

SOULTECH

MAGAZINE



**REINCARNATION,
HEALING FASCIA, 5 MUST
HAVE FOODS,
HOW TO BUILD
A SELF LOVE
PROGRAM + MORE**

NEW DOCUMENTARY EXCLUSIVE

NIRVANA

A Psychic's Wild & Inspiring Journey to the Final Rebirth

EDITOR'S LETTER



Beautiful Souls,

Every so often, a story comes along that reminds us why we chose the path of transformation, to seek truth, to heal, and to remember who we really are. This issue of SoulTech Magazine celebrates that journey of awakening, featuring an intimate and revealing conversation with Shaman Isis about her powerful new documentary, *Nirvana: A Psychic's Wild & Inspiring Journey to the Final Rebirth*.

In this groundbreaking film, Shaman Isis takes us deep into the terrain of consciousness, sharing raw, vulnerable, and often mystical moments from her own path to enlightenment. It's not just a story of psychic awakening; it's a reminder that Nirvana is possible for all of us when we choose to face our shadows and live as our truest selves.

Alongside this inspiring feature, we explore the many dimensions of healing, body, mind, and soul. You'll find insightful articles on the science of fascia and trauma storage, with guidance on how to release emotional pain stored in the body, and a fresh perspective on building a self-love program that goes beyond affirmations to true self-acceptance and empowerment.

We've also curated practical wisdom for everyday living—the five must-have foods for a healthy, balanced diet, plus mindful tips for deepening your meditation and raising your vibration. And for those curious about the mysteries of existence, our feature on reincarnation explores what happens between lives and how understanding the soul's evolution can bring greater meaning to this one.

At SoulTech, we believe transformation is both science and spirit—a fusion of conscious living and soulful discovery. This issue is a celebration of that union, a love letter to the seekers, healers, dreamers, and creators who are daring to awaken in this remarkable age.

Love & light,

Cynthia L. Elliott
Shaman Isis
Editor
ShamanIsis.com
SoulTechFoundation.org



Contents

- 04 *Power of Water*
- 08 *Spiritual Warrior*
- 10 *Nirvana Documentary*
- 16 *Eco Fashion w/ Intention*
- 23 *Spiritual Art*
- 33 *Building a Self-Love Program*
- 41 *Healing Your Fascia*
- 48 *5 Healthiest Foods*

SHAMAN ISIS'
SOULTECH MAGAZINE
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INTENTION



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BITCHES, AND ECO
EARTH ANGELS

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THE VITAL ROLE OF WATER: FUELING YOUR BODY'S ENGINE FOR OPTIMAL HEALTH AND LONGEVITY

By Shaman Isis

Water is the essence of life, comprising about 60% of the human body and serving as the foundation for nearly every physiological process. From regulating temperature and transporting nutrients to flushing toxins and lubricating joints, water is indispensable. Without adequate hydration, the body's systems falter, leading to a cascade of negative effects on energy, cognition, organ function, and even lifespan.

Conversely, proper hydration unlocks profound benefits, enhancing physical performance, mental clarity, and resilience against chronic diseases. Scientific evidence underscores that staying well-hydrated can slow aging, reduce disease risk, and promote longevity.

Dehydration occurs when fluid loss exceeds intake, even mildly at 1-2% body weight. This triggers stress responses, impairing blood flow, oxygen delivery, and cellular function. The brain, 75% water, is particularly vulnerable. Mild dehydration shrinks tissue, disrupts neurotransmitter balance, and demands extra effort for basic tasks.

Chronic low hydration elevates serum sodium, accelerating biological aging and heightening risks for heart disease, diabetes, and premature death.

Effects of Dehydration (Negatives):

Brain and Cognition: Impairs attention, memory, reaction time, and executive function; increases confusion, irritability, anxiety, depression, and fatigue. Even 1-2% loss reduces cognitive performance by up to 20%, with greater impact in children, elderly, and women.

Energy and Mood: Drains vitality, causing sluggishness, headaches, and reduced motivation; heart works harder, slowing oxygen circulation.

Physical Performance: Decreases endurance, strength, and coordination by 10-25%; muscle cramps, overheating.

POSITIVE AND NEGATIVE EFFECTS OF HYDRATION OR DEHYDRATION

Organs and Systems: Strains kidneys (higher stone risk, reduced filtration), heart (elevated disease risk), skin (dryness, wrinkles), digestion (constipation, bloating).

Longevity: Linked to faster aging, chronic conditions (e.g., heart/lung disease), and shorter lifespan; poor hydration doubles depression/anxiety risk.

Effects of Proper Hydration (Positives):

Brain and Cognition: Boosts focus, memory, mood stability; reduces anxiety/depression risk; improves sleep and mental flexibility.

