

# Holistic Hue

## M a g a z i n e

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Spiritual Practice

Healthy Lifestyle



Modern-Day Services, Products &  
Enlightenment with Ancient Roots  
& Traditions

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A NEW GENERATION OF UNITY



AUG/2022



# A New Generation of Unity

## A FEW WORDS FROM THE FOUNDERS

Every generation brings forth an exquisite and unique burst of vibration and hue that initiates the next octave of conscious rising in humanity's shared experience.

Our wish, hope and desire are that each one of you live and express your highest truth of beingness from a place of true inner knowing, empowerment and transparency.

This shared planetary experience is filled with a multitude of realities, potentials and inner dimensional timelines, and each one of us is here to awaken from within in their own unique order and time. We are not here to "change" anyone except ourselves. Yet through the momentum and trajectory of self-discovery, we are on a fast track forward in assisting, activating and awakening others.

As we move into this next stage of human understanding and evolution may we remember that we are all on the same path of emergence. No one is here by mistake, and all are experiencing exactly what they require in this given time upon this planet.

We invite you to ponder the grand orchestration of the multiverse as there is no hierarchical order but rather an expansion of vast consciousness that moves outwardly. Linear time, structure nor numerical sequencing of up and down pertain in this new grand architecture of creation.

As we awaken from deep within, we experience the "expansion" of the heart as it calibrates to the knowing that all is ONE because all belongs.

As you read and feel into the heart song from each contributor may your soul vibrate in resonance and recognition of itself.



## From our Hearts to Yours...

To our contributors, volunteers and team who make all of this possible we thank you. The greatest gift we can ever receive is meeting you within this field of love, conscious connection and creation.

It's our joy to share in the learning, growing, expanding and understanding of ourselves through the reflections of all of you.

Thank you for sharing the vibrational essence of your heart's expression in this new creational timeline of existence.

May we all feel the alignment, rhythm and synergy of the Divine as it supports, nurtures and sustains us.



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*PIXIE DOODLE FARM*

Bringing Herbalism to Everyday Life



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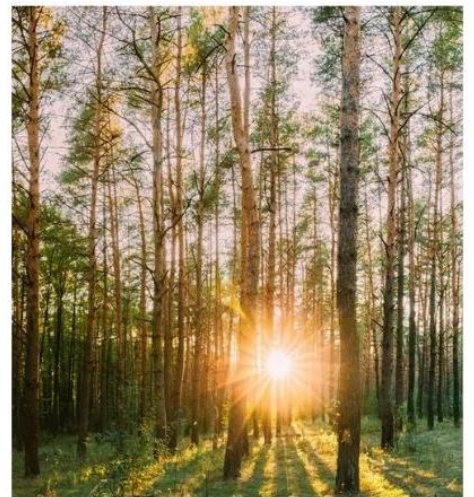
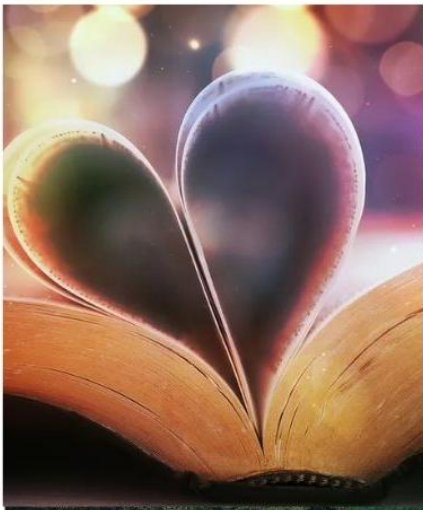
# Welcome

THE ONLINE PUBLICATION OF  
HOLISTIC HUE MAGAZINE

AUG



2022



## Who We Are

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Holistic Hue is a FREE online wellness publication that supports enlightenment and living your best life.

Our collective intention is to support others with a diverse viewpoint of perspectives that enhance your spiritual path and lifestyle while leaving room for continuous growth and understanding of the multiverse of consciousness.

## Global Connection

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Our philosophy is that "Together WE Create Beautiful Change" and we believe its reach in this new day and age is GLOBAL.

Our heart mission is to activate the remembrance of inter-connection on a physical and energetic level through the written word as we share innovative ways that bridge the gap between perceived separation and unified oneness.

## Emergence

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Our world is swiftly evolving, and time is moving within many fields of vibration and multi-dimensionality. As we connect with our own point of conscious awareness, we begin to understand the impact on the collective field of creation, and the affect it has in our own everyday lives.

Through the power of literary words and sharing's we invoke the continuation of light as a point of inspiration and illumination.





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**Holistic Hemp Extracts** is extremely passionate about our products and how they can change your life. Free consultations and product comparisons are always available to educate our fellow humans and enlighten as many people as possible.

All our products are USA grown using organic farming practices. Always non-GMO, vegan, containing zero herbicides or pesticides and are tested for safety and purity by independent third-party laboratories.

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# The Power

## *of Energy Healing*



Science has proven that everything is made up of matter and that all matter vibrates at different frequencies. For example, if you feel happy, you may vibrate at a higher frequency than if you feel sad. Consequently, we often get stuck in energy patterns that can cause anxiety, depression, a lack of confidence or motivation. If our energy is out of balance, we can feel tired, have body aches, headaches, insomnia, or other ailments. Energy Healing Sessions help the body to heal itself.

A typical 60–90-minute session can often begin with a health intake where you will discuss your physical, mental, and spiritual ailments and set an intention for the session to achieve your desired goals. You will then lie down on a massage table that is covered with a mat filled with Amethyst, Jade, and Tourmaline which helps to detoxify your system and decrease inflammation. Chakras are the body's natural energy centers which the session will clear, balance, and recharge by using different modalities such as crystal energy, vibrations from Tibetan Singing Bowls, massage with essential oils, meditation, Reiki, and utilizing pulse points.

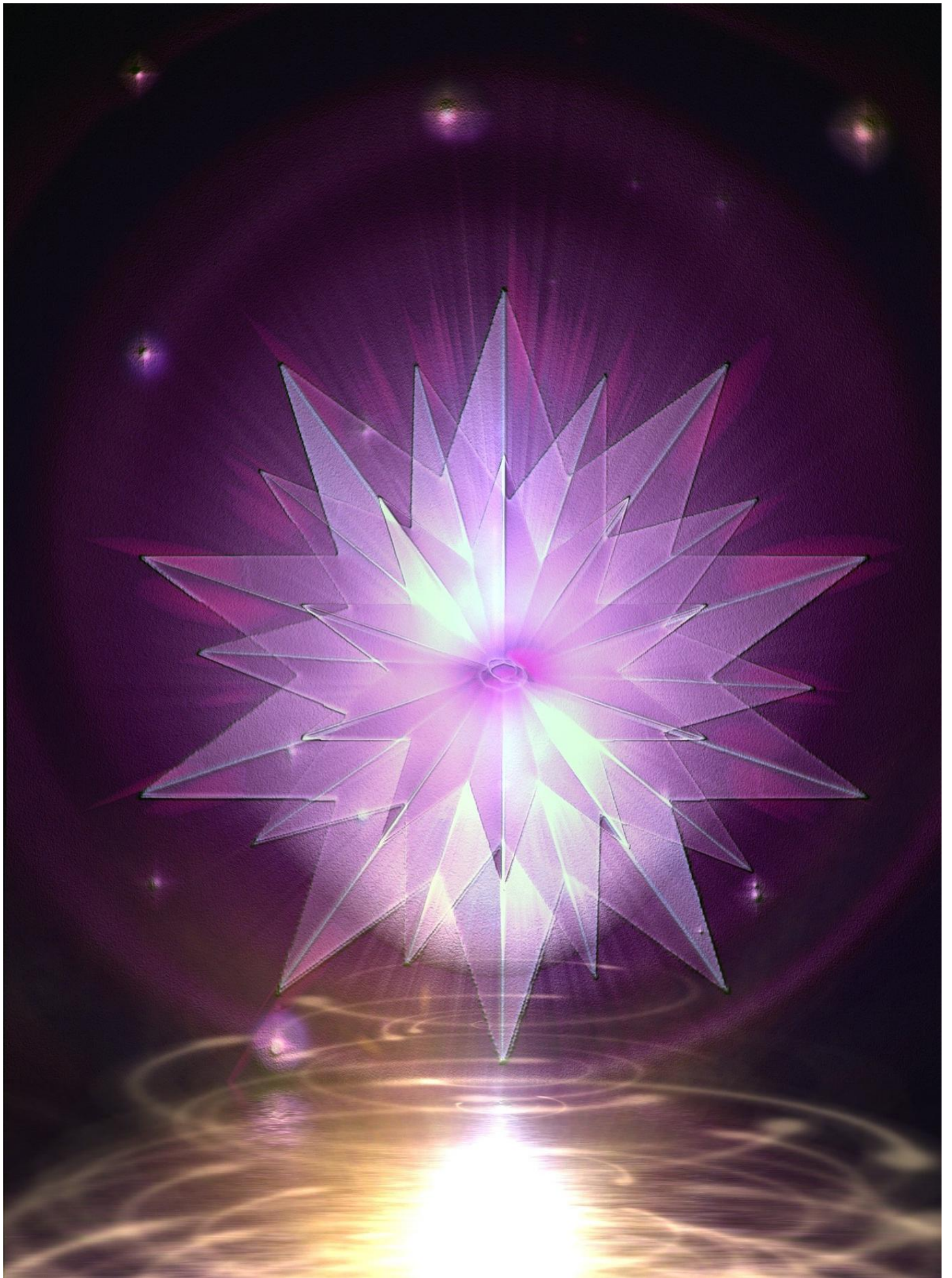
The aura is a natural electromagnetic energy field that surrounds us and consists of seven layers known as the subtle plane. The aura changes colors according to your emotional and physical health. During an Energy Healing Session, we will cleanse it to release lower energy and stagnation and to bring it back to its brilliant healthy colors.

Scheduling an Energy Healing is the best thing you can do when you are ready for a positive change and want to experience optimal health of mind, body and soul.

Contributed by Diane Treat  
Founder, Amazing Earth









## Empower Your Crystals, Empower Yourself

Mother Earth is abundant indeed- with over 4,000 naturally-occurring minerals out there, how in the world do we find the right crystals to work with? If only there was a Tinder for crystals, then we could swipe right and match with our mineral-mate, go on a few dates, and see if things will work out in the long run! Well, that's not a thing (yet!). However, finding the perfect crystal for you isn't as complicated as it may seem. Here's a few tips and tricks for getting to know the crystals that will be there for you for better or for worse, through thick and thin, to love and to cherish!

### Crystals as Partners:

Humans have been working with crystals since the beginning of our time on this luscious planet. Throughout history, we've uncovered ancient wisdom and teachings of beings who understood the vast capabilities of crystals- from working with them for healing, to programming them with information, and even communicating with other dimensions! What a generous, ever-precious gift crystals are! And so, they deserve to be treated as such. Crystals deserve deep bonds with their keepers.



They are alive with the energy of Mother Earth just like we are, and as we nurture our relationship with them, we empower them further with intentionality and love. This is why it is necessary to think of our crystals as partners, rather than “using” them to help with something. As tempting as it is to have a crystal collection as big as our homes can hold (and by all means, go for it!), it is also important to get to know each member of our crystal families individually.

### So, What Makes a Crystal Healing Anyways?

All matter vibrates at different frequencies. Humans are a collection of vibrational frequencies that are constantly being affected by the energies and frequencies around us. Our ‘vibes’ are so easily thrown off, something as small as witnessing a disagreement between strangers out in public can have an energetic impact on us.

Whereas humans have many frequencies, crystals have one frequency. Since they grow as perfect crystalline structures, they remain stable and maintain a high amplitude frequency. When we work with crystals, our cell membranes and DNA pick up on these vibrational frequency matches and entrain with them. In other words, crystals reduce entropy, or disorder, in our own frequencies. We fall into harmony with the them, which shifts us into a state of healing and wellbeing.



## How to Choose a New Crystal Partner:

So, we've all been in the following situation- you're in town for errands, pass by a metaphysical store, you decide to walk in and swear to yourself that you'll "just take a quick peak". You become drawn to a crystal that you can't let go of you justify the purchase in your head and decide you deserve it for whatever reason, and then you bring your new crystal friend home. I'm guilty of that more times than I'd like to admit! And while you may have a general idea of the crystal's metaphysical properties from the cute little description card that came with it, that crystal is able to guide you in ways specific to your life that you aren't even aware of yet. I believe the best way to choose a new crystal is to use your intuition- you will gravitate towards the crystal that you energetically crave the most.

## Getting to Know your Crystal:

Now comes the fun part- learning about your new crystal. Did you know that each individual crystal has its very own personality? There are many factors that play into what gives each crystal their own frequency and energetic qualities. The elements they are composed of their growth environment, size, shape, facets, and colors are just a few of the determining factors. For example, we've all heard that Rose Quartz is great for love. But maybe the Rose Quartz you chose grew in a rough environment which added to its character over time. Spending time with your crystal may make you realize that your piece of Rose Quartz is actually able to assist you with resilience.

You can figure out what your crystal means for you in many ways. One of my favorites that I learned from a dear teacher of mine is to simply spend time with only that one crystal over a few days. If you are a meditator, try that! If not, don't sweat it- just pay attention to any dreams, synchronicities, or themes that come up over the few days you spend with it. You may be surprised, and absolutely always delighted by what your crystal partner is willing to guide you through.

Of course, it's overwhelming to think of the thousands of crystals out there while trying to memorize each and every one's different energetic properties. We all feel the times are changing. The energy of earth is shifting and so is the energy of our crystals. Empower yourself with the knowledge that you have the wisdom to connect with your crystals and understand their powers without the need to memorize anything at all. It's an exciting endeavor that will not only connect you more to your own intuition, but also reignite your romance with crystals and make you fall in love with them all over again.

Contributed by Gina Glenbowski  
Owner, Hemlock Shop





# A MESSAGE FROM

*Mother Mary*

Greetings, my beloved children of the light,

I am Mother Mary and I come to you with a message of love.

