

The Prairie Soul: Caley Brown on Photography and Presence

BY: TERESA ROULETTE
HighVibeTimes.ca

In the vast prairie landscapes, where the wind hums and the sky stretches endlessly, photographer Caley Brown finds her sanctuary. Her images, rich with quiet reverence, capture the stillness and subtle beauty often overlooked. Through both her camera and work as a massage therapist, Caley has spent years attuning to energy, movement, and the unspoken language of the world. For her, photography is less about composition and more about noticing. In this interview, Caley reminds us that when we embrace what truly lights us up, we offer the world something deeper—an honest, heart-centered presence vibrating with love and possibility.

Teresa: Your photos feel like small moments of prayer — soft, attentive, deeply human. Do you see your photography as a spiritual practice?

Caley: I love the way you described my photos—that's truly a wonderful compliment. I don't often think about it, but I would definitely say that my photography feels like a spiritual practice. When I'm out in nature, noticing the small details that often go unnoticed, I feel deeply connected to God and the beauty that surrounds me. For me, it's a form of meditation. The whole world fades away, and I become completely immersed in the moment. It's how I recharge. There's no need to talk or listen—you can simply exist.

Teresa: You have a background in bodywork and healing, which requires a deep sensitivity to energy and presence. How has that shaped the way you see and connect with the world?

Caley: As a registered massage therapist for 25 years, I've learned a lot about different forms of healing. The connection between our minds and bodies, the effects our thoughts have on our existence or perceived reality—these are profound truths that shape our well-being.

When clients come in with headaches or muscle tension—whether in their upper back, lower back, or elsewhere—it can present in all kinds of ways. I recognize that these physical symptoms are the result of their life experiences: work stress, mental stress, physical stress. I think many people are aware that there's a connection between their mind and body, but on a day-to-day basis, they don't necessarily give it much thought.

I truly believe that once you develop the habit of consciously recognizing the effects your thoughts have on your body, you might reconsider what you're doing in life, what you're paying attention to, and how you're filling your days. I make a point of focusing on things that bring me joy—I love music, I love art, I love animals, and I try to help others whenever I can.

And being out in nature—the solitude of a long, quiet gravel road... a wide-open meadow covered in freshly fallen snow—a place where your senses become so heightened, so present, that you'd notice even a clump of snow slipping off a branch. Fully living in the moment—that's where life happens.

Teresa: You seem to move through life with a lot of grounded awareness. Are there personal practices that help you stay connected to that inner stillness?

Caley: I continually work on myself. I enjoy listening to motivational speakers—I find it inspiring. I pray and meditate. I'm very much a "live and let live" person, and I believe that's a big reason why I feel happy and content in my life.

Teresa: The Prairies often get overlooked, but you reveal their subtle beauty so tenderly. What has this landscape taught you about presence and seeing?

Caley: The prairies do get overlooked, but I believe, from what I've seen, many people with prairie roots don't overlook it. They know and appreciate the same beauty that I find and capture through my lens. Likely because they have a genuine appreciation of what they're looking at on a much deeper level than someone from somewhere else would. Their lifeblood is rooted in the landscape. That's where the deep draw is. Not everybody appreciates a long gravel road or a wheatfield, or the site and sound of a Meadowlark returning in the spring, but genuine prairie lovers will.

Teresa: If you could leave your audience with one message — about seeing, feeling, or simply being — what would it be?

Caley: A hundred years from now? All new people, haha! Don't wait. Follow your bliss. Find what makes you happy, pursue it relentlessly, and spend as much time as you can doing it!



CALEY BROWN PHOTOGRAPHY / The Bee's Knees

When I first started taking pictures about ten years ago, I had no idea it would turn into both a second career and a passion. And honestly, even if nobody ever liked my pictures or bought one, I'd still be doing it—because of what I get out of it. It makes me happy, and I love it. And isn't that the whole point of life? To enjoy your time as much as you can.

>> Read the full interview with Caley at HighVibeTimes.ca

Living by The Laws of Nature

BY: MARIE ALINE TUPPER
MarieAline.ca

The natural world is and has always been filled with magic. It's about paying attention to the land, the sky, and learning to attune to Her majesty.

When one answers the call to structure their life around nature's rhythms, a shift in perspective is inevitable. A remembering emerges; a bubbling of gratitude and deepened respect for all living beings that encourages us to acknowledge how we contribute to the world around us.