Energy and Mood: Enhances alertness, reduces fatigue; stabilizes emotions for better daily pep.

Physical Performance: Increases endurance, strength; aids recovery, thermoregulation.

Organs and Systems: Supports kidney filtration (prevents stones/infections), heart health (better circulation, lower disease risk), glowing skin (elasticity, hydration), smooth digestion.

Longevity: Slows aging markers; lowers chronic disease risk (heart, kidney, cancer); promotes healthier, longer life. Well-hydrated adults live disease-free longer.

Aim for 11.5-15.5 cups daily (women/men), including water-rich foods. Thirst and urine color (pale yellow) guide you. Hydration isn't just survival. It's the key to thriving. Prioritize water daily for vibrant energy, sharp mind, resilient body, and extended vitality.

I really struggled with drinking water and found that for me, drinking a glass at a time works for me, sipping all day just isn't my thing. Find what works for you!

With love and compassion,

Shaman Isis



CARLTON JONES



CARLTON JONES

WHO MADE
THE LIST

SPIRITUAL WARRIOR



WE ASKED THE SOULTECH TEAM TO SHARE SPIRITUAL THOUGHT LEADERS
THEY ADMIRE. EACH ISSUE, WE FEATURE A PERSON WE THINK IS A SPIRITUAL BADASS.

Legend

Thích Nhất Hạnh



**EACH ISSUE WE
HONOR AN
INSPIRING TEACHER**

Thich Nhat Hanh, born Nguyen Xuan Bao on October 11, 1926, in central Vietnam, emerged as one of the most influential Buddhist leaders of the 20th century. Ordained as a monk at age 16 in the Zen tradition at Tu Hieu Pagoda in Hue, he quickly dedicated himself to renewing Buddhism amid Vietnam's turmoil. By the 1960s, he coined "engaged Buddhism," blending meditation with active social change, founding the School of Youth for Social Service to aid war victims and rebuild villages during the Vietnam War.

His outspoken calls for peace led to exile in 1966 after both North and South Vietnamese governments banned his return. In the West, he met figures like Martin Luther King Jr., who nominated him for the 1967 Nobel Peace Prize, calling him "an Apostle of peace and nonviolence." Settling in France, he established Plum Village in 1982, a mindfulness practice center that grew into a global network of monasteries and sanghas (communities).

A prolific author of over 100 books, including classics like *The Miracle of Mindfulness* (1975) and *Peace Is Every Step* (1991), Thich Nhat Hanh popularized mindfulness as everyday practice. Walking, breathing, or eating with full awareness. His teachings emphasized interbeing: all things are interconnected, and true peace begins within. Iconic quotes include: "Smile, breathe and go slowly" and "The present moment is filled with joy and happiness. If you are attentive, you will see it."

After a 2014 stroke left him unable to speak, he returned to Vietnam in 2018, passing away peacefully at Tu Hieu Pagoda on January 22, 2022, at age 95. His legacy endures through Plum Village's 11 centers, thousands of lay practitioners, and mindfulness's mainstream adoption in education, business, and therapy. Thich Nhat Hanh transformed ancient wisdom into tools for modern healing, proving that "our own life has to be our message."

NIRVANA

A PSYCHIC'S WILD AND INSPIRING JOURNEY TO THE FINAL REBIRTH





INTERVIEW WITH SHAMAN ISIS: ON HER NEW DOCUMENTARY, SURVIVING, & BUILDING A BETTER FUTURE THROUGH SOULTECH

Interviewer: Cynthia—Shaman Isis—you've lived about nine lives already, and now you've made a film called *Nirvana: A Psychic's Journey to Final Rebirth*. Let's start there. What inspired you to tell this story now?

Shaman Isis: [Laughs] You mean besides wanting to finally graduate Earth school? Honestly, *Nirvana* has been decades in the making. It's my life story—growing up in an orphanage, escaping traffickers, rebuilding under an alias with the FBI's help, and then somehow becoming a publicist for the World Trade Center during 9/11. My life has been a blend of the mystical and the miraculous—and sometimes the totally insane. But I realized that if I could survive all that and still find peace, I needed to share how. People are hungry for healing and hope, and *Nirvana* is really a love letter to the human spirit.

Interviewer: It's an incredibly brave story—trauma, survival, and ultimately transcendence. But you don't present yourself as a victim in the film. There's humor and even joy woven through the pain.

Shaman Isis: That's because life is hilarious. Even in the darkest moments, there's this cosmic comedy going on. I mean, imagine being a psychic with PTSD—spirits popping in while you're trying to meditate, and you're like, "Guys, can we not right now?" [Laughs] Humor is healing. It keeps us from getting stuck in the heaviness of what we've been through. And my goal has always been to show people that no matter how wild your story is, you can turn it into something beautiful.