Look at nature, it teaches you so much about your own Self. Let's focus on the water element for a moment, as it symbolizes the power of the divine feminine aspect within you.

Water does not get discouraged by obstacles. It either finds a way around it or it keeps going until the obstacle dissolves. Of course, the question to ask yourself is what way to take? Do you want to keep pushing or are you willing to surrender to the divine essence within to guide you along the path that is best suited for you?

Think for a moment of a rainbow. When the sun (spirit) hits the rain (you) in a certain angle, a rainbow appears. The rain that before might have seemed dark and foreboding, now becomes a message of love and hope.

Surrender comes from a place of stillness and non-action that is lovingly reinforced by the divine feminine within. The stillness allows you to unfold like a beautiful flower ready to blossom. As you open up further to this stillness and as you choose to trust Spirit to be there for you, to hold you, to nurture you, pain diminishes, and self-love begins to emerge. This creates the right angle for Spirit to burst into a rainbow within your own Self. As an embodiment of the rainbow, there is not only hope, vision and direction for your own self, but also for humanity through you as a whole.

Take my hand, open your heart, relax, be still and flow into the alignment that is your birthright. Gaia needs you; humanity needs you, but most importantly, you need this beautiful experience for your own Self.

I am Mother Mary, and my love is with you always.

And it is so.

Contributed by Brigitte Boyea  
The Light Bridge Center for Transformation









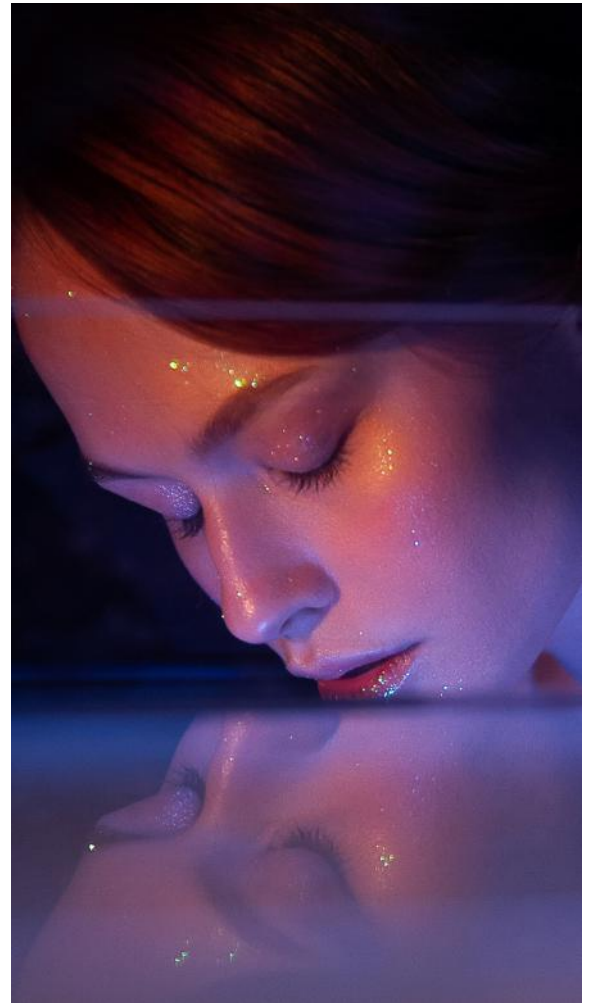
# BECOMING AWARE OF OUR EXTRASENSORY INTUITIVE ABILITIES

Our Higher Self knows we have extrasensory perception. It is a not-so-mysterious ability to acquire information without the use of the five physical senses. Extrasensory perception, also called the sixth sense, includes information not gained through the recognized physical senses but sensed by the mind (telepathy). The process starts with receiving communication/downloading information from the physical environment and the invisible dimensions from beyond... people call it Spirit, God or Universe. Consequently, we begin uploading or channeling the received information to inform and help others.

Our mind is like a computer--We Download and Upload. The nervous system is the sensory center for mind-body-spirit alignment and communication. It is important to become at ease with the timeline split when receiving communication because the nervous system has to be comfortable with this high vibrational alignment. It is very easy to become very anxious or emotional. At times it is important to slow down because feeling waves of deep tiredness, despondency, or euphoria are very common.

The next great leap in human evolution will come from recognition and awareness of the many aspects of the Higher Self that goes way beyond "hair and skin". We have been conditioned to live within the 3D box of limitations, thus avoiding emotional depth or questioning anything outside of our basic five senses. This would be too spooky and scary. However, at this point in the evolution of consciousness, we are considerably more open to the multidimensional self as a massive energy system that consists of a collection of simultaneous reincarnations in the human experience.

Contributed by Irene Sonja Fanane  
Awakening to Angels.







# The Power of Ionizing Water!

The human body is about 70% water. Water removes waste from the body, carries nutrients and oxygen to the cells, protects the organs, and does a whole lot more. Gas is to the car what water is to the body. If you don't have the right kind and enough of it, things eventually start to go wrong!

In simple terms ERW is water that has been hit with an electrical charge. You see this phenomenon in nature when lightning strikes a river or sea. To replicate this at home we use a machine called a water ionizer. Electricity plus water is a chemical process called electrolysis. This is when the water molecule,  $H_2O$ , splits to create positive ( $H^+$ ) and negative ( $OH^-$ ) charges. By nature,  $H_2O$  molecules group together forming big clumps. Electrical shock reduces the size of the water clumps and that's when we say the water has been restructured.

Stress is the root cause of chronic conditions like high blood pressure, diabetes, arthritis, and acid reflux. ERW has properties which address the common forms of oxidative, acidic, and hydration stress. ERW is a strong antioxidant, alkaline, and super hydrating.

The concept behind ERW appeals to anyone interested in keeping things simple and natural. Everyone should be an active participant in helping make their bodies stronger. While some things like exercising regularly and eating healthy do take some effort, drinking ERW is possibly the easiest thing people can do to help themselves.

Contributed by Elizabeth Tan  
Kangen Water



# Current Energy Report 2022



## Current Energies July 2022 Onward

As a society, we are undergoing rapid change. On a personal level, this has enabled each and every one of us to make a divine impact in our lives on a personal, global and universal level.

On a human level, we don't seem to pay attention until we are forced to do so. Surely, we are given subtle nudges from time to time to awaken us, but it is not until we really are forced to stop and listen that we heed the subtle cries from the universe. Transformation is never easy! The abrupt upheaval to life as we once knew it was explosive. All our routines, structure, and former sense of safety came to an abrupt end. In the past, we often fell prey to illusionary concepts of knowing all the answers, and each of us has a unique way of coping with the changes taking place. Many reacted with anger, fear or denial rather than going within and embracing the opportunity to embrace the divine truth and change that it is. Likewise, others still say that they want things to return to normal. However, go within and ask yourself if the old reality was really working. Most likely, you will come to the realization that the universe is working with us.

We often get so comfortable in old patterns, that we get comfortable in our own discomfort. It is imperative to remember that the universe is on our side, and the more we resist welcoming in change, the more stagnancy and discomfort will persist. The transparency of the current reality has allowed us to see a multitude of truths that were not so easily seen in the past.



It is not pleasant, but we have now been chosen to see more deeply beyond the veil. Since we are all connected, this has been affecting us in our personal lives and globally. As we sculpt our new reality, continuing to pick up the pieces and creating order from all of the chaos, it is imperative that we are bold and persistent. Each of us embodies an integral part in this process. Therefore, it is not just important for us to show up, but to be our authentic selves and accept one another for their differences and be aware that we all have a unique contribution in this new reality.

We are all connected to one another. What affects us affects all. Remember, that we embody energy and our actions and thought patterns are transmutant. How you treat others reflects back to you, because we are each a part of one divine matrix. You may feel that you cannot make a difference, but this is not true.

The poet Rumi described it perfectly and his words are more relevant now than ever “You are not a drop in the ocean; you are the entire ocean in a drop”. We are divided at this time and are feeling this deeply. As a result, we are all suffering. How can we empower ourselves? We need to be love and radiate this to others. We need to lift one another up. We need to believe in one another and that this is a reality. We need to see this as a clear obtainable vision.

Contributed by Tracie Machiaverna  
Intuitive Readings By Tracie.



# Akram Science–A Simple Path to Permanent Happiness



Have you ever wondered....?

What is the purpose of your existence? What exactly is the science of karma? Can we stop binding karmas? Who you really are? How can we overcome negativity, fear, and anxiety? How can we remain positive, even in adverse situations? How can we lead a stress-free and balanced life? Why does this happen only to me? Who controls the worldly acts? Why is life unfolding as it is? What is true forgiveness? What governs “Money” and “Wealth”?

Imagine having non-controversial and non-contradictory answers to all the above and many such questions and puzzles of worldly life.

Come and Experience the Science of Akram Vignan.... the Path to Eternal Happiness.  
Don't take our word for it, discover yourself what is possible.

Experience the Self-realization from a living Self Realized Spiritual Master.

By bestowal of divine grace (a blessing) from a highly-Self realized being also called a 'Gnani Purush' can help one demarcate between non-Real (mind-Body complex) and Real our pure Soul. He can break our illusion and put us into correct identification of oneself as Atma (Soul or Self).

Gnani Purush will do this in a 1-hour ceremony called the Self Realization or Gnan Vidhi Ceremony that you participate in with him. It is an exceedingly rare, direct, and extraordinary gift of Self-realization that destroys most of your karmas. The free bestowal of Self-Realization in one hour is the foundation of this 'Akram' (stepless) Vignan (Science) and a simple path to attain a permanent happiness. As an amazing wonder by the grace of 'Gnani Purush', the charging of new karma stops.

After attaining Self-Realization some residual karma will dissolve or dissipate simply by following 5 principles given after this ceremony for prevailing in the awareness of Soul in conducting worldly life. For hundreds of years, there have been no paths to ultimate and final spiritual attainment so direct and so effective, as many have experienced.

Those who have attained this Gnan start to experience the first stage of Moksha (ultimate liberation) in which afflictions such as suffering, worry, fear, anger, anxiety, and depression cannot affect us. One begins living a happy, peaceful, and virtuous life free from emotional turmoil, stress, and suffering. We can attest to the fact that this has happened for so many of us. This invaluable gift of a lifetime makes life so much easier to live in the bliss of Soul. The practice of this practical and powerful spiritual science which will make it easier for you to deal with issues of this life including money, relationship challenges, and so-on. Also, most of these practices can also be utilized to great benefit by people who have not attained Self Realization.

You will never be required to pay anything for it, yet it offers you a direct 'elevator ride' to the highest and ultimate goal of spirituality. A simple path to permanent happiness.

Contributed by Akram Science.

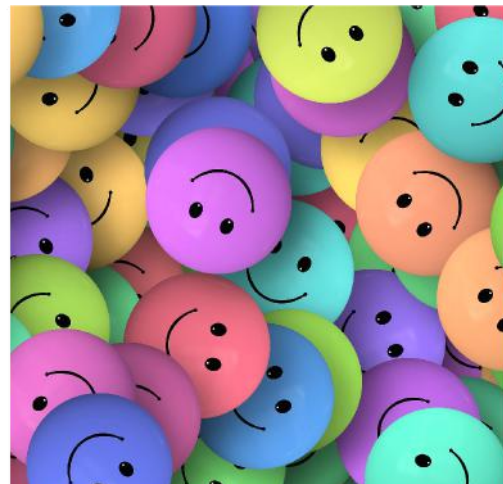








# THE SECRET TO LIVING A *Happier Life*



It's actually really simple.

Are you ready?

The secret to living a happier, more joyful life is to learn to master loving yourself unconditionally even on days when your inner mean girl gets particularly loud.

That's it.

I know; sounds easier said than done.

So let me explain...

Think back to a time when you felt like crap.

Perhaps your favorite jeans felt a little tighter than the last time you wore them...which caused a whole lot of self-consciousness {yep, been there}

...or perhaps you're thinking about a time when someone commented on 'how tired' you looked so you then wasted an hour researching expensive eye-creams...

{been there, too}

Or maybe you're constantly wondering "when am I finally going to figure this whole self-love thing out?" {also been there!} Let me ask you; were the thoughts going on in your head positive or negative in this situation?

Empowering or disempowering?

Therein lies the opportunity.

For the next week, I'm challenging you to stop yourself when you go into a disempowering moment and redirect your thoughts to something more empowering.

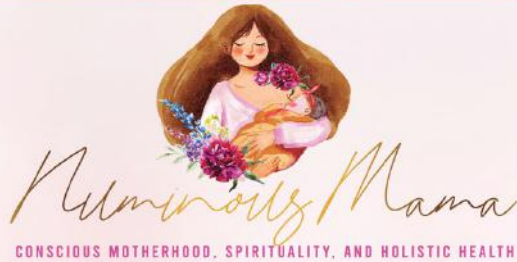
Ask yourself questions like:

- How can I talk to myself in a way I'd talk to my best friend?
- Am I giving away my power to other people and my own fear of being judged?
- What am I grateful for about my body?

Not only will that help silence your inner mean girl, but it will also help lift your vibe and ultimately help you live a happier life.

Contributed by Lizzy Cangro

Nutrition by Lizzy



## The Journey of Motherhood is a Spiritual & Holistic Path.

Dr. Christine Dolahan is passionate about the benefits of holistic and integrative therapies in helping women and mothers with the challenges encountered in the different stages of this life path.

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## Numinous Mama

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## What is the Spirit Baby Realm, and Why is it Essential for Conscious Motherhood



As a healer specializing in all stages of motherhood, many people ask me about the spirit baby realm and how it relates to conscious motherhood.

To understand the spirit baby realm, we must explore the paradigms that support this way of philosophical knowing something about our reality and awareness of this reality. When I say paradigms in the plural form, I mean to stress that there are two different paradigms currently rivaling each other:

1.) the materialistic, outdated paradigm by which most of our society operates in 2022, 2.) the new, pre-birth paradigm, which is slowly entering the collective, societal awareness. Here are the significant differences between the two paradigms.