The blanketing of snow persuades an insulated stillness, inviting us to go within. A hopeful celebration with the first sighting of green; the scent of dirt after a rain - the microbiome in the soil that softens our spirits. The care and unwavering trust to grow a crop is followed by the fulfillment of harvest and the honouring of ancestors in preparation for another journey around the Wheel of the Year.

Humanity has forgotten how to connect beyond the logical mind, for a system that is designed to generate maximum profit will never focus on preservation of the land and its inhabitants.

Everyone innately knows the importance of Mother Earth.

What small gestures can you incorporate into your day-to-day living that will honour our home? Perhaps feed

the birds, compost, or sit under a tree and listen to the wind rustle the leaves. How long has it been since you listened to the stillness within your soul?

Will you allow yourself to be moved by the magnitude of her greatness?

What messages do you hear?

Are you open to the call? She's waiting for you to answer.

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- Teresa



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Welcome to High Vibe Times

There's a quiet movement rising in the world and you won't see it on the evening news! It's the powerful rise of people remembering who they truly are.

The goal of High Vibe Times is to illuminate a path walked by lightworkers, energy healers, holistic practitioners, and wayshowers. These people, courageously living from the heart, offering their gifts in service to others, remind us that soul-aligned living is not only possible—it's already happening.

High Vibe Times bridges the gap between the healers and the seekers. It's where practitioners can be seen, in alignment with who they truly are, and seekers can find a practitioner, resource or tool they resonate with.

This printed edition of High Vibe Times is one of 10,000 copies that have been distributed across Manitoba and Saskatchewan.

You can subscribe at HighVibeTimes.ca to receive a weekly roundup of newly published articles, follow on Facebook and Instagram and email to collaborate or request the next printed edition be mailed directly to your home.

In Resonance,

Teresa Roulette
Founder + Editor, High Vibe Times



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to list your event.

highvibetimes.ca/events

A Tribute to Kundalini Yoga

BY: ALECIA IWANCHUK
Intentions-yoga.ca



In Kundalini, it's not just about the actions or the physical movements you're doing—it's about why you're doing them.

Kundalini carries this beautiful, intricate story, woven into the tapestry of our lives. It speaks to why we're showing up for ourselves in this way right now, what we've been through, and what we're stepping into.

She weaves consciousness into our movements—consciousness that can transport us out of the mundane and into the truly brilliant aspects of life that we know are waiting for us. This practice goes deep. It meets the energy of the nervous system, and through intention, it helps us connect to that energy in a way that supports us to feel better, to feel good, to feel safe.

I don't even want to use the word strength here—because it's not about being strong in the way we've been taught. But there is a resiliency in the energy body that can be built through Kundalini yoga. It's a resiliency that supports you as you move through your life. When you need to set boundaries, when you need to decide what's right for you, it teaches you that you can depend on yourself.

And then there's the physical movement itself. And the breathwork—that powerful breathwork—that helps break through emotional blocks keeping us stuck, keeping us from accessing our highest potential. Because somewhere along the way—maybe when we were five years old—someone told us we weren't good enough. And from that moment, we started building our reality through that belief. That lens. And it got stuck. Stuck in our energy body.

But it doesn't have to stay there.

You can clear this. You can access all the beautiful things that are meant for you—once you're no longer living from the belief that you don't deserve them, or that the world doesn't want to give them to you.

This practice has been the foundation of my complete transformation. From who I used to be, who I thought I needed to be, who I didn't want to face; into the free, empowered woman I am today.

And it takes time to unravel all the thoughts and patterns that led you to where you are now—especially if you don't love where that is. So go easy.

Show up for yourself. Day in and day out. Because staying where you are isn't working anymore—and I know, doing something new is hard. But I promise you, with my whole heart—with my open heart chakra—it will be worth it.

The Only Quest That Matters: Your Own Hero's Journey

You've heard the stories before—tales of heroes, of impossible quests, of darkness giving way to light. But what if you realized that you are that story? That every challenge, every heartbreak, every moment of forgetting and then remembering who you are is part of your own epic journey? There's a sacred map written in your heart, waiting for you to follow.

So, take a breath. Get still. And then... "run", says Kathy J. Sotak. Run toward the only destination that has ever truly mattered—the deep, boundless peace that has been calling you home all along.

