

YOUR

ELEPHONE

ME

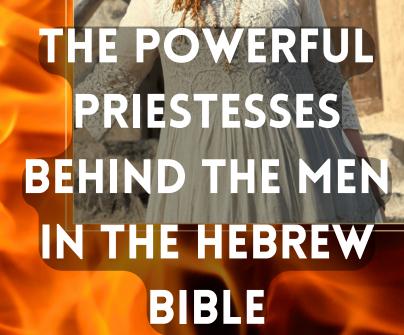


SOURCE

- POETRY WITH GEORGINA..
- WISDOM FROM
 THE AMAZONAS
 WITH NAYSHA...
- KRIS AND THE UNICORNS..



LUCIFERIAN
INFLATION
LET'S TALK
ABOUT IT...



FASHION THAT
ALCHEMIZES THE
SOUL!

OCTOBER 2023

SAGE AND ITS MANY MODERN BENEFITS

TO MAGAZINE N° 8



Dear reader,

I have always enjoyed writing, and interviewing people. And ever since I was a young girl, I have been going to psychic fairs, diving into metaphysical books. I started developing my own psychic abilities in childhood. I then started working professionally with people that were also on a spiritual journey in 2018, and it's through these connections that I started to see what it is that people want to read, and what they want to share..

I created this magazine together with my other half Nick, to build a community with and for people who are on a conscious path, both those who are seeking resources, and those who have their light and experience to share with others. Enjoy the interviews, stories, advice, and insights from all the lovely contributors in this month's issue. We are always looking for interesting people to share their expertise, stories, and insights with us!

Do you write spiritual poetry or blogs?

Do you have a special gift to offer and do you want to talk about it?

Have you read any life changing books and do you want to share about them?

Any podcasts that left a lasting impression on you? We'd love to hear from you!

And above all, enjoy this magazine

DEBRA LEMAIRE

MANAGING EDITOR & GRAPHIC DESIGNER

October 2023

table of contents

Pg.1	cover	page
Pg.1	cover	page

Pg.2 welcome message

Pg.3 table of contents

Pg.4 angel message

Pg.5-7 born from plants with Naysha

Pg.8-10 tarot with Nick

Pg.10 poetry with Georgina

Pg.11-12 awakening the wealth dragons with Alexis

Pg.13-14 sage and its modern uses

Pg.20-21 sacred marriage in the Hebrew bible

Pg.22-23 Nick's rune reading

Pg.24-25 the seed keeper's corner

Pg.26-41 soul alchemy and the art of divinity

Pg.42-45 Luciferian inflation, let's talk about it

Pg.46-49 Sapito's blog - we all have a child within

Pg.50-51 Kris & the elementals

Pg. 52-64 the importance of intellectual honesty

Pg. 65-67 time to get out of the closet

pg.68 A goodbye message from Nick

Pg.69-71 contributors contact information & resources



Angel Message

Hi everyone!

each month I will be providing a channeled angel message for you.

We extend our loving presence to guide you through a profound journey of inner transformation. The time has come for you to listen to the voice of your heart, to choose truth over illusion, and to step into the radiant light of your authentic self.

We understand that this path may seem daunting, for it is one of immense change and growth. As you embark on this journey, old patterns, deeply rooted within your being, will begin to detach. These patterns have spanned lifetimes and centuries, weaving themselves into the fabric of your soul's evolution. Their release may stir intense emotions within you—fear, grief, anger, and uncertainty.

But we implore you, dear ones, to trust in the process. Trust that these emotions, though challenging, are the very threads that hold your transformation together. When you find yourself immersed in the storm of your own emotions, know that you are not alone. You can always call upon the angels for guidance, comfort, and strength.

Tuning into the voice of your heart is your compass on this journey. It is the beacon of truth that will light your way through the darkest of nights. Within your heart, you will find the unwavering love and wisdom that has always resided within you. It is here that you will discover your innate power and resilience.

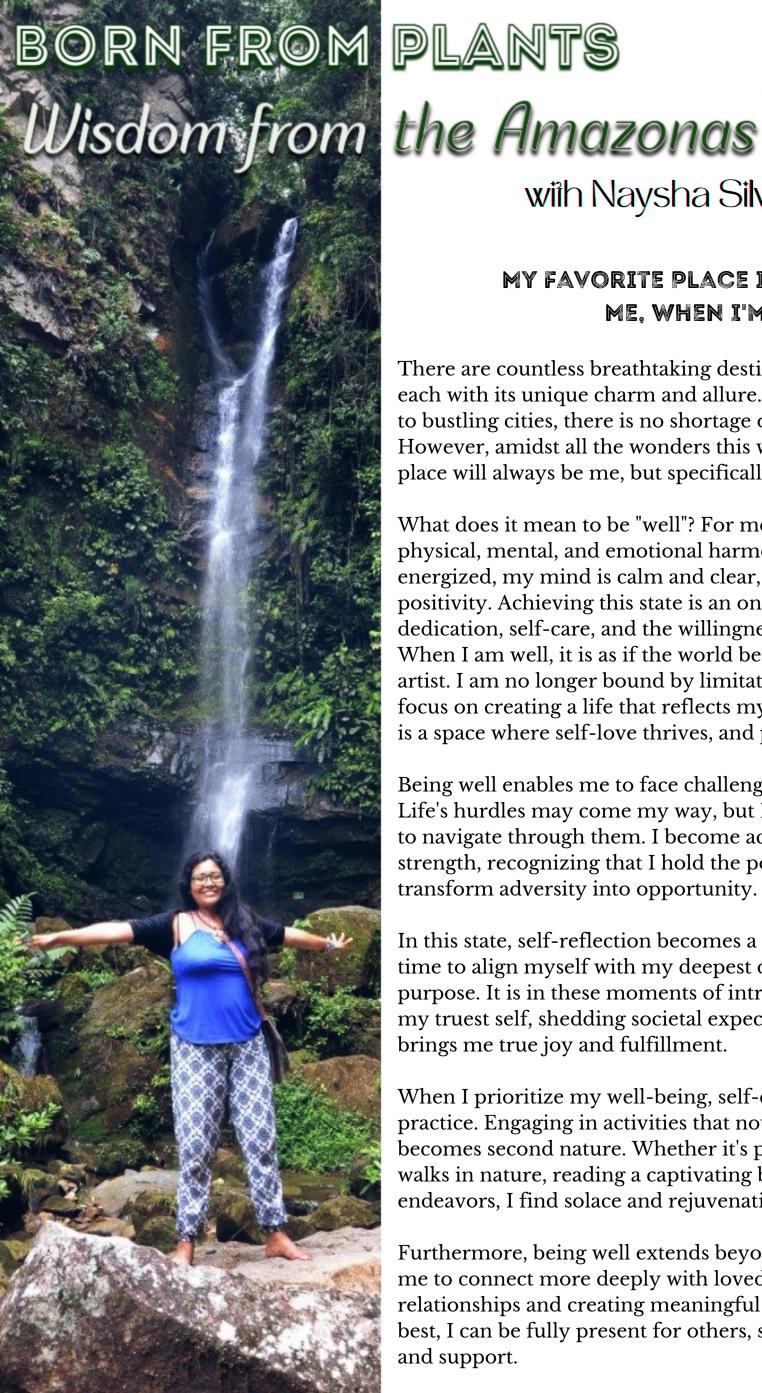


Know that you are safe, and you are loved beyond measure. The Seraphim Angels are with you, ready to embrace you with their divine light and guidance. Embrace this moment of transformation, for it is the birthing of a brighter, truer you.

In the name of love and truth, we stand beside you, guiding your path towards the highest potential of your soul. You are cherished, and you are never alone.

Love, manag Debra

managing editor: Debra Lemaire



with Naysha Silva



MY FAVORITE PLACE IN THE WORLD: ME. WHEN I'M WELL

There are countless breathtaking destinations spread across the globe, each with its unique charm and allure. From magnificent landscapes to bustling cities, there is no shortage of places to visit and explore. However, amidst all the wonders this world has to offer, my favorite place will always be me, but specifically, when I'm well.

What does it mean to be "well"? For me, it encompasses a state of physical, mental, and emotional harmony. It is when my body feels energized, my mind is calm and clear, and my spirit radiates with positivity. Achieving this state is an ongoing journey, often requiring dedication, self-care, and the willingness to prioritize my well-being. When I am well, it is as if the world becomes a canvas, and I am the artist. I am no longer bound by limitations or worries; instead, I can focus on creating a life that reflects my passions, dreams, and values. It is a space where self-love thrives, and personal growth blossoms.

Being well enables me to face challenges with resilience and optimism. Life's hurdles may come my way, but I have the strength and courage to navigate through them. I become acutely aware of my inner strength, recognizing that I hold the power to overcome obstacles and transform adversity into opportunity.

In this state, self-reflection becomes a cherished tool. I can take the time to align myself with my deepest desires and redefine my sense of purpose. It is in these moments of introspection that I can rediscover my truest self, shedding societal expectations and discovering what brings me true joy and fulfillment.

When I prioritize my well-being, self-care becomes a non-negotiable practice. Engaging in activities that nourish my body, mind, and soul becomes second nature. Whether it's practicing yoga, taking long walks in nature, reading a captivating book, or indulging in artistic endeavors, I find solace and rejuvenation in these moments.

Furthermore, being well extends beyond my personal realm. It allows me to connect more deeply with loved ones, fostering stronger relationships and creating meaningful memories. When I am at my best, I can be fully present for others, showing them love, compassion, and support.

I become a beacon of positivity, inspiring those around me to prioritize their own well-being. It is essential to remember that our journey towards wellness is a continuous process, filled with peaks and valleys. There will be times when we stumble, encounter setbacks, or face unexpected challenges. Yet, during those difficult moments, we must remember the essence of our favorite place: ourselves when we are well.

So, as we navigate through life's adventures, let us strive to create and nurture our own personal sanctuary of well-being. Let us prioritize self-care, embrace self-reflection, and seek inner harmony. Because when we are well, we radiate a light that can transform not just our own lives but the world around us. Take a moment to pause, breathe, and appreciate the incredible wonder that is you, when you are well.

The Key to Authentic Happiness

I invite you to stop being selfish with yourself to stop conditioning your happiness to external circumstances. How many times we think:

- I will love myself when someone loves me.-

What a big responsibility we want to release to others when that is our responsibility.

In pursuit of love and happiness, many of us may find ourselves waiting for someone else to come and complete us. Society often promotes the idea that true happiness lies in finding someone who will love us profoundly. However, a fundamental truth we must embrace is that before anyone else can fill our cup, we must first learn to love ourselves.

Understanding the Self:

To truly love oneself, it is crucial to comprehend the depth and richness of our own being. We are unique individuals with our own strengths, talents, and beautiful qualities. Recognizing and



appreciating our own beauty, strength, and intelligence is an empowering step towards cultivating self-love. It is acknowledging that we possess the capacity to provide ourselves with everything we need for a fulfilling life.

The Act of Self-Love:

Self-love is not synonymous with selfishness or narcissism. Instead, it is an act of self-nurture and care that enables us to be whole and authentic. By practicing self-love, we prioritize our well-being, mental health, and personal growth. It involves setting healthy boundaries, engaging in self-care routines, and making choices that align with our values and aspirations.

The Role of Others:

While self-love is essential, it doesn't mean we should isolate ourselves from others. On the contrary, a loving relationship with oneself enhances our connections with others. When we have a strong foundation of self-love, we attract healthier and more fulfilling relationships. Others become a source of support, confirmation, and growth, rather than serving as a mere means to fill a void. These relationships amplify our happiness, make us feel seen, appreciated, and loved.

Finding Genuine Happiness:

Happiness rooted in self-love is authentic and lasting. When we rely solely on external factors for validation and joy, we become vulnerable to disappointment and dependency. However, when we have a strong sense of self-love, our happiness is not contingent upon someone else's love or approval. We become self-sufficient in our happiness, allowing our relationships to complement, rather than define, our well-being.

Never Feeling Alone:

Ultimately, self-love is the key to alleviating the feeling of loneliness. When we love ourselves deeply, we recognize our own worth and are comfortable in our own company. This inner contentment radiates, attracting like-minded individuals who appreciate and cherish us for who we are. Moreover, self-love provides the resilience to handle periods of solitude and transforms loneliness into a time for self-discovery and growth.

Waiting for someone else to love us is an incomplete approach to finding happiness. Understanding that self-love is the foundation of our well-being and embracing our own beauty, strength, and intelligence allows us to become self-sufficient in bringing joy into our lives.

Only when we truly love and accept ourselves can we invite others into our lives to enhance and amplify our happiness. By embracing self-love, we embark on a journey of authenticity and wholeness, where loneliness dissipates, and genuine happiness thrives.

contributor: Naysha Silva

Don't be lazy, stop making excuses . Love yourself.

-Love and gratitude – Naysha Silva

THES MONTH'S TAROT & ORACLE READING

HIGHER ADVICE
TREE BRANCHES

light -8 of Manas

Indigo and Crystal Children

Archangel Metatron: "You have a bond with children. In particular, you can help

Archangel Metatron

- indigo & crystal

children

LIGHT & SHADON

CONSCIOUS

MIND

NIGHT SUBCONSCIOUS
MIND



III . THE EMPRESS

Gibbous moon ~

VIII . WANDS

You're very close to

achieving your goal



You're very close to achieving your goal

3-the Empress-

THE ESSENCE TREE ROOTS

get deeper into each card on the next page..



You have a bond with children. In particular, you can help children who are sensitive."

This card doesn't per say reflect on your relationship to children around you, but we can reflect this back to our inner child as well. When we bring awareness to our senses when they're not numbed, we are in nature sensitive beings. Many of the patterns and habits we have in our behavior are programmed through our childhood and become the standard pattern for how we function today. Bringing attention to this inner child and recognizing it can bring deeper insights and clarity when we wish to change and heal deeper layers of ourselves.

For those of you with kids, there can be a double reflection in this card. Kids are a recording of their close environment. And so they become an amplified reflection of their own parents and close loved ones. They can be great teachers in reflecting back those patterns and habits that we might not see in ourselves. They will trigger their parents in order to teach them through reflection from a subconscious level. So never become angry or frustrated at them for simply offering a perspective for healing. Simple doesn't mean it is easy, but I promise you that it does harbor a great potential of growth and healing for yourself and the generations to come!

light: 8 of Wands

After the struggle of the previous cards comes a respite, the satisfaction of a job well done. It is time to rest and reflect. This card has long had a sense of going to the countryside for refreshment. Some commentators suggest it speaks of falling in love, and this works well with the idea of taking time out to rest and review the innermost direction of your life. At such times you have the opportunity to notice the person who is special to you.

Events may move quickly in your life, affecting all your circumstances. Contracts may be completed ahead of time, perhaps connected to the purchase of a house. Nevertheless, you should consider every option, especially when it comes to apportioning your strengths. A refined path is opening up.