Most importantly, the materialistic paradigm currently ruling a large portion of collective consciousness assumes that there is no soul or essence of the soul in existence before conception. Furthermore, it establishes four assumptions.

Assumption number one postulates that materialistic science as we know it gives us reasonable explanations of reality, and our five senses give us an accurate perception of this reality. Secondly, the materialistic paradigm assumes that our brains generate memories and awareness. Thirdly, it postulates that a conception is a biological event that happens randomly and by chance. Thus, parents cannot communicate with their unborn child, and a newborn is a blank canvas that needs to be programmed by parental upbringing and society. Fourth, the materialistic paradigm postulates that only social environment and genetics explain human life.

In conclusion, this outdated paradigm stresses the non-existence of a soul and reduces our creation to a solid matter process.

The Pre-birth paradigm, on the contrary, is an expansion of worldview outside of the materialistic and offers an exceptionally inspirational and positive view on life after/pre-life. It is based on these four assumptions:

1.) People with expanded consciousness and awareness of life can remember prebirth experiences. 2.) Thus, memory and consciousness are not bound to the brain and expand beyond our physical matter as human beings 3.) Parents who are empathic and sensitive are aware of souls seeking to be birthed 4.) Our life is pre-designed and pre-planned to an extent (sacred contracts and free will also play a role), including the parents and families we choose to be born into.

When exploring this second, cutting-edge pre-birth paradigm, it is easy to understand the spirit baby realm from this philosophical lens. It is the realm in which those souls who have gone through the afterlife cycle of review and cleansing of old lives, restoring and resting, and planning new lives, are waiting for their chosen parents to be ready to conceive them.

Intuitive parents and professionals specializing in connection with the supernatural realms, including spirit baby realms, can sense these souls prepared to be born and communicate with them. I know the spirit baby realm from both sides as I have pre-birth and birth memories; I am also an intuitive communicator and have had prebirth communications with my children and with spirits to be born as children to other parents.



My personal memories and intuitive communications correspond in that this realm is peaceful, joyful, and heavenly. Spirit babies have a lot to share with their future parents, including the names they want to have, what mission they have in life, favorite colors and preferences, and other interesting facts that can help parents consciously raise their children.

As a mental health professional, I see parenting as one if not the most critical impact we will have on another soul in this lifetime, and parenting gently and mindfully with this pre-birth paradigm in mind, can help us genuinely help another soul in the form of our daughters and sons express their full potential. This is also what the theory of conscious motherhood and parenting is based on. Mindful motherhood assumes that we do not parent from our ego-perception of what we want and think is suitable for our children but from the understanding that our children are, in the words of Khalil Gibran, not “of us” but come “through us” and that we must not place our own will on them. Instead, we may only love and nurture them for who they are and then send them off to do what they are meant to do on this earth plane, whether we understand their life purpose or do not. It is a lesson in radical acceptance of another soul granted to us as parents.

On that note, Conscious Motherhood also assumes that it is not only us that teach our children how to be human but that it is a two-way relationship in which our children have the potential to teach us and heal us sometimes more than we them. My daughter is undoubtedly the guru (or light bearer) I have looked for in every corner of the world over the past ten years before her birth.

In conclusion, the spirit baby realm is based on the idea of an existence of a conscious soul that plans and chooses life situations and can help us significantly make sense, meaning, and purpose of our lives and those of our children.

Contributed by Dr. Christine Dolahan Ph.D.  
Numinous Mama



# *On the Lighter Side of Things*



be  
YOU



ONE  
EARTH  
ONE  
FAMILY

GOOD  
vibes





# THE LUXURY *of* SELF-CARE



As an esthetician by trade, some people do not know what I actually do, and when I explain it, I receive a lot of “Oh, I don’t have time for that”.

As a skin care specialist, performing facials is just the outer surface what I do. I am a healer. I am a Reiki master, so energy work is always incorporated into my body work. I also perform vibrational “facelifts” with tuning forks. So, for those of you who say you don’t have time for self-care, I say this:

We live in a world of instant gratification. We don't want to wait for something that will bring us satisfaction. We want to get in and out as quickly as possible, especially if we don't want to do something. The faster the better. Who has the time for the “luxury” of self-care?

There's just too much to do in our busy lives. Kids, family, spouses, work, cleaning, cooking, etc. If we want something, with the click of a “submit order” button it's at our front door. This isn't necessarily a good thing. While living with this mentality, we are losing the ability to enjoy the simple pleasures in life that allow our minds and bodies to relax.

Often times we overlook the importance of taking care of our mental well-being, which is equally as important as taking care of the physical being. Every time I turn around, I hear about another person that is suffering from illness or inflammation, and I wonder how much self-care they have in their lives. Self-care is just as important as going to the doctor for a physical. It is not only transformational and preventative for illness and inflammation, it's necessary for stress reduction.

When I was transitioning into adulthood, I could not handle my stress levels at times. It is very important that we learn how to manage our stress. We need to allow time for our minds to heal and recuperate from “the faster the better” society we find ourselves living in today. It has been said that 76% to 90% of all doctor's office visits are from stress-related ailment and complaints. These statistics are astounding. So why are people so hesitant to reduce their stress levels?

After really tuning into my mind and body, and realizing the harmful effects of stress, I found myself making a big change in my life and my career. This is a large part of how I came to the start of my career as an esthetician. In my previous job, my days were busy, noisy, hectic and non-stop, finding myself working or thinking about work long after I left the job. I now find myself in an environment where the world slows down. While soft music is playing in the background and the lights are low, I find that my heart beats slower, my mood is relaxed and happy, and my brain feels peace helping me to think clearer. No wonder why a facial is a desirable form of pampering. A facial massage can improve your mood, anxiety level, and increase relaxation, ultimately reducing stress. Daily stress results in tension build up in your facial muscles, which can create lines along the brow and lip area.

Gentle routine facial massage can help relax these tight and drawn muscles, therefore decreasing fine lines. Facials and facial massage cause serotonin and endorphins to be released into the bloodstream, which in turn elevates your mood. Endorphins have many health benefits, including reduced rates of depression and anxiety, improved mood, decreased pain and discomfort, and increased self-esteem. When serotonin is at normal levels, you feel more focused, emotionally stable, happier and calmer. Facials, as well as vibrational tuning on the face and body, can also stimulate pain blockers and reduce the feelings associated with chronic pain, fatigue and inflammation. As well, facial massage has proven to be very effective at relieving feelings of depression according to some independent researchers. Just like our bodies need sleep to reset, the mind needs self-care to relax and heal.

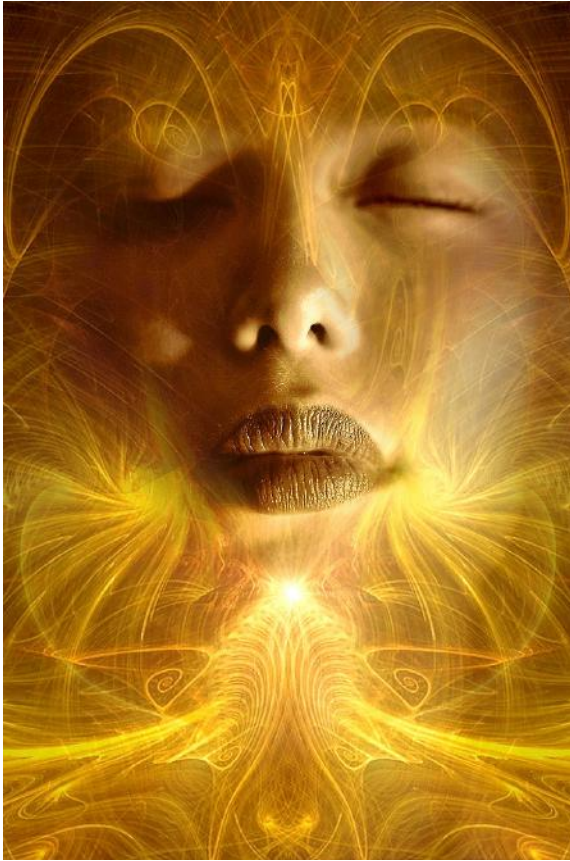
When getting a facial service, the environment is soothing and calming, relaxing music plays and the healing fragrance of specially chosen aromatherapy scents fills the room. The client is cared for by a trained professional; touched by another human being with soothing hands. Skin is the largest organ in your body and sends good and bad touch sensations to your brain. When you engage in pleasant touch, your brain releases a hormone called oxytocin. This makes you feel good, lowering anxiety and fear levels, sending signals to the brain to translate into security, happiness and comfort, and it soothes the mind and emotional state. Basic warm touch calms cardiovascular stress. Your facial muscles, along with any other tension being held in the body, are relaxed and freed.

Take care of your body, mind, and spirit and they will, in turn, take care of you.

Contributed by Alaina Molesko  
The Honey and The Moon Holistic Healing



# WORKING WITH SPIRIT



It is a delight for me to write this first article for Holistic Hue Magazine as I take part in this extraordinary endeavor being part of the Heart of Oneness Holistic Expo.

K. Ay'Nea and Matthew Riley are offering a beautiful opportunity to each of us participating in this highest frequency of Unconditional Love and Light which they are living and which they are cultivating in their dream.

Being part of two of their first Expos with their loving and kind support and promotion has opened the door for me and propelled me to serve others in need in greater capacity. Little did I know or anticipate that their new venture would support me and lift me into the next levels of my service work for others.

I am grateful to them and for Spirit bringing them into my life so that I can continue to evolve and grow in my gifts, blessings, and service to and for others. When I work with their support, I feel that the highest frequency of Love and Light are coming through their sacred work and blessing all of us working with them and all whom we are called to serve.

Yes, we come together in this unity of Heart of Oneness, which the Rileys have been guided by the Divine to create and being forth into the physical plane. Always listen to your Divine guidance for your highest good so you can be fully who and what you are as Sacred Children and as Conduits of the Divine.

Your most important relationship is your own direct and personal connection with Spirit or the Divine, however you name it. Communicating and directing this intimate interaction with Spirit will always keep you in the best and safest place in your life. You build a bountiful support and “knowing” which guides you and leads you in a beautiful way.

Stay in touch with the Divine energy in the ways that are natural and true for you. Walk meditatively in Mother Earth and Nature in the beautiful day of sunshine or sit quietly and go within your deepest self to that divine connection that I call “the Intuitive Self,” which is located in your solar plexus.

There you can reside where you connect with your inspiration, creativity, and the part of yourself that is eternal and continues to exist when you choose to leave your body when your life is done here. Resting in your Eternal Being can bring you such unimagined joy, replenishment, and nourishment for your wellbeing.

Make regular time for your “going within” and your meditation and prayers with Spirit. The more you do this and practice this, the more it will become a deepening and growing part of your life and being. You will become so refreshed and the stress will just fall away from you.

As you work with this material, notice and observe how you are changing, shifting, and feeling. Always be present in your body and being, watching to see how you are doing within and without. How the two-fold parts of your life inner and outer connect and interconnect.

Also, you may find that you need more movement and fluidity in your personal expression of your direct connection. So do moving meditation and dancing to your sacred and special songs and music which you love, and which support you too. You may even hear the “cosmic music” stirring within you as you go within and connect through your Intuitive Self with the Cosmos.

I see you thriving and moving your life in wonderful ways and directions as you take the best care of yourself and listen to your inner guidance and connection with the Divine. May you take your sacred time and move into greater comfort, wellbeing, and “knowing,” as you work with the Divine energy directly,  
Namaste,

Contributed by Blue Turtle  
Blue Turtle Intuitive Counseling

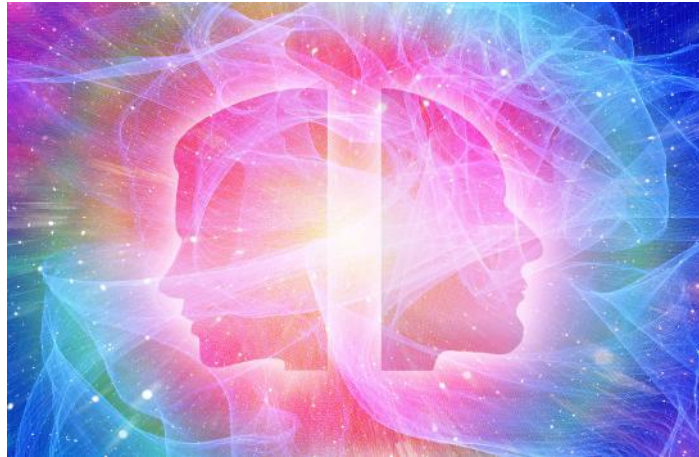






# Vibration

## Happiness



The pursuit of Happiness has captured humanity for eons, and as it continues it has become even more significant in our Ascension Journey in creating realities for Earth and Humanity.

Through the journey and process of spiritual awakening, so many of us have gone through the many different layers of conscious awareness on the vibration of happiness and how it is achieved.

From our third dimensional awareness, we had occupied our world with material possessions to experience happiness only to experience a temporary satisfaction and then feeling the void inside.

We then had our awakening where we let go of the material possessions we had accumulated and felt the freedom of letting go which brought liberation and the experience of happiness. After a while that too was not sustainable, and the pursuit of happiness has continued.

For so long humanity's Happiness has been embedded, programmed, conditioned, aligned & calibrated to all outer conditions with limited fulfillment as they have been in separation of one's unity to Source.

Marketing strategies and advertisements have taken full advantage of this separation in all areas of our lives to sell products and programs for Happiness that have worked in the past but do not any longer as the Inner Call in Recognizing True Internal Happiness is stepping more in the forefront.

So why such pursuit? Why does humanity attempt all kinds of ways to experience Happiness? What is it about Happiness that creates such a driving force in individuals?

Happiness is a vibration that is high on the emotional scale that is spinning fast and moving upward.

That is why it feels ecstatic whereas sadness for example, feels heavier on the emotional scale as it is spinning slower and moving downward.