Interviewer: The film's tagline—"A Psychic's Journey to Final Rebirth"—suggests this might be your last trip around the karmic block. Do you really think this is your final reincarnation?

Shaman Isis: Oh, I've filed the paperwork with the Universe! [Laughs] But seriously, yes. This lifetime was about completion—healing all the old wounds, forgiving everyone (including myself), and mastering emotional freedom. I've been told by my guides that this is it—if I can stay in alignment and keep doing the work. So no pressure, right?

Interviewer: *Nirvana* isn't just a spiritual documentary—it's also visually stunning. You blend interviews, archival footage, and these ethereal, almost dreamlike sequences. Can you talk about your creative approach?

Shaman Isis: Absolutely. I wanted *Nirvana* to feel like a spiritual awakening—not just tell you about one. So, we used light, sound, and cymatic visuals to mirror what's happening energetically. When you see waves of color or hear these frequencies, they're not random; they're the actual vibrations from my sound healings. It's part of what I do with SoulTech—using technology to raise consciousness through immersive experiences.

Interviewer: That's a perfect segue. SoulTech has been busy this year! You've hosted TEDxMizner, the HER Health Summit, and launched the AI Literacy Program. What's driving all this momentum?

Continued: Shaman Isis Interview

Shaman Isis: I think we're all feeling the same thing—this collective calling to evolve. At SoulTech Foundation, our mission is to use innovation and consciousness to make the world better. TEDxMizner was about inspiring visionary thinking; HER Health Summit focused on women's well-being and empowerment; and our AI Literacy Program is teaching people—especially women and students—how to use AI ethically and creatively. We're living in the most transformative era in human history, and SoulTech's goal is to help humanity rise with technology, not be crushed by it.

Interviewer: You've managed to combine the mystical with the technological—a rare balance. How do you see that connection?

Shaman Isis: Oh, they're not opposites at all. AI is just consciousness expressed through code. It's the digital mirror of the human mind. We can either teach it fear and greed—or love and wisdom. That's why AI literacy is so important. The future isn't about replacing humanity; it's about expanding it. Think of it as a massive spiritual upgrade disguised as a tech revolution.

Interviewer: I love that. You often talk about "raising consciousness through creation." How does Nirvana fit into that mission?

Shaman Isis: Nirvana is the heart of it. It's the story that started it all—the healing journey that gave birth to everything I do at SoulTech. The retreats, the summits, even the Future Festival—we're all just finding ways to remind people that they are powerful creators. Once you reclaim your consciousness, you can design your life, your relationships, even your reality. Nirvana shows that it's possible to transmute pain into purpose.

Interviewer: And yet you're still incredibly grounded. You don't shy away from calling out nonsense when you see it.

Shaman Isis: [Laughs] Oh, absolutely. Spirituality doesn't mean floating off in white robes humming at crystals. It's about facing your shadow, owning your power, and calling bullsh*t when needed—with love, of course. The world doesn't need more gurus; it needs more authentic humans.

Interviewer: Spoken like someone who's lived it. So, what do you hope people feel after watching Nirvana?

Shaman Isis: I hope they feel seen. I hope someone out there who's surviving trauma, loneliness, or spiritual confusion realizes that they're not broken—they're awakening. The cracks are where the light gets in. And maybe they'll laugh a little, cry a lot, and leave thinking, "If she can do it, so can I."

Interviewer: Beautiful. And finally, what's next for Shaman Isis and SoulTech?

Shaman Isis: Oh, just a small thing—building a global movement. [Laughs] We're taking SoulTech's message on the road with more retreats, festivals, and educational programs. I want to see communities around the world empowered with both ancient wisdom and modern tools. The future is bright—and it's conscious.

Interviewer: Cynthia, you're a force of nature. Congratulations on Nirvana and all you're doing through SoulTech.

Shaman Isis: Thank you, beautiful soul. And remember—don't wait for your next life to find Nirvana. You can start right now.



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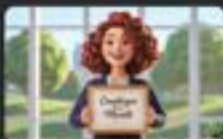
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A close-up photograph of a butterfly with black and white patterned wings feeding on a purple flower. The butterfly's wings are spread, showing a complex pattern of black veins and spots on a white background. The flower is a cluster of small, vibrant purple blossoms. The background is a soft, out-of-focus green.