This is your invitation to remember. Read Kathy's article below, shared with her permission. And, for more like it, visit her website and subscribe at www.2minutelift.com.



Run

KATHY J. SOTAK
2MinuteLift.com

Kathy J. Sotak, on her own hero's journey.
Photo credit: Robyn Alwi Photography

You are the Hero's Journey. You are the Journey to the Center of the Earth. You are the Greatest Story Ever Told.

Every ancestor sat at the fire speaking the same words. It was the story of deep forgetting then remembering. It was the story of pain then transmutation. It was the race to the finish line. It was a heartbreaking love story. It was the story of welling grace.

No matter what your story is, how deep the pain, how embedded the trauma, how stuck you feel – no matter how big your bag of shame, how hard it is to glance in the mirror or how tired you are, no matter the mountain of regret on your back –

Stop. Then Still. **Grant your own permission** to fall into your heart. There you'll find yourself on the map of Your Very Own Heroes Journey.

Then, once you are still and centered and quiet... run. Run as fast as you can. **Never stop until you find the gates of peace.**


Where does peace live, you may ask?

The answer is encoded in every greatest story ever told: **it lives in the inner chamber of our heart.** Run there and seek the shores of compassion. Receive her calming waves of grace. Activate the wisdom of this water and it will carry you along your highest path of Your Very Own Heroes Journey.

The hidden message: even though it sounds like we are traveling alone – we are never ever alone. Find the Source outside of you, follow the beam of light, grab a heartful of its radiance and let's shine on together.

Join me in daringly swapping our version at the next backyard fire. **Besides, it's the only story ever told.**

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Brandon, MB

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The Invitation

BY: ORIAH MOUNTAIN DREAMER
oriahmountaindreamer.com

*It doesn't interest me
what you do for a living.
I want to know
what you ache for
and if you dare to dream
of meeting your heart's longing.*

*It doesn't interest me
how old you are.
I want to know
if you will risk
looking like a fool
for love
for your dream
for the adventure of being alive.*

*It doesn't interest me
what planets are
squaring your moon...
I want to know
if you have touched
the centre of your own sorrow
if you have been opened
by life's betrayals
or have become shriveled and closed
from fear of further pain.*

*I want to know
if you can sit with pain
mine or your own
without moving to hide it
or fade it
or fix it.*

*I want to know
if you can be with joy
mine or your own
if you can dance with wildness
and let the ecstasy fill you
to the tips of your fingers and toes
without cautioning us
to be careful
to be realistic
to remember the limitations
of being human.*

*It doesn't interest me
if the story you are telling me
is true.
I want to know if you can
disappoint another
to be true to yourself.
If you can bear
the accusation of betrayal
and not betray your own soul.
If you can be faithless
and therefore trustworthy.*

*I want to know if you can see Beauty
even when it is not pretty
every day.
And if you can source your own life
from its presence.*

*I want to know
if you can live with failure
yours and mine
and still stand at the edge of the lake
and shout to the silver of the full moon,
"Yes."*

*It doesn't interest me
to know where you live
or how much money you have.
I want to know if you can get up
after the night of grief and despair
weary and bruised to the bone
and do what needs to be done
to feed the children.*

*It doesn't interest me
who you know
or how you came to be here.
I want to know if you will stand
in the centre of the fire
with me
and not shrink back.*

*It doesn't interest me
where or what or with whom
you have studied.
I want to know
what sustains you
from the inside
when all else falls away.*

*I want to know
if you can be alone
with yourself
and if you truly like
the company you keep
in the empty moments.*

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Tara is a ray of light! From the moment I sat down I felt her kind and calming aura and I felt incredibly empowered with her gift. Tara is genuine, ethical, patient and well spoken. Thank you so much!

-Vanessa Castillo

Deborah Soucie Landers' Journey with *In the Light of Truth*

What happens when someone searching for life's deepest meaning stumbles upon a book that changes everything?

In a moving and thought-provoking interview, High Vibe Times speaks with Deborah Soucie Landers—Canadian agent for *In the Light of Truth: The Grail Message*—about the life-altering moment she discovered the book, the spiritual awakening it sparked, and the inner transformation that continues to unfold decades later.