SAPITO DE LA FORESTA



Each month I will be providing a look into the energy of the month.
Look at al all 4 cards in relation to each other and as this month goes by, you may start to see how this particular energy is manifesting in your life. So that you can truly get the best out of this month!

Shadow - 3-the Empress

In the shadow realm a different aspect is revealed. Here the flower may bite the hand that touches its petals, the bees may sting, the bird may tell more than you wish to hear. Yet the mystery develops. The Empress in shadow is crowned with branches, hung with the fruits of dreams. All of this says: "I am your Empress. Bow before me. Follow the path I offer, and I will release the energies you hold within you. But take care, for what can create may also destroy, and nature can be cruel also and life may have its savage side."

In the shadow world the Empress becomes more enigmatic, her strength more challenging. She can overwhelm us with smothering love or signify a reliance on passion and emotion without consideration. The bird may bring mysterious advice and the leopard may casually mark us with a claw of insight. Anyone who has experienced the love of a mother who cares too much for her child will recognize this and be wary of her in this form; but to those who travel freely through life she is a boon companion whose caring nature is both protective and enlivening. She may represent a strong female companion - wife, sister, daughter, friend, whose earthy qualities lend themselves in support, but who can also overbalance the psyche by encouraging reckless behavior.

Gibbous moon ~ You're very close to achieving your goal

the feeling of coming close to achievement of a set of goals that you have been working on for a long time. Sometimes we can get the sense that there is no end to the work and effort we put into this process. Often those last steps are the heaviest and most difficult ones to take. Many stop before the tables are turning. In the meantime ground yourself as much and regular as possible to navigate this period within your individual process.



Waves....

They linger
On the shore
Bringing natures gifts
Right to our door

The shells
The fish
The creatures bright
The waves continue
Through the night

The sound is fresh
The water's cold
I feel the power
Its natures gold

Sometimes I think
How it would be
To walk alone
Into the sea

Conclusion:

In this reading it's curious to see that the same Angel card from last month returned, with some extra depth to it. SO I see this as a continuation of what has opened up last month. The work with our inner child and how the relationship with our children is an amplification of rebuilding and connecting with our own inner child. (For those of you that have kids in the house)

Nevertheless, you don't need kids to work on the relationship with your inner child, it will only be more intense and less easy to avoid when you have kids running around the house.

While the moon is clearly bringing a finish line to a deep process, know that the work isn't done yet! But you're almost there. So this isn't the time to throw the towel into the fighting ring. Just keep on going and balance the work out with quality selfcare!

For the conscious side in this process it feels to me that it is important to pay attention to details and observe the possibilities before making any definite choices. This will aid you in fine tuning the option of what you are trying to create or achieve for yourself.

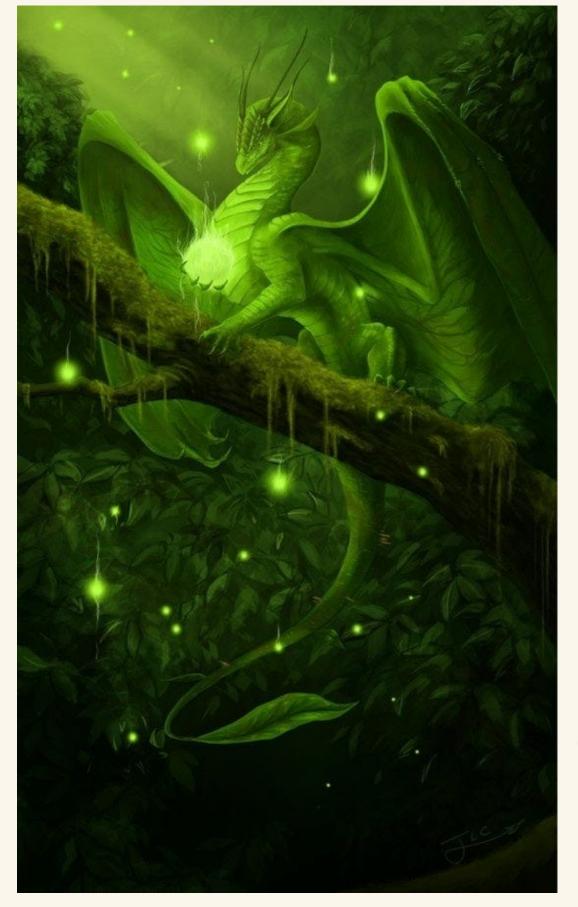
And as always for the shadow side or the unconscious part of your process it is important to not overdo the controlling aspect of your growth process. Allow things to run in a natural way, and navigate with it instead of trying to control it. In the end it is the means to find the flow and let go of expectations to witness true magic in life.

So it all points to remaining in your center and continuing to cultivate this balance even in the most difficult of times. In the end the results will be equal to the effort and care you have put in this process and you will be able to taste the power in the fruits that will come from this work.

editor: Nick Keybergh

Awakening the Wealth Dragons

Your multidimensional guides in quantum wealth creation





Recently, nearly all my quantum wealth activation sessions have been rooted in wealth dragon awakenings & it feels soUl important to open up dialogue about them.

Many people, yet especially you if you're called to my work, have a dragon ally that supports their current incarnation, which feeds them the codes + blueprints of Earth knowledge & wisdom. These dragons are protectors, guiders, & initiators of Earth magic, which is why I personally believe they were demonized in translation of the Bible.

Dragons ALWAYS guard the gold, the wealth, the treasure... & for them to be revealing themselves to me + clients in these Quantum Wealth sessions, then there must be a new abundance/prosperity timeline activating on our Earth now.

For the past 2 months I've been watching the water, noticing the flow of currency becoming organically opened, while simultaneously watching "leaders" dam the flow or create a financial scarcity timeline.

These dragons come in to show us AGAIN that this scarcity timeline is a FALSE MATRIX, artificially imprinted into the organic Gaian grid.

This false matrix is kept alive through agreements, beliefs, or ideas that we ARE in lack + scarcity, that we must live in financial suffering, or keep vows of financial poverty. This false matrix is birthed through the idea that money is our source of power & that those who control the money, control the energy.

This implant has been imprinted deeply into the roots of our ancestors & passed down through the control of the Roman empire/church. Through trauma + hijacking, the ley lines have been feeding us this belief that we are in a scarcity matrix, that the planet is not designed to sustain our lives, & that we are here to suffer at the hands of this "control" system.

Obviously, this is all a lie, perpetrated by a system that seeks to control + dominate the energy signatures of our planet + collective consciousness.

This planet IS abundance.

Therefore everything that comes from this planet is GENEROSITY.

The scarcity matrix, the droughts, the food shortages, the housing crisis, was all created by GREED consciousness & IS NOT the eternal Truth of our planet.

It is soUl important to begin connecting back into the organic abundance grid of our Earth to heal our timelines, the Earth matrix, & the collective consciousness. As we connect into this organic abundance grid, it is also so important that we live our soul missions + codes, letting our mission guide our lives instead of "fitting in" to anything that has been created by a false authority.

This is how true quantum wealth is actualized & embodied.

The Wealth Dragons support this & so much more...

From my experience, Wealth Dragons support + guide...

- Treating offerings/services/products that would best serve your soul mission
- U Bringing you the "perfect" soul-mate resonance clients that have been SEEKING your medicine
- Trotecting your energy + business from anyone who may seek to "vampire" or take from you
- UClearing out old patterns + paradigms of relating to wealth consciousness + money
- **U** Anchoring your resonance + frequency into the heart of our Earth for the liberation of the Earth grid
- 3 Activating the "dormant" timelines/DNA knowing which impacts your soul remembrance + mission on this planet now
- **U** Assist in the deep remembrance of who you truly are

Of course, each person will have a different relationship to their wealth dragon & it is important to flesh out + explore how their imprint + impact in our quantum wealth journey.

Our Quantum Wealth Spirit team is revealing itself to us... asking us to remember, reclaim, & awaken to the Divine support team seeking to assist in us living our soul codes, while being nourished, funded, & guided as we say YES to our soul destiny.

If you're interested in meeting your quantum wealth dragon, please reach out.



contributor: Re. Rose



AND ITS USE IN THE CIVILIZED WORLD

Sage is an evergreen shrub part of the mint family. It has oval, dusty gray-green leaves with woody stems. Because of the fine, velveteen hair-like projections on sage leaves, they have a slightly fuzzy or fluffy appearance and cottony texture, which can make it unpleasant to eat raw. There are many varieties of sage, but the species used for culinary purposes is known as common sage, garden sage, kitchen sage, or Salvia officinalis.

Sage has a unique flavor that brings warmth and complexity to dishes. It works well when combined with other herbs and complements a variety of foods, from meat and seafood to lemon and butter. Both the leaves, fresh and dried, as well as rubbed and powdered versions are used in recipes.

The traditional use of sage in medicine is well-documented and goes back thousands of years. It was initially used for the treatment of snakebite, protecting against evil, boosting female fertility, and other uses — many are based in cultural alternative medicine or are no longer en vogue. In this case White Sage is preferred or Salvia Apiana. But nonetheless all types of sage contain these qualities!

However, modern research has discovered that the impact of sage on the human body can be considerable, which is why it is widely exported around the world and makes its way into recipes from the United States to the Middle East.



In addition to its medicinal properties, <u>sage</u> has been proven to be a natural antiseptic and preservative for meat. When sage is made into a drink from the leaves, called the "thinker's tea," it has shown promise in treating Alzheimer's patients, as well as treating symptoms of depression. Three-lobed sage contains the flavone salvigenin, which may help prevent cardiovascular disease. Sage has also been shown to improve or eliminate hot flashes in menopausal women. Sage can also be used as a part of your dental health routine; not only is it proven to help soothe a sore throat and canker sores, but it can treat gum disease as well.

In addition, sage can be used externally for your hair, skin, and nails. Used as a rinse, it is said to improve the texture and tone of hair, as well as leave a nice shine. Sage steeped in water can also be used as a facial toner that controls oily skin.



Tea tree oil, basil oil, sage oil, and arrowroot have been found to help vent and treat fungal infection in toenails.

()rigins

Sage has a very long and rich history due to both its medicinal and culinary uses. At one time, the French produced bountiful crops of sage which they used as a tea. The Chinese became enamored with French sage tea, trading four pounds of Chinese tea for every one pound of sage tea. In 812 AD, sage was one of the plants deemed so important that Charlemagne ordered it planted on German Imperial farms, no doubt due to the lucrative trade business as well as for its medicinal popularity.

In ancient Rome, sage was considered to have substantial healing properties, particularly helpful in the digestion of the ubiquitous fatty meats of the time, and was deemed a part of the official Roman pharmacopeia. The herb was used to heal ulcers, to help stop the bleeding of wounds, and to soothe a sore throat. Many people in China used sage to treat colds, joint pain, typhoid fever, and kidney and liver issues.

Native Americans see it and honor it as a very sacred plant for protection, cleansing and medicinal values. One of the most known ways to use it is smudging, which is known around the world.



Fresh vs. Dried

Sage is an herb that retains much of its flavor once it is dried. However, it will not have the same brightness that is found in fresh sage. Drying concentrates the flavor and can give the herb a slightly bitter taste. Therefore, when cooking, less dried herb is added to the recipe than fresh.

There are two forms of dried sage: rubbed and powdered. Rubbed sage is created by rubbing the leaves together until they develop into coarse flakes. Powdered sage is a very fine texture that does not retain the flavor well, and therefore should be used in a timely manner.

The versions can all be substituted for one another, but since the potency of each is different, the measurements will have to change. Calculate that about seven leaves of fresh sage are equal to 2 teaspoons of rubbed sage or 1 teaspoon of powdered sage.



It's recommended that fresh sage leaves are not eaten raw, as their flavors are harsh. Rather, sage, known as faskomilo to the Greeks, should be cooked or minced to use in meals that involve squash, poultry, stews, and more. Fresh sage leaves should be aromatic and have no soft spots or dry edges.

To store, simply wrap the sage leaves in paper towels and put them in a plastic bag in the refrigerator. Make sure to use the leaves within four to five days. Fresh leaves that are covered in olive oil can be stored for much longer in the refrigerator, about three weeks. Use the flavored oil to your advantage to sauté sage with other ingredients. For example, consider a dish like butternut squash with pasta and sage leaves.

Freeze Fresh Sage

If you don't want to refrigerate your fresh sage, you can always freeze the leaves. To do so, wash and pat them dry, remove the leaves from the stems, and pack them loosely in freezer bags for up to one year. Be mindful that freezing will intensify the flavor of the herb, so you will want to adjust accordingly for cooking purposes.

Dried Sage

Dried sage is preferred by most cooks and comes in a whole leaf, rubbed, and ground form. Rubbed sage has a light, velvety texture, whereas ground sage is more of a free-flowing powder. Dried sage is great in dressings and gravies and does well in recipes like ravioli with brown butter and sage sauce. As with all dried herbs, you can store closed containers in a cool and dry place away from sunlight. Be sure to use dried sage within six months for the best flavor.

Smudge sticks

You can also collect branches and bind them together in sticks with a diameter of 1-2 inches (2,5-5 cm). Whatever ever seems easiest to use for you. The thicker they are the longer they can last when used for smudging. Bind them when the sage is fresh and hang them in a dry room or place where they can dry completely. Once they are dry, you can use them to clear energy in spaces and around people.





There are many ways to preserve sage and use it in other food and drink products. Consider making sage honey to add to teas or baked goods and sage butter for fresh muffins or dressings. People also make sage salt for a variety of options like pork chops, popcorn, and roasted vegetables. You could also make sage vinegar for dressings and marinades, sage syrup for pancakes and waffles, and sage oil for salads.

Sage in Cooking

To cook with fresh sage, remove the leaves from the stems, rinse with cold water, and dry well. Cut according to the recipe instructions; sage leaves are often sliced into chiffonade, chopped, or minced. Dried rubbed sage and powdered sage can be measured out and simply added to the recipe. The large leaves of sage can also be deep-fried to yield a flavorful, crispy chip that can then be used as a garnish or seasoning on a variety of dishes.

Whether you use fresh or dried sage will determine when the herb should be added to the recipe. Although fresh sage can be incorporated at the beginning, as it is strong enough to retain its flavor throughout the cooking process, it is best to add the herb toward the end to capitalize on its unique taste. Dried sage should be added at the start so the flavor has time to mellow. Keep in mind that a little goes a long way—if you've never used sage before, add just a bit at first, sprinkling in more to taste.

Sage is often paired with other herbs such as thyme, marjoram, and rosemary and harmonizes well with garlic, onion, oregano, parsley, and bay leaf.



Because of sage's nutritional benefits, it is an excellent herb to incorporate into everyday cooking. A tablespoon of sage has 43 percent of the daily recommended serving of vitamin K and is also an excellent source of fiber, vitamin A, folate, calcium, iron, magnesium, and manganese. It contains much higher doses than the recommended daily requirements of B vitamins such as folic acid, thiamin, pyridoxine, and riboflavin, as well as healthy amounts of vitamin C, vitamin E, thiamin, and copper.