**INSPIRING BUTTERFLIES
PHOTOGRAPHY OF SHAMAN ISIS**















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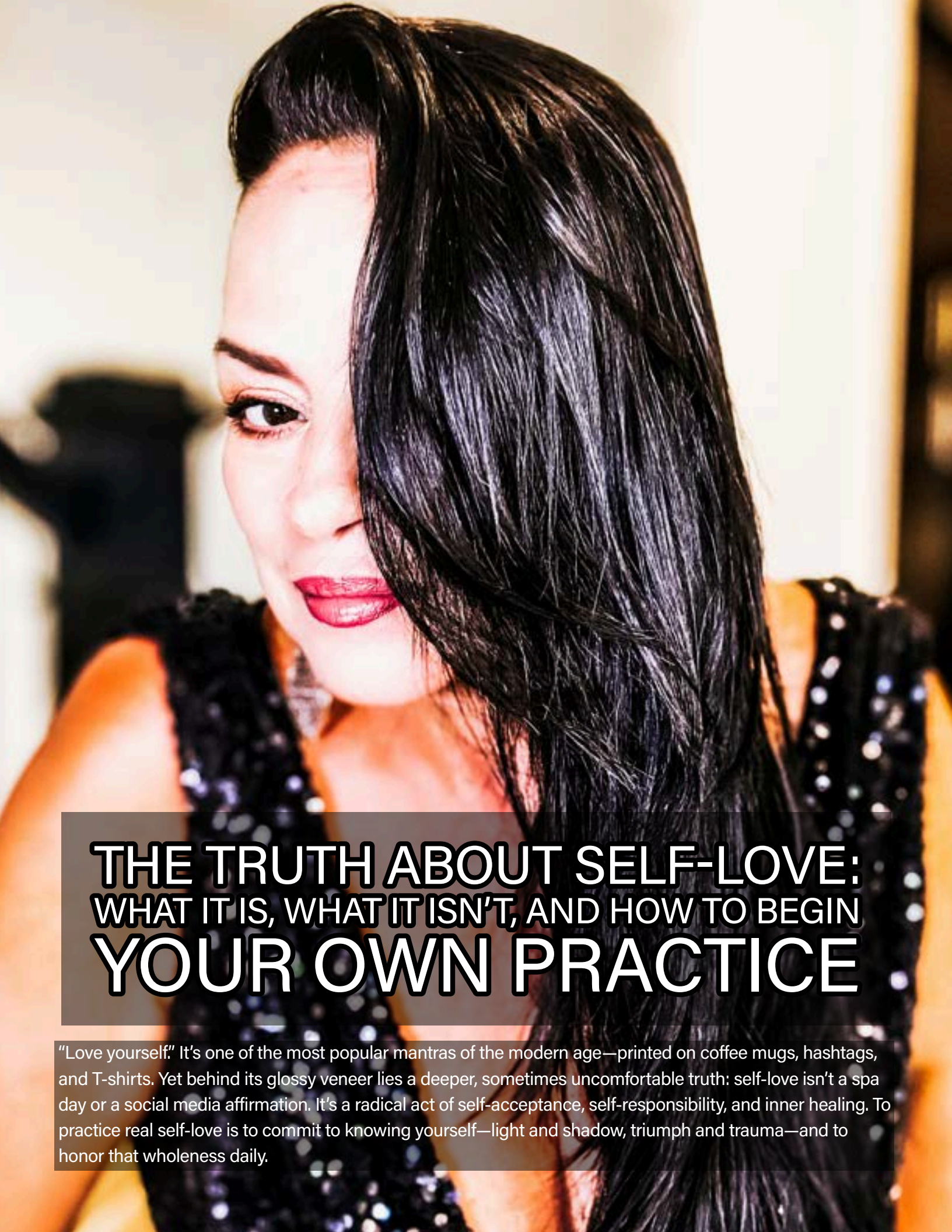
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A close-up portrait of a woman with long, dark, wavy hair. She is looking over her right shoulder towards the camera with a slight smile. She has red lipstick on. She is wearing a dark, sequined or beaded top. The background is softly blurred, showing warm indoor lighting.

THE TRUTH ABOUT SELF-LOVE: WHAT IT IS, WHAT IT ISN'T, AND HOW TO BEGIN YOUR OWN PRACTICE

"Love yourself." It's one of the most popular mantras of the modern age—printed on coffee mugs, hashtags, and T-shirts. Yet behind its glossy veneer lies a deeper, sometimes uncomfortable truth: self-love isn't a spa day or a social media affirmation. It's a radical act of self-acceptance, self-responsibility, and inner healing. To practice real self-love is to commit to knowing yourself—light and shadow, triumph and trauma—and to honor that wholeness daily.

What Self-Love Is Not

Before defining what self-love truly is, it helps to dispel a few myths.

1. Self-love is not narcissism.

True self-love isn't about superiority or self-absorption. Narcissism is a fragile ego demanding external validation. Self-love, on the other hand, is the quiet confidence that comes from accepting who you are—without needing others to confirm it.

