the sky, offering it up to nature.
- Keep your hands raised and without expectation, ask for a solution. In silence, stay with this energy until you hear or see a word, phrase, or image.
- Journal to assist you in uncovering the fullness of this answer you have received.

Have you repeatedly seen an animal in nature? Perhaps it has a message for you! Every animal has great wisdom to help us better understand our current state. One of my clients had foxes fighting daily in her yard. After we discovered the spiritual meaning associated with foxes, my client was able to integrate a new belief around remaining calm and listening fully to her intuition. The foxes left two days later and haven't been back.

As you go IN, your life will improve and mirror nature's perfect flow!



ABOUT THE AUTHOR: Alison Anderson is the owner of Healthful Direction, a comprehensive wellness company. Alison's highly intuitive and collaborative style helps melt away limiting "roadblocks" around the areas of food allergies, health concerns, life challenges, phobias, and more. She uses high speed mindset change processes to uncover underlying core messages from the body to restore wellbeing. Alison holds a Master of Science in Clinical Nutrition, is a Certified Health Coach, and is professionally trained and self-taught in many energy healing modalities. She has more than twelve years of experience working with clients throughout the world and is passionate about helping them live the best version of themselves—mind, body, and soul.

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Easy Morning Tiffany Guske

Start your morning right with some clarity and grounding energy.

- Setting a clear intention of success for the day is a great tool for managing the stress of that long to-do list.
- Don't get lost in the anxiety of the morning rush. Instead, keep it easy by using your daily routine to help.
- Use existing morning routines as an easy way to start helpful new habits.

For morning clarity that lasts throughout the day try this exercise:

1. Pick a morning activity in your daily routine that lasts at least 2 minutes. For example: brushing your teeth, showering, sipping your morning beverage, or exercising.
2. During the activity reflect on a particular intention for the day. This may be general or specific. It's important that you are crystal clear about the intention. No wavering.
3. Once you identify an intention, visualize it happening and hold the image for a moment. It might be a general feeling you're seeking to achieve such as peacefulness. Or perhaps something more specific related to an event or relationship like a productive conversation.
4. Throughout the day tap back into this intention to stay grounded in its success and your continued clarity.

As the days pass, you will notice more clarity and less stress.



ABOUT THE AUTHOR: Tiffany's coaching style focuses on the whole person—values, motivations, relationships, and challenges. Her unique background of over 25 years of business experience, training in clinical psychology and practice as an intuitive and medium assist her in melding the worlds of business and spirituality by guiding individuals and organizations to access the brilliance of their whole selves. She has a particular passion around sharing her personal toolkit designed for navigating the world as a Highly Sensitive Person. Tiffany holds an MA in Counseling Psychology from the Adler School of Professional Psychology, a MS in HR from Loyola University Chicago and is a Licensed Professional Counselor.

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Easy Ways to Improve Your Posture

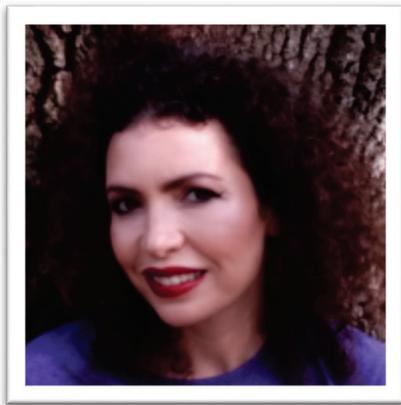
Tami Bulmash

Being mindful of how we use our body is the first step towards improving our health and posture. The answer isn't always what 'to do' to improve our posture, but rather what 'not to do' that adds stress and tension to our body. Namely, what are we 'doing' when we are sitting down? Are we arching our backs? Slouching? When we don't 'do' either of those things, we allow our backs to be in neutral spine, which promotes ease and balance in activity.

Here are some simple tips to improve posture:

- When getting out of bed, roll on your side, push yourself up with your hands, and swing your legs to the floor.
- Bring food up to your mouth when you eat, and not your head down to the food.
- Sit on stools or chairs without back support to strengthen the torso.
- Use a pillow on your lap or books on your desk to prop up electronic devices and computers so you aren't looking down at them. Maintaining eye level promotes balance in activity.
- Try to squat more! Next time you tie your shoe, try it in a squat position!