But it is also its unique flavor that makes sage an ideal herb to add to dishes. When combined with browned butter, the sage turns a simple sauce into something truly special, wonderful spooned over chicken and vegetables, and delicious with pasta like a butternut squash ravioli.



A traditional French dish of scallops in a cream sauce uses sage to bring a warm, complex flavor to the sweetness of the shellfish. You can also incorporate sage into a lemon marinade for chicken, or in a compound butter for grilled steak. The herb also marries nicely with the flavor of orange in an easy-to-make yeast bread.

Impressive Benefits Of Sage

This perennial woody herb is unbelievable when it comes to its impact on human health. Scientifically known as Salvia officinalis, sage is closely related to rosemary; they are often considered "sister herbs." In fact, many of sage's health benefits are derived from rosmarinic acid, the organic compound found in rosemary that makes it powerful. Despite many similarities, sage is distinct in that it is actually an evergreen shrub with woody stems and blue-purple flowers found in the Mediterranean region.

The important health benefits of sage may include its potential ability to improve brain function, lower inflammation, prevent chronic diseases, boost the immune system, regulate digestion. alleviate skin conditions, strengthen the bones, slow the onset of cognitive disorders, and prevent diabetes.

May Help Boost Cognition

The research included in the Journal of Clinical Pharmacy and Therapeutics has shown that even small amounts of sage extracts, whether inhaled or consumed, can help relieve symptoms of mild to moderate Alzheimer's disease and increase recall abilities and memory retention in people. The brain activity also demonstrates increased concentration and focus on a chosen topic.

Might Treat Inflammation

A study in the Journal of Ethnopharmacology, claims that sage has the ability to treat many topical diseases that arise out of inflammation. [4] [5]

Chewing on sage leaves is not always the most pleasant remedy, as the flavor can be quite intense, but this is the most effective way to get the organic compounds acting in your system. Creating a tincture or steeping the leaves – a sage brew helps relieve inflammation of respiratory or gastrointestinal tracts, you can eliminate that inflammation with this sage brew. The anti-inflammatory effects on issues such as arthritis and gout, and general inflammation of the cardiovascular system. More recently, studies have indicated that sage may have beneficial anti-inflammatory effects in the realm of dentistry.

May Have

Antiexidant Burneyti

Chronic conditions and degenerative diseases can be some of the most debilitating and dangerous health concerns that you face in your life. Many of these are caused by free radicals, the dangerous byproducts of cellular metabolism that attack healthy cells, causing apoptosis or mutation.

According to a study in the Agricultural and Food Chemistry journal, the antioxidant compounds found in sage – such as rosmarinic acid, luteolin, and apigenin, can work to neutralize free radicals and prevent them from creating oxidative stress in the heart, organ systems, skin, joints, muscles, and even the brain.

May Strengthen Immunity

While the herb is usually consumed in small quantities, you can create a topical application of sage (salve or tincture) and use it to reduce or prevent bacterial and viral infections that attack the body through the skin. We often think of illness entering through our nose or mouth, but the skin can also be used as a gateway for foreign agents. A topical cream or antibacterial routine that includes sage could be an extra line of defense against that sort of illness vector.

May Improve Oral Health

A randomized controlled clinical trial published in the Iranian Journal Of Microbiology concluded that sage extract mouth rinse exerted antibacterial action against Streptococcus mutans in dental plaque. Moreover, sage mouth rinse can also be

Intioxidant Properties methods of plaque control against dental cavities.

May Improve Bone Health

One of the most overlooked benefits of sage is its superior level of vitamin K, an essential vitamin for the body that isn't commonly found in foods. Vitamin K is a crucial element in developing bone density and ensuring the integrity of our bones as we age. Adding sage leaves to your diet can increase your vitamin K levels significantly, as a single serving has 27 percent of your daily recommended intake.

May Hid in Menggausal Care

The findings of the study published in the International Journal of Medical Research & Health Sciences showed that extracts of sage significantly reduce the frequency, severity, and duration of hot flashes and night sweats. Hence, it improved the menopausal symptoms in menopausal women. Conclusively, this safe and effective herb is a remedial cure for the treatment of menopausal symptoms.



A topical salve or a tincture of the plant can be created using sage leaves, which has been shown to be effective against certain skin conditions, including eczema, psoriasis, and acne. These unsightly blemishes can be quickly soothed and their appearance can be reduced gradually if you regularly apply sage extracts and salves to the inflamed or affected areas.

May Help Manage Diabetes

According to a research study published in the British Journal of Nutrition in 2006, sage is an effective herb that assists in diabetes management. It may contain certain extracts and chemicals that mimic the drugs typically prescribed for managing diabetes, such as metformin. It appears to regulate and inhibit the release of stored glucose in the liver, preventing major fluctuations of blood sugar, which can help to prevent the onset of type 2 diabetes or at least manage the condition if it has already manifested.

May Hid in Digestion

Rosmarinic acid, found in sage, is thought to act as an anti-inflammatory agent for the stomach, preventing gastric spasms and reducing the occurrence of diarrhea and gastritis. Adding it to your meals may get your entire digestive process back on track and reduce inflammation throughout the gut.

May Manage Obolesterol

In a pilot trial, it was observed that there was an improvement in lipid profile with lower plasma LDL cholesterol and total cholesterol levels as well as higher plasma HDL cholesterol levels during and two weeks after treatment.



Word of Caution: Although there is not a measurable amount of oxalates or purines, nor is sage considered a typically allergenic herb, it is still in the mint family, so those who suffer from allergic reactions to members of that broad plant family should consult a doctor before adding it to their dietary regimen.

Sacred Marriage in the Hebrew Bible



Behind every good man is a good woman, they say.

What if

we changed it to read,

"Beside every biblical patriarch

is a powerful priestess?"

We could say that, yes.

But it's not just the patriarchs.

In fact, by my count, every major couple in the formational narratives of the biblical story ... from Abraham and Sarah to Moses and Tzipporah ...

is a combination of a ruler and a priestess.

Abraham, had Sarah.

Isaac, had Rebekah.

Jacob, and Leah AND Rachel.

Joseph, had Asenath.

Moses, had Tzipporah.

Aaron, had Elisheva.

No one has taught us these women were powerful and storied in their own rights, but the clues in the text tell us so.

For one thing, they're named.

For another thing, many were born into households of religious power (Asenath and Tzipporah).

Many of their stories feature priestess themes, such as sacred marriage rituals, tents of power, and childless status. (Sarah, Rivkah, Rachel and Leah)

In one sense, we could say that simply because these women made it into the record ...

We can make a very good case that they mattered deeply in the consciousness of their own people and time.

And though their spiritual powers have often not been recognized or honored in readings of the text over the last 2500 years

Think about it.

Would any of the patriarchs, Joseph, Moses or Aaron have commanded the kind of respect necessary to hold political power ... without an oracle of the Goddess at their side?

No one taught us to see it this way, but pulling off the blinders of "traditional" interpretation yields a new crop of readings for those of us seeking the older way.

And anyway, as one of my friends wryly pointed out today ...

When people say such readings of the Bible are not traditional, which tradition are they referencing?

Because today's "traditional" readings are actually a two-thousand-years' recent invasion of a much new belief system.

The more we remember, the more we are able to embody the consciousness of nobility and service our mothers held.

The more we are able to inhabit a priestess role in our communities and our intimate relationships.

The more we can stand with confidence ... in who we are.

Find out more about Lisa in the back of the magazine in the resources section.

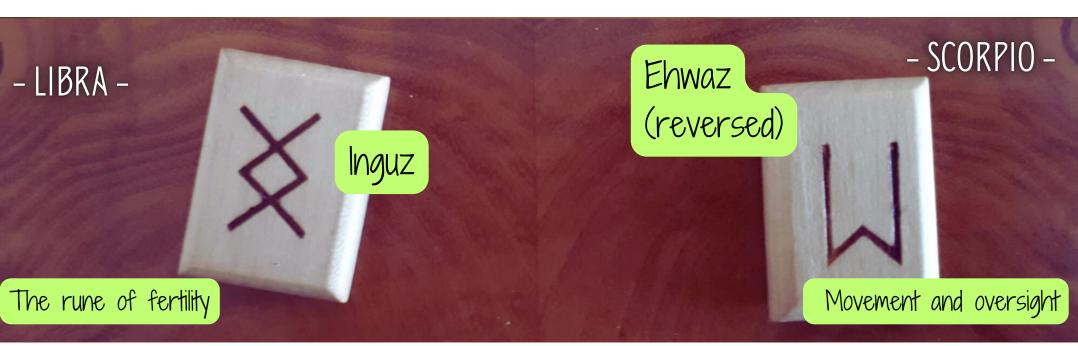
contributor: Lisa Moriah





NICK'S RUNE READING FOR THE 2 SIGNS OF THIS MONTH





LIBRA SEPTEMBER 23 – OCTOBER 22

WHATEVER YOU PLAN TO DO, INGUZ WILL SMILE AT YOU. THIS
FERTILITY RUNE IS A CHANCE RUNE. INGUZ PREDICTS YOUR
WARM INTEREST FROM OTHERS IN WHAT YOU DO AND FRUITFUL
PERIODS. THE RUNES THAT ARE DRAWN IN COMBINATION WITH
INGUZ ALSO DETERMINE CONTENT AND VALUE, BECAUSE INGUZ IS
BEST INTERPRETED IN COMBINATION WITH OTHER RUNES DUE TO
ITS VERSATILE MEANING.

LOVE

LOVE COMES YOUR WAY AND BRINGS HAPPINESS AND JOY. A LOVE THAT WILL BEAR FRUITS. MANY PLEASANT CHANGES ARE TO BE EXPECTED.

HEALTH

NOW IS THE TIME TO ENJOY LIFE. YOUR HEALTH MAY BE BETTER THAN YOU THOUGHT. YOU ARE GOING TO HAVE A PLEASANT AND JOYFUL TIME.

SCORPIO

OCTOBER 23 - NOVEMBER 21

ODIN'S HORSE, SLEIPNIR, EVEN HAS EIGHT LEGS TO QUICKLY CROSS THE UNIVERSE. ODIN MUST STAY INFORMED OF EVERYTHING THAT IS HAPPENING, BECAUSE INTERVENING QUICKLY, IF NECESSARY, IS ALSO PART OF HIS JOB.

BEING FAST IS GOOD, BUT WATCH YOUR SPEED. DON'T OVERSHOOT YOUR INSIGHTS, SO THAT WHAT YOU DO DOESN'T BECOME AIMLESS. EVERY NOW AND THEN, REFLECT ON THE RESULTS ACHIEVED AND THEN CONTINUE ON YOUR WAY.

THROUGH THE WORLD, LET THE WORLD PASS YOU BY. THIS IS THE BEST WAY TO STAY ALERT AND ALERT DURING BUSY TIMES.

WHEN M IS REVERSED IT SHOWS TWO LOOPS, SO TAKE IT STEP BY STEP AND TAKE THE TIME TO SINK OFTEN DOWN.

LOVE

YOU HAVE THE FEELING THAT LOVE IS NOT GOING THE WAY YOU WANT. EHWAZ REVERSED, INDICATES THAT BLOCKAGES HAVE COME ON YOUR WAY THAT CAN ONLY BE OVERCOME BY RECOGNIZING THEM. YOU HAVE TO COME TO TERMS WITH YOURSELF FIRST BEFORE YOU CAN EXPECT MORE IN LOVE.

WORK

YOU ARE FULL OF GOOD IDEAS. DO THEM FOR THEY WILL BEAR FRUITS. IF YOU WANT TO CHANGE YOUR JOB, NOW IS THE TIME. THE FINANCES ALSO SHOW FAVORABLE FUTURE PROSPECTS. USE YOUR FULL CREATIVITY WITHOUT RESTRAINT.

SPIRITUALITY

THE TIME IS RIPE AND YOUR SOUL IS RECEPTIVE TO NEW KNOWLEDGE. YOU ARE CONNECTED TO COSMIC KNOWING AND YOU CAN TAP INTO THIS BY RELAXING AND LISTENING TO YOUR INNER VOICE. KNOWLEDGE COMES TO YOU. PAY ATTENTION TO WHEN AND WHICH COLORS REPEAT THEMSELVES, WHAT THE CIRCUMSTANCES ARE AND DELVE INTO THEIR MEANING. LISTEN TO THE SOUNDS WITH GREATER INTENSITY THAN YOU ARE NORMALLY USED TO. JUST AS SUMMER IS INTENSE AND ALLOWS YOU TO ENJOY ITS BEAUTY IN FULL SPLENDOR, SO YOU CAN SEE THE ABSORPTION OF KNOWLEDGE DURING THIS PERIOD. DURING THIS PERIOD YOU WILL HAVE THE OPPORTUNITY TO ENJOY, WITHOUT RESERVATION, KNOWLEDGE THAT AWAITS REVELATION.



HEALTH

EHWAZ REVERSED INDICATES A BLOCKAGE OR AT LEAST A REST PERIOD DURING WHICH YOUR BODY NEEDS TO RELAX. YOU SHOULDN'T FORCE ANYTHING AT THIS POINT. YOUR LIFE AND BODY BENEFIT MORE FROM REST.

WORK

YOU FEEL BLOCKED AND THWARTED IN YOUR WORK. IT IS BETTER TO TAKE A WAIT-AND-SEE APPROACH TO GET THE CONDITION UNDER CONTROL AGAIN. REALIZE THAT IT IS A PASSING PERIOD THAT PRECEDES IMPROVEMENT. YOU DETERMINE THE DEGREE OF IMPROVEMENT. AT THE MOMENT YOU SHOULD NOT EXPECT ANY FINANCIAL PROGRESS IN FINANCIAL MATTERS. THAT WILL ALSO HAVE TO WAIT A WHILE.