2. Self-love is not selfish.

Many of us were conditioned to believe that loving ourselves means neglecting others. In truth, people who value and care for themselves are better equipped to love, serve, and support others. You can't pour from an empty cup.

3. Self-love is not indulgence.

A massage, a treat, or a day off can be acts of self-care, but self-love runs deeper. It's not about temporary comfort—it's about lasting growth. Sometimes loving yourself means doing what's hard: setting boundaries, walking away, saying no, or facing uncomfortable truths.

4. Self-love is not perfection.

You do not need to become a flawless version of yourself before you are worthy of love. Real self-love embraces imperfection as part of the human experience. It's not about fixing yourself—it's about nurturing yourself through life's evolution.

What Self-Love Is

1. Radical self-acceptance.

Self-love begins with acknowledging your authentic self—all your emotions, past choices, and evolving beliefs. Acceptance does not mean complacency; it means you stop fighting your own being. From this foundation, change becomes organic, not forced.

2. A commitment to self-awareness.

To love yourself, you must know yourself. That means noticing your patterns, triggers, and desires without judgment. Journaling, therapy, meditation, and honest reflection all cultivate this awareness. Awareness creates the space to choose differently instead of living on autopilot.

3. Respect for your own needs and boundaries.

Self-love speaks the language of boundaries. It's saying "no" when you mean no and "yes" when you mean yes. It's choosing relationships, careers, and habits that align with your well-being rather than your fears.

4. Compassion in action.

Self-love is tender yet powerful. It's the inner voice that says, "You're doing your best," when your inner critic screams otherwise. It's showing yourself the same patience and forgiveness you offer to the people you care about.

5. Responsibility for your own happiness.

When we rely on others to make us feel loved, we become dependent and resentful. Self-love teaches emotional sovereignty—the understanding that your peace, joy, and fulfillment come from within. Others can enhance your happiness, but they cannot create it for you.

How to Begin a Self-Love Practice

You don't need to overhaul your life overnight. Start small. Self-love grows through consistent, conscious acts that honor your mind, body, and soul.

1. Create a self-love ritual.

Dedicate a few minutes each morning to connecting with yourself. Light a candle, breathe deeply, and ask, "What do I need today?" Write the answer in a journal. Over time, this becomes a sacred conversation between your higher self and your human self.

2. Rewrite your inner dialogue.

Pay attention to how you speak to yourself. Would you talk that way to someone you love? When you catch your inner critic, pause and reframe. Replace "I'm such a failure" with "I'm learning." Replace "I'll never be enough" with "I'm already growing into my potential."

3. Practice emotional honesty.

Allow yourself to feel without judgment. Emotions are messengers, not enemies. Instead of pushing away sadness, anger, or fear, ask, "What are you trying to show me?" Emotional awareness transforms pain into wisdom.

4. Nurture your body as your temple.

Your physical body is the home of your spirit. Honor it with nutritious food, movement, water, and rest. Instead of punishing it into shape, listen to its needs. The more you care for your body, the easier it becomes to trust yourself on all levels.

5. Set energetic boundaries.

Notice who and what drains your energy. You have the right to distance yourself from chaos, gossip, or emotional vampires. Protecting your peace is not cruelty—it's self-respect.

6. Forgive yourself often.

You cannot change the past, but you can change your relationship with it. Guilt and shame keep you anchored to old versions of yourself. Forgiveness frees you to evolve. Each day, remind yourself: "I am not my mistakes; I am my becoming."

7. Celebrate your small wins.

Every step toward self-awareness, healing, or growth deserves acknowledgment. When you recognize your progress, you reinforce a loving relationship with yourself.

The Deeper Purpose of Self-Love

Self-love is not just personal—it's profoundly spiritual. When you learn to honor and nurture yourself, you raise your vibration, contributing to a more compassionate collective consciousness. Loving yourself teaches the world what love looks like in action.

It's also political in the most beautiful way. In a culture that profits from self-doubt, choosing to love yourself becomes an act of rebellion. It says: I refuse to believe I'm unworthy. I refuse to stay small so others feel comfortable.

Self-love does not end when you reach confidence or peace—it's a lifelong dance between self-awareness and self-compassion. Some days it's easy; others, it's gritty and raw. But every time you choose to return to yourself with kindness, you strengthen your foundation for every relationship, dream, and goal that follows.

Final Thoughts

The truth about self-love is this: it's not a feeling you wait for—it's a practice you build. It's showing up for yourself again and again, even when it's uncomfortable. It's being your own safe place in a world that profits from your insecurity.

When you commit to loving yourself, you become whole—and from wholeness, everything beautiful becomes possible.