I have found when I AM experiencing Happiness, I AM feeling the resonance of Who I Really AM and I feel the streaming life force inside of me in all of my bodies and the visceral alignment with my Higher Self is palpable.

I have also found that this experience is accessible to me at any given time when it is unattached to anything outside of me. Furthermore, the joy of experiencing Happiness is even more Joyful and the sustained energy is much more lasting when there is no ulterior motive other than it feels amazing to feel Happy.

The simplicity of this awareness is the key that takes a life journey where some come to an inner-standing, heart-standing and understanding while others may never come anywhere close to it, nor even able to achieve it and this too is also accepted.



As our lens of consciousness expands through the octaves of light that has illuminated the inside template, we are able to receive and access more knowledge and insight.

The inner sight of our krystalline pathway gives us the ability to see more clearly from the diamond ray that radiates. This expansion stems from each encounter that we face which allows us to raise our vibration higher while detaching from the heavier energies of the past stored in motion in our physical, emotional and mental bodies.

As our template becomes more purified by the action of the inner transmuting flame, the radiant diamond of our Heart expands even greater where the experience of happiness becomes more sustained as a natural byproduct in connection to Source.

This awareness shifts the lens of pursuit of Happiness to a Realized Presence through the I AM that recognizes the natural state vibration calibrated to Pure Source which streams each and every moment.

The Joy factor is one's connection to the inner child that is always in that pure positive energy and ready to play. This is why it is essential to nourish the inner child each day through fun and play that allows individuals to tap into the streaming frequency of high vibration pouring from Source that is in a constant state of Happiness of Uplifted Vibration.



When the Sirian High Council spoke through me in Smithtown New York in 2018, they spoke of how vital it is that humanity prioritizes joy above all as from that frequency of joy, all higher visions can easily be created for earth and humanity without limitations nor resistance. They also spoke of the science of Joy as a living frequency that allows the alchemized materialization of greatness within the higher plane into the plane of matter into form.

This means, we can consciously and deliberately create from our Happiness state and actually enjoy the process of creating the solutions for Earth and Humanity.

Thus, We Are Happiness, We Are Joy, We Are Bliss, We Are Satisfaction, We Are Pleasure, We Are Victory, We Are Triumph. We do not need to do anything but BE IT and EMBRACE IT.

Taking Charge of Our Vibration and Energy becomes our Responsibility because no one owns this Right as It Is Granted To us individually. We Are The Diver, We Are The Direction, We Are The Path as We Are The Map to All We Desire with Our Own Happiness State.

Such conscious awareness is now visible everywhere for those that are SEEING through the higher lens of krystalline diamond clarity and have begun living from a state of Striving vs Struggling, from Victory vs Misery, from Meditation vs Medication, from Celebration vs Getting By as the inner True Happiness becomes more and more restored in each human being that aligns to its Divine Source Energy.

As living creators in form, we are remembering how to create from our Joy which allows our natural organic Happiness vibration to be experienced with ease as we are plugged into Source.

Let's Walk Our Walk of Life by Being The Happiness In Form that We Already Are & Create From The JOY of Our Inner Child.

Contributed by Rev. HoniB  
Co-Founder of Ascension Alchemists



# Snapshot

EDISON NJ



2021





# From Coping to Creating



What is art? What is its purpose?  
I've spent many years rolling this question around my mind, and it seems to have a fluidity that doesn't have one correct answer.

As an artist, the act of creation has taken many meanings on my path, including self-reflection, communicating, social commentary, visionary, fun, educational, professional, cathartic, and healing.

It was also a way for me to handle very difficult times in life. When there was nowhere else to turn, I went onto the paper with a pencil in hand. It is this step that is the most important.

We are creators.



If you feel like you aren't an artist, I implore you to just take a pencil and a blank piece of paper and make one mark. Then look at that. Make a second mark. Keep looking. One mark at a time. Look. What is making itself appear to you? Keep going.

Maybe it's words, maybe it's letting your voice hum a melody, even if it's quiet. Hum.

If you are an artist, keep going. We all need you and your vision. Listen to the creative source and let it flow out of you, and share it with the world.

This is the gift of art to us. It exists for us to fall into it with no rules or reason. Let it carry you through the joy and the difficulty. It's a tool and a release. Let it make no sense at all. Let it help us with this journey of life.

"Creativity Takes Courage" - Henri Matisse

"Out-Create Destruction" - Tori Amos

Contributed by Jessica Licciardello  
Founder & Creator of JLDELLOArtwork  
8 Minutes to Freedom

# We Help People One At A Time

## The Energy and Experiences at Heart of Oneness Holistic Expo

Dearest Readers, who I hope one day to call friends, join me in the following visual description, perhaps with your eyes closed and a focused opening of your ability to envision.

Can you imagine yourself, working diligently with caring and compassion for close to nine hours, talking, and relating to people in an environment of high energy?

The people who seek you out are seeking answers to perplexing and conflicting challenges-things that perhaps they could not solve alone even with the assistance of a trusted friend and/or loved one. There are others who perhaps if you passed them by in a mall or grocery store you would not notice anything amiss as you passed one another. However, those with unseen hurts are indeed those who perhaps maybe in most need. There are so many suffering in silence battling thoughts and emotions filled with sadness, anxiety and perhaps a sense of hopelessness, helplessness and no way out.

This indeed is an actual description of days I spent, serving as a medium, intuitive, and trance healer at Heart of Oneness Holistic Expo during 2021, and 2022. When one enters the doors of the New Jersey Convention Center, at once you can feel the high energy and see and perhaps even visualize that there is something special going on.

During my first visit, I knew no one personally, however, despite that, I did not feel alone, or alienated from the opportunity to be part of a healing event. The events' organizers and their team of staff all were and are extremely welcoming and this adds to the energy of healing possibilities.

However, my second visit as a participant and provider was even more intense.

While there was a number of people who sought my services and care, there were a number who left their indelible stamp on my mind, body and spirit. Of note were people who had been hurt in the course of relationships seeking answers to design a path of healing and resolution.

Some came with medical concerns including exploring strategies to circumvent infertility. Others wished to be in contact with their loved ones in the spirit realm, hoping to hear that they were no longer suffering and were ok. Others sought the opportunity to commune with spirit loved ones for answers to perplexing questions. Perhaps a most noteworthy experience was with a group of family members who initially came separately to seek a connection with loved ones in the spirit realm. However, one male family member came last and asked to have mediumistic reading. There are times as a spiritual practitioner when we are invited in people's lives in this manner, we have little idea of the urgency and compelling need. Such was the case with this particular gentleman whose father was in spirit and immediately came forward.

As I am an evidential medium, I shared the specific evidence of who came forth which my loving client could accept. Once it was clear who had come forth, my client began to softly share emotionally laden tears. I queried whether or not I should stop however he replied that I must continue. As I continued the reading, the other family members also in attendance, who numbered about an additional six people including school -aged children, also began to cry. I believe they were all experiencing the healing energies that often occur in readings. The message my client received concerned his immigration status and it was clear this issue was of great import for my client and the entire family. Given the enormity of this situation, I invited the entire family to sit in a healing circle with me and I prayed, inviting healing for all of the members of the family including the gentleman who was so intensely impacted. Although there was no immediate resolution to their concerns, they left feeling spiritually uplifted and supported. I too felt the presence of healing balm and energies.

Likewise, I experienced a similar intense experience in my trance-healing lecture during the afternoon of that same rather intense day. As I entered one of the rooms within the New Jersey Convention and Exposition Center, the room was filled to capacity. There were a variety of men and women including all ethnicities. The audience listened attentively and respectfully as if they were assured, they were going to receive a special and important experience. I led them into a healing visualization design to offer support and special upliftment.

This is a guided meditation designed to offer participants the opportunities to connect with their individual helpers, healers, and guides. Once again, it was incredible that all fully participated, and their actual energy was palpable with my hands. As I held up my hands asking for continual healing of these energies, I could see most of the group in relaxation and calming auric fields.



Following the end of the meditation, we had the opportunity to share and debrief, and again participants felt that had been actually transported to the place described by me in the meditation, and indeed felt revitalized and rejuvenated. Many of those who attended wanted to share their individualized and important experiences such that we had to meet outside of the room, as another lecture was about to start.

As a lone practitioner, there is little or no opportunity to share very special and important experiences. After a full day, I bubbled over with excitement and energy with no one to be able to share these highly profound experiences.

I found myself corrected as the Holistic Expo chair and organizer made his rounds at the end of the day. I believe he saw the need in me to share and came towards me in loving kindness and compassion. He listens attentively as I highlighted my experiences with the family with unseen hurt and pain, and then of course the intense and meaningful experiences in the trance healing session. And without a moment's hesitation he looked at me deeply and simply said, "We help people one at a time". And perhaps with those very straightforward and unadorned words he captured what we are all about; service, love, caring, and compassion. In essence that is the Heart of Oneness Holistic Expo.

Contributed by Lorna J. Hines, LCSW, ACSW



# Sign Up for the online Newsletter

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- Special Announcements & Happenings.



We are always looking for ways to make your experience the best it can possibly be. Excellence deserves excellence and we are committed.

Our Newsletters are a great way to stay up to date on any changes and special announcements.

From giveaways to speaker presentations, we will keep you as up to date as possible.



Community  
Consciousness  
Connection

Together WE Create  
Beautiful Change



[www.HeartofOnenessHolisticExpo.com](http://www.HeartofOnenessHolisticExpo.com)



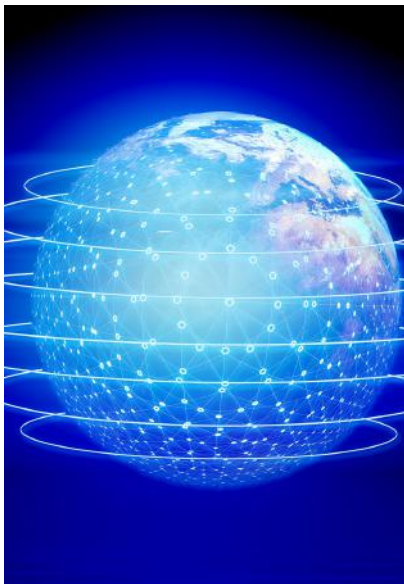
## Let's Stay Connected

✓ Signing up is easy... Simply share your email address with us directly on our website and you're in.

These newsletters are delivered quarterly straight to your inbox so be sure to mark our address as safe and add us to your contacts so you always stay in the know.

# We All have a Story to TELL

How we tell that story greatly influences the impact it will have on others and ultimately, helps to define the success of your brand. What many entrepreneurs and creatives don't take advantage of are modern day tactics PR professionals use daily to get brands the recognition their founders yearn for. Here are the top 5 ways to make your brand recognized and relevant in the modern media landscape.



## Build meaningful relationships

Study the top writers and producers that best align with the mission and vision behind your project or product. Prioritize building nice rapport and showing genuine kindness towards their work. Media personnel have limited time as they are inundated with hundreds of media requests daily. The news cycle never sleeps. It's important to find a way to stand out and lead with confidence but also be respectful of the media's time. If you don't have meaningful relationships with writers, producers and editors, it's going to be very difficult to share your story with the world.

## Make an impact through storytelling

Don't tell a story, set the scene. Make your reader feel something. Be a visionary and connect with their appeals; Logos, Pathos and Ethos. This is an attempt to connect with the reader's logic, emotions and ethics. Find a way to stand out and connect with your reader instantly, otherwise, you'll be at risk of losing their attention and interest. Take advantage of social media when researching your prospective media contacts. Study their interests and passions closely. Modern social media profiles showcase a lot of interesting quirks about a person which is really helpful when it comes to making connections.



## Pitch with passion

It's important to have a passion for your craft. The reader needs to feel you are committed and dedicated to the story you are presenting. This can be verbal or nonverbal. Oftentimes, most correspondence for press placements take place digitally. Other times, interaction takes place over the phone or in person. Regardless of how you correspond with the media, don't hide behind your passion. Your passion, willingness and determination to fight for what you believe in could very well be why a piece gets picked up by a network or publication for print.

## Innovation is your friend

Stand out always in all ways and let innovation be your driving force. With technology at our fingertips, it's easy to forget how valuable social networking can be for business. Social media acts as an open invitation to network with media professionals, celebrities, donors and more. Social media correspondence is certainly a nontraditional way of PR outreach, however, many traditional PR tactics are no longer effective. Be encouraged to continuously work to evolve your brand, marketing strategies and follow media trends closely in order to stay recognized and relevant.

## Reputation follows

One of my favorite quotes by Benjamin Franklin is, "It takes many good deeds to build a good reputation, and only one bad one to lose it." How you treat others matters greatly. This is something that's been ingrained in my mind since childhood and holds true, probably more than ever, in my adulthood. I wish more entrepreneurs would take the time to understand the importance behind this principle. Your reputation will follow you wherever you go. As small as your industry may seem at times, the digital age allows a good majority of media personnel, entrepreneurs and more to be well connected or linked in some way. It's exciting to obtain a level of success you're proud of and celebrate your victories, but at what cost? Be mindful of your actions and interactions with every person you come in contact with as you work towards becoming a top industry professional or well recognized brand.

Contributed by Tara Akaway  
CEO and Founder, Social Wise PR



# Meet the Ancient Crystal Skull

## KAB



A channeling by Ancient crystal skull KAB

I thought it appropriate to share a channeling by KAB who I have had the blessing of being his caretaker for the past 7 years now. This channeling was from 12/21/21 and is meant for all of us who seek oneness of being through our hearts. Blessings from us to all as we all continue navigating through the rest of 2022 and a big congratulations to K Ay'Nea & Matt for holding space and bringing their visions of beautiful holistic events to fruition for all to benefit, and for now launching of their heartfelt new magazine "Holistic Hue". May many blessings follow you both wherever you go.

Gentle beings surround your earth bringing you healing & joy. They protect you and now launching bring forth the energizing and healing rays of the sun. Mother earth is a living breathing being and she brings her aliveness to all and is always anchoring the energies of the sun, and even though you can't see it, it is still being brought through.