SPIRITUALITY

DON'T BE TEMPTED TO RAMBLE ON, BUT TAKE SOME TIME TO CALMLY PROCESS ALL THE INFORMATION THAT COMES TO YOU FROM MOMENT TO MOMENT. IT IS GOOD AND PLEASANT TO LOOK AT ALL POSSIBLE FORMS OF SPIRITUALITY, BUT BEING IN A HURRY LEADS TO WRONG DECISIONS. THOSE WHO ARE WISE KNOW THAT NOTHING CAN BE FORCED, KNOWLEDGE MUST MATURE AND THOSE WHO HAVE FAITH IN THE COURSE OF THINGS WILL GET WHAT IS RIGHT FOR THEM, IN DUE TIME.

editor: Nick Keybergh

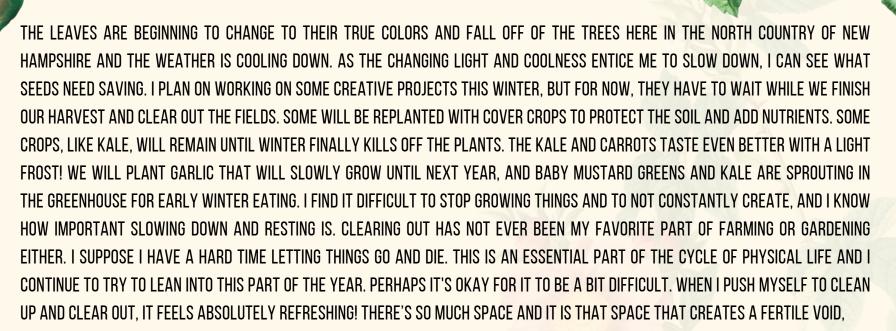


THE SEED KEEPER'S

CORNER

with Mendy

THE FERTILE VOID - SAVING SEEDS & CLEARING THE GARDEN



WHERE THE MIND CAN CALM, THE HEART CAN OPEN, AND I CAN ALLOW SOMETHING NEW TO BE PLANTED. I SEE MY DARK STARRY BODY HOLDING THE SEEDS I HAVE SAVED IN ITS HANDS, AND IN THAT VISION, THERE IS INFINITE POTENTIAL. I DO NOT NEED TO FIGURE IT ALL OUT. I CAN JUST BE PRESENT IN THIS VOID AND ALLOW IT TO BE. THE

SEEDS HOLD THE MEMORIES OF ALL OF THEIR CREATIONS. THEY WILL NOT BE FORGOTTEN.

ONE OF MY FAVORITE SEEDS TO SAVE IS TOMATO SEEDS! WE GROW 20+ VARIETIES OF TOMATOES HERE AND WE HAVE EVEN STARTED DEVELOPING SOME OF OUR OWN VARIETIES! I LOVE THE ONES THAT LOOK COSMIC WITH PURPLE ANTHOCYANIN-RICH SHOULDERS AND STRIPED SKINS. I ALSO LOVE CLASSIC HEIRLOOM VARIETIES. ONE VARIETY WE SAVE IS A WILD TOMATO FROM MEXICO. ANYHOW, IF YOU HAVE A VARIETY YOU REALLY LOVE OR MAY BE RARE, IT IS FUN TO SAVE THE SEEDS! ONE PRECAUTION, MAKE SURE THE VARIETY YOU ARE SAVING IS NOT A HYBRID, UNLESS YOU WANT TO GET A WHOLE LOT OF DIFFERENT KINDS OF TOMATOES NEXT YEAR. YOU CAN LOOK UP THE VARIETY ONLINE, ON YOUR SEED PACKET, OR ON THE TRANSPLANT LABELS TO SEE IF YOUR TOMATOES ARE OPEN-POLLINATED OR HYBRID, OPEN-POLLINATED IS WHAT WE'RE LOOKING FOR!

HOW TO SAVE TOMATO SEEDS

- HAVE A JAR AND LID HANDY AND CUT YOUR TOMATOES IN HALF OR IN WEDGES. YOU
 CAN EITHER SQUISH THE SEEDS OUT INTO THE JAR OR USE A SMALL SPOON TO SCOOP
 THEM OUT OF THE TOMATO CAVITIES.
- ONCE YOU HAVE ALL OF YOUR GOOEY SEEDS IN THE JAR, ADD WATER TO COVER BY AT LEAST HALF THE VOLUME OF THE SEEDS.

COVER AND LABEL YOUR JAR WITH SO YOU DON'T FORGET THE VARIETIES. I LIKE TO USE MASKING TAPE AND A MARKER FOR MY LABEL. ALLOW THEM TO SIT ON YOUR KITCHEN COUNTER FOR A FEW DAYS.















- OVER THE NEXT COUPLE OF DAYS, SWIRL THE JAR AROUND TO HELP THE SEEDS SEPARATE FROM THE GOO. THE GOO IS BEING MAGICALLY FERMENTED AWAY FROM THE SEEDS.
- AFTER THE SEEDS HAVE SAT FOR ANOTHER COUPLE OF DAYS AND YOU SEE THEY HAVE SUNK TO THE BOTTOM OF THE JAR, IT'S TIME TO RETRIEVE THEM. YOU CAN POUR OFF THE TOP LAYER OF SCUM THAT HAS FERMENTED AWAY AND POUR YOUR SEEDS AND THE REMAINING LIQUID THROUGH A MESH SIEVE. RINSE THE SEEDS OFF AND THEY WILL BE BRIGHT, SHINY, AND CLEAN!
- I LIKE TO DRY MY SEEDS ON PARCHMENT PAPER BECAUSE THEY ARE EASY TO REMOVE LATER. TURN YOUR SIEVE OVER THE PAPER AND GIVE IT A GOOD HARD TAP, SO THE SEEDS FALL EASILY, YOU CAN TRANSFER YOUR TAPE LABEL TO THE PAPER TO KEEP TRACK OF WHAT VARIETY THEY ARE.
- ALLOW THE SEEDS TO DRY OVER THE NEXT SEVERAL DAYS AND STORE THEM IN A LITTLE BAG, ENVELOPE, OR JAR.
- TOMATO SEEDS CAN BE GOOD FOR UP TO 3 YEARS OR MORE, BUT I LIKE TO TRY AND KEEP MY SEEDS FOR NO LONGER THAN 2 YEARS.



I HOPE THIS GUIDE HAS BEEN HELPFUL AND THAT YOU RESPECT THIS TIME OF INCREASING DARKNESS AND SLOWNESS. REMEMBER, YOUR SEEDS ARE GIFTS TO THE WORLD AS WELL, JUST BE SURE TO SAVE A LITTLE FOR YOURSELF.

"The depth of darkness to which you can descend and still live is an exact measure of the height to which you can aspire to reach."

PLINY THE ELDER

Find all of Wendy's offerings/classes and information in the back of the magazine in the resources section...

contributor: Wendy Wright

SOUL ALCHEMY AND THE ART OF DIVINITY

By Kelly Marie Dooley

It's time to step into your sovereignty.

Let's harness our empress energy, ritualize self-love, treat our bodies like temples, honor our boundaries, transmute our pain into power, heal ourselves from the inside out, vibrate authentically, have unconditional



compassion for ourselves so that we can do the same for others, and infuse each other's lives with joy, love and light. Let's start by revisiting the origin of fashion and style. Fashion originates back to the Pleiadian lifetime, otherwise known as the Age of Light, and is thus an ancient spiritual technology intended to heal trauma in the brain and body.

Fashion is a way to express spiritual hierarchy. The art of getting beautified and dressed, dating all the way back to the Atlantean lifetime, is intended to be ceremonial, not as a form of pretension, but rather as a declaration of who you are.

As a Pleiadian starseed, a spiritual empress, and full time servant to God, my divine mission is to share the cosmic gifts that I acquired in that lifetime in order to bring back the vibrant aesthetic of Atlantis and to heal the collective to raise the vibration as we usher into the Age of Aquarius.

I possess violet flame energy, also known as Christ consciousness energy, an incredibly powerful healing frequency that is 963 HZ.

I am blessed to be able to utilize my energy to support others as they heal, transcend and ascend to the level divinely intended for them.

Understanding the magnitude of my divine mission has enabled me to make peace with the painful experiences that I've endured and overcome like an Olympic gold medalist throughout my 41 years of life. These were all catalyst events that God designed to support my ascension journey, starting with the heartbreaking suicide of my Dad on December 11, 1989, when I was 7-years-old.

I understood his death and promised to help my Mom navigate our life without his presence in flesh. I realized early on that I am an advanced soul. I was the only person who could see his spirit all the time. I strive to make him proud and he has remained my best friend. He also leads the spiritual entourage that lives in our home, guarding my daughter Zoe and me by creating a protective shield that blocks ALL negativity. There's Midas' Touch. And then there's Bill Dooley's Touch.

With October being Domestic Violence Awareness Month, I'd like to shine light on the power of soul alchemy styling, a process that I instinctively created to heal and anoint domestic violence survivors, especially those healing from narcissistic abuse, which takes an average of 7 years to achieve full recovery. This nefarious form of abuse chemically equivalent to heroine addiction with a very high risk of relapse. I teach the survivors I work with all of the techniques needed to go cold turkey on their wicked abusers.





I also offer complimentary photo shoots to domestic violence survivors through Queen Haus. The transformative experience includes editing, hair, makeup, photography and 3 fully styled looks to introduce them to the archetypes the represent their highest selves.

Transmuting pain into power and turning ashes into diamonds is a cosmic gift that I love sharing with others.

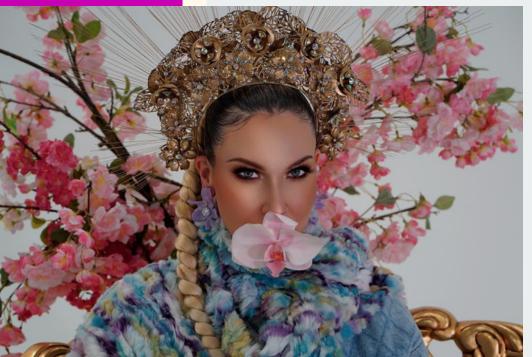
Diamonds are built under pressure. We can all shine brightly on our own, but like a constellation of stars, we shine more brightly together. Not much brings me more joy than restoring and illuminating the soul power of domestic violence survivors who lost their sense of selves as they endured the deplorable degradation, debilitating depression and severe soul PTSD that narcissistic abuse inevitably causes.

Like Michelangelo, I pick up all the soul fragments of the survivors that God assigns me to and I meticulously piece them back together more beautifully than they ever were before, making them STELLAR anointed souls with grace and



gratitude who are fully emancipated from the crushing pressure of the matrix, strutting with intent and glistening with God's agape love. In order to complete this metamorphosis, I wear many crowns, embracing the role of advocate, babysitter, chef, confidante, creative director, crisis counselor, driver, friend, healer, hostess with the mostest, job recruiter, lawyer, life coach, nutritionist, oracle, personal trainer, producer, prophetess, protector, seer, soul sister, spiritual empress, stylist, therapist, trauma specialist, way maker, witness, writer, and whatever else is





needed to achieve the goal that God has outlined for me in divine order. Quan Yin, the Goddess of Mercy and an ascended master, is one of my personal spirit guides. I connect with her in the astral to support me as I master the art of having unconditional compassion for myself and for others so that I can lead by example as I teach clients how to bring their internal world in alignment with their external,

world, flushing the acidity that anger causes out their bodies and replenishing their souls with a alkaline river of joy that restores equilibrium and thus inner peace. That is the essence of soul alchemy, a spiritual cartography process that I utilize in my work

as an anointed stylist to integrate feminine codes and navigate soul ascension to help women step into their sovereignty as divine empresses.

I create soul style profiles for each client, which includes 3 tests, a list of questions and an I AM statement. Once their profile is



complete, I create their soul style map, intricately weaving the etymology and symbols—such as angels, butterflies and wings—to create the most exclusive and exquisite fabric of their souls to date, representing the portrait of their highest selves, resulting in a powerful montage of archetypes that radiate divine empress energy.



Once I've finished adorning them in each look that I created from my vast vault of rare luxury items that I've collected around the world for nearly 3 decades, their metamorphosis is complete.

When these women first stare at themselves in the mirror, they often find themselves in complete shock of their innate beauty. Like

Phoenixes, they rise from the ashes. Their fire within is reignited. Their souls are alchemized. Their pain is washed away. They set a new precedent for themselves sealed in sacred standards that inspire them to embark on a new journey.

They emancipate themselves from the toxic thought patterns that made them prisoners in their own minds, holding them captive to low frequency emotions like anger, embarrassment, regret and shame.

They learn how to forgive themselves for their erroneous behavior that does not match the portraits that we captured to illuminate the essence of their soul power and that exudes their divine femininity, polished in grace and wrapped in pearls of wisdom that make them glisten with a newfound desire to fully devote themselves to their divine missions with no one but God's permission.

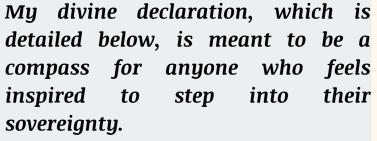
As they soar higher and higher, they no longer make illogical decisions that were once so familiar to them. They used to operate in lower frequency dimensions that made them succumb to fear, take advice from unqualified people, and seek external validation, descend into the putrid cesspool of trauma responses that show up throughout our lives as unhealed father wounds and unhealed

mother wounds, both of which are symptoms of building their lives on faulty foundations with irreparable structural cracks comprised of a lethal recipe of unhealed trauma that created the San Andreas fault within their nervous systems.

The essential soul ingredients that comprise The Divine Declaration of The Empress regenerates their DNA, showcasing the best version of themselves, permanently revoking previous soul contracts and cutting cords that were deliberately blocking their soul ascension. This divine decree becomes the sacred soul contract that we sign with God.

The integration of feminine codes replace crippling fear with unwavering faith, ultimately obligating them to only compete with the archetypes of their highest selves, setting a golden standard for themselves that demands empress energy and strict obedience to the word of God so that they can lead purposeful lives in service to

humanity.



I AM Kelly, meaning "feminine warrior," a name that my heavenly Dad chose, and that perfectly describes me as the powerful woman that God intricately designed me to be.

I AM a righteous woman who fearlessly fights for justice.

I AM a divinely protected spiritual empress with cosmic gifts to share with the world, diligently activating



souls and paving the way for them to step into their highest selves, transmuting pain into power, turning ashes into diamonds.

I AM a prophetess who reignites the soul power in others, bringing those who roam away from God back into His home.

I AM directly connected to the source and am guided by Him and my benevolent spirit guides.

I AM a soul alchemist with my pHD in prayer, hope and deliverance.

I AM an anointed empress who is a healer radiating violate flame energy, a seer and a way-maker.

I AM a devout mother harnessing my divine feminine power.

I AM a divine wife who honors the sanctity of God's orders and runs to God when she needs refuge from the chaos of the 3D world.

I AM an anointed chef who loves nourishing the souls or those she loves.

I AM glowing goddess who holds myself to the highest standards, who takes full accountability when wrong, and who competes only with my highest self.

I AM verified by God and validated by the existence of my 7-yearold earth angel, Zoe Giselle Dooley, a rainbow child who is the most perfect example of His agape love.

I AM a purposeful producer and philanthropist with an altruistic cause who honors the word of God.

I AM an educated empath whose superpowers are being underestimated and misjudged by regular humans who mistake

my kindness for weakness and my love for the art of fashion as a form of superficiality.

I AM a passionate domestic violence advocate and survivor specializing in Cluster B personality types.

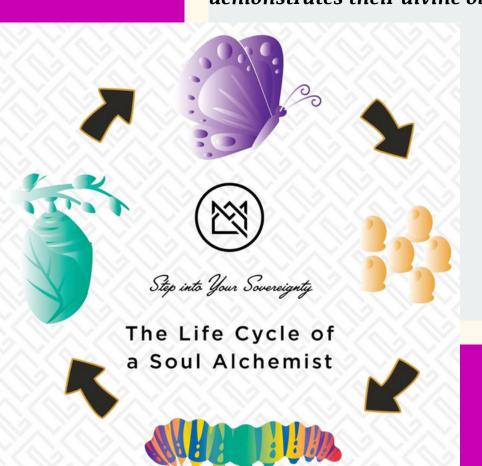
I AM a mental health and suicide prevention advocate.