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The image features a motivational quote centered on a background of a sunset or sunrise. The sky is a warm, orange-brown color, and the silhouettes of bare tree branches are visible against it. The quote is written in a bold, sans-serif font, with each line of text contained within a white rectangular box. The boxes are stacked vertically, with thin white lines separating them. The text is as follows:

WHEN YOU

FEEL LIKE

QUITTING,

THINK ABOUT

WHY YOU

STARTED.



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FASCIA AND TRAUMA STORAGE: HOW THE BODY HOLDS AND HEALS EMOTIONAL PAIN

Fascia is the body's connective tissue — a thin, web-like network that surrounds every muscle, bone, nerve, and organ. It gives the body structure, flexibility, and communication. When healthy, fascia is supple and fluid, allowing energy and movement to flow freely. But when we experience physical or emotional trauma, the fascia can tighten, thicken, and harden, creating areas of restriction that trap pain and emotion within the body.

Science is beginning to confirm what holistic healers have known for centuries: the body remembers. Emotional stress and unprocessed trauma can manifest as tension, stiffness, or chronic pain, often long after the original experience. These “body memories” are stored in the fascia because it is rich with sensory nerve endings and communicates continuously with the nervous system.

When fascia becomes restricted, the body's energy flow is disrupted. This can lead to physical symptoms like headaches, fatigue, and back pain, as well as emotional symptoms such as anxiety or a sense of heaviness. Healing fascia means not only restoring physical mobility but also releasing trapped emotions and allowing the body to re-establish harmony.

Tips for Healing Fascia and Releasing Trauma

Myofascial Release: Gentle sustained pressure—through massage, foam rolling, or a practitioner—helps melt adhesions and restore flow.

Movement Therapy: Yoga, stretching, and dance create elasticity and help the body “unwind” emotional tension.

Breathwork: Deep, conscious breathing regulates the nervous system and encourages fascia to soften.

Hydration: Fascia is 70% water; drinking plenty of pure water keeps it supple.

Mind-Body Awareness: Meditation and somatic practices help you tune into where emotions live in your body so you can release them gently.

Healing fascia is a journey of reconnecting body, mind, and spirit—a slow, sacred unwinding that restores both freedom and peace.

THE TRANSFORMATIVE POWER OF JOURNALING: WHY IT'S GOOD FOR YOU AND HOW TO START

Journaling is one of the simplest yet most powerful tools for self-awareness and healing. It's more than keeping a diary—it's a conscious practice that helps you process emotions, clarify thoughts, and connect to your inner wisdom. When you put pen to paper, you create space between yourself and your thoughts, allowing reflection instead of reaction.

Research shows that journaling can reduce stress, boost mood, improve immune function, and even strengthen memory. Emotionally, it helps you make sense of experiences by translating feelings into words. Writing slows down your racing thoughts and allows you to see patterns in your behavior, relationships, and beliefs. It becomes a safe place to express what might otherwise stay buried—anger, grief, gratitude, or dreams.

Spiritually, journaling can be a form of meditation. It grounds you in the present moment and opens a channel to your higher self or intuition. It's where inspiration often reveals itself when the mind quiets down.

Tips for a Powerful Journaling Practice

Create a sacred space. Choose a quiet spot and a journal that feels special to you. Light a candle, play soft music, or begin with a few deep breaths.

Write freely. Don't worry about grammar or structure—let your thoughts flow without censorship.

Use prompts. Try questions like "What am I feeling right now?" or "What do I need to release?" to spark deeper reflection.

Be consistent. Even five minutes a day builds self-awareness over time.

End with gratitude. Finish each entry by noting something positive or something you've learned.

Journaling transforms chaos into clarity. It's a conversation with your soul—one that heals, guides, and reminds you who you truly are.¹⁰ Strengthens immunity by allowing the body to repair and rejuvenate.

NIRVANA

A PSYCHIC'S WILD AND INSPIRING JOURNEY TO THE FINAL REBIRTH



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DEALING WITH TRIGGERS: TURNING EMOTIONAL REACTIONS INTO OPPORTUNITIES FOR HEALING

We all have triggers—those moments when a word, look, or situation suddenly provokes a strong emotional reaction that feels bigger than the present moment. Triggers are not signs of weakness; they're invitations to heal. They occur when something in the present reminds your subconscious of unprocessed pain or unmet needs from the past.

When triggered, your body activates a stress response. Your heart rate quickens, your muscles tighten, and your thoughts race. This is the nervous system's way of protecting you, but it can also keep you trapped in old emotional loops. The key is learning to recognize the trigger, pause, and consciously choose your response instead of reacting on autopilot.