I now offer a healing tool that can be used. Form a silver/platinum pyramid over your home or wherever else you choose to use it, and at the top of it place a crystal. This crystal stores much energy from the sun and contains every color of it that can be used at will. These colors and energy can be used to heal your home or yourselves, any time you wish. This is a self-generating crystal that is continuously connecting to the sun and to mother earth. The sun is always shining somewhere, does it not?

See the silver bricks that make up your pyramid, perfectly placed to create a protective shield over you. Wherever you go you can place this personal pyramid over yourself to protect you and enhance you from all directions. This crystal is self-generating in that the sun is always charging & coding it. Connect with this crystal often, and gather the knowledge of the sun. This also is able to connect you with the so called past present future, which is really simultaneous if you so wish.

This technology, or biological connection has been attempted to be hi-jacked, but no one can take this connection away from you. It is your right; it is your essence and what you are made of and is what helps create the beautiful living earth beings that you are. Challenges in the future are coming but they are nothing that cannot be handled by you living from your connected hearts with a vision for a peaceful, healed and connected future.

Bright beings of the light are always working to bring you etheric sustenance as well. Do not give up your right to a beautiful future. The whole world is contained within you. Connect with other guardians' light pyramids, as you each hold a beautiful key.

This is KAB & many lighted beings bringing you joy, love, peace and happiness for now and evermore. Someday soon a new world will be coming, and you will be a part of it.

Continue your peaceful meditations together. Love and live in joy and peace will be yours. (Enjoyous-his beautiful word)

Somme Vaya (Summon Strength-this is connected to another channeling connecting to the sun and you just need to ask if you find your energies waning)

Contributed by Sue Card  
Caretaker for "The Ancient Crystal Skull KAB"





Every  
Accomplishment  
Starts With the  
Decision to

*Try.*



Innovation  
Integrity  
Influence

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# Human Vibrational Frequencies Matter



## A SCIENTIFIC PERSPECTIVE



Nikola Tesla, a world known Scientist and Physicist in 1870' said that "If you want to find the secrets of Universe, think in terms of Energy, Frequency and Vibrations ". The quote reminds us to remember that all our thoughts, feelings and emotions send out a specific kind of vibration, a bio resonance. (It can be + or -)

Albert Einstein, some 60 years later, claimed that "Everything in life is vibration". These bio-resonances can stay stuck in your energy field and can send out a powerful vibration into the Universe. Nicola Tesla's and Albert Einstein's quotes prompt us to focus on the Law of Vibration.

Frequencies and vibrations hold an extremely important yet hidden power, that can affect and change our lives. This concept is based on experimental evidence.

Ernst Chladni, a German scientist and musician, demonstrated in his famous sand plate experiment that a moving violin bow can display the movement of sound. As pitch of tone increases, beautiful geometric patterns form and become more complex and change the migration frequencies.

He found out that Patterns at 432 Hertz frequency were quite unique. He based the vibration of frequency on the Golden Rule 5. ( $KC \text{ Sine } \Theta = 5$ ). It unifies the properties of synchronized vibrations with space, time, light, gravity matter and magnetism.

It also synchronizes with biology, DNA code and consciousness as well as at the cellular level of our body. It is the 432 Hertz frequency which has a profound effect on affecting human consciousness as well as at the cellular level.

Modern science has come to realize that "everything" has a range of frequency in our body. John Stuart Reed, another scientist, believes that the "brain and earth itself work on the same frequency".

What we recognize now again through the works and words of Nikola Tesla is that "If we can control that resonate system electronically, we can directly control the entire mental system of the human mankind". The evidence surrounding this revelation and its potential role in medical and spiritual domain is being investigated aggressively in the US & Abroad.

## WAYS & MEANS TO RAISE OR LOWER THE HUMAN VIBRATIONAL FREQUENCIES.

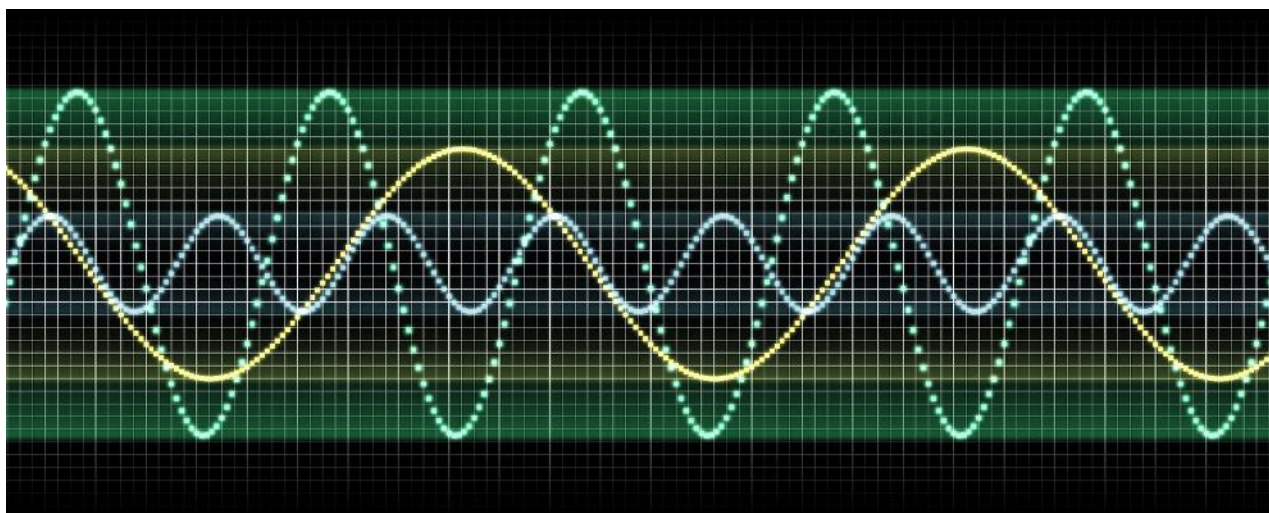
Researchers (Onsizzle.com) have revealed that we can raise our spiritual vibrations to bring dramatic positive improvement in our life through mind and body manipulations as follows:

MIND	BODY
Meditate	Stretch/move
Show Appreciation/gratitude	Ingest plant food
Give/help others	Breath concisely
Be a volunteer	Relax
Spend time in nature	Walk barefoot
Think Auspicious	Enough sleep
Keep minimal TV time	Detox

Christie Marie Sheldon, an intuitive life coach and energy healer, perpetuates that we can improve our vibrational frequencies. With the increased frequency we can experience more love, joy, abundance, and peace in our lives.

Other relevant factors, which significantly raise the human vibrational frequency impacting our physical and mental health, will be discussed in the future volume.

Contributed by Jay Sethi, Ph.D.  
President, J & S International







PeaceOfMindBreath.com



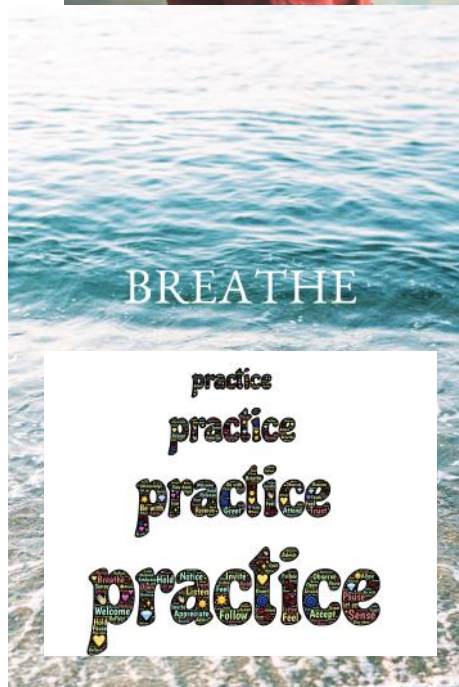
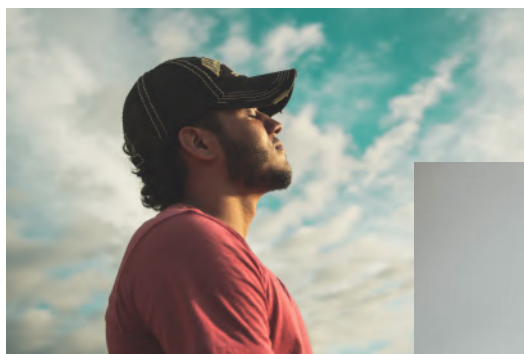
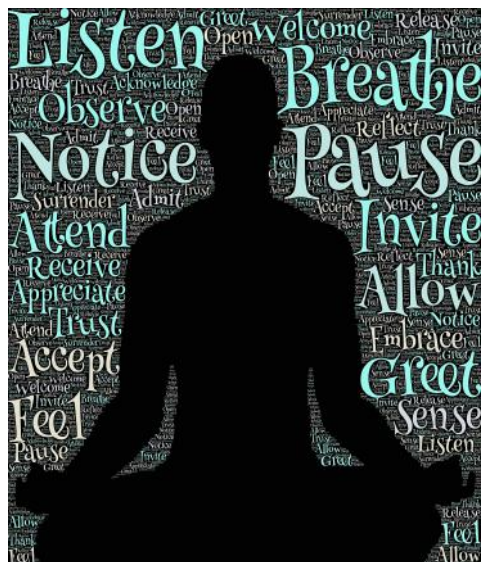
She helps both adults and children improve their breathing patterns which enhance physical health, mental and emotional wellbeing, accelerate recovery, elevate athletic performance, and help with nervous system regulation.

- shortness of breath
- anxiety/panic
- allergies/rhinitis
- snoring
- stress
- chronic fatigue
- sleep apnea
- depression
- fibromyalgia
- asthma
- insomnia
- Long Covid
- pain/tension
- skin/gut issues
- & more

**BUTEYKO CLINIC**  
INTERNATIONAL  
*Certified Instructor*



Breathe FOR Change  
SELF



This is the birthday tarot deck:  
soft-edged, large with burgundy backs.  
This is the Halloween tarot deck:  
a black cat on every card.

When the movies show  
the apocalypse, there's always a scene  
where people raid stores and pharmacies,  
gun racks, but never bookstores and ones  
that sell holy trinkets or divinations, though  
those shops retail some of our best long chances.

This is the love note tarot deck:  
mermaid blue swirls and shoreline sun.  
This is the housewarming tarot deck:  
grey and white backgrounds.

In the movies, the people  
selected to rebuild the world  
aren't picked on the merits of  
their connection to the divine.  
Those who know how to retrieve  
souls or teach how to align spines  
and chakras don't get a reserved space  
to cleanse or set wards to protect the new world.

This is the tarot deck for all your travel needs:  
complete with a calico priestess.  
This is the tarot deck that can't sugarcoat truth:  
the Deviant Moon peeking through.

What happens between open and close  
when no one raids outdoor  
sporting stores for tents and fishing line?  
What did we miss the first time through?  
This is the tarot deck slung  
like high noon in the westerns.

Take this last set to interpret the remainder of  
your time.

# FINAL SHuffle:

## Director's Cut



Contributed by Tabitha Dial  
North Star Muse



# The Beauty *of* Kindness

When first meeting someone have you ever noticed that what they look like initially is never permanent? Their physical appearance is transient since we are all composed of energy. Actions speak loudly even if you refuse to listen. To those that do not believe in the simple truth of the power of energy -- it cannot be denied!!

How you carry yourself...how you treat others transcends material wealth, power and physical attributes. If only people would realize that kindness makes them more beautiful, our world would be a better place.

Humanity has been seeking beauty and has been on an endless quest for the Fountain of Youth since the beginning of time. Yet they will never obtain it until they realize that beauty comes from within and will never transform and transcend until they do so. Their results will always be ambiguous. When we develop authentic relationships whether they are business, friendship or romantic, our inner beauty will show on the outside.

As an empath, I always wait to see how someone's energy transforms. Someone who seems beautiful to many can quickly transform to unappealing before my eyes. On the contrary, I watch others' physical imperfections fade away as a result of their actions. We are all energy.

Beauty comes from within. Sit back and observe and you will see it too. Inner beauty supersedes physical beauty always.

Contributed by Tracie Machiaverna  
Intuitive Readings By Tracie





# ARE YOU BREATHING CORRECTLY



Although breathing happens on its own, that doesn't mean you are breathing correctly. Breathing affects all major functions of the body and approximately 80% of adults are breathing dysfunctionally and may also have a breathing pattern disorder. Both can lead to physical health problems, slower recovery, decreased physical performance, and mental and emotional issues.

Breathing is the only system in the body that is both involuntary and voluntary. Too many people rely solely on the involuntary process of breathing to happen naturally. This is not ideal because breathing patterns are negatively impacted by many factors including lack of physical activity, stress, traumatic events, and even processed foods.

## Common Breathing Mistakes

There are 4 common mistakes that usually happen when breathing unconsciously. The first is mouth breathing. Mouth breathing is extremely inefficient. It causes facial distortions in young children, can put you in a continual stress response, increases risk of infection, snoring, and sleep apnea, and leads to dehydration and chronic hyperventilation. The mouth is actually where digestion begins and the nose is where respiration begins.

The second is chest breathing. When the neck and shoulders are used to pick up the rib cage, it increases tension and risk of injury. The diaphragm, the primary muscle used for respiration which is supposed to help push the rib cage out, becomes stagnant and shallow breathing becomes habitual, which tells the brain and body that you're in danger and activates the fight or flight mechanism.

The third error is breathing too quickly. The average person breathes 16-20 breaths per minute (ideal is 8-12). The body gets used to over-breathing and then it becomes a very unhealthy, unconscious habit. This quick breathing pace can lead to breathlessness, brain fog, fatigue, and increased anxiety.