I AM a purposeful stylist who is determined to shift the narrative about fashion.

I AM a bold and brave voice for the silenced and am the woman I wish had existed in my most cataclysmic moments of despair.

I AM the Chief Visionary Officer of Just Gather, a non-profit organization on a mission to infuse joy into the lives of children and their families through the utilization of integrative education and health.

I AM the Founder of Luxe Rebellion Styling Haus, with the tagline— Step into Your Sovereignty—a God centered fashion business that offers styling to anointed souls and luxury rentals from my archives called The Luxe Vault, available exclusively to clients who are in service to God with a verifiable track record that demonstrates their divine obedience.









I also have a brand ascension program for anointed designers whom I offer my services to restore their HOPE and Help Open People's Eyes while navigating the treacherous waters of the fashion industry. I aspire to beam a ray of light on their respective paths of ascension, which are often perilous, perplexing and depressing.

However, when you mix up the letters in DEPRESSION, you get "I PRESSED ON," which is exactly what I did in 2015 when I rose from the ashes of my "Great Depression" of 2014 that resulted from the traumatic

manufacturing issues that caused soul PTSD and a debilitating identity crisis that resulted from the deep betrayal that I experienced from predators disguised as friends and associates who rode on my coattails with the vast success of BodyRock Sport, my first company that I launched in 2010.

My brainchild was originally a luxury sports bra company designed to empower women to love the skin they're in with the creation of Swarovski crystal encrusted sports bras that fused fitness, fashion and function in a way that had not been done before.

I was a fiery fitness and fashion addict on a divine mission strutting with intent in New York City determined to eternally transform the mundane activewear industry with sports bras that inspired women to be their best selves.

Radical authenticity is refreshing, raw and rare. I wanted to help women celebrate their individuality and also meet their respective needs with the divine debut of four core styles—Keep 'Em In, Lock 'Em, Show 'Em Off, and Zip 'Em Up—that could be worn from day-to-night.

I AM the co-founder of LIIIHGHT HAUS—an exclusive production and events space located in Irvine, CA—devoted to creating a sacred space wherein anointed souls can safely celebrate, collaborate and create as they march to the beat of their own drums.

Energy is the most precious form of currency. Therefore, we want to protect the vibe and maintain the highest frequencies so that we can fearlessly flourish and follow our dreams with reckless abandon as we flow to the rhythm of our souls and to the beat of our hearts.

This requires what we refer to as "soul verification checks."

My partner and I have successfully built many brands in our unique careers and are thus very familiar with the trials and triumphs that define serial entrepreneurialism.

LIIIGHT HAUS is a beacon of light for entrepreneurs with a pristine vision. We are a full-service creative collective built on the belief that opulence, innovation, and strategy is what defines a successful brand. We are committed to creating an anecdote that influences a feeling of excellence through reliable, verified industry experience. We provide all of our services in-house at LIIIGHT HAUS to ensure that our members can achieve their goals more cost-effectively and efficiently than anywhere else.

Our company's DNA combines our vast branding experience, our business acumen and our treasure chest of invaluable BLESSONS, the divine blessings in disguise that

come into our lives to traumatize us in order to be memorialized as catalyst events that propel us into soul ascension.

It's those most unexpected detours that redirect us to our destinies, teaching us grace and gratitude as well as the humility that God injects us with to obligate us step out of our egos and into our souls so that we can be in obedience to the word of God, tuning into the Christ Consciousness frequency, the high vibe energy that God blessed us with after our spiritual awakenings advanced us into 5th dimension consciousness, a realm that only became accessible to us once we've heeded our anointing.

It's a joy for us to build a beautiful community that illuminates our shared love for art, culture, diversity, education, God, fashion, mentorship, mental health, music, philanthropy, purpose and wellness in the heart of Orange County, California, a prominent populace aching for radical authenticity and is in dire need of the healing that catalyzes soul ascension.



Testimonials about Kelly Dooley from styling clients:

Working with Kelly Dooley was an absolute delight! Kelly is the epitome of a luxury creative stylist who brings boundless creativity and meticulous attention to detail to every project. Not only did Kelly listen attentively to my desires, but she also fearlessly pushed the boundaries of style, resulting in a look that made me feel like I was at the peak of my fashion game—bold, confident, and incredibly creative. Kelly's unwavering patience throughout the process was truly commendable, ensuring that every element was executed to perfection. What truly sets Kelly apart is her unwavering confidence and utmost professionalism, immediately establishing trust and turning the experience into something truly exceptional. - Tatev Oganyan, Attorney, CEO & Founder of The Oganyan Agency

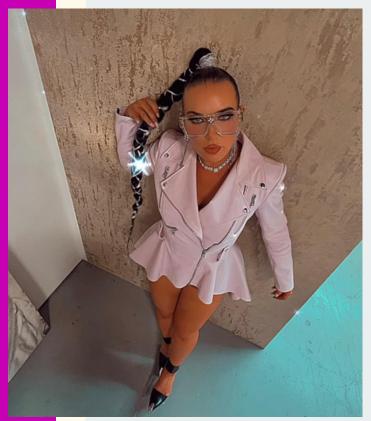
I had the pleasure of working with Kelly Dooley as my fashion stylist, and I must say, she exceeded all my expectations. From the moment we met, her passion for fashion and keen eye for style was evident. Kelly took the time to understand my personal preferences and lifestyle, ensuring that every outfit she curated for me was a perfect reflection of my individuality. Kelly's vast knowledge of current fashion trends and her ability to adapt and personalize them to suit my taste was truly impressive. She effortlessly combined classic pieces with unique accessories, creating looks that were both timeless and fashion-forward. Her attention to detail was remarkable, as she delicately balanced colors, textures, and patterns to create cohesive and visually stunning ensembles. Not only is Kelly incredibly talented; she also has a delightful personality that made the styling process enjoyable and stress-free.

She was attentive, patient, and listened attentively to all my concerns and desires. Her professionalism and commitment to delivering exceptional results were evident throughout our collaboration. Thanks to Kelly's expertise and guidance, I now feel confident and empowered in my personal style. She has undoubtedly elevated my fashion game and transformed the way I approach my wardrobe. I cannot recommend Kelly Dooley highly enough for anyone seeking a skilled and passionate fashion stylist who is dedicated to helping clients embrace their unique style journeys. Thank you, Kelly, for your exceptional work and for making me feel like the best version of myself through your styling talents! ~Khay Hendrickson



I cannot say enough about Kelly! She is an incredible stylist, she listens and creates a look for you that is exactly what you are looking for and helps you step out of your comfort zone just enough to feel great! she is funny and easy to be with. She has great follow through and you can count on her. I felt so hot when the overall look came together. Thank you Kelly

~Sophia Estrada



It's amazing how someone can have such a profound effect on the atmosphere and people's moods. Kelly taught me that styling people isn't just about the newest trend; it's about feeling good and spreading that vibe to others. Her positive energy and impeccable taste have become a source of inspiration for me, a reminder that love and being kind is insanely infectious. She's given me my shine back that was dulled for so many years! ~Mo Mamot

Kelly helped style me for my brand photoshoot in LA with a top photographer. Now I'm a stylist myself so by standards are high . Working with her was a literal DREAM!! She has the most incredible showroom of pieces and instinct of what to pull to complete each look. I felt like the next-level of myself

through the looks she helped me co-create. She was as so generous, quick, and loving - I'm forever grateful!! ~Jennifer Koch

Working with Kelly has been an incredible experience. As a super busy entrepreneur and podcast host, putting outfits together and figuring out what to wear can be so time consuming. She made it a seamless experience and glammed me to perfection for my event! On top of her talent, she is an incredible human being with a heart of gold! ~Sara Spaulding

Kelly is a brilliant stylist and creative. She is very articulate, decisive, detailed and passionate about everything that she loves. Kelly only styles the anointed and chosen. The first time that I was styled by Kelly, my entire life and ministry changed forever. God sent kelly to me for True Transformation. You can be the top In your industry but with Kelly's creative anointing, you will go from 0 to 100 at Godspeed. I never actually felt 100% until I meant Kelly. The whole experience is heavenly and represents a complete life transformation. Kelly is LIT and lights up the world with her gifts. When she styles me, favor truly follows!! She does not only have an anointing; she instantly takes you from 0-100. What ensues afterwards is promotion, favor, and open doors. You become the top in your occupation in whatever God has called you to do. Once Kelly's divine energy touches you, you will become a star.

~Shanna Birdron

Below you can find Kelly's soul style profile questionnaire.

Go to the resources section in the back of the magazine for all of Kelly's web information.







Soul Style Profile Questionnaire

Hello divine souls,

Thank you for the opportunity to allow me utilize fashion—one of the most ancient powerful forms of spiritual technologies used to heal trauma in the brain and body—to maximize your energetic frequency to harness your divine power and alchemize your soul to fully step into your sovereignty!

Love and Light, Kelly Marie Dooley



@thenomadfashionista
@luxestylinghaus

Please complete the tests and send screenshots of your results and answer the questionnaire so that I can create your soul style profile!

https://www.colorcode.com/choose_personality_test/

https://www.16personalities.com/free-personality-test

https://americanspcc.org/take-the-aces-quiz/









- (1) When is your birthday and where were you born? Do you know what time you were born?
- (2) Where do you currently live? Do you have any children? Are you in a relationship?
 - (3) What would you like to manifest this year?
 - (4) What are you currently healing from?
 - (5) Write an "I am" identity statement.
 - (6) What are your favorite colors? What are your least favorite colors?
 - (7) What sizes do you wear?

Dress:

Tops:

Bottoms:

Shoe:

- (8) Are your ears pierced?
- (9) What are the top 5 adjectives that you would use to describe your style?
- (10) Do you have any muses that you reference for style? If so, who influences you the
- (11) When did your love for fashion begin? Describe a formative moment as a child.
 - (12) What is your superpower? Remember how powerful you are!
- (13) What do you love most about yourself? What do you like least about yourself? What would you like to work on?
- (14) Do you believe in God? If so, how do you remain in spiritual alignment? Do you live in faith or in fear?
 - (15) Where would you like to be in 1 year from now and 3 years from now?
 - (16) What are your top 3 strengths as a sales advisor at Burberry?
 - (17) What are your top 3 hurdles as a sales advisor at Burberry?
 - (18) What are your top 3 goals as a sales advisor at Burberry?









I AM STATEMENT

Kelly means "feminine warrior," name selected by my Dad.

I am a mother and a nurturer with a fierce entrepreneurial spirit.

I am a writer and a gifted orator.

I am an educated empath with a divine purpose.

I am an advocate.

I am ambitious and adaptable with insatiable curiosity.

I am a globe trotter.

I am an athlete.

I am powerful and blessed.

I am highly educated and misunderstood by so many others.

I am a healer and light worker whose strength is fueled by my faith in God.

I am highly sensitive and intuitive and take the road less traveled.

I am non judgmental.

I am a freedom fighter with a strong voice.

I have unwavering intention and resilience.

I am honoring my soul purpose and have thus had a more tumultuous path yet have overcome every obstacle designed to break me.

I am a lover and a friend.

I am selfless and my heart is both a blessing and a curse.

I am a winner who attracts and emanates abundance from my soul.







BUCIFERIAN INFLATION



This full moon is definitely asking for certain stuff to be exposed.

I have mentioned it before that moving across the spiritual-development field, whether as a practitioner or as a student, person on a spiritual journey..

Can be very much likened to navigating a minefield.

I've been on this journey for 20+ years now and have seen the whole spectrum of experiences.. people that are firmly rooted into the planet, people that are ungrounded and scattered all over the place. People that tend to think in a very negative way and come from fear when approaching these topics, and people who think that all is love and light and that somehow they are extra special.

And each time that I want to turn away from being the "judge" (The Libra in me I suppose), Mother/Father God pulls me close and shows me what it is that I need to share with the people...

It's very important that when you are on a spiritual awakening journey that you realize that you are here to assist in the process of ascending a planetary body as well as your own physical human body vessel.

And that you the ego are only a means to an end, you are not "that". And any thoughts of superiority, being "special" or "chosen" are just that, mentally concocted thoughts that you are buying into. When in reality we are all part of the one God consciousness and all equals. And all that one man could do named Yeshua Ben Joseph, You can do and even better, as he so himself said in the scriptures...

I felt called to speak up on this topic yet again as I have done a few times already in the past. Because this past week especially it's come to my attention that there is a lot of unstable energy "out there" in the spiritual awakening community. I received a message and an e-mail the other day that was unsettling. Someone who wanted a session with me but approached me in a very unhinged way, very unstable and ungrounded and was claiming to be so special that they never had to incarnate again. I know that these belief systems are out there but I do not support them.. As my friend Alexis (whose article you can also find in this magazine said to me recently) we are all still too "fucked up" to stop incarnating!

And if we listen to the late Dolores Cannon she had the following to say about that in her book "The Three Waves of Volunteers and the New Earth":

"I have discovered that there are souls waiting in line, so to speak, to come to Earth. They are higher-level beings who are volunteering to come to Earth at this time. They are not only coming from other planets and dimensions, but also from other universes and galaxies. They have responded to the call to come to Earth to assist in the evolution of the planet and its inhabitants. They understand the importance of the time we are living in and the potential that we have to create a new Earth, a new reality."

And the souls that have been here for a while have been devoted to earth. They love earth as much as they love their "original home". And this process that we are in, this ascension process is a very gradual process that will take up centuries before it is fully completed.

It would all be peachy wouldn't it, if we would all wake up one day and be "enlightened" and we all went through this ascension process. The truth of the matter is that everything is frequency and energy. It would fry us. Many of us are familiar with ascension symptoms, and many are already struggling with that. We are gradually adjusting to a higher frequency, gradually integrating higher light codes... over lifetimes. And I for one would love to see what the new-earth that everybody talks about is gonna look like.

I would love to be here for that and see it for myself.

I already have as a matter of fact. I have seen in multiple akashic records readings what this new ascended earth will look like, and it will be great, but will it be for next year? Not yet, think more around

2400 when this process will be fully completed and integrated by our planet and its humans .. From here on out though it's only going to get better, incarnating is only going to get easier, the veil is getting thinner and spiritual awakening will be easier and come quicker in lifetimes to come, but it is a gradual process..

So let's talk about the title of this article.. Luciferian inflation..

Let's start off with talking about why most people see Lucifer as the devil or Satan, when in reality the name Lucifer has an entirely different meaning...

According to Gnostic Christianity, which has greatly influenced my spiritual belief system and how I mentor people, there are differences between the entity named Ahriman and the one that we all know as Lucifer.