From the grief of losing a child to the expansive joy of traveling across Canada sharing this wisdom, Deborah opens up about the profound clarity and peace she's found by living in alignment with the natural laws of Creation. Her message is simple but powerful: truth seekers will feel it when they find it.

Her journey is one of transformation—from sorrow to peace, from curiosity to conviction. And she reminds us that the path to truth is not about belonging to a belief system, but about awakening to the living knowledge already within us.

Read Deborah's full story at HighVibeTimes.ca and explore what might awaken in you.



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Rewiring Patterns of Anxiety

BY: KORI GORDON
korigordon.com



Anxiety can feel like being trapped in a mental loop—one that spins the same thoughts, doubts, and fears over and over again. These thought patterns become familiar, even automatic, like walking a path so many times that it becomes deeply worn. Over time, this can leave you feeling emotionally drained, mentally scattered, and disconnected from your sense of peace.

But just as anxiety becomes habitual, your mind can learn to shift. Hypnosis can be a gentle, supportive tool that helps break these loops and guide your thoughts in a new direction.

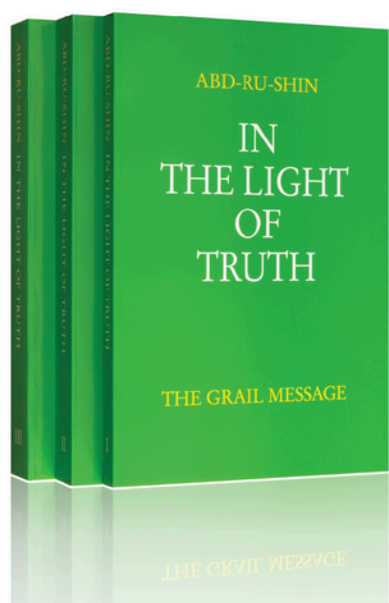
Imagine your brain as a field of tall grass. A single thought leaves barely a trace, but repeated thoughts carve a well-trodden path. This is how anxious patterns form—not because you're broken, but because your mind seeks efficiency.

Hypnosis can interrupt this cycle by easing your mind into relaxation, making it more receptive to new, positive patterns.

If you feel trapped in anxiety, know that change is possible. Hypnosis may help your mind release old patterns and create new ones—step by step, thought by thought, leading you toward clarity and peace.

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Remember Who You Are

Breathe, dear one.
Feel the warmth rising within you,
the quiet pulse of life that beats inside your chest.

This life, this love, is no accident.
It is a miracle, and so are you.

You are safe here.
You are held — even when you cannot yet feel it.
You are free — truly free — to create the life your heart dreams of.

Pause for a moment.

In a single breath,
everything can begin to shift.
Everything can begin to open.

In the stillness of now,
struggle softens.
Fear loosens its hold.

Hope begins to flicker again.
You don't have to figure everything out.
You don't have to force anything to happen.
You don't have to be perfect.

You are already flowing —
with Life,
with Love,
with something greater than you may have ever imagined.

Trust the gentle nudges.
Trust the small moments of peace.
Trust that you are being guided, even when the way seems hidden.

Let go, just a little.
Allow the next step to appear.
Allow your heart to soften.
Allow yourself to be loved.

You are doing beautifully.
You have come farther than you realize.
You are braver than you know.
You are closer to yourself than you have ever been.

You are not alone.
You are never alone.

Life is whispering to you,
reminding you,
nudging you toward the truth:

You are not broken.
You are not lost.
You are not forgotten.

You are something rare, something radiant,
something sacred.

You have always been enough.
You have always been loved.

And as you continue to walk this path,
you may just begin to remember —
not because someone told you,
but because something deep inside you will rise up and say:

“Yes. I remember now.”



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11 Wonder-Filled Questions

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- 
- When do I feel most alive—like I’m lit up from the inside out?
(What am I doing when I lose track of time in the best possible way?)
- If a magical genie erased all my fears and responsibilities for a week, how would I spend my days?
- What life lessons keep showing up like a movie on repeat—and what might they be trying to teach me?
- What are the moments when I feel like I’m exactly where I’m meant to be, doing exactly what I’m meant to do?
- What compliments do people give me so often, I almost forget they’re a superpower?
- If I could sprinkle a little more kindness, creativity, or courage into the world, where would I start?
- What breaks my heart open—and how might that be the key to healing something in the world?
- If my soul wrote me a love note today, what would it whisper?
- What secret talent, story, or dream am I hiding under my bed, waiting for the “right time” to share?
- If my life were a treasure map, what “X” marks the spot of my deepest joy?
- What tiny, magical ways am I already living on purpose—and how could I grow that?