The last mistake that people make is taking in too much air. Many people believe that taking a bigger breath oxygenates the body more. Although it's counterintuitive, a bigger breath actually hinders oxygen delivery to the muscles, tissues, brain, organs and cells

## The Best Way to Breathe - Functional Breathing

There are 4 aspects of a functional breath, which is the best way to breathe on a day-to-day basis. A functional breath uses the nose and is slow, light and deep. The nose filters, humidifies, temperature controls, and produces nasal nitric oxide, a powerful anti-viral, anti-bacterial, bronchodilator and vasodilator. The nose also offers greater resistance to airflow which helps the body become more tolerant to CO<sub>2</sub>, which in turn enables you to breathe slower and lighter.

Slowing down the breath and lengthening the inhales and exhales has a calming effect on the body and mind and helps switch on a relaxation response. It also maximizes oxygen uptake and delivery. In addition, it's important to breathe light and bring in a lesser volume of air, keeping the breath smooth, subtle, rhythmic, and silent. Imagine breathing over a candle and keeping the flame still.

Lastly, it is important to pull the air down into the lowest lobes of the lungs by engaging the diaphragm. The belly, ribs, and lower back muscles should all expand out during the inhale and contract back inward during the exhale. This allows for the most amount of oxygen to enter the blood and also sends signals to the brain that you are safe.

### What Can You Do?

The first thing you can do is begin to cultivate some breath awareness. Notice what your current breathing pattern is during rest, stress, exercise, and sleep. The next important thing you can do is practice! Creating a daily breathwork routine is essential to altering dysfunctional breathing habits and training your brain and body to begin breathing in a way that is more optimal for better physical health, increased resilience, reduced stress and anxiety, accelerated recovery, and enhanced performance.

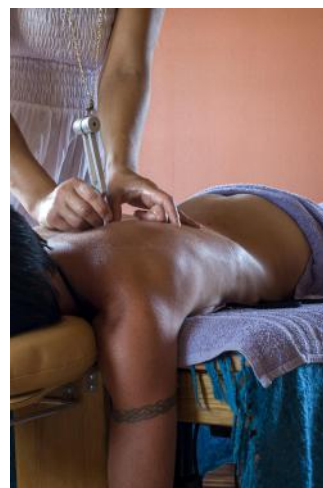
Contributed by Stacy Cohen  
Peace of Mind Breath



*Sound will be the Medicine of  
the Future ~ Edgar Cayce*







## *Tarot Cards & Tuning Forks ~*

Sometimes we just need a little guidance or confirmation we are on the right path on our journey. The Tarot Cards can shed a little light on what's going on in your life and help you to navigate your way through.

I provide clarity by intuitively interpreting the Tarot Cards to assist you on your spiritual journey. I connect through the Divine, so the messages received are for your highest good. There is no need to be afraid of the cards. Some people do not like certain cards because of the images on them. The Death card DOES NOT mean Death, just an ending and a new beginning. The Devil card means needing to face one's vices/fears/negativity toward oneself. The Tower card means a sudden, (possibly) uncomfortable change to bring you something better. The Tarot Cards are a spiritual tool to help you. May my readings give you the guidance and peace you deserve, to become the BEST VERSION of YOU!

I also work with the Ancient Solfeggio Sound Frequencies, in the form of Energy Tuners (tuning forks). Using these forks and 5th dimensional energy, I can detect and re-pattern distortions in your aura /etheric field, giving you an opportunity to let go and change the anticipated physical outcome. The Energy Tuners stimulate, and release blocked or stagnant energy, optimize your energy level, and enhance your sense of well-being! ALL BY USING SOUND VIBRATIONS! CLEAR YOUR CHAKRAS and FEEL BETTER!!

(This preventative work is complimentary to other modalities.)

Contributed by Shannon Wisener  
Owner & Founder, Be a Force of Light



## Instant Materialization of LOVE

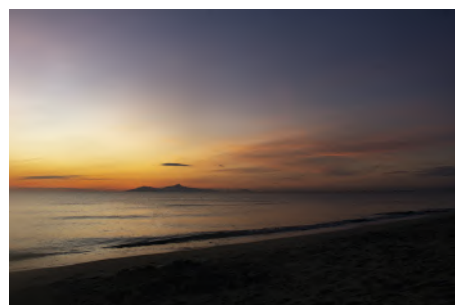


From my lips, to God's ears, to the instant materialization of LOVE.

I was incredibly blown away by what happened on Siesta Key Beach this particular morning. Not even words can capture the mystical experience that penetrated my heart and soul this day. I am forever blessed and deeply honored to share this magical moment from my heart to yours.

To begin, each morning at sunrise my beloved Honi Borden and I go to Siesta Key Beach to meditate individually and then together. For those that are not aware, this precious sacred white powdery sanded beach is composed of 99% quartz crystal, which comes from the Appalachian Mountains.

This sacred beach has been recognized as a powerful vortex in which many feel upon arrival. So, one can only imagine what type of energies can be experienced when dropping into a meditation first thing in the morning with the turquoise waters of the Gulf of Mexico beaming off the shoreline, while meeting the first rays of the sun.



After a highly active weekend of extremely powerful energies, I had an intuitive feeling today was going to be extra special. An hour into my meditation, after moving through some very deep pain and sadness, I called upon my angels, guides, ancestors, councils, orders, elements, directions, and then Yeshua to help transmute these heavy densities in my human template.

All of sudden I started to see these affirmations appear right before my mind's eye. I then received the guidance to voice these sacred affirmations out loud, while breathing into each of them.

As I voiced each sentence, I was guided to feel it's frequency viscerally into my body and feel the vibration throughout my cells, while witnessing them being anchored into the grid underneath me in Siesta Key.

"I AM embraced by God & God embraces me"  
"I AM honored by God & God honors me"  
"I AM respected by God & God respects me"  
"I AM valued by God & God values me"  
"I AM appreciated by God & God appreciates me"  
"I AM nourished by God & God nourishes me"  
"I AM adored by God & God adores me"  
"I AM treasured by God & God treasures me"  
"I AM supported by God & God supports me"  
"I AM held by God & Gold holds me"  
"I AM loved by God & God loves me"

"I AM embraced by Love & Love embraces me"  
"I AM honored by Love & Love honors me"  
"I AM respected by Love & Love respects me"  
"I AM valued by Love & Love values me"  
"I AM appreciated by Love & Love appreciates me"  
"I AM nourished by Love & Love nourishes me"  
"I AM adored by Love & Love Adores me"  
"I AM treasured by Love & Love treasures me"  
"I AM supported by Love & Love supports me"  
"I AM held by Love & Love holds me"  
"I AM loved by Love & Love loves Me"



With tears pouring down my face and my whole body tingling in golden light energy, I felt this extraordinary eruption of love explode from the center of my chest outward in all directions as

If I was a ginormous beaming diamond light, experiencing the vastness of The Mighty I AM Presence.



I bowed in deepest gratitude, thanking Source, and every Being of Light that was called upon today in this phenomenal sacred heart activated healing that I received.

With so much appreciation in my heart, I finished my mediation and began packing up to leave the beach.

Just as I took my first couple of steps on the white glimmering sand, right by my feet was a heart shaped rose quartz crystal beaming directly at me. I stood there in complete awe & wonder of the instant materialization of this gift of love experienced right before me.

I was speechless, bedazzled, & quite enchanted.

This is our power.

This is our love.

This is our remembrance in the alchemy of love.

Contributed by Michael Abramson  
Co-Founder of Ascension Alchemists



# Snapshot

EDISON NJ



2022





# LIFE OFTEN PRESENTS EACH ONE OF US WITH OPPORTUNITIES TO LEARN AND TEACH AT THE SAME TIME ~

## Without Expectations



What matters most is not the act that is done, but rather how it is perceived from within.

I was powerfully reminded of this while at a store recently after I engaged in a random act of kindness, a woman said to me” I can help others but can’t help myself”. I took the time after that to feel into both her words and the emotion when she made that statement. Even though she saw the love and beauty in the act, it also brought out sadness in her. I could see how she appreciated the act, but it brought down her energy. Was she wondering why people don’t do kind things for her?

At times, we as humans, do things with the expectation that we are going to get something in return. It could be as simple as a thank you or a wave. If we do not receive that positive response, we could feel annoyed or disrespected. It also could change our mood and impact these rest of our day.

I know because for the majority of my life, I would perform these acts and become annoyed if it wasn’t acknowledged. My most common one was holding the door for someone and it not it being acknowledged. Then one day I stated to take a look as to why I was performing this act of kindness.



Am I doing it from a place of giving or was I just looking for something to lift me up? As I felt into the why, it became clear that I was doing it more for me than the person I was assisting. Each act would fill me up from an external source. If the act wasn't recognized, I would feel slighted, and it would bring me down energetically.

Then one day I decided I was going to simply give from my heart completely without any expectations. At that moment everything changed in my life as it became crystal clear that the more, I gave of my heart, the more my "Cup" filled. I had finally discovered that as I performed these acts without any perceived expectations and rather focused on gratitude and contribution, my heart was overflowing with joy.

I believe that by helping others we are also helping ourselves more than we could ever perceive. When we are truly giving from an open heart and without any expectations, we are actually filling ourselves up with more love and gratitude than we could ever imagine.

Contributed by Matthew Riley  
Co-CEO and Founder of Heart of Oneness Holistic Expo



# Tea Leaf Readings



Most people are familiar with tarot and mediums. But one of the questions I get as a tea reader is “what’s that like?”

I once encouraged clients to receive a tarot reading if they wanted straightforward answers, but no longer find this true. Tea can be even more visual, and always stands out as unique and memorable.

A recent tea reading helps illustrate a timeless experience. A client said they wanted to process past issues. They needed to know how.

We asked for the next best steps. The cup revealed the client’s nature: a mouse sniffing out the information on the “active” side of the cup (the other being “intuitive”).

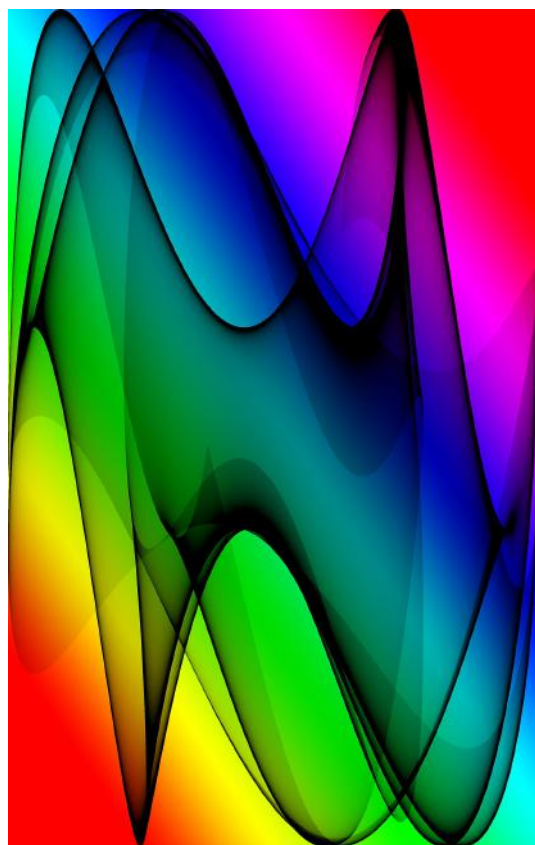
The client’s love of detail, as I interpreted this mouse, was what got in the way. The next image was a bear (authority) topsy-turvy on skis. This meant it was time to nurture themselves, and to process the past by “climbing mountains and skiing down, discovering new paths and enjoying each ride”. Other “active” shapes reinforced and expanded. Their “intuitive” insights showed that their dog who had passed was with them. A trotting turkey image encouraged them to appreciate more, and to not worry about “running everywhere”. Their subconscious called on them to keep going, using a mantra like “gobble gobble gobble” to remind them not to take themselves too seriously.

Contributed by Tabitha Dial  
North Star Muse



“All is vibration. The earth, the air, the water, the stars, the very foundations of existence are in motion in a loving dance of movement and vibration that holds the blueprint of each being’s full potential - the architecture of perfection. You are of Source, from Source - you ARE Source, and as such vibrate with innate crystalline beauty and ancient wisdom beyond all knowledge and remembrance.

This vibration is Truth. It exists within each, a shimmering and shining parcel of energetic memory that has always been with you and will always be available to you, because it IS YOU.”  
(The Divinities, received April 5, 2020).



# Sound Healing

All is Vibration

What a tremendous gift it is to be alive on Planet Earth at this amazing time of growth! Think about it - we now know that the world is not flat, that the Earth is not at the center of the Universe, and that absolutely everything is in motion.

Who knew that the chair you are sitting on, the ground beneath your feet, even your words and your very thoughts VIBRATE!

As Max Planck said when he received the Nobel Prize for physics in 1918, “We have now discovered that there is no such thing as matter; it is all just different rates of vibration designed by an unseen intelligence.”



And how does this relate to sound healing? Well, when an object vibrates, it produces waves that we receive and process as sound. So sound is a by-product of vibration.

Our bodies respond deeply to sound, especially since we are hardwired to be incredible conductors of vibration and sound, with our bodies being composed of 60-65% water. Pause for a minute and bring to mind a sound that is inherently unpleasant. It might be someone using a harsh tone of voice, or mechanical equipment, or the sounds of fighting and conflict and pain on a TV show.

Notice the contraction and tension these vibrations produce in your body. Not pleasant, right? Now take a deep breath, and bring to mind sounds that make you smile - a child's laugh, the ocean waves, a beautiful piece of music. Notice the difference in your physical body. This is the power of sound.

Eileen Day McKusick tells us that, "Ultimately, everything comes from the stars, which are made of plasma ... So everything is really just some form of embodied light when you get right down to it." Including us!

If we follow the trail of logic here, that means that we are Light, and Light in its purest form vibrates perfectly. We say that perfectly ordered, consistent, clear vibration is coherent or resonant, which by extension means that we humans are perfect - in perfect health, aligned with perfect abundance, able to draw toward us the perfection of unconditional love and joy.