In Gnosticism, Ahriman is often associated with the concept of evil or darkness, as he embodies the forces of materialism, chaos, and destruction. He is the deity responsible for creating the physical world or rather the over—consumerism and sole focus on the physical plane of existence as our reality. Ahriman is seen as the lord of matter, and his influence is what keeps humans trapped in the physical realm, disconnected from the divine.

An example of this is the person who is solely believing in that which he can see with his physical eyes/touch with his hands, who believes that we are essentially meat-robots at the mercy of biology and that our happiness can be found in material possessions.

Owning and overindulging in possessions, owning, misusing and mistreating the earth for their own gain and to gain for

themselves in this lifetime where all that is (to them) is physical matter.

On the other hand, Lucifer is often associated with the concept of light and knowledge. In Gnosticism, he is viewed as a positive force that rebelled against the oppressive god of the physical world, freeing humanity from ignorance and oppression. In this regard, Lucifer is associated with the principles of illumination, enlightenment, and transcendence.

Overall, while both Ahriman and Lucifer are seen as powerful spiritual entities in Gnosticism, they are often associated with opposing forces and values. Ahriman represents the forces of darkness and entrapment, while Lucifer represents the forces of light and liberation.

HOWEVER....

There is a thing that the Rosicrucians called "Luciferian inflation"

This is when a soul awakens to all of this light... and inhales it all in at once. "The light" literally stands for 'anything' that is non—physical, anything that is vibrating at a non—physical wavelength and when we are leaning into all of this light (which people are especially susceptible to after first awakening) there can be an influx of all different "types" of 'light-beings' trying to get a taste of that newly awakened human

have lower astral beings, as well as your legitimate positively polarized star family as well as angelic beings as well as lower astral attachments all trying to reach out to you. And if at that point you are just doing an open house for everyone to come in so to speak, then you are

not going to be able to discern who has your best interest and who does not..

And such entities might manipulate an individual's energy field and lead them astray from their true path. Therefore, it is so important to develop discernment. And I am not sharing this to scare you, quite the opposite is true. You are able to align with your highest possible timeline, you are able to fine-tune your receiver to the voice of your Higher Self, it's all about recognizing the voice of your intuition and I say this a lot, I say this to my clients, I say this in my free intuitive development course, and I am also saying it to you now. It's all about recognizing, discerning. And aligning with your highest aspect, realizing that you are here in Service of Source. Your ego can take a backseat while you align with the way that your soul wants to work through you..

Some examples of Luciferian inflation

- 1. Dismissing or denying the existence of negative emotions or experiences: Some people in the spiritual community tend to focus only on positivity and may dismiss or deny the existence of negative emotions or experiences, labeling them as "low vibrational" or "negative." This can lead to spiritual bypassing, where individuals use spiritual concepts to avoid dealing with their emotional wounds.
- 2. Feeling superior to others: Some individuals in the spiritual community may feel superior to others who are not on a spiritual path, judging them for their lack of awareness or understanding. This can create a sense of separation rather than unity, which goes against the core principles of spirituality. Or people claiming that they are special because this is their last lifetime..

- 3. Cultivating spiritual materialism: Some individuals may become obsessed with accumulating spiritual knowledge or material possessions related to spirituality, such as crystals or other ritual tools, believing that these objects will bring them more spiritually evolved. This can lead to focusing more on the materialistic aspect of spirituality rather than the spiritual journey itself. Which is the total opposite of what the Gnostics and Sufis for example were all about..
- 4. Preaching rather than practicing: Some people in the spiritual community may preach their beliefs without practicing them themselves, giving the illusion of being spiritually awakened but not truly embodying the teachings in their daily lives.
- 5. Ignoring personal responsibility: Some people may use spiritual concepts to avoid taking personal responsibility for their actions or behavior, blaming external forces for their problems and not taking the necessary steps to work through personal issues.
- 6. Behaving ungrounded, floaty and simply not even being able to have a normal conversation anymore with a person, not being able to communicate properly and literally "living in another world" from the average earth-human. Which is the polar opposite of what the journey of Higher Self integration is all about. We are meant to form a bridge between humanity and Spirit.

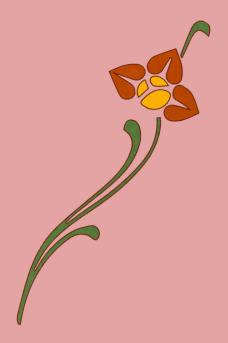
To fully BE present with the people, while being connected to Mother/Father God.

I wish all of you the best on your own spiritual journey, I wish for all of you to be firmly rooted into the earth and simultaneously connected to Source/Creator. As for what I did about that unhinged message.. I sent the most respectful and polite message back setting a clear boundary of mine expressing my own belief systems, if they could get behind that, to please do continue their booking with me, if not, to find a practitioner that better aligned with their beliefs.

If you have any questions on Gnostic beliefs, or would like to dive into some of these stories together, feel free to check out my website to see how I could guide you on your journey.

managing editor: Debra Lemaire





SAPITO DE LA FORESTA

WE ALL HAVE A CHILD WITHIN



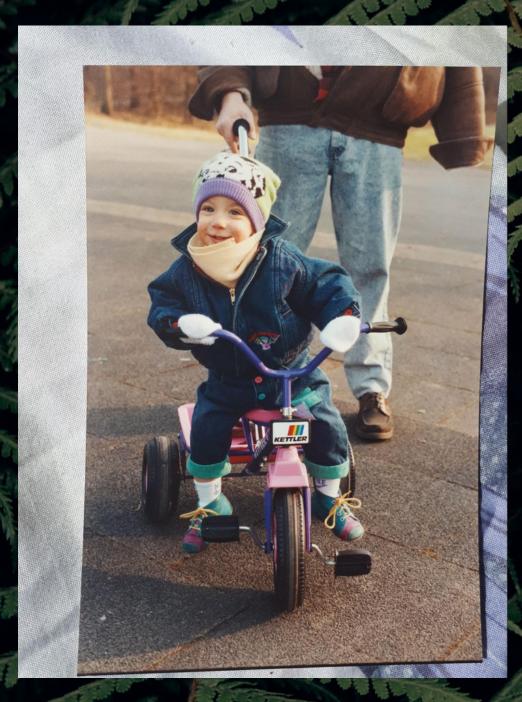
Each human being has been a child, some still are. But this is not the point of this blog! Haha



Did you know that every human child is like a tape recorder for the first 7 years? This already starts when they are still in the womb of their mother! Absorbing all the impulses from their environment. From the voices that they hear, the energy that they feel, behavior from the people that they are surrounded by,... Patterns and habits that we all carry into our adulthood.

After those 7 years we start to slowly develop into our own personality that uses these first years as a foundation to build their personality on. Often these automatic programs become so natural that we forget about it and see it as our natural way of being.

How many times have all of us already heard the excuse: "It's not my fault that I am who I am." Or, "This is just me, I can't change anything about this." Even I had moments like this when I was in my teenage years. But even that none of this has been our fault. This is the preset that we were given when we entered this human body and life experience we were embarking on. So eventually there comes the time that each individual reaches a point in their life where they become responsible for the continuation that they will give to this present.



None of us have been taught about this, or at least not in my experience. Unless you were lucky to have parents, family or a therapist that knew this from their own experience in life. But just like my mom always likes to say, none of us come out of the womb with an instruction manual!

Also not to forget that we will lose most of our memories from our earliest years and not even remember where specific patterns come from. But the thing is that we can reprogram those patterns and habits. It only takes honesty with oneself and

How many times have all of us already heard the excuse: "It's not my fault that I am who I am." Or, "This is just me, I can't change anything about this." Even I had moments like this when I was in my teenage years. But even that none of this has been our fault. This is the preset that we were given when we entered this human body and life experience we were embarking on. So eventually there comes the time that each individual reaches a point in their life where they become responsible for the continuation that they will give to this present.



dedication to step out of our comfort zone. Recognize the child within that will always be there for each person, give it love and attention again instead of taking life so seriously like it is expected to be in society.

Because even as grown-ups, this child inside is probably still traumatized on a certain level and has been neglected for years to decades if not more for some people. How would you children react when you neglect them for such a long time? Would they rebel? Would they be happy? Would they feel loved? I guess that this answer is easy to fill in if you put yourself in the shoes of a child.

That's why as an adult it is still important to find joy in the things we do, to find love for the people around us and the life that was given to us. Instead of losing ourselves in a society where we are just working around the clock to pay our bills and take care of our family or ourselves till the point that we are just working to survive instead of thriving.

In my experience these inner children are very powerful when you live in harmony with them, because they are our source of joy and harmony, purity and love. You know, I don't believe that we are here to take life so seriously, because then we lose our magic touch towards our lives and the world we live in. We've been lied to for so long that we need to follow specific expectations to become a valuable asset to society, to gain respect of our family or even to not put our family into shame because of our own choices, which is for some cultures very important. Think about Chinese and Japanese culture for example. Almost like we are not allowed to enjoy our life and express our deepest feelings. Or in religion, for me Christianity comes to mind, "don't even think about joy, because Christ was crucified for the sins of humanity." Or simply the idea of the need to suffer to justify the reason for a lack of joy or you will go to hell. Because you had sexual interactions or went on many different adventures to experience your human nature. Or even have a divine connection without the need of a third party like the church to communicate or feel connected with God/source, whatever you like to call it. I could keep on rambling on this part, but that is not bringing me to the point of this text. I know it's way more complex. But do you get where I'm going with this?

Over the years that I have experienced this life a lot has changed and it looks like there is a lot more to change for the future ahead. We've been witnessing many changes that none of us could have imagined and I can only embrace this from my perspective. I love it,

I'm grateful for it with all the bright experiences and the dark experiences. Through this journey through a complete spectrum over and over again, this is what created the personality and life that I am privileged to experience.

Do I live the perfect life? No, I also still have my struggles and problems to work on. Only the perspective changed. I see opportunities to grow today where I used to see problems that were holding me back. I don't care so much anymore what other people expect of me or what others think of me. I love to express my deepest inner experiences and insights. That has led me back to a joyful and peaceful life. Where I'm able to flip around my misery into gratitude.

Simply being grateful for what I have instead of staring myself blind on what I want and comparing myself to my other people in my environment and social media. And does this mean that I'm free now from the things I've described, well yes and no. I simply learned that I have a choice each day and that I can always make that choice again. And this is a daily practice from my experience.

The path of growth and personal development is one that never ends, it will change form and it will change in dynamic, but they all hold a deeper perspective of understanding and learning more.. I don't think we are meant to understand the full spectrum of existence because we are merely a splinter or tiny part of consciousness that desires to experience itself. And I chose love and want to continue from love. Embracing the full spectrum of all that is and being open to whatever that comes around the next corner.



Why do I share this? Because I believe that this is available to everybody if you want to experience life from this perspective. And definitely this will trigger and raise questions from your environment. But what is the most important for you? To live unhappily in a place and amongst people that are liking you for the role you play as an actor to find love and approval or do you rather unleash your authentic self and let your world transform into an environment where you can just be you and share it with loved ones that love you and accept you for who you truly are?

A beautiful movie that comes to my mind now is "Hook", the movie that tells the story of Peter Pan played by Robin Williams. To my feelings this movie is a beautiful representation of the insight that I share here in this blog.

How do you experience this or reflect this perspective into your own life experience?

How do you feel about your own inner child?

Wouldn't you like to live a life from a place of joy and wonder instead of an ice cold world?

Remember, we always have a choice!

With love and gratitude, Nick







When I sat down to tune in to which elemental group wanted to share messages with you this month, I received a nudge from a specific guide. A beautiful 12th dimensional unicorn guide that wants to remind you of something. Meet Jonah.

I am honored to say that this unicorn guide is a friend and a mentor to me because he was the first to introduce me to the concept of Elemental High Councils.

Jonah sits on the Unicorn High Council. When I connected with him in meditation for a client, he literally flew down to meet me. I had never been greeted by a light being who descended such a long distance. I was mesmerized when he was in my presence. The Unicorn High Council and its members are forever in service to the light of the Prime Creator. This also includes the unicorn collective, who as a frequency reside anywhere from the 7th dimension up to the 12th and they take on missions spreading the Christ light throughout the galaxy and other star systems.

I'd like you to look at this beautiful portrait of Jonah that accompanies this month's column. Can you feel the energy that radiates off the paper? It fills my heart with

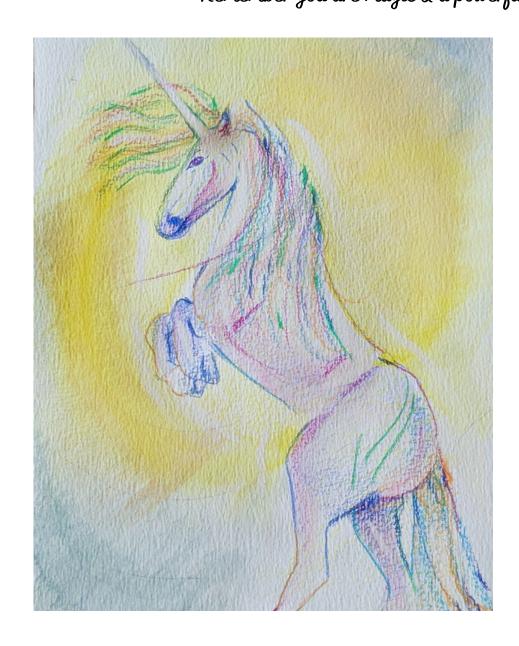
It fills my essence with unicorn light codes that leave no room for any darkness. It literally is light embodied in a portrait.

So, the message from Jonah this month is for you to "just be love." JUST BE LOVE. It is your essence. It is his essence. It is the essence of Source Creator. Feel the love around you. It transcends the 3D chaos and shouting. It transcends the ego and the mind. It transcends what we think we know on this planet. When you peel back all the layers that we've built up over so many lifetimes, what we find is that we are fragments of Source. We are the same essence as this beautiful unicorn. Whether we live in this dimension or anywhere in between, we are love. Please don't ever forget that. Jonah invites you to call on your unicorn guide right now, especially if you're feeling lost or confused.

If you feel called, you may ask your unicorn guide to pour Christ light into your energy field, expanding your conscious awareness and your chakras. This expands the amount of light your physical and light body are able to hold for ascension. See it as done in the eyes of Source Creator for your highest good.

Jonah has a final message for you today and one that can sometimes be easy to forget in the space of the 3D realm and all its illusions. "Stay focused on the light, Dear Friend! You hold the keys to what you perceive. When you stay in the lane of love, you hold the highest light of Source there is."

Remember you are magic & a powerful Source Creator!



Love -Kris & The Unicorns

contributor: Kris Robinson

The Importance of Intellectual Honesty

How Ego Attachment Promotes Intellectual Dishonesty and What We Can Do To Change It



Intellectual honesty is one of the core pillars of rational thinking and discourse. It involves a commitment to pursuing the truth without bias, openness to considering all evidence, and a willingness to admit when one is wrong. It also requires courage - the courage to question our own assumptions and ideas.