As you bring these easy practices to your body, notice how it invites more balance



ABOUT THE AUTHOR: Tami Bulmash has devoted the past seventeen years to the study, research, and teaching of the Alexander Technique. She holds undergraduate and graduate degrees rooted in the behavioral sciences, which have helped inform her approach to and understanding of human behavior. Tami has been a certified teacher of the Technique since 2009 and is a member of both the American Society for the Alexander Technique (AmSAT) and the Society of Teachers of the Alexander Technique (STAT). She is also the author of “iPosture: A Closer Look at the Lifestyle Practices of Schoolchildren.” Tami lives and works in Melbourne, Florida.

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Do You Remember The Time

Brenda Colter

In a world inundated with people who place way too much value on materialism, those with whom I have any kind of association are amazed at what I consider to be the hottest commodity on the market. Time.

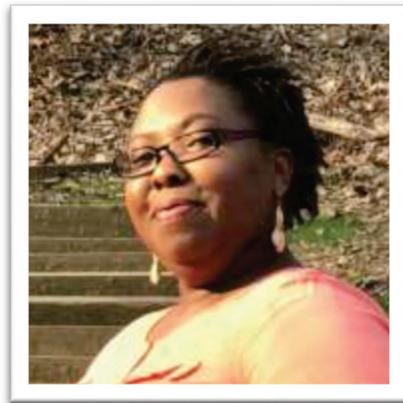
Consider the following:

- If you lose money, you can always make more.
- If you are burglarized of your belongings, you can replace them.
- I even believe that when life is lost, we are born yet again in some realm or another.

But when even one single moment in time has passed, there is absolutely no recovering it. That moment is gone... a memory.

Carefully weigh each of these points when making a decision on how to utilize your own or anyone else's time. Don't waste it, don't offer it without first weighing the pros versus cons, and don't give it without vigilant consideration. Time can make or break a relationship, kinship or partnership.

It is imperative to remember that the proper balancing of time in any given endeavor can mean the difference between success and failure, so use it wisely and with intention.



ABOUT THE AUTHOR: Brenda Colter is the owner of HER Beautiful Mind, founder of BeTheReason, and Vice President of SYLC Consulting. Brenda overcame the mistakes of her youth to climb the corporate ladder of a Fortune 500 company before deciding to follow God's calling for her life. Today, she merges her role as life coach/mentor with the Word of God to present it in a way that makes it clear and practical to others. Brenda's mission is to show the world that no matter where you've come from, no matter how you've been burned, it's always possible to rise up from the ashes and begin anew.

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Pruning Your Life

Kat Hoyer

I had a beautiful magnolia tree in my front yard that I adored. I spent a lot of time and money having this tree pruned and stabilized. It would bloom once a year for about 3-4 days before a big rain or wind would knock all the blossoms to the ground. If they weren't cleaned up, they would stain my driveway and make a mess in the yard. An arborist informed me that the tree was also depleting my soil of nutrients because it was so large. As a result, my yard was very sparse. After much contemplation, I decided to have the tree removed. Finally, my grass began to grow in plush and thick.

I realized how much this is like life. We get short term enjoyment out of people and situations but allow them to be extremely messy and deplete us the remainder of the time. Perhaps these people and situations need to be removed from your life in order to have other parts of your life flourish.

Tips to prune and beautify your life:

- Take note of who you are allowing in your life.
- Take necessary actions to set healthy boundaries around those who cost more than they benefit.



ABOUT THE AUTHOR: Kat Hoyer is the creator of STEER Your Life Coaching® and founder of SYLC Consulting. After a series of unexpected detours in her life Kat was determined to step into the driver's seat again and learn from these experiences in a way that could help others, and she created the proprietary process known as STEER. Kat has also developed SYLC Certification curriculum for other coaches and leaders that allows them to utilize this proprietary process with their own clients and teams. SYLC Consulting is currently headquartered in Akron, Ohio, with associates in Miami and San Antonio.

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FLOW Through Life

Rae Roach

Water in a stream rushes forward clearing debris in its path so it can more easily flow. Without movement, the stream becomes stagnant. This is the same for your life. Too often we do not know where to begin the flow, only to realize it begins with YOU!

You can only control you; start there. Instead of looking at everyone else and trying to forgive them for what has happened in your life, forgive yourself. Forgive yourself for the way you responded to a situation or person, not believing in yourself, or not accepting responsibility for your happiness and truth. When you forgive yourself, you are better equipped to leave your past where it belongs—in the past. The past is only the facts of your life. Do not allow it to dictate your present thus affecting your future.