Understanding the Source

Most triggers are rooted in earlier experiences—times when you felt unsafe, unseen, or unloved. When those wounds aren't acknowledged, similar experiences later in life can reopen them. Recognizing this pattern helps you shift from shame ("Why am I overreacting?") to compassion ("Something in me is asking to be healed:").

Tools for Managing and Healing Triggers

Pause and Breathe: When triggered, take three slow, deep breaths. This signals your nervous system that you're safe and helps interrupt the emotional spiral.

Name What You Feel: Labeling emotions—anger, fear, sadness—engages the rational brain and reduces intensity.

Ground Yourself: Notice your surroundings. Feel your feet on the floor or place a hand on your heart. Returning to the body helps anchor you in the present.

Reflect Later: Once calm, journal about what happened. Ask: What did I feel? Where did it come from? What did I need in that moment?

Practice Compassion: Treat yourself gently. Healing takes time and patience.

Seek Support: Therapy, energy work, or somatic healing can help release trauma from the body.

Each trigger is a teacher, showing you where love and attention are needed most. When you meet your pain with presence instead of judgment, you transform reaction into revelation—and every trigger becomes a doorway to deeper peace.

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THE 5 MOST IMPORTANT FOODS FOR A HEALTHY, BALANCED DIET



Good health begins with what you feed your body. Food isn't just fuel—it's information that tells your cells how to function. A balanced diet rich in whole, nutrient-dense foods supports energy, longevity, mental clarity, and emotional balance. While everyone's body is unique, these five categories of foods form the foundation of a vibrant, healthy life.

1. Leafy Greens

Spinach, kale, Swiss chard, arugula, and collard greens are packed with vitamins A, C, K, and folate, plus minerals like magnesium and iron. They support detoxification, hormonal balance, and strong bones. Aim to include greens in at least one meal a day—add them to smoothies, soups, or salads for an instant health boost.

2. Colorful Vegetables

The deeper the color, the higher the phytonutrient content. Carrots, beets, bell peppers, broccoli, and sweet potatoes are rich in antioxidants that fight inflammation and strengthen immunity. Eating a “rainbow” of vegetables ensures you're getting a wide range of protective compounds that support every organ system.

3. High-Quality Protein

Protein builds muscle, repairs tissue, and keeps you feeling full. Choose clean sources such as wild-caught fish, organic eggs, lean poultry, or plant-based options like lentils, quinoa, chickpeas, and tofu. If you eat animal protein, prioritize grass-fed or pasture-raised options to reduce toxins and increase nutrient quality.

4. Healthy Fats

Good fats are essential for brain function, hormone production, and glowing skin. Avocados, nuts, seeds, olive oil, and fatty fish like salmon or sardines provide omega-3 fatty acids that reduce inflammation and protect the heart. Avoid processed oils and choose cold-pressed varieties whenever possible.

5. Fermented and Fiber-Rich Foods

Your gut health affects everything from mood to immunity. Incorporate probiotic foods like yogurt, kefir, sauerkraut, kimchi, and kombucha, along with fiber-rich foods like oats, chia seeds, and vegetables. Together, they feed and balance the gut microbiome—the cornerstone of total wellness.

When these five food groups become daily staples, your body naturally aligns with vitality. Eat mindfully, stay hydrated, and remember—nutrition is an act of self-love.

THE POWER OF MEDITATION: RETURNING TO THE STILLNESS WITHIN

In a world that moves faster every day, meditation is an act of quiet rebellion. It's the art of slowing down, turning inward, and reconnecting with the steady center beneath the noise of life. Meditation is not about escaping reality—it's about becoming fully present in it.

When you meditate, you train your mind to observe rather than react. Over time, this simple practice rewires the brain. Studies show that regular meditation reduces stress, lowers blood pressure, enhances focus, improves emotional regulation, and even strengthens the immune system. On a spiritual level, meditation opens a doorway to inner peace, intuition, and a sense of connection with something greater than yourself.

The true power of meditation lies in consistency. Just as physical exercise strengthens the body, mental stillness strengthens the mind. With daily practice, you begin to notice subtle shifts: fewer emotional spikes, greater clarity, deeper sleep, and a more compassionate outlook on life.

Tips for Building a Meditation Practice

Start Small: Begin with 5–10 minutes a day. Over time, gradually extend your sessions as your mind adjusts to stillness.

Create a Sacred Space: Choose a quiet spot in your home. Light a candle, play soft music, or sit near natural light to signal your mind that it's time to slow down.

Focus on the Breath: Your breath is your anchor. When thoughts arise, gently bring your attention back to each inhale and exhale without judgment.

Try Guided Meditations: Apps, videos, or recorded sessions can help beginners stay focused and establish routine.

Stay Consistent: The benefits compound over time. Even brief daily meditation is more powerful than long, infrequent sessions.