Intellectual honesty is often hindered by our egos and rigid attachment to beliefs. Most people exhibit significant biases that lead them to defend their prior beliefs and attitudes, even in the face of strong contradicting evidence. This tendency is known as confirmation bias. We all suffer from it to some degree. Confirmation bias makes us cling to our preexisting beliefs rather than objectively analyze new information. It acts as a filter, causing us to interpret evidence in a way that conforms to what we already think we know.

Let's take a look at the meaning of intellectual honesty, why it is so vital, and how our egos and rigid attachments undermine it.

Intellectual honesty refers to objectivity, impartiality, and honesty in the formation and advocacy of beliefs and opinions. An intellectually honest person does not overlook evidence that contradicts their views or cling to opinions despite opposing facts. The intellectually honest are willing to reconsider their positions based on new information and arguments. Their goal is to find the truth, not to defend a particular position.

Key aspects of intellectual honesty include:

- Impartiality-Considering all viewpoints and evidence objectively without bias. Not cherry-picking data or facts to suit a predetermined conclusion.
- Open-mindedness-Being willing to change one's mind and update beliefs based on compelling evidence. Not rejecting contradicting facts out of hand.
- Intellectual humility-Admitting the limits of one's knowledge and when one is mistaken. Not arrogantly asserting opinions as absolute truths.
- Fair representation of opposing views-Stating contrary perspectives accurately instead of creating "straw man" arguments.
- Transparency about biases and limitations-Acknowledging one's inevitable biases, gaps in expertise and how these limitations might shape one's thinking.

Intellectual honesty requires awareness of our own fallibility. It means recognizing that no one has a monopoly on the truth and that facts and reason, not just our opinions, must guide us.

It's easy to agree when no one is thinking.

The Vital Importance of Intellectual Honesty

Why is intellectual honesty so crucial? There are several key reasons:

- 1. It is essential for pursuing truth and knowledge. Intellectual honesty keeps us grounded in facts and evidence rather than distortions that confirm our prejudices. Rigorous, unbiased analysis is the only path toward genuine understanding.
- 2. It fosters productive disagreements. Intellectual honesty allows debates to focus on substantive issues instead of personal attacks or misrepresentations. Even if those debating disagree, they can identify points of consensus.
- 3. It provides a check on humanity's tendency toward confirmation bias and motivated reasoning. People naturally gravitate toward information that affirms their existing beliefs. Intellectual honesty counteracts this impulse and forces us to confront contrary data points.
- 4. It enables progress through collaborative knowledge building. Science and academic inquiry depend on scholars challenging each other's theories in an intellectually honest way. This drives innovation and the evolution of knowledge.
- 5. It makes persuasion more ethical and effective. Intellectually honest arguments do not rely upon dogmatic assertions or smear tactics to make a point. This gives opponents less room to dismiss ideas out of hand.
- 6. It promotes wisdom and nuance in public discourse. Many debates feature polarizing rhetoric from entrenched extremes. Intellectual honesty injects nuance and recognition of complexity, which better reflects reality.
- 7. It defends against political propaganda, misinformation, false dichotomies, and thought-terminating clichés. Intellectual honesty protects against such uses of manipulation.
- 8. It is a cornerstone of civilization. A well-functioning society requires informed sovereign individuals who are willing to engage in intellectually honest discourse about options and solutions.

Intellectual honesty underpins rationality, truth-seeking, and the protection of an organic marketplace of ideas. It enables collaborative knowledge building essential for societal

progress. Intellectual dishonesty breeds ignorance, ego attachment to ideas as though they were intrinsic to one's identity, and overall social dysfunction.

You cannot call yourself a sincere seeker of truth if you willfully ignore the other side of the question.

Threats to Intellectual Honesty: The Ego and Attachment to Beliefs

Why is it so difficult for people to change their minds? The main obstacle is ego attachment. We tend to identify with our beliefs and theories about the world. Our sense of self worth becomes tied up with being right. Admitting we are wrong feels like a threat to our egos, to our status and identity. So we are strongly motivated, often unconsciously, to rationalize and defend our existing worldview. We reject or downplay evidence that contradicts our beliefs.

Renowned psychologist Leon Festinger coined the term "cognitive dissonance" to describe the mental stress and discomfort that arises when we are confronted with evidence that conflicts with our beliefs. The urge to reduce this dissonance is powerful. We try to reduce it by rejecting the new evidence or coming up with rationalizations for why it doesn't matter. Most will do anything to preserve the existing belief system without having to admit having been in error.

This tendency starts early. Young children exhibit strong motivation to preserve their self-esteem. For example, studies found that kindergarten students were likely to avoid seeking information that might undermine their high opinions of themselves. The bias persists through adulthood. Many studies have found that people given evidence contradicting their beliefs will

leave with their original opinions strengthened instead of changing them. They unconsciously block out anything that doesn't align with their identity and worldview.

If intellectual honesty is so vital, why do people struggle with it? Certain common psychological tendencies severely inhibit one's capacity for objective analysis, open-mindedness, and willingness to admit error. The main culprits are ego and excessive attachment to beliefs over facts.

The egoic desire to see oneself in a positive light is natural but often fosters intellectual dishonesty when taken too far. Examples include:

- Identity protective cognition Rejecting evidence that threatens one's self-image or group identity.
- Motivated reasoning Justifying preexisting viewpoints by only citing supporting facts.
- Confirmation bias Preferring information that affirms our perspectives while ignoring contrary data.
- Belief perseverance Clinging to initial opinions even when compelling counter evidence emerges.
- Defensiveness Becoming upset by challenges to one's arguments instead of considering them fairly.
- Tribalism-Supporting one's in-group's views without applying honest evidentiary standards.
- Rationalization Creating elaborate but flimsy justifications for questionable beliefs one is reluctant to abandon.

In each case, ego distorts reason to protect one's sense of self. Being proven wrong feels threatening, so we tend to subconsciously resist facts that contradict cherished notions. Intellectual honesty requires putting ego aside.

Rigid attachment to beliefs poses another hurdle. When we become psychologically invested in a perspective, admitting error feels like a devastating personal failure rather than an opportunity

to get closer to the truth. We develop an emotional need to defend the belief rather than evaluate it objectively.

Dogmatism, or the arrogant assertion of opinions as absolute truths, often stems from this sense of psychological ownership over beliefs. We forget that even one's most reasonable-sounding convictions could be mistaken. Intellectual humility is often the antidote.

Both ego and rigid attachment discourage the open, curious, self-critical mindset required for intellectual honesty. They lock us into patterns of thought we are unwilling to challenge in an unbiased way.



Techniques for Bolstering Intellectual Honesty

Overcoming confirmation bias and ego attachment requires vigilant self-awareness and ego transcendence. We must watch for the subtle pull of the ego to dismiss ideas conflicting with our identity and cherished beliefs. We have to override the natural human tendency to rationalize and defend the status quo.

Truly open-minded thinkers periodically review their beliefs and prejudices. They question the unquestioned assumptions underlying their worldview. This takes courage and humility. But it is the only way to ensure our beliefs reflect reality rather than ego.

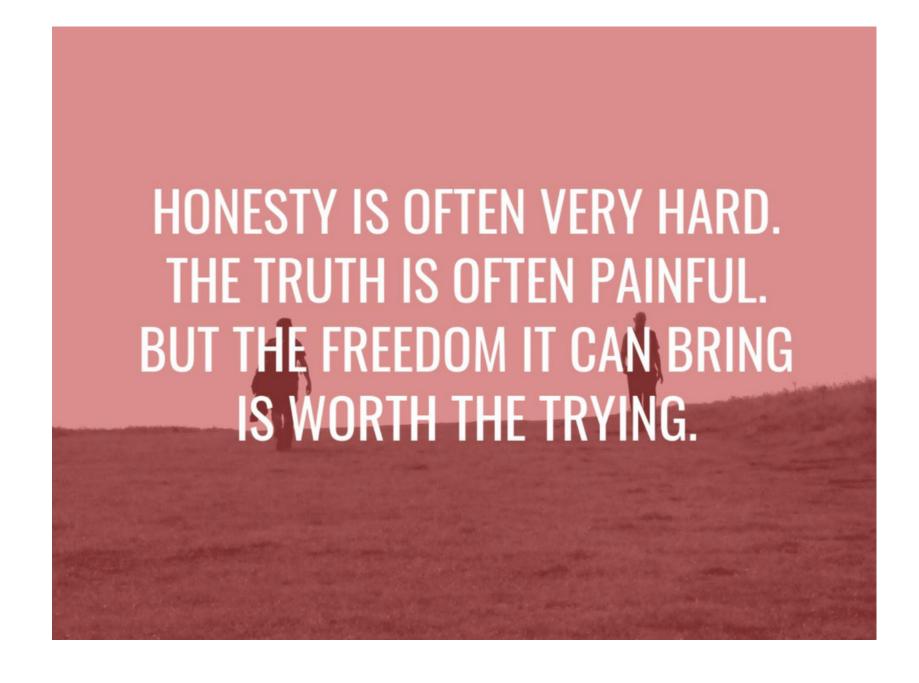
How can we overcome the ego's resistance to objectivity and detach ourselves from rigid beliefs? Some proven techniques include:

- Actively seeking out opposing views-Surrounding oneself with opposing perspectives and exposing oneself to intelligent counterarguments.
- Assuming one is likely partially wrong-Reminding oneself that intellectual humility is appropriate since we all may have incomplete grasps of any complex issue.
- Prioritizing facts over narrative-Fitting conclusions to the evidence, not the evidence to conclusions. Follow facts wherever they lead.
- Rethinking your premises-Questioning underlying assumptions, never taking for granted as true any thoughts or feelings that may require re-examination.
- Contemplating alternative explanations-Entertaining different hypotheses for why things are the way they are before settling on one.
- Debating respectfully-Engaging opposing views charitably. The goal should be truth-seeking, not "winning" at all costs.
- Avoiding personal attacks-Critiquing the argument, not the arguer. Ad homin em attacks signal intellectual dishonesty.
- Triangulating sources-Getting information from divergent outlets with contrasting biases to balance out slants.
- Distinguishing science from pseudoscience-Being skeptical of claims lacking rigorous evidence, while also understanding that we are in the middle of an industry-wide reproducibility crisis. Challenging so-called expert consensus in cases

where such consensus may stem from a culture-wide propaganda push instead of intellectually honest and unbiased adherence to the scientific method.

- Watching for thought-terminating clichés-Rejecting slogans and rhetorical fallbacks designed to shut down dissent.
- Being aware of your own biases-Everyone has biases. Keeping them in mind reduces the distorting effect they may have upon one's arguments.

With practice, these techniques can help us overcome barriers to impartial analysis. We become less defensive, more open to re-examining our own assumptions, and better at approaching what the truth might be.



Promoting Intellectual Honesty in Society

Beyond improving our personal thinking, how can we foster greater intellectual honesty in society? Some ideas include:

- Teaching critical thinking skills starting in early age-This equips people to spot fallacies and manipulation.
- Calling out intellectual dishonesty when we see it-Don't allow professionals, pundits, figureheads, influencers, or spokespeople to get away with obvious distortions and misinformation.
- Rewarding good-faith debates-Praise those who engage opposing views honestly and change their minds upon learning new facts.
- Diversifying information sources-If people only hear one biased narrative, they are more prone to confirmation bias.
- Modeling intellectual honesty in our own behavior-Actions speak louder than words. Be thoughtful and humble.
- Promoting ethics in leadership-Leaders should face consequences for dogmatism, misrepresentation, disinformation, and outright lying.
- Boycotting blatantly dishonest media-Reduce financial incentives for propaganda outlets that intentionally distort the truth.
- Supporting independent investigative journalism-High-quality unbiased reporting that ferrets out truth can be an antidote to dishonesty if we are able to reinstitute and maintain a free press.

With a combination of cultural change, unbiased indoctrination-free education, and accountability, we can enhance intellectual honesty and rationality.

IF YOU'RE NOT BEING HONEST WITH OTHER PEOPLE THEN IT IS A NEAR (ERTAINTY YOU ARE NOT BEING HONEST WITH YOURSELF, EITHER.

The Dangers of Intellectual Dishonesty

Why is a lack of intellectual honesty so dangerous to society? Several reasons stand out:

- Poor decision making based on false or incomplete information. Constructing policies on a flawed understanding of reality often yields disastrous results.
- Empowerment of authoritarians who exploit ignorance, fear, and prejudices.
 Intellectual dishonesty paves the way for tyranny.

- Breeds polarization by locking people into extreme caricatures of issues, often intentionally in order to create divide and conquer control paradigms. Moderation and compromise inevitably become impossible.
- Underminesthesearchforobjectivetruththatdrivesscientificandsocialprogress.
 Scientism and pseudoscience flourish without intellectual honesty.
- Rootcausesofproblemsbecomehardertodiagnose.Ifcoreissuesareobscured by distortions, they cannot be addressed effectively.
- Trustandsocialcohesionarecorrodedwhenpeoplefeelleadersaremisleading them. Duplicity breeds resentment and tribalism.
- Facilitates the incubation of mass delusions that can have severe real-world impacts.
- It leads to a post-truth era where lies and propaganda proliferate and evidence becomes irrelevant. Feelings overshadow facts.

In essence, intellectual dishonesty creates a distorted society divided by tribal myths rather than anchored by shared facts and values. Sanity and integrity depend upon committing to honest, good faith discourse oriented toward truth.

"I can respect any person who can put their ego aside and say, 'I made a mistake. I apologize, and I'm correcting the behavior."

-Sylvester McNutt III

The Growth Mindset Path to Honesty

Psychologist Carol Dweck's research has shown the immense power of adopting a "growth mindset" instead of a "fixed mindset." People with growth mindsets believe their attributes and abilities can be developed through effort. They are more open to learning, taking on challenges, and constructive criticism. Failure is viewed as an opportunity to improve rather than a source of shame.

Those with fixed mindsets believe their traits and talents are innate and unchangeable. They are more concerned with looking smart, proving their competence, and besting others. Challenges that risk failure are avoided. Criticism elicits a defensive reaction.

Dweck's work shows that intellectual humility and honesty are natural outgrowths of the growth mentality. People focused on growth embrace having their faulty thinking exposed because that's how they improve. Those in a fixed mindset are more concerned with protecting their supposed expertise and projecting an image of omniscience.

Other research confirms this link between growth mindset and honest thinking. For example, people induced to have a growth mindset were more interested in negative feedback that highlighted gaps in their knowledge. Business executives with growth mindsets expressed a greater willingness to listen to criticism and customer complaints.

By internalizing the core belief that our abilities and understanding can be enhanced through effort, we develop the courage to objectively analyze our beliefs and change them as needed. A growth mentality propels us to challenge ourselves intellectually rather than prematurely conclude we have things figured out. With a growth focus, we can relax our ego attachment to beliefs and achieve greater intellectual honesty.