Subscribe to HighVibeTimes.ca

Uncovering Your Soul's Purpose — Through the Power of the Page

BY: TERESA ROULETTE

HighVibeTimes.ca

Writing can be more than just words on a page. It can be a portal—a powerful act of self-discovery, creativity, and healing. A sacred space where something dormant within you begins to stir.

In *The Artist's Way*, Julia Cameron introduces the concept of Morning Pages: a daily ritual of writing three longhand pages first thing in the morning, without judgment, editing, or any pressure to sound good. The key is stream of consciousness. When we wake, the veil between our conscious and subconscious mind is thinner. There's a softness. A quiet knowing. This is when truth can tiptoe in.

This practice isn't about writing beautifully—it's about writing truthfully. You write about your dreams. Your worries. Your wild ideas and your grocery list. You write through the noise until something deeper begins to speak. You don't need to know what you're looking for. The act of writing becomes the way.

I've found evening writing to be just as powerful. There's something about that liminal space before sleep that invites magic. Before bed, try simply asking questions. Don't answer them—just ask. Let the night answer in dreams, signs, or subtle nudges. This is how you learn to listen. This is how your soul starts to speak.

Journaling isn't just about reflection—it's about transformation. When you write consistently, you begin to notice patterns—thoughts that return, themes that demand attention. Pages become proof of your own evolution, a testament to how you change and grow. Over time, your journal becomes more than a collection of words. It becomes a dialogue between you and your deeper self—a conversation with the parts of you that often go unheard.

Through journaling, clarity emerges, healing unfolds, and creativity flourishes. It becomes a mirror—reflecting your deepest thoughts, desires, fears, and truths. A soft, private place where your mind can exhale and your heart can stretch out. A practice of reconnection—to yourself, your intuition, and your purpose.

If you feel stuck, restless, or unsure of your next step, try writing it out. Let your journal be the sacred meeting place between who you are and who you're becoming.

Try these eleven whimsical journal prompts to guide you inward—to help you peel back the layers and remember who you truly are.

I also suggest heading on over to juliacameronlive.com to learn more about using "morning pages" to access your stream of consciousness. ✨



Practitioner Listings

Academy of Embodiment Arts

www.academyofembodimentarts.com | wakingdao@gmail.com

Academy of Embodiment Arts teaches Qigong and Baguazhang Kung Fu as tools for health and spiritual growth. These arts rewire the nervous system and strengthen the body to anchor soul level energies necessary for personal growth and evolution. Alongside the physical movement arts, we teach courses and workshops on spiritual growth, ascension protocols, and provide Shaolin Qi healing.

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At Building Storeys, we blend grounded professionalism with unapologetic humanity. We don't do cookie-cutter. We're not corporate. We are hands-on, practical, and deeply knowledgeable, but with a quirky sense of humour that makes us approachable and real. Our work is about more than just getting things done—it's about empowering people to move through what can often feel like intimidating or confusing processes with clarity, confidence, and even a bit of fun.

Energy Healing With Reiki

www.energyhealingwithreiki.weebly.com | energyhealingwreiki@gmail.com | 204-226-1156

With a rich background in metaphysics, alternative healing, and spirituality, Audrey Birkett has devoted years to in-depth study and workshops. As a certified Reiki Master, her passion lies in assisting others through various energy modalities. She is certified as a Spiritual Life Coach & Akashic Record Specialist. Her offerings include Shamanic Journeys, Cacao Ceremonies, Sound Healing, Meditation, and Group Healing Circles. "I consider this work a gift and feel privileged to guide you on your journey."

Freedomswind Reiki with Cherie Bowman

cheriebowman.com | [instagram.com/freedomswind_rocks](https://www.instagram.com/freedomswind_rocks) | [facebook.com/Freedomswind8](https://www.facebook.com/Freedomswind8)

Freedomswind is an eclectic array of energy healing, Intuitive reading, crystals, and fabulous metaphysical products some handmade, some not handmade! Cherie Bowman's path as a Healer, Intuitive, & Reader began at a young age but she fully stepped into it about 15 years ago when she started taking certification classes and became a Reiki Master. Now Cherie travels around Manitoba soon to be Canada doing healings and readings. Online readings and distant healing allows her to help clients all over the globe!

Kellie Winzinowich, CHt

www.kelliejwinz.com

Kellie uses her intuitive abilities along with a person's inner wisdom to listen to the body and unblock pain or patterns holding them back. As a certified hypnotherapist, life/spiritual coach and energy healer, she assists clients with energy mastery, shadow work, and provides a framework of understanding their physical bodies on the Earth plane

Kori Gordon

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My mission is simple: to help you break the cycle of anxiety, overcome trauma, and finally wake up feeling good again. Through the power of hypnosis and life coaching, I offer an opportunity for you to release whatever has been holding you back so you can step into a life of greater peace and possibility. Whether you're seeking online hypnosis sessions, or prefer to work with me in person at my office in Brandon, Manitoba, I'm here to support you every step of the way.

Grow Your Life with Kim and Jackie

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Two holistic healer friends/business partners, sit down and discuss their stories, experiences and all the things they are doing to unlearn the limiting beliefs and blocks that keep us from living the best life. They each have wellness businesses and talk about the real life stuff and how to navigate through it to create the best version of our selves and our lives! They share what they are doing personally and in business to make the shifts necessary to allow the success we are all dreaming about.

Guiding Light Services

www.guidinglightservices.com

We are here to help you cultivate growth, well-being, and positivity, offering guidance and support for fresh starts in life or business. Whether you seek relaxation, personal development, or creativity, we'll empower you on your journey. Delia, a Holy Fire/Karuna Reiki Master and Integrated Energy Therapy Practitioner, works with Heart Link and the Angels to promote deep healing and balance for the mind, body, and soul. Let's partner to create a brighter, healthier, and successful future—one step at a time!

Intentions Yoga

www.intentions-yoga.ca | alecia@intentions-yoga.ca | www.youtube.com/@IntentionsYoga

Alecia is a guide for spiritual awakening, offering kundalini yoga, coaching, and tarot to support women in healing, growth, and alignment. Blending trauma-informed practices with energy work, she has created a space where inner transformation can occur. Through movement, mindfulness, and intuitive insight, Alecia helps others embody their inner wisdom and step into their highest potential.

Marie Aline - Experienced Psychic Medium, Mentor, and Mystic

www.mariealine.ca | Canwood, SK, 306-250.3948 | @marie.aline77

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highvibetimes.ca/high-vibe-tribe

Robin Chant

www.RobinChant.com | robinlchant@gmail.com | 403-471-7618

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Sacred Source Medicine

www.sharonwhitethunderhypnotherapy.com | whitethunder000@yahoo.ca | 639.480.8802

My mission is to guide you through life's challenges, creating a path back to your true purpose. Together, we clear the obstacles that have silenced your authenticity so your heart can speak, your spirit can rise, and your life can transform. In our co-creative, sacred space, healing, growth, and empowerment unfold. Through hypnotherapy and holistic practices, we nurture deep healing on every level—mentally, emotionally, physically, and spiritually. You are meant to live free, with courage and clarity. Together, we awaken that truth.

Tara Chartrand

TaraChartrand.com | 431.866.HEAL (4325) | healingwithtara@hotmail.com

Tara Chartrand is an evidential psychic medium offering a range of spiritual services, including tarot readings, Reiki, pet Reiki, Integrated Energy Therapy, Akashic Records readings, ThetaHealing, and soul retrieval. As a spiritual channel, empowerment coach, and shamanic practitioner, Tara provides personalized guidance to support healing and transformation. All sessions are available online via Zoom, ensuring accessibility worldwide. Visit tarachartrand.com to explore her offerings and schedule a session.

The Centre for Energy Therapy

www.TheCentreForEnergyTherapy.com | 204.851.1931

Services include: Access Bars, Integrated Energy Therapy® (IET) sessions and practitioner training. IET® is an energy healing modality for people ready, willing and able to heal. It uses acupressure points and pulls out suppressed (or shadow) emotions and replaces those with their opposite, higher vibrational emotion. (ie: guilt to innocence, shame to pride, betrayal to love, resentment/anger to forgiveness, fear to safety, etc.) Aura, Chakra and Organ Vitality Readings using the technologically advanced BioPulsar Reflexograph®

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