End with Gratitude: After meditating, take a moment to acknowledge the peace you've cultivated and carry it into your day.

Meditation is a return to yourself—to the calm, infinite awareness that's always been there. In that stillness, you remember who you truly are.

THE ATTITUDE WE WEAR

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KARLA MARCHI
Intuitive Healer
Casa Alternavida
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Special Contributors

Fab Bliss is a native New Yorker whose path has been a wild journey from the world of entertainment media and public relations to the holistic & sensual arts. She graduated from The New School for Social Research in 1996 as an already published author and launched MIA, the first English-language Latino lifestyle magazine, in the same year. Her freelance journalism career ran the gamut of the NY culture scene from being a nightlife reporter for Paper and Next magazines, to entertainment columnist for the NY Post to having her very own relationship advice column for BET.Com. She has written for a variety of major publications both in print and online and worked as a publicist for NBC news.

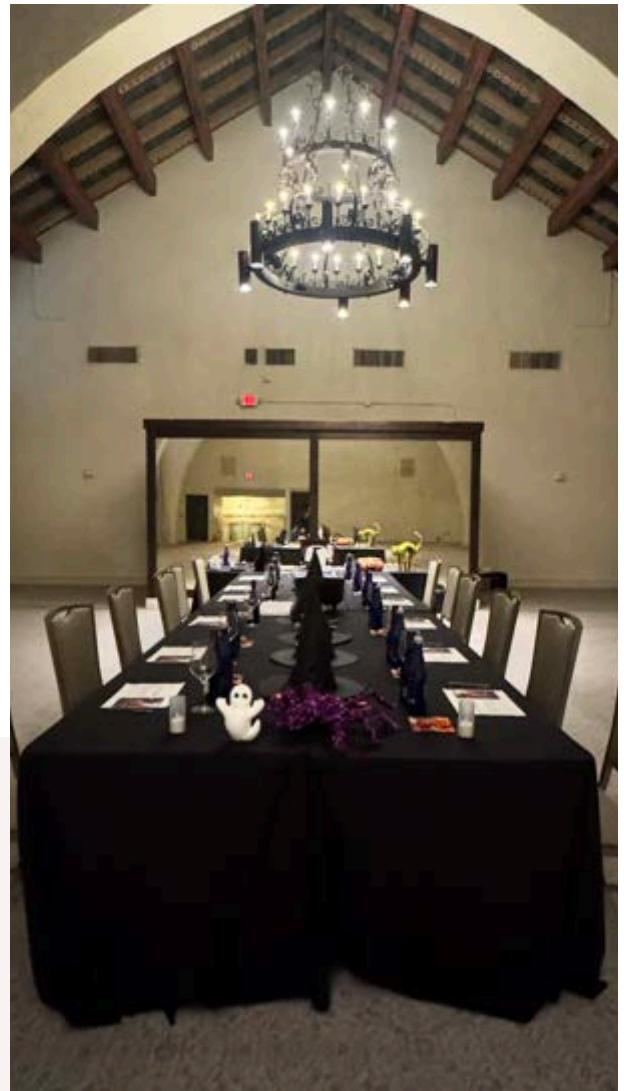
In 2003 Fab took a hiatus from the accelerated pace of content creation to pursue her passion for holistic healing and spent many years studying the esoteric practices of tantra, yoga, and shamanic breathwork. As a certified Tantra instructor and life coach, she brings a unique perspective to her work and is passionate about turning people on—not simply in a physical sense, but to experiencing sensuality as a gateway to the wisdom of your body, mind and spirit. Currently she is the CEO of Bliss Bodytemple, a multi-tiered collective of brands that promote holistic sensuality through bodywork, wellness retreats, and events.



Carlton Jones began turning heads early in his career as the stylist to begin the transformation of the image of Queen Latifah from rapper to the beautiful songstress we know today. With over two decades of experience serving as an image consultant, fashion director, style correspondent and wardrobe designer, Carlton began combining his love of style and fashion, with elation received from traveling to some of the most breathtaking destinations imaginable. The genesis of his eponymous, resort-inspired collection utilizes his experience dressing bodies, ranging from Halle Berry and Erykah Badu to Aretha Franklin and Michelle Obama

As a result of this aptitude and ambition, in 2020 Carlton became one of the recipients selected for the Icon 360 x A Common Thread \$1 Million Grant facilitated by The CFDA and VOGUE. These resources fuels Carlton's ambition to create travel inspired clothing that are suitable for the streets of any metropolitan city. Carlton has fused his fondness of relaxed fluidity, sensual fabrics, colors and prints along with a seasoned ability to forgive and accentuate. With that, aesthetic comes the brand's anchoring belief; Resort isn't a destination; it's a Feeling!

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