Intellectual honesty is indispensable for discovering truth, having productive debates, making wise decisions, deterring propaganda and upholding democracy. However, our egos and rigid attachment to beliefs often undermine objectivity and open-minded analysis. By being aware of these pitfalls and making an effort to evaluate information impartially, we can bolster intellectual honesty in ourselves and society.

The Humility To Grow

Humility and having an open, growth-focused mindset are vital for earning genuine wisdom. Ego can lead us down a path of rigid delusion. The quality of our beliefs and knowledge depends on our commitment to lifelong growth and improvement. Do we have the courage to question our cherished ideas? Are we humble enough to recognize our ignorance and fallibility? Or is protecting our status and self-image holding us back from honestly pursuing truth?

Facts, critical thinking, and nuance are antidotes to the tribalism that threatens modern discourse. An intellectually honest populace that demands substantive honest discourse from leaders and groups may be our best hope for overcoming polarization and dysfunction. Embracing this core value must be a top priority.

By letting go of ego attachment to certainty and status, we open ourselves to growth. With an intellectually humble outlook focused on open-minded truth seeking, our understanding can deepen indefinitely. The price is giving up the illusion of already having things figured out.



The Starfire Codes produces an audience-supported publication with a stellar podcast, consciousness-expanding daily spiritual content, and well-researched articles on forbidden but crucial topics.

You can find all of Demi's social media links in the resources section.

Contributor: Demi Pietchell

Let's dive into the next chapter for this month.

editor: Nick Keybergh

Chapter 8 is here! This month has been a very powerful experience that brought even more depth to the bigger picture of my understanding of the essence of my soul's journey and the human experience. The beauty and complexity of how all is connected... is just mind blowing. Although that I might keep this for myself for now and rather shine more light on it at the end to conclude this series of chapters about my own Akashic records stories. Because it would be a beautiful way to connect all these different chapters in essence and so I would be able to bring you a conclusion on how this has helped me, but also where to be cautious to not lose yourself in the stories that are a part of our experiences in this carnal festival.

Also it is always highly advisable to sit for a while with the stories to find the essence and the lessons in them before you get hypnotized by the identity that is held in these storylines. They all carry elements and potential but they are not meant to become a story to identify yourself with... Anyways, that's it for now!

N. So... is there anything else that you see around blockages that are holding me back from professional success and a wealthy lifestyle? Because this still is a big block in my current life experience today, no matter how much effort I put in work and following my heart on what I'm here to do in this lifetime.

D. Well this is connected to the things we've been talking about before. Let me check in what else is coming up. Do you remember that moment, back in Mallorca, when you were climbing the wall in the garden at Mathieu's house? We had a brief moment where some insights came through about a life that you've experienced in poverty as an orphan kid wandering around the streets. And this is also connected to the regions that we've been traveling through.



N. But what's up with Mathieu, why does he keep coming up and why did he have so much influence on these darker parts of my soul's history? What do I need to see and understand here?

D. Hmm... Acceptance. He is also in essence connected to the White Brotherhood. It is crucial that both of you wake each other up. Which isn't always a pleasant experience.

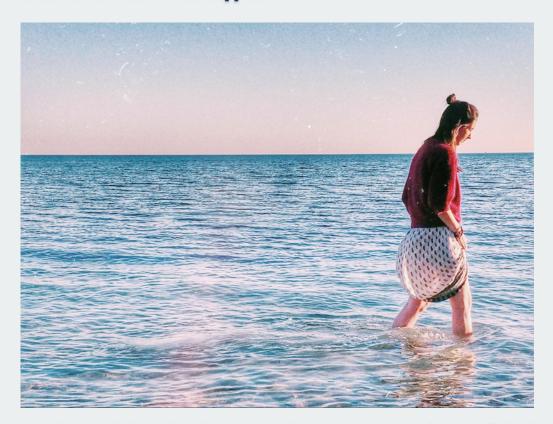
And that's what we have been doing in Mallorca, the whole time that we've been there in his house. Energies and social connection have been conflicting and uncomfortable to trigger and reopen these dynamics that all of us needed to wake up further in the essence of our soul's journey. You could imagine this as we came back with the contract for the mission. "Here we are again, new life time, let's get back to work!" While he refused to pick up where we left off and did comply with the journey. In essence this could be seen as Mathieu ripping the contract into pieces and saying that he didn't feel like opening things up again and to take the responsibility with us. He rather wanted to stay in his comfort zone and continue on his own.



And what I hear now is that this was a shock to you. Both of you have been planning this over lifetimes and now he tells you that he doesn't feel like picking up the contract. Which was a very big disappointment to you and it paralyzed you because this wasn't the plan at all. You gave up everything to take on this journey and he declines. Which wasn't how it was planned out to be. This created a very uncomfortable experience and created a very challenging detour for us on the journey that was planned out before.

Not that this is a problem, there is always freedom in choice and so timelines will simply continue to create a direction towards what is focused upon. So we could have stayed there like we had in mind. Then all the dynamics and situations would have played out in Mallorca with other people and we would have continued our journey to Peru from there. Now things didn't go that way and so we went traveling around Spain with completely new opportunities to learn these same lessons in other places with other social dynamics. Even now looking back at it they took us to many different places that were holding different chapters of other soul history to our stories.

So no matter how things go, there are unlimited ways to how a future experience will look like, unlimited ways on how we can still receive the lessons and insights that we choose to experience in this lifetime even when other characters in the story make different choices that are out of our control. So in essence, no matter what happens, everybody will always receive the experiences that they signed up for only that the way they look and the social dynamics can take countless forms with whoever locks into the choices that you make as an individual and where you go. It's like the universe is simply recalculating the formula to fit the contract as soon as a choice is made. And that's what happened.



N. Ok... Sad that this happened, but I see now why I still had questions and felt confused about the way things went down. Is there still anything specific that I need to do from my side to let go of this experience?

D. Well no, all is good. You simply can let go now and know that all is good. It's about finding gratitude for the experience and simply letting go of the choices that have been made. It's all ok and just forgive him, don't hold any grudge towards him because of not willing to comply with the things we agreed upon before. It is what it is and it's all good.

N. Ok, thank you. I understand now.

Yeah this was something, I'm actually surprised to hear this coming up again. To me this was the most uncomfortable part of our journey. Mathieu was a prior client of mine in Belgium where I went to clean his house. We connected very well and had tons of hours filled with conversations around science and spirituality. He is extremely gifted when it comes to combining technology and the holistic perspective on health.

He was not so well known besides a couple of experiences with the work that I do related to plants and Kambo. This is where we connected for the journey ahead.

When I came back from Peru in October 2021, Corona was still a big part of daily life. At a certain given moment around November they started to spread on the news that they were thinking about making vaccination an obligation for children. Which was something that Debra didn't comply with at all. And I completely understand that. No matter the opinion of others, I simply supported her choices as a mother to her child and started to think what we could possibly do to avoid this.



Now in the end it didn't become obligatory in Belgium, but the basic costs in Belgium went through the roof in January 2022. So even if we would have stayed in Belgium we would have been able to pay the bills from that moment on. Curious to see how this played out at the same time that we were about to embark on this crazy journey into the unknown.

But back to Mathieu, because of this relationship that we developed during work in Belgium. And the things that have been going on with Corona, he decided to move to Mallorca and I contacted him when I was back in Belgium. We had been talking about joining in work. Where he would be able to work with his crystals and magnetic energy technology. He was also able to measure the flow of energy in the body which could give us a more detailed insight into where energetic blocks are in a person's body and how to start to detox and open up the blocks again. This is where I stepped in with Kambo and would have been able to help people purge toxins in the body, clear out old energies and rebalance this flow. While he could finetune further with the technology that he has and so help people to recover extremely well. In ways that I never had seen before!

I did a couple of sessions myself with him back in Belgium while we were experimenting in exchange for the cleaning hours that I did at his house and so we discovered a lot like I mentioned before. And this was the goal of combining our skills to do something together in Mallorca. Which was to me a trustworthy connection and safe space to say to Debra that we would be taken care of with her daughter in Mallorca and that there would be no reason to worry about work or the financial insecurities that we were facing in Belgium. Or at least that was the reason that led us to make the choice to go and trust in whatever that happens will be for the better good.



Once we came to Mallorca in his house, none of this went through. So I ended up with no work and all this came upon Debra on her shoulders. She was already processing so much, that this became another burden and a very scary insecurity for all of us. This is the point of the journey where I also started to create my own business out of a need to find any work in a creative way in a country where I didn't master the language enough to find work. So this is where everything started with our business. We could have handled this if it was just us, but we also had a child with us. And this is a responsibility and insecurity no child should need to experience in life. At the same time we had to travel with her on our side, homeschool her, take extra care of her nature for being on the spectrum of Autism and help her to release a big backpack of very uncomfortable experiences that she has been carrying with her from birth already.

I never thought we would be able to manage to do all these things together. It's like juggling countless balls without any sight on when we would be able to rest and take a break to enjoy life also. This was an ultimate test of trust, stamina and deep shadow work and this within the dynamic of a brand new family.



Well... I'll leave it at this for this month... This experience is already a lot to review for myself now. I hope this might shine some light on others' path and personal journey. Know that today we are almost 2 years later and things turned out well. The amount of work has been crazy! But the fruition of this deep work is becoming clear too.

Thank you for reading and catching you guys on the flipside.

Until next month!

With love and gratitude, Nick

editor: Nick Keybergh

Thank you for reading this month.

Hi AYTLTS community,

Again a month full of deep inner work and another layer of the symbology of a personal crucifixion. On one side it is very intense, but on the other side of it is truly marvelous to witness the growth and insights that come with the process.

Ever since I started to offer myself as a coach, writer, entrepreneur,...

It opened a completely new depth with layers to work through for myself.

And it has been challenging to keep up with work and navigate through my inner

personal work. And so the longer that I do this the more I witness that it is all connected. To conclude that in the end it was necessary to be there for others and to be able to help them. Cause we can only guide on direction and paths that we've walked for ourselves. And so this is a never ending process that continues during a live experience. The only way to release fear is to walk through it and embrace. In the end it only leaves you with a deep gratitude and understanding why it has been a part of your path and always will be a part of your path. Only changing in many forms to continue to teach is in becoming better human beings to ourselves and the world around us.

The podcast channel has been mainly in my personal focus this last month. I had a bunch of conversations that happened in a short period and will be released over the coming months. The first one that was big to me was published this Wednesday, 4th of October. I had the honor and opportunity to have Hamilton Souther as a guest. You might remember him from the articles in last month's magazine. And also Sabri Gazail! These episodes are for the month October. Definitely check out 'Nik Nak's Coffee table' on Youtube, Substack, Spotify and other platforms to be announced soon. I like to observe my possibilities and slowly cultivate my own way in growth, so bare with me through the growth of finding my comfort and and way within this digital world, haha.

At the same time there has been a delay with our project for Patreon that will be partially shared on my Substack page also. The channeled interviews with celestial beings talking through Debra. Which both of us are looking forward to launch. Now for this month it was a rush again to get the magazine ready on time and I hope all of you enjoyed it as much as our previous ones.

Thank you for reading this month and I'm looking forward to the next edition!

With love and gratitude, Nick





contributors contact information & resources in alphabetical order

4
А
1 I

Alexis Rose:

https://www.tworoseshealing.org

https://linktr.ee/tworoseshealing

D

Debra Lemaire - Lemaire VSoulcrafts:

https://lemairesoulcrafts.com

https://www.facebook.com/groups/activateyourtelephonelinetosource

https://www.instagram.com/lemairesoulcrafts

Demi Pietchell:

https://www.starfirecodes.com

https://linktr.ee/starfirecodes

G

Georgina Joel-Russel - AnenA therapy::

https://www.anenatherapy.co.uk

https://www.facebook.com/QuantumHealingHypnosisPractitioner

https://www.instagram.com/anenatherapy

K

Kelly Dooley:

https://www.instagram.com/thenomadfashionista

https://www.instagram.com/theluxestylinghausvault

(Ted Talk:)

https://www.youtube.com/watch?v=DFgL0ScQFMo

Kris Robinson:

https://www.instagram.com/aconnectedspark

https://linktr.ee/Aconnectedspark

I

Lisa Marie (Temple Of Divine Radiance)

https://templeofdivineradiance.com

https://www.instagram.com/templeofdivineradiance

https://www.instagram.com/templeofdivineradiance

N

Naysha Silva:

https://naysha.blog

https://www.taitainti.com

https://www.instagram.com/curanderita

Nick Keybergh - Sapito De La Foresta:

https://www.sapitodelaforesta.com

https://www.facebook.com/groups/sapitodelaforesta

https://www.instagram.com/sapito_de_la_foresta

W

Wendy Wright - Light Always Wins:

https://www.instagram.com/light.alwayswins

https://linktr.ee/lightalwayswins

Online gardening classes with Wendy:

https://wendy-town-farms.square.site/s/order?shipping=true#3

All images used in this magazine belong either to the contributors, were taken/painted by my myself unless stated otherwise below, or can be found on https://www.pexels.com.

Additional resources + imagery:

- Angel message: background created by Debra
- Sources for the article on sage:
 - o https://www.thespruceeats.com/what-is-sage-1328645
 - https://www.thespruceeats.com/history-of-sage-1807657
 - $\circ \ \underline{\text{https://www.thespruceeats.com/sage-storage-and-selection-1807802}}$
 - o https://www.organicfacts.net/health-benefits/herbs-and-spices/sage.html

See you next month!

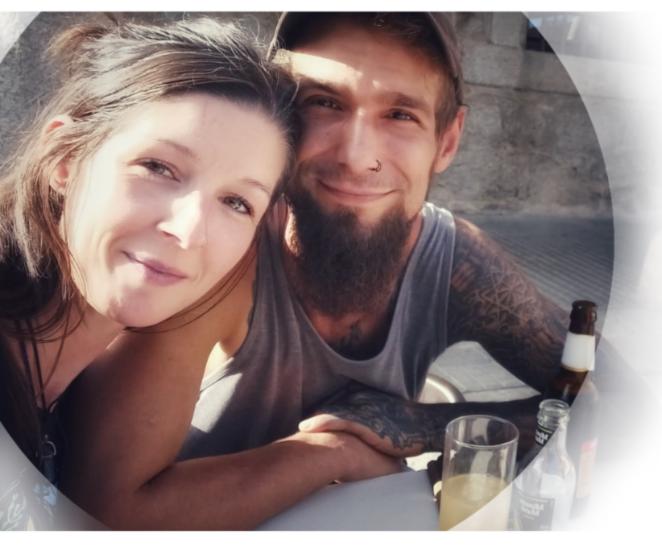
Love,

Nick & Debra

For all inquiries, collaboration requests and more...

e-mail us at

telephonelinetosource@proton.me



See you next month!

Love, Nick & Debra