When you are able to leave the past in the past, you open yourself up to limitless possibilities. As you open to possibility, you become the author of your future...your truth. Your best story yet to come!

Steps to flow through life:

- F** - Forgive Yourself
- L** - Leave Your Past Behind
- O** - Open Yourself to the Possibilities
- W** - Write Your Future

The journey continues ...



ABOUT THE AUTHOR: Rae, Founder of Women Helping Women Retreats, has a passion for showing others how to find their voice so they can speak their truth. After a challenging life journey towards finding her own authentic self, Rae is always willing to share her personal struggles and victories, as well as the ways in which she has overcome hurdles to live and enjoy a more peaceful and fulfilling life. A Compassionate Journey Guide, teacher, leader, mentor, and intuitive, Rae can quickly hone in on what is needed to powerfully present a life-changing belief or empowering message. She brings a sincere and understanding voice to her speaking engagements, workshops, seminars, and WHW Retreats.

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We Are Always Doing the Best We Can

Sandra J. Filer

Everyone is doing the best they can. When I was first presented with this idea, it blew my mind. Then when I decided to put it into practice, it changed my life.

If you take a moment to consider everyone has a story. We all grew up in some setting, with people leaving their imprint upon us. Like sponges, we soaked up the experiences through our own filtration system. By the age of roughly six years old, we made decisions about life when we were too young to make them. And from “that” place we operate. Our past plays a role in our present, until we make a decision to do life differently.

When we’re able to grasp the idea that people really are doing the best they can, given their past history, level of awareness, and knowledge, things will shift. We move from “poor me,” to a more powerful version of ourselves.

People learn what they live. Just as easily, with practice, we can unlearn and go about life in a more heart-centered way. We can seek understanding, listen with our heart, and look through eyes of compassion.

After all, we are always doing the best we can.



ABOUT THE AUTHOR: Sandra J. Filer, MBA, is an enthusiastic, high energy, believer in the human capacity to achieve whatever the mind can conceive. She specializes in working with ambitious women seeking fulfillment in their life and work. Her approach is heartfelt, effective, and immediately applicable. As the US East Coast Heal Your Life® Teacher & Coach Trainer she delivers life-changing certification programs grounded in the teachings of Louise Hay. Also known as The Happy Goddess®, her ultimate goal is to guide her clients far away from that inner critic and deeply into self-love and appreciation through coaching, retreats, and workshops.

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Create A Magnificent Life!

Robin Eagle Sage

I believe simplicity is the key to life and can be the heart of effectiveness. That being said, I created an amazingly simple and powerful tool to use to manifest any dream you desire.

Warning: material items, money, and relationships may not bring happiness.

For this reason, I suggest your goal to be A MAGNIFICENT LIFE! This way all your bases will be covered, because if you say your life is magnificent, then it will be! This is because the corresponding circumstances and events will conspire to your thoughts and feelings.

How to Create a Magnificent Life:

- Take ten long, deep breaths and smile.
- Say to yourself, “I have a magnificent life.”
- Feel the truth of the statement.
- Imagine a color that represents your magnificent life.
- Embrace the color, breathe it in, and allow it to envelope your soul.

Do this exercise daily and watch your life joyously expand and thrive!

*Note: Your colors may change day by day. This is because what you need to create a magnificent life may also change.



ABOUT THE AUTHOR: Robin Eagle Sage is a medical intuitive, healer, clairvoyant reader, channel, teacher, and author. Robin serves clients the world over through private energy readings and healings via phone and Skype. She is also the founder of Sage School of Light and teaches weekly classes on energy reading and healing (including medical intuition) in a small group conference-call. She is the author of the book, “The Financial Alchemist,” and creator of the CD, “Soul Love,” as well as three audio meditations: “Love and Joy,” “Releasing Stress and Anxiety”, and “Financial Success and Abundance.” When she is not helping people achieve their dreams, Robin is indulging her other passion: gentling wild mustangs.

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Loving Kindness

Kathy Fyler

Practicing *Loving Kindness* can expand the heart space, connect your spirit to your soul, and raise the vibration of the planet. Here are some practices to start fully “Living from Your Heart”.

- AWARENESS - Be mindful and conscious of what is going on around you. Notice if someone needs help with something. Practice random acts of kindness. This can be as simple as helping someone reach something on the top shelf in the grocery store.
- VOLUNTEER - Find a cause that is near and dear to your heart. Give of your time, energy, know-how, and spirit to the organization you choose.
- CONNECT - Spend time with loved ones—partners, parents, kids, friends, neighbors. When you are with them, be fully present. Put your phones and devices away. Give them your whole and undivided attention.
- GRATITUDE - Practice gratitude daily. Gratitude is the highest vibration energy you can experience, it feeds your heart & soul, and touches everyone around you.

As you incorporate loving kindness into your daily life, you will be rewarded tenfold. Your heart will sing, and your soul will expand. And remember to treat *yourself* with loving kindness too—you deserve it and thrive with it.



ABOUT THE AUTHOR: Kathy’s earlier career includes being a Critical Care Nurse, Project Manager for a technology firm, and owner of a \$5 million manufacturing company. In 2005, Kathy followed her calling to make “more of a contribution to what matters most in this world”. Using her experience and passion for technology and people, she co-founded Powerful You! Women’s Network and Powerful You! Publishing to fulfill her personal mission of assisting women in creating connections via the internet, live meetings and the published word. Kathy is an Amazon #1 Bestselling Author who loves to travel the country connecting with and teaching women.

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Are You a Giver or Receiver? Why Not be Both?

Sue Urda

Gratitude is a feeling in your heart that resonates through your entire body. It doesn't matter if you are on the giving or receiving end of gratitude—the feeling in your body, heart, and soul is the same. As it moves through you, gratitude literally makes you healthier and happier. You can feel it.

On the receiving end of gratitude, we recognize warmth coming into our heart.

On the giving end we send forth this same warmth from our own heart.

Perhaps the most amazing quality of gratitude is that we cannot give thanks and appreciation without also receiving many benefits. The feelings of goodness are exponentially multiplied and reverberate within us, through us, then out into the world, and right back to us.

It is in giving that we receive. It is in receiving that we give back.

There are always at least two sides to every interaction, so it is your responsibility to be gracious and generous whether you are the giver or receiver. Set your mind and open your heart in an attitude of gratitude and you will be exponentially blessed.

Giving and Receiving. Ahhhh... What a beautiful way to live!



ABOUT THE AUTHOR: Sue Urda is the Feel Good Guidess. She is an Award-Winning and #1 Bestselling Author, Speaker, Inspirer, and Co-Founder of Powerful You! Women's Network & Powerful You! Publishing. Sue is a two-time honoree on INC Magazine list of the 500 Fastest-Growing Private Companies. Having started three companies since 1989, Sue knows the challenges and joys businesses face, and she is committed to helping entrepreneurs and all women thrive, get connected, share their stories, and feel good. Sue loves assisting individuals in their pursuit of success, purposeful living, and freedom. Sue's mission is to help people *find the feel good* and live in that space every day.

Sue Urda ~ Your Feel Good Guidess

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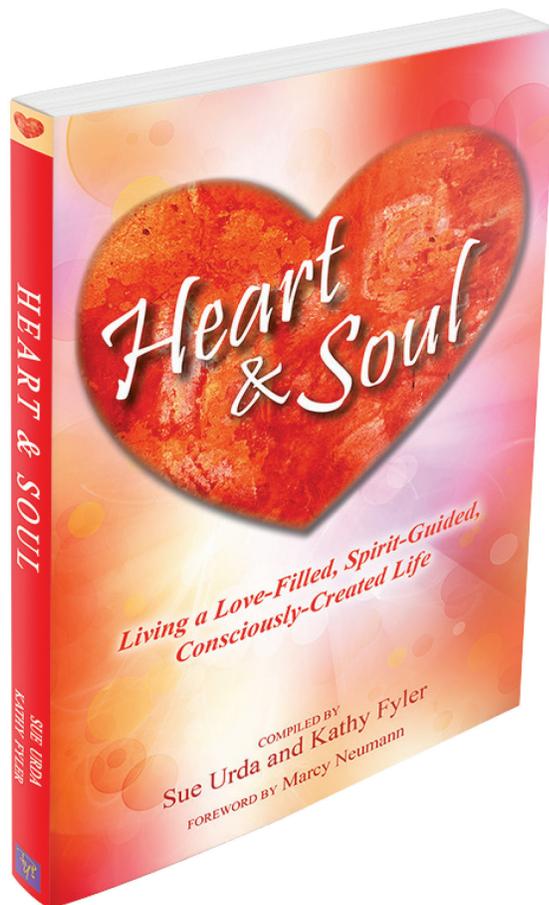
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