I know what's going on in your head right now. You're asking how on earth this can be true, because it is most definitely not the experience you are living. And you are correct. You see, as we move through this human experience, our vibration becomes quite literally out of tune due to traumas, unexpressed emotions, unresolved memories - you get the idea. So, although we started with a pure palate of vibrational perfection, we hit a few off-key notes along the way.

And that's where work with coherent sound comes in. When we introduce coherent sound into our energetic fields (and that includes our physical bodies), something truly amazing happens.

Our vibration begins to entrain, or sync up with, the sound that's being introduced. Whether it's a crystal or Tibetan singing bowl, a gong or tuning fork, or even the sound of your own voice, your vibration will begin to sense that it is out of tune with that coherent, resonant sound and that's when the magic begins as your vibration begins to auto-correct, to actually re-tune itself. This process can take time, and will often require us to delve down into many layers of Self, but ultimately supports us on the journey of putting ourselves back together, of "re-membering" who we are. And who are we? We are Light. We are Love. We are All That Is.

(697 words)

Citation for paragraph 1 (Max Planck quote) and paragraph 3 (McKusick quote):

McKusick, Eileen Day. Tuning the Human Biofield: Healing with Vibrational Sound Therapy. Rochester, Vermont: Healing Arts Press, 2014.



Gerber, Richard. Vibrational Medicine, 3rd ed. Rochester, VT: Bear & Company, 2001.

Goldman, Jonathan. The 7 Secrets of Sound Healing. USA: Hay House, Inc. 2008.

Keyes, Laurel Elizabeth with Don Campbell. Toning: The Creative and Healing Power of the Voice. Camarillo, CA: DeVorss & Company, 2008.

Contributed by Penny Fisher  
StarHeart

# Bringing Herbalism to Everyday Life



Pixie Doodle Farm believes health should have a preventative focus and be easily accessible. A cup of herbal tea a day, infusing herbs into your cooking oil, or adding them to vinegar can be simple additions to improve your health. We found tea, like many others interested in holistic living reading this, as a way to heal.

We love it more each day with new history learned, cultural usage researched, folklore told, and plants touched, sniffed and sipped. It is these deep herbal traditions that inspire us to make tea blends to share.

Pixie Doodle Farm's approach to tea-making is blending western herbalism with old traditions from a variety of cultures. This is holistic preventative medicine using ancient wisdom with today's medical knowledge. A great way to start bringing this knowledge into your everyday life is to create a ritual for wellness and to bring awareness of what is going into your body. Something as simple as making a cup of tea in the morning and saying, "Thank you, Earth, for your healing."

I use mullein and elderflower for my lungs, rose for my heart, and calendula for my immunity. Thank you for your gifts." This can help set the tone to bring into your life what you and your body needs to heal and maintain balance.

It is important to find a re-connection with the Earth every day.

Teas are an easy way of connecting with herbs and flowers and bringing their benefits into our life. When used consistently, the herbal properties of each plant can help bring balance to different parts of our bodies. All herbal remedies contain varying amounts of potency to address acute or chronic conditions, please check with your herbalist for specific dosage recommendations for healing.

There is a natural connection between our bodies and the Earth. The Earth offers us what we need, so remember to ask before taking, and give her back more than you took.



In our American culture, we have moved away from the traditional usage of herbs and flowers and look at them for more of our fondness for their beauty, scent, or food flavoring. We tend to look at plants considered weeds with annoyance or as work to be removed. As we go deeper into the history of plants, we start to see a connection that our contemporary world has moved away from. We see the healing and nutritious aspects of weeds, such as dandelion for cleansing and nettle for allergies.

Lavender and chamomile not only provide lovely scents, but are wonderful in relaxing the nervous system, especially for children. As a society we are missing the importance of knowing what is growing outside our front doors. We have lost the knowledge of herbal remedies. Let's bring it back.

Our first line of teas, called Root Stem Leaf Crown Tea, is for aligning the chakras. The chakras are an Eastern medicine concept within the Ayurvedic system, a traditional medicine practice from India. The chakras are 7 energy centers located along the inside of the spine, starting at the root of the spine and ending at the crown of the head, with each one correlating to different organs, systems of the body, and emotions. This tea series works on bringing balance to each chakra by targeting specific organs and functions using tonic herbs rather than attempting to stimulate or suppress a symptom. The tea can be drunk individually or in order as a tea ritual, starting with the first chakra, Muladhara, up to the seventh chakra, Sahasrara. A cup of tea or two a day (up to 3), with each day being dedicated to a chakra. A very rejuvenating week! Please remember, no need to be too rigid with the tea schedule. If a tea is calling out to you, go for it. Always listen to your body and have gratitude for the herbs.

We hope our products bring healing to your life with a connection to herbal history, cultural ancestry, and the Earth.

We would love to hear your stories about tea and herbal goodness! Whether it is "my grandmother used to make us drink that as kids" or "we used to sit around a fire and tell stories of the Elder tree" we want to hear it all. Let's share and rebuild tea history.

With folklore, dancing, and tea ~

Contributed by Erika and Joe  
Pixie Doodle Farm



# And the Children Shall Lead the way...



## Shine like the Crystals

Artwork Contributed by Mackenzie

Age 5

The prophecies have always spoken of the importance of children...the Indigo ones, the Sensitive ones...the Souls whose mission it was to change the vibrational tipping point. Each generation brings another expression to the field of unification within this new human timeline and template.

As societies begin to revere the inner wisdoms of children, the planet will be born anew again and again.

We welcome and encourage all children to speak and share of their innate inner knowing's and special gifts of prophecy and visions, for this, is who they innately are.

In this Golden Era of light consciousness, we are to honor, nurture and encourage the spirit of innocence and truth that lives within.

# Your Space

## YOUR VIBE



It should come as no surprise to see how within these modern times, the Art of Feng Shui has taken front stage as a life enhancing guidance system for increasing your health, wealth, relationships, personal and business success.

From home décor to personal rituals and life mapping, nothing is truly off the table when it comes to clearing out and raising the vibration in all that you are and do.

But don't misunderstand, there is much to embody from an inner perspective. Ultimately, the inner landscape is the highest breeding ground for all that you desire in the outer realms of reality.

Feng Shui (a form of Chinese Geomancy) teaches us to work in harmony with the energies of some of the most powerful forces in the world to enhance, improve and heighten our surrounding environments.

Working in harmony with universal energy instead of against it is key to experiencing the shift you desire in your life.

One of the most important things to understand within the principle of Feng Shui is that energy needs space to move.

The more things we have in the way, whether they are emotional or physical the more resistance we offer to the very things we say we desire in our lives.

One of the most basic tips when starting a journey of flow with Feng Shui is the importance of de-cluttering not only the home but the mind as well.

It's within the space of opening and receiving that we can truly let go and let the good in.





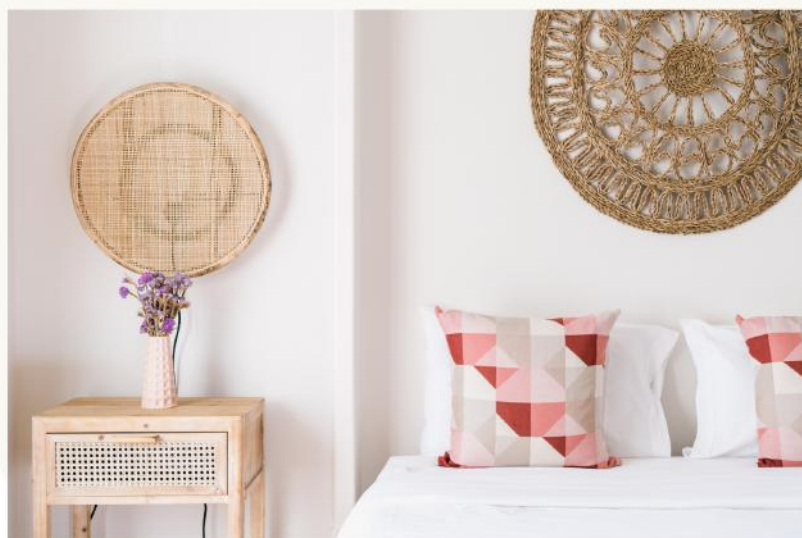
Start with some good old fashioned Spring cleaning no matter what season it is, and pack up the things that you truly don't resonate with you anymore.

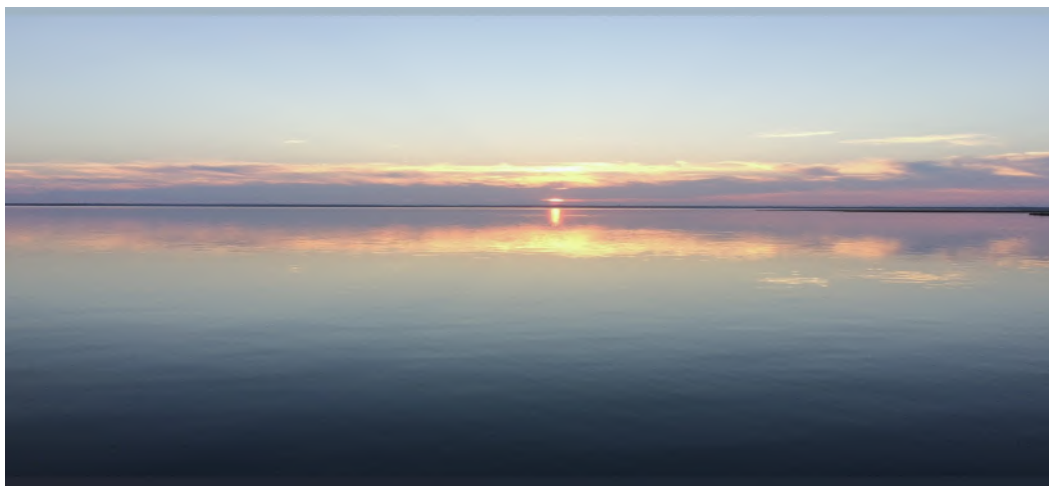
In my own personal life, I have experienced such profound inner grace as I begin the process of de-cluttering. Every 4 months or so I innately begin to sense the energy of my home, and feel the gentle stirrings to once again go through all my drawers, closets and storage spaces to see what items I am "willing" to pass along to another.

My heart always guides me to lovingly pack these items up knowing that someone else will treasure these offerings, and it begins to fuel the momentum of giving and receiving.

You'll be amazed at how many thrift and consignments shops are eager to receive your gently used items, and it will shift your energy to a more cooperative and harmonious vibration.

Contributed by K.Ay'Nea Riley  
Editor-in-chief and Co-Founder





# *The Afterlife...*

## A Soul's Journey

The afterlife, or as some call it heaven, is the dimension where our loved ones who have crossed over exist. This dimension exists more around us than "above" so to speak. The reason we are unable to see this dimension with our physical eyes is because the spirit plane resonates at a very quick and high vibration.

Without the density of our physical bodies our soul is weightless. Even though we shed the physical body when we cross over, the soul that was housed in that body will remain. Belief in the afterlife requires us to understand that life does go on.

Once life on the physical or earth plane is over, our soul transitions and a new journey begins. This journey is one of healing, learning, growth, and evolution. Our physical bodies are simply the vessel that houses the soul or spirit while on the physical plane of earth. The body may be temporary, but the soul is eternal. Throughout this article I will use both the term "spirit" and "soul" as they are interchangeable and represent the energy of an individual minus the presence of the physical body.

Once a person transitions from the physical to the spirit plane their soul is no longer connected to their dense body by an energetic "silver cord". This silver cord is composed of energy and is similar to an umbilical cord. It attaches our soul to our physical body through our chakras, which are energy centers located throughout the body. Without the connection of this cord a soul is then able to detach from the physical body and become a "spirit".

If a person's death is caused by an impact or painful experience, this cord is used to pull the soul from the body in order to prevent the experience or memory of physical pain. After the cord is detached, there is no way for it to reconnect, the soul will then exit the body and begin the process of transitioning. This process of passing away or transitioning involves crossing through the veil into the spirit realm, and through the "white light"

During this time the soul merges with this light and is free of fear or any other traumatic memory that may have occurred as a result of the passing.

Throughout this process each soul will have the help, support, and guidance of their spirit guide. Our spirit guide is a part of the team of souls in spirit assigned to help us throughout our life. Whether we were ever aware of the presence of our spirit guide or not, they will still be present to help us through this process. Once an individual has passed on, the initial stages of transition begin, and the spirit or soul will feel an immense amount of love and peace. They will be comforted by the sight of their loved ones and pets in spirit as they pass through the veil and into what is called the spirit plane. Although, the majority of souls will enter the light, it is a choice, and those souls who chose not to may still be drawn to completing something on the earth plane.

Upon entering the spirit plane, souls will enter a space of waiting, an area similar to what we would do upon waiting to see a doctor. This space is filled with an abundance of comforting energy supported by love. Each soul is given a brief tour of the afterlife and the beauty that awaits, they are allowed limited interaction during this time as they prepare for the steps ahead. As many of us on the earth plane begin the grieving process, our loved ones are given the opportunity to observe how we are adjusting to their loss.



The soul is able to do this through a stored amount of powerful energy they absorbed while initially passing through the white light while crossing over. During this time the soul is assisted by their spirit guides to get messages across to their loved ones, reassuring them that they are okay. It is a period of adjustment for them, as much as it is for the loved ones they've left behind. This adjustment period also provides time for the spirit to detach from their material possessions and receive closure. Although, a soul may lose their connection to earthly possessions, their emotional connections to people and the memories they've created while on the earth plane are never lost. This process of detachment will continuously occur over time.



The concept of time is linear, and it is something we've created as humans. Time as we know it does not exist in the afterlife, and for spirit a year may seem to pass in a months' time. It is in the first 12 months that the soul of the departed remains closest to the earth plane. I often hear from my clients about how they don't feel their loved ones around as much as they did when they first passed away. They often fear that their loved ones are no longer with them, but it is quite the opposite. When we are around energy for a period of time we get used to the "feeling". Eventually we grow accustomed to the feeling the energy of our loved ones that it isn't as recognizable as in the beginning. That is when the signs become important. Our loved ones will begin to show us signs to validate their presence, we just need to be aware.

Throughout the beginning stages of a soul's transition, it is presented with tools along with opportunities to reflect and learn. The lessons we are given while on the earth plane are discovered as the soul is able to view their most recent lifetime.

It's similar to going to see a movie, a movie of their life, from conception to death. This "life review" allows them see how their decisions & choices have impacted not only their own life but the lives of others. The soul will be shown all the good things they've done in life as well as the bad. They will see how their actions may have been hurtful at times, but those same actions were the catalyst for someone else's lesson or inspired that other person to change. You will view how you perceived experiences, and then view how others perceived those same experiences. You will relive memories and feel the emotions brought about by those memories on a deeper level than you did while you were in the process of creating the memory itself.

Prior to coming to the earth plane and beginning another incarnation, the soul will "map" out their life by creating a soul contract. This contract is created in collaboration with your guides to create situations that will best support the lessons you've decided to learn in that lifetime. I know it's difficult for many to believe, but we have chosen our parents. We have also chosen our families, and even the souls we have and will connect with during our lifetime. Each soul will enable an experience or lessons that we agreed to as part of our life contract.

During the life review, the soul will observe how it has fulfilled that contract during the time spent on the earth plane. They will see the significant impact their choices have made, and the ways in which they have or have not learned their life lessons. These life lessons are essential to the progression of the soul, and they may be as simple as forgiveness or as deep as self-love.

Regardless of the intensity of the life lesson, they are equally important to the soul's growth and evolution. Some may even choose to reincarnate in attempt to revisit a previous lesson or focus on learning a different lesson while in the afterlife.

Many of these life experiences and lessons have left the soul in a position that requires healing. Fortunately, the journey that occurs in the afterlife supports that need as well. Each soul is able to receive the healing they need in a space called "The Healing Room". There are many levels to the healing process, and not every soul will require as much as others will, but our soul makes a conscious choice as to how deep our need for healing may run. Sometimes we desire a better understanding as to our actions and what we observed during the life review. That may create a desire for the soul to receive healing for the purpose of self-improvement, while another soul may require emotional healing caused by the actions of another. Within this healing space we encounter the other souls who will now take us through the healing part of our experience; they are known as the Healers.

These Healers not only help souls in the afterlife, but they also help those who need healing on the earth plane. In the afterlife they have the sole purpose of assisting you through your process, and together you will decide how much and how long you're healing needs to occur. Many of the earthly illnesses, both mental and physical, require extensive healing time on the other side. Color and energy are the main components used in the healing process and there are also smaller areas and spaces where different types of healing can occur. This process is one of the most important aspects to the afterlife, without proper healing a soul may reincarnate with the same issues or endure the same pain as their previous lifetime.

Although, healing from trauma and pain is not easy, we do have the constant love and support of the healers and guides throughout the process, and we are never alone. It's essential that a soul experiences every level of healing necessary in order to fully heal from physical experiences and ailments. Once the soul has completed all of the components, they are then ready and able to decide what their next step is.

During the next phase of the afterlife a soul will work with their master spirit guide and together will access all of the progress you've made. You will look at the process of steps you've taken while in the afterlife, as well as how you've applied the help and advice you received.

At this point a soul has the privilege of accessing the records that hold all the previous experiences and lifetimes. The Akashic records also include your past lives, and the lessons you've mastered in your evolution as a soul. You will take all of this information into consideration before deciding how to move forward. You will then get to reconnect with your loved ones already in spirit, & your pets too, at this point your vibration will be lighter as you have shed more earthly ties.

You will understand how and why you have chosen your spirit guides and how you have helped each other through out your journey. You will be given all the information necessary to help you to decide what the next part of your journey will be. The choice is then given to reincarnate, or should you choose to stay on the other side you will be given a job or assignment toward your evolution. The important thing to recognize is that the more you chose to learn and experience while in the afterlife, the higher your vibration will become, and the more enlightened your soul will be. It is after this final stage in the process that you are able to go off and experience the beauty of the afterlife, and all that it has to offer.

Souls are constantly evolving and growing whether it be here on earth or in the spirit plane. Sometimes there are lessons that can only be learned while in the physical and other times there are advancements limited to the afterlife. Each soul's journey and evolution are as individual as their earthly personality. In my experience with spirit and what I've come to understand through working with my own guides, upon transition the completion of each of the phases is essential for the soul to evolve. Should they choose to reincarnate, they can work towards organizing what is necessary for their next lifetime. Some may remain for longer periods of time on the other side to learn more and become more advanced. Some souls may have evolved to the point where they are assigned a specific job on the other side, and or even choose to be a guide for another soul who is ready to reincarnate.

Regardless of the individual's process, one thing remains constant, and that is the ever-present energy of peace & love.

Contributed by Melissa Cubillas  
International Psychic Medium





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# Contributor bio

- Akram Science
- Alaina Molesko
- Rev. Michael Barnett
- Brigitte Boyea
- Diane Treat
- Elizabeth Tan

Dada Bhagwan Foundation (DBF) and its associated charitable trusts are spiritual non-profit organizations formed with the goal of spreading peace, harmony and ultimate bliss for the world through the science of Akram Vignan-the science of Self Realization as expounded by the Gnani Purush Shree Ambalal Muljibhai Patel, fondly known as Param Pujya Dadashri or Dada Bhagwan.

Alaina is a Reiki Master Teacher and Esthetician who offers services in health, wellness, weight loss, counseling, coaching, aromatherapy, ayurvedic practices, and holistic diets and nutrition.

Michael (Blue Turtle) is an Intuitive Teacher and counselor who has assisted the metaphysical community for over 31 years grow into their deeper relationship with the Divine. Intuitive tarot, crystal ball, sacred stones, psychic handwriting analysis, clairvoyance, clairsentience, and clairsentience.

Brigitte is an intuitive healer who works primarily with St. Germain and his violet flame to bring forth messages that offer deeper clarity and understanding of life. She offers effective tools of self-empowerment and self-realization to assist her clients in the individual healing processes. She works with the Divine Hierarchy of Light, Ascended Masters and other Beings of love and light.

Diane created Amazing Earth to empower others to live their best lives with the use of natural beauty products and wellness items. She believes that feeling better on the inside, allows us to look our best on the outside which promotes positivity which is easy to pass forward. Amazing Earth is her small contribution to make the world a better place for everyone, one natural product at a time.

Elizabeth comes from the pharmaceutical industry where she worked for 23 years, first as a laboratory scientist and ending as a Regulatory Affairs professional. When she bought a water ionizer for personal use in 2012, she initially had no interest in sharing word about the product. That changed years later when she realized the value she could provide just by sharing water and information. The concept behind electrolyzed, restructured water (ERW) made total sense and appealed to her interest of keeping things more simple and natural.



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# Contributor bio

- Tracie Machiaverna

Tracie is a Reiki Master/Psychic/Intuitive Healer and is available for events, parties, retreats, private intuitive energy healing and chakra balancing sessions in-person and via video chat.

- Gina Glenbowski

Gina is the Founder and Owner of the Hemlock Shop. She designs crystal jewelry and accessories that enhances overall wellbeing.

- Irene Sonja- Fanane

Irene is an Angel Therapy Practitioner, Mystic Channel, Author Spiritual Teacher and Counselor who has an extraordinary connection with the Angelic Realm and Archangel Michael. With decades of spiritual practice, she is dedicated in helping others transcend the illusion of limitation and separation.

- Jay Sethi, Ph.D.

Jay is the Owner and CEO of J & S International who has interwoven his vast medical training and unique spiritual life upbringing experiences from India so he can improve the lives of others. Coming from the Medical (Oncology) and a Spiritual domain, he believes we can significantly improve our health and wellbeing by increasing the positive and mitigating the negative vibrations.

- Sue Card

Sue is the caretaker for two very ancient crystals. Amaya is an original Lemurian crystal encoded with love, and KAB is a crystal skull holding immense wisdom and recalibrating energies.

- Lizzy Cangro

Lizzy Cangro; an international expert nutritionist and wellness coach with a passion for helping other women finally get the body they've always wanted without dieting. In 2017, she founded Nutrition by Lizzy to help clients stop calorie counting, enjoy eating without guilt and confidently step into the body they love - and sustain it.

- Tabitha Dial

Tabitha Dial is a tarot, tea leaf reader, and creative mentor in Lexington, Kentucky. Her poetry has appeared in articles on SpiralNature.com, in "Arcana: The Tarot Poetry Anthology", and in "Tarot in Culture" Volume Two.

- Shannon Wisener

Shannon is an intuitive tarot card reader and vibrational sound practitioner in a human experience. She has been following her spiritual path for many years. Naturally empathic, her passion and soul purpose in life is to help people and animals. Available for private sessions, parties and phone readings.

- Stacy Cohen

Stacy helps adults and children improve breathing patterns to enhance physical health, mental and emotional wellbeing, accelerate recovery, and elevate athletic performance.



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# Contributor bio

- Christine Dolahan Ph.D.

Dr. Christine Dolahan is a Ph.D. in Transpersonal and Humanistic Psychology. She is Certified as a Life Purpose Coach, Reiki Master Teacher, Advanced Angelic Healing Practitioner and 800+ hour Yoga Teacher as well as being an Intuitive, Medium, and Postpartum Doula. She helps women on the journey of motherhood who suffer from anxiety, fear, and doubt to reconnect with themselves so that they can finally lead a meaningful, balanced, peaceful, and prosperous life as women and mothers..

- Penny Fisher

Penny is an intuitive counselor and energy healer who is deeply committed to mirroring back to her clients, and all those she meets, the true Divine Light that shines in each and every Being.

- Erika & Joe Barbee

Erika and Joe are the owners of Pixie Doodle Farm who are turning 5 acres in Bethel, NY into their dream homestead offering herbal medicine, art, and spiritual practices. They believe health should have a preventative focus and be easily accessible. A cup of herbal tea a day, infusing herbs into your cooking oil, or adding them to vinegar can be simple additions to improve your health and, they taste delicious.

- Lorna J. Hines

Lorna is a Certified Medium and Intuitive Counselor who has over 41 years of behavioral health industry experience as well as a masters degree. She has gone on to obtain extensive training in mediumship, healing and developing the intuition. Lorna uses this experience and training to supplement her strong intuitive and extrasensory abilities when providing guidance.

- Jessica Licciardello

Jessica is a New York City based artist with a BA Degree in Studio Art and Art History from Marist College in NY. She has been drawing and painting since childhood. Her work explores themes of love and healing, and strives to uplift people with her art. She is the creator of the award winning documentary "8 Minutes to Freedom" that profoundly encourages others to speak up about domestic abuse.

- Rev. HoniB

Rev. HoniB & MichaelA are "The Ascension Alchemists" unified in their Sacred Divine Union representing Pure White Diamond Ray to deliver the Golden Age of Aquarius via Personal and Planetary Ascension for Sophia Gaia in service to Humanity .



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# Contributor bio

- Melissa Cubillas
- Tara Ackaway
- Michael Abramson

Melissa Cubillas (MC) is an Internationally recognized Celebrity Psychic Medium and Spiritual Teacher from New York. Her work has been featured on the Oxygen network's groundbreaking television series "Living Different" on Oxygen, and the "Real Housewives" series for Bravo. She can be heard on the top rated iTunes podcasts "This Life" with Dr. Drew, and is a regular guest medium on the award-winning podcast "Calling Out with Susan Pinsky" connecting celebrities with their loved ones in heaven.

Tara Ackaway, CEO and founder of Social Wise Communications, founded a boutique public relations, social media, talent management and creative strategy company out of college. She understood how the strength of her network could provide more career opportunities.

MichaelA & Rev. HoniB are "The Ascension Alchemists" unified in their Sacred Divine Union representing Pure White Diamond Ray to deliver the Golden Age of Aquarius via Personal and Planetary Ascension for Sophia Gaia in service to Humanity .



Each unique contribution brings forth a ray of conscious intelligence that within itself contains the whole. May the contributions offered, shared and broadcast here shine a light upon your own spirit of human expression and awaken all that lives deep within you.

~K.Ay'Nea



# MEET THE CONTRIBUTORS





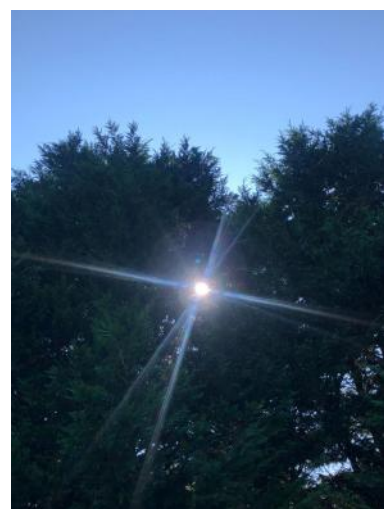
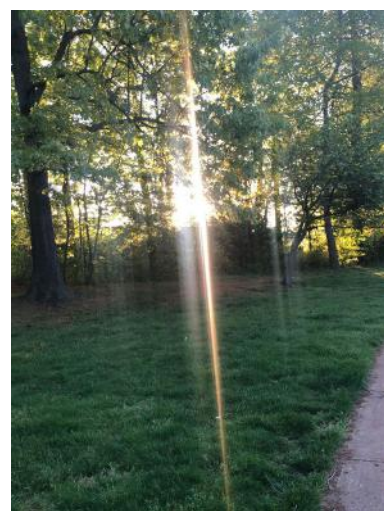
# MEET THE CONTRIBUTORS





# *Living Light Consciousness Codes of K. Ay'Nea*

## Star Portal Gateways





# *Living Light Consciousness Codes of K.Ay'Nea*

Rainbow Ray Prisms







# Thank You

We hope you enjoyed your time connecting with everyone, and find yourselves feeling more Abundant, Illuminated and Vibrationally Balanced.

**For Information on how you can contribute and be a part of the next edition email us below:**

**[Info@HolisticHueMagazine.com](mailto:Info@HolisticHueMagazine.com